



2006 MIAC WOMEN'S CROSS COUNTRY CHAMPIONSHIP PREVIEW

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Augsburg College			
Head Coach:	Dennis Barker (12th season)		
2004 Record:	6th at MIAC Championships		
Key Returners:	No key returners were available from Augsburg		
Season Preview:	Augsburg Season Preview is not available		

Bethel University		
Head Coach:	Jim Timp (1st season)	
2004 Record:	10th place at MIAC Championships	
Key Returners:	Jenn Hoffman (Sr.) Jackie Meintz (Jr.) Shannon McCoy (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. Numbers do not seem to be a problem with 30-35 women expected to be out for the team. The squad is led by a trio of captains: Senior, Jenn Hoffman, and juniors, Jackie Meintz and Shannon McCoy. Four women from last years top seven return for the 2005 season. Timp said "We have some good young women coming on board to add speed and depth to the team. I am looking forward to coaching the women's team. It has been a while since I have coached women, but I certainly look forward to the challenge of running a combined program." Timp was the boys and girls coach at Irondale High School before coming to Bethel as the men's coach. "I think it is possible to have both squads move up into the top five in the conference this year. That would be an awesome accomplishment."	

Carleton College		
Head Coach:	Donna Ricks (13th season)	
2004 Record:	1st at MIAC Championships	
Key Returners:	Becky Schaumberg (Jr./Portland, Ore./Grant) Meghan Miller (So./Corvallis, Ore./Crescent Valley) Katherine Wingert (So./Coronado, Calif.) Heather Hoecker (So./Rochester, Minn./Century)	

Season Preview:	The 2004 Carleton College women's cross country team posted one of the most magical seasons in the history of Carleton athletics, sweeping to the MIAC title and finishing 11th in the NCAA Cross Country Championships. The Knights won a total of five meets while finishing second twice and third once, posting a head-to-head record of 82-14 on the season. The national meet appearance was the eighth for the Knights. While the 2005 team will be hard-pressed to repeat the heroics of last season's squad, this year's Knights might be deeper than last year's team and could be building towards another post-season run in October and November. Lost to graduation is last year's frontrunner, Cassie Funke '05. She was Carleton's leader throughout the season, finishing runner-up at the conference meet and grabbing All-America honors at the NCAA Championships, placing 22nd. The finish allowed Funke to earn All-America honors and helped