

2005 MIAC MEN'S CROSS COUNTRY PREVIEW

The St. Olaf Oles won their first MIAC men's cross country championship in 28 years this past season and look to grab the top spot once again in 2005. Head coach Bill Thornton leads a strong group of returners including Juniors Tony Hoff and Sam Hauck. Hoff finished tenth at the MIAC's, 18th at the Central Regional and 77th in the NCAA Championships last fall. Hauck was All-MIAC and an all-region runner last fall, finishing 12th at conference and 23rd at the regional meet.

One of the teams looking to dethrone the Oles are the Knights from Carleton. The Knights were ranked 12th nationally in the preseason coaches poll and showed they deserved that ranking with a first place finish in their season opening meet. Also looking to grab a top spot in the MIAC rankings is Macalester. The Scots return a strong group of runners from a team that finished fourth in the conference last season.

Both St. Thomas and Hamline will be looking to take that next step to being an elite team in the conference. St. Thomas and Hamline finished third and fifth respectively and each return a strong core of runners.

The Johnnies, Gusties, Auggies, Cobbers, Royals and Cardinals will be looking for an improvement from last season's finish with an eye on the top half of the conference standings.

The 2005 MIAC Championships will be October 29, 2005 at Como Park in St. Paul, Minn.

<u>Augsburg College</u>		
Head Coach:	Dennis Barker (12th season)	
2004 Record:	8th at MIAC Championship	
Key Returners:	Not Available	
Season Preview:	Not Available	

<u>Bethel University</u>		
Head Coach:	Jim Timp (9th season)	
2004 Record:	10th place at MIAC Championships	
Key Returners:	Dave Borner (Jr.) Nick Jones (Sr.) Josh Tschetter (Jr.) Noel Stringham (Jr.)	
Season Preview:	The 2005 season looks to be a unique opportunity as the men's and women's squads will be coached by Jim Timp and assisted by Dan Opitz. Timp has been the men's coach for the past 8 years, Opitz has assisted for the past three. The men's squad welcomes back a very talented group of returning runners, who will provide leadership. Included in that group is David Borner, who moved up to 2nd on the all time list for cross country times posted. Three of Bethel's top four from last year's squad return and will give the Royal's a solid foundation for the 2005 season. The squad is led by co-captains Nick Jones and Josh Tschetter. We will need good leadership this year, as we will have a lot of new faces on the team. "Overall, this has been the best recruiting class to come in during my tenure at Bethel." Other top runners include, junior Noel Stringham, and sophomores Ryan Morery and Erik Bostrom. With the kind of talent coming on board and the leadership and commitment that is already here, the squad is seeking a top 5 finish in the MIAC. "Every year it gets a little better in regard to being competitive in this conference. The numbers speak for itself. "My first couple years here, we could barely field a team. Now we are looking at maintaining roughly 20 runners each year. My philosophy has always been 'with quantity, quality will follow close behind.'"	

<u>Carleton College</u>		
Head Coach:	Bill Terriquez (22nd season)	
2004 Record:	2nd at MIAC Championship	

Key Returners:	<p>Adam Williamson (Sr./Amherst, Mass.)</p> <p>Steve Harris (Sr./Roseville, Minn./Roseville Area)</p> <p>John Nowinski (So./Black River Falls, Wis.)</p> <p>Quentin Kennedy (So./Chariton, Iowa)</p>
Season Preview:	<p>Despite the losses of All-American Dan Bucy '05 and All-MIAC runner Chris Lundberg '05 to graduation, Carleton again figures to be in the mix for a conference title and national-meet berth in 2006. With four of their top six runners returning and a bevy of talented underclassmen waiting in the wings for their chance to shine, the Knights will be in the chase for their fourth MIAC title in the last 12 seasons. Seniors Steve Harris and Adam Williamson will lead the pack in 2005. Sophomore John Nowinski scored at the regional meet and Eamon Monaghan finished in the top 25 at the MIAC Championships, giving Carleton two talented returnees to run with Harris and Williamson. Fellow sophomore Quentin Kennedy was also a strong competitor for the Knights in 2004. He will be joined by a strong group of sophomores and first-year runners, and if one or two of these runners can step up and produce the Knights will be gunning for their first back-to-back national meet appearance as a team since the 1995 and 1996 seasons.</p>

Concordia College		
Head Coach:	Garrick Larson (9th season)	
2004 Record:	9th at MIAC Championship	
Key Returners:	Not Available	
Season Preview:	Not Available	

<u>Gustavus Adolphus College</u>		
Head Coach:	Jed Friedrich (2nd season)	
2004 Record:	7th at MIAC Championship	
Key Returners:	Alex Zupan (Jr.) Andy Rishavyd (Sr.) Dan Westlund (Sr.)	

Season Preview:	<p>The Gustavus men's cross country team looks to continue its slow rise toward the top of the Minnesota Intercollegiate Athletic Conference. After posting three consecutive ninth place finishes in the MIAC Cross Country Championships from 2000-02, the Gusties came through with an eighth place finish in 2003 and a seventh place finish last season.</p> <p>The goal for the Gusties this season will be to improve the team's standing at the conference meet. "We want to be at least top six," noted Head Coach Jed Friedrich. "St. Olaf and Carleton are traditionally very strong, Saint John's returns a lot of runners from last year, and St. Thomas is usually up there." Behind those four schools, however, Friedrich sees a wide-open race.</p> <p>Four of seven runners return from the group that posted a 14th place finish at the NCAA Central Region meet in 2004. Leading the Gusties will be Alex Zupan (Junior, Monona, Wisc.), Nathan Barten (Senior, Delano, Minn.), Andy Rishavy (Senior, Alexandria, Minn.) and Dan Westlund (Senior, Northfield, Minn.). Zupan picked up all-conference honors with his 11th place finish in last year's MIAC meet and, according to Friedrich, logged a lot of practice miles over the summer. For Barten and Westlund, the key to success in 2005 will be their ability to manage minor injuries sustained during training this past summer.</p> <p>Friedrich will look to a number of first-year and sophomore runners to fill the spots vacated by the graduation of Brent Magnusson, James Sorenson and Tom Westlund. Sorenson recorded the highest Gustie finish in the 2004 Central Region Meet, with a 45th place time.</p> <p>"We have a pretty solid freshman," said Friedrich, "and we need a few guys to make the jump [into a varsity role]." Those first-year runners expected to have a chance to crack the top five are Jeff Pedersen (Plymouth, Minn.), Ryan Brownell (Hibbing, Minn.), and John Leaf (Center City, Minn.).</p> <p>Gustavus reported for pre-season training on August 24 and will open the season September 3 against former Gustie harriers at the Alumni Meet in St. Peter. The squad's first test against outside competition will be at the Saint John's Invitational on September 10 in Collegeville, Minn.</p>
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Hamline University			
Head Coach:	Paul Schmaedeke (18th season)		
2004 Record:	5th at MIAC Championships		
Key Returners:		Jeff Metzдорff (Sr, Wadena, MN) Ned Branigan (Sr., Roseville, Minn.)	

Season Preview:	<p>Experience is the name of the game for the Hamline University men's cross country team as the squad of accomplished veterans prepares for another season. Led by head coach Paul Schmaedeke, in his 18th season at the helm for the Pipers, the team is looking to continue moving up after finishing fifth at the MIAC Championships a season ago – six points away from third place.</p> <p>"One of the biggest keys to cross country success is summer preparation," Schmaedeke said. "This group has prepared as well if not better than any other group that I have worked with during my time at Hamline."</p> <p>The pack will continue to be paced by a strong core group of upperclassmen. The Pipers are returning six seniors and five juniors who will carry their tradition of improvement into their final season with the team.</p> <p>Senior Jeff Metzдорff (Wadena, Minn.) will again spark the success of the team. Metzдорff finished fourth in at the MIAC Championships and qualified for the NCAA National Meet last season, after a 13th place finish at the NCAA Central Regional Meet. At the NCAA Div. III Cross Country National Meet, Metzдорff ran a personal best, moving up from 100th place to 67th in the last two miles and posting a time of 25:40.4.</p> <p>Metzдорff proved to be one of the best distance runners in the nation, placing seventh to earn All-America status in the 10000 meters at the NCAA Div. III Outdoor Track and Field Championships.</p> <p>Seniors Ned Branigan (Roseville, Minn.), Mark Bowden (Maple Grove, Minn.), and Josh Piotrowski (Wausau, Wis.) will also be competing in their last season for the Pipers. This group of athletes helped lead the Hamline squad to a fifth place finish at the MIAC Championships last season, up a position from the previous season.</p> <p>Hamline's group of five juniors was among the front of the pack in all of the team's meets last season. At the CSB/SJU Invitational, Hamline captured five of the top seven spots, four of which were juniors. The top five runners for the Pipers were only 34 seconds apart. At CSB/SJU, Metzдорff won the race and was followed by Tony Klappa (Hopkins, Minn.), Chris Yotter (Annandale, Minn.), and Travis Bristow (Pine River, Minn.) in second, third, and sixth, respectively.</p> <p>Klappa had the most success of the juniors. After finishing 20th at the MIAC Championships, Klappa competed at the regional meet where was given All-Region honors after running a personal best. Klappa also won an individual championship in the 1500 meters at the conference indoor meet. He will continue to be a driving force of the team.</p> <p>In addition to the dominating upperclassmen, Hamline is looking for improvement and growth among the younger athletes. Sophomores Brandon Gleason (Mantorville, Minn.), Paul Comery (Portland, Ore.), Dan Peterson (Edina, Minn.), and Dan Steinbrecher (Hinckley, Minn.) will enter their second year with more confidence and determination as they follow the path paved before them by the upperclassmen. Steinbrecher was the third Piper to cross the finish line at the MIAC Championships and regional meet.</p> <p>The team is enthusiastic to see what the new athletes will bring to the squad in their first year with Hamline. Jeremy Arbid (Mountain Lake, Minn.), Kevin Groh (Austin, Minn.), Jon Murphy (North St. Paul, Minn.), Mike Richards, and Jeff Richards will step onto the team and learn the tradition of success and determination shown to them by the returning athletes. The Richards brothers finished third and fifth in the Class A state meet last season, leading their team to the state championship.</p>
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<u>Macalester College</u>		
Head Coach:	Matt Haugen (3rd season)	
2004 Record:	5th at MIAC Championships	
Key Returners:	<p>Roscoe Sopiwnik (Sr., Frederic, Wis) – All-MIAC (14th at the '04 meet)</p> <p>Dylan Keith (Sr., Soldiers Grove, Wis. / North Crawford) – honorable mention All-MIAC</p> <p>Nate Crider (So., Downers Grove, Ill. / North)</p> <p>Josh Springer (So., Portland, Ore. / Cleveland)</p>	

Season Preview:	<p>Fourth-place finishes at each of the past two MIAC championship meets, and a seventh-place Central Region finish in 2005 as the third MIAC team, have the Scots looking to break into the top three in the conference and perhaps challenge for the title in '05 under third-year coach Matt Haugen. Bo Rydze, the team's top runner for the past two years, has graduated, along with Eric Olson, who was Mac's first and second runner at the last two regional championships. However, some of the younger harriers made great progress last spring in track and could step up among the MIAC's top runners.</p> <p>Team captain Roscoe Sopiwnik (Sr., Frederic, Wis.) earned all-conference status when he placed 14th at last season's MIAC championships, while Dylan Keith (Jr., Soldiers Grove, Wis. / North Crawford) picked up honorable mention all-conference honors after finishing 23rd. Keith went on to a productive track season, earning All-MIAC honors with a third-place finish outdoors in the 5000 meters. He was also fifth in the indoor 5000.</p> <p>Nate Crider (So., Downers Grove, Ill. / North) and Josh Springer (So., Portland, Ore. / Cleveland) were two of the MIAC's top young middle distance runners in track and should progress nicely as sophomores. They both made it into the finals last spring in the 800-meter run at the MIAC championships. Matt Wegmann (So., North Oaks, Minn. / Mounds View) is another key soph, who along with Crider, ran up into the team's top-five pack in '04.</p> <p>Three more returning Scots have previous experience as top-seven team runners at the regional championships: David Auguston (Jr., Sheboygen, Wis. / North) and Jordan Selbo (Sr., Amherst, Mass.). Auguston was sixth at last winter's MIAC indoor meet in the 1000 meters. Kyle Bream (So., Burnsville, Minn.), will also be a key contributor for MAC this season.</p> <p>Mac's third season under Coach Haugen begins Sept. 10 at the Luther All-America Race in Decorah, Ian. The Scots have meets hosted by St. Olaf, Loyola of Chicago, Wisconsin-Eau Claire and Wisconsin-La Crosse before racing in the Oct. 29 MIAC championships. '05 Mac Schedule</p> <p>Coach Haugen likes the depth of his team, which is expected to receive strong leadership from the senior and junior classes. It is likely that a few sophomores will make the jump to the front running pack, and that an incoming first year runner will give Macalester a solid pack of 12 that can challenge for the team's top five spots. With five Central Region teams qualifying for the NCAA championships this season, Haugen believes this is the year that the Scots can return to nationals for the first time since 1983.</p>
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<u>Saint John's University</u>		
Head Coach:	Tim Miles (27th season at SJU)	
2004 Record:	6th place MIAC Championships	
Key Returners:	<p>Tim Smit (Sr., Colfax, Wis.) ninth place in 27:04.7 to earn All-MIAC honors and then 72nd place in 25:42.6 at the 2004 NCAA Championships</p> <p>Chris Erichsen (So., Spring Valley, Minn./Kingsland) 38th place in 26:37 at the 2004 NCAA Central Regional</p> <p>Kelly Fermoyle (So., Mendota Heights, Minn./Henry Sibley) 58th place in 27:09 at the 2004 NCAA Central Regional</p> <p>Jeff Lundgren, (Jr., North Mankato, Minn./West) 68th place in 27:20 at the 2004 NCAA Central Regional</p> <p>Paul Jeske (Sr., Olathe, Kan./Sioux Falls, S.D. /O'Gorman) 80th place in 27:32 at the 2004 NCAA Central Regional</p>	
Season Preview:	<p>The Saint John's University cross country team enters the 2005 season after finishing sixth last season at the Minnesota Intercollegiate Athletic Conference Championships and ninth at the NCAA Central Regional. SJU is expected to return all seven competitors from last year's NCAA Central Regional Championships.</p> <p>Leading the way for SJU this fall will be senior Tim Smit (Colfax, Wis.). Smit finished ninth with a time of 27:04.7 to earn All-MIAC honors at the conference championships and then 72nd with a time of 25:42.6 at the NCAA Championships.</p> <p>SJU's complete 2005 cross country season preview can be found at http://www.gojohnnies.com/crosscountry/05preview.htm</p>	

Saint Mary's University		
Head Coach:	Ward Berndt (1st season)	
2004 Record:	11th at MIAC Championships	

Key Returners:	<p>Andy Boisjolie (Sr., Austin, Minn. / Austin Pacelli)</p> <p>Aaron Raulin (Jr., Madison, Wis. / Edgewood)</p> <p>Steve Adams (So., Roseville, Minn. / Totino-Grace)</p>
Season Preview:	<p>As the head coach of both the Saint Mary's University men's and women's cross country teams, wearing more than one hat comes with the territory for head coach Ward Berndt. What he didn't realize, however, was how different those hats would be.</p> <p>At times, Berndt finds himself walking around with a hard hat atop his head, as he takes on the role of foreman during the reconstruction of the men's program.</p> <p>"It's going to be a challenge, but I'm excited about the opportunity to see what type of impact I can have on the program," said Berndt, who took over as the Cardinals' head coach this season, replacing John Skemp, who stepped down in January to pursue other ventures. "I think there's going to be an adjustment period – both the athletes adjusting to a new coach and me adjusting to the athletes — but hopefully that won't take too long."</p> <p>What may take a while, Berndt admits, is his men's rebuilding project.</p> <p>"We lost two (seniors) to graduation, and we only have one senior this year, so we are going to be a very young squad," said Berndt, whose lone senior is Andy Boisjolie (Austin, Minn.), a regular for the Cardinals the past three seasons. "We are going to need some of our younger runners to step up right away. You have to rely on your freshmen and sophomores to fill leadership roles — both on the trails and off — but we are going to have to this year."</p> <p>"Last year was a tough year from an injury standpoint — we were never able to put together a completely healthy lineup," said Berndt. "Hopefully that won't be the problem this year."</p>

St. Olaf College		
Head Coach:	Bill Thornton (23 total seasons / 9th consecutive)	
2004 Record:	1st at MIAC Championships	
Key Returners:	Marc Ellingson (Sr., Waconia, Minn.) Tony Hoff (Jr., Stillwater, Minn./Mahtomedi) Sam Hauck (Jr., Shoreview, Minn./Concordia Academy) 5th at MIACs, 13th at Regionals Jason Havey (Sr., Colombia, Mo./Hickman)	
Season Preview:	<p>The St. Olaf men's cross country team, off their first conference championship in 28 years, has the daunting task of replacing two All-Americans in 2005, but don't expect the Oles to fall far.</p> <p>The loss of Malcom Richards and Kelly Fulton will be hard felt, but a core of returners should keep St. Olaf near the top of the MIAC.</p> <p>Junior Tony Hoff (Stillwater, Minn./Mahtomedi) and Sam Hauck (Jr., Shoreview, Minn./Concordia Academy) are the most decorated returnees. Hoff finished tenth at the MIAC's, 18th at the Central Regional and 77th in the NCAA Championships last fall. Hauck was All-MIAC and an all-region runner last fall, finishing 12th at conference and 23rd at the regional meet.</p> <p>Senior captains Marc Ellingson (Sr., Waconia, Minn.) and Jason Havey (Sr., Colombia, Mo./Hickman) are back too, after being the Oles' fifth and sixth runners at the NCAA's last fall.</p> <p>John Lamma (Jr., Northfield, Minn.), David Swanson (So., Eden Prairie, Minn.), Will Mitchell (Sr., Scandia, Minn.) and Andrew Petz (Jr., Rochester, Minn./Century) will also be counted on to help the 2005 team.</p> <p>St. Olaf opens Sept. 10 at the Luther Invitational in Decorah, Iowa.</p>	

University of St. Thomas		
Head Coach:	Pete Wareham (13th season)	

2004 Record:	3rd at MIAC Championships
Key Returners:	<p>Will Hawthorne (Jr.) All-MIAC in 2003; 2004: 46th regional</p> <p>Derek Harmon (Sr.) 2004: 33rd MIAC, 86th regional</p> <p>Colin Sullivan (Sr.) 2004: 29th MIAC, 65th regional</p> <p>Neil Atzinger (So.) 2004: 28th MIAC, 71st regional</p> <p>Kaleb Stromberg (Jr.) 2004: 50th MIAC</p>
Season Preview:	<p>The 2005 St. Thomas men's cross country team will look to extend a streak of top-three MIAC team finishes to 33 seasons. Coach Pete Wareham expects a good mix of freshmen and veterans.</p> <p>Two Tommie All-MIAC runners who contributed to a MIAC championship in 2003 and a third-place finish in 2004 may not be available. Brock Stepan graduated, John Schwerkoske, a two-time All-MIAC runner, might miss the season due to an injury and his status is uncertain.</p> <p>The top returners include seniors Colin Sullivan and Derek Harmon; junior Will Hawthorne; and sophomores Neil Atzinger and Kaleb Stromberg. Atzinger was injured most of 2004-05. As a prep senior in Ann Arbor, Mich., Atzinger took seventh in Michigan's large-class state high school CC meet (15:25 for 5,000 meters), and in track was a state runner-up in the 800 meters (1:52.15). At last May's MIAC track meet, Sullivan placed sixth in the 10,000 meters, and Stromberg made the 1,500-meter finals and took 11th.</p> <p>The freshman class includes five runners who competed in their respective state meets. In the Minnesota meet, Matt Boumeester of Tartan placed 36th and Greg Dowe of Apple Valley took 48th in Class AA; and Kyle Brandon of Winona Cotter took 78th in Class A; in South Dakota, Rorak Hooten of Sioux Falls O'Gorman was sixth; and in Wisconsin, Logan O'Grady has placed 53rd and 48th in the last two large-class meets. In track, Brandon was the Minnesota Class A mile champ last June.</p> <p>St. Thomas has won the MIAC championship three of the last five years and 18 of the last 27 seasons, but its young squad may be looking for a later peak. UST's prime goal will be to improve throughout the season, stay healthy, and make its push to qualify for the November 19 NCAA meet to be held in Delaware, Ohio. The Tommies qualified for nationals six consecutive years from 1997-2002, with a best of fifth in 2001.</p> <p>UST competes in the MIAC Championships Oct. 29 at St. Paul's Como Golf Course and will run the NCAA regional meet Nov. 12 in Waverly, Iowa. The Toms will have a timed run Sept. 3 with some Minnesota Gophers runners on the south part of the College of St. Catherine campus.</p>

2004 Men's MIAC Cross Country Championship: Story

2004 Team Results

	TEAM	Score
1	St. Olaf	43
2	Carleton	56
3	St. Thomas	115
4	Macalester	118
5	Hamline	121
6	Saint John's	155
7	Gustavus	183
8	Augsburg	206
9	Concordia	218
10	Bethel	233
11	Saint Mary's	341

2004 Top 15 Finishers
All-Conference

1	Kelly Fulton, STO	26:10.5
2	Malcolm Richards, STO	26:15.5
3	Dan Bucy, CAR	26:31.5
4	Jeff Metzдорff, HU	26:44.0
5	Nick Myran, CON	26:46.1
6	Steve Harris, CAR	26:54.2
7	Chris Lundberg, CAR	27:01.2
8	John Schwerkoske, UST	27:03.7
9	Tim Smit, SJU	27:04.7
10	Tony Hoff, STO	27:08.1
11	Alex Zupan, GAC	27:09.0
12	Sam Hauck, STO	27:12.5
13	Bo Rydze, MAC	27:14.6
14	Roscoe Sopiwnik, MAC	27:16.7
15	Adam Williamson, CAR	27:25.2

2004 Men's Championship: Story
2003 Men's Championship: Story / [Results](#)
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1999 Men's Championship: Story / [Results](#)
1998 Men's Championship: Results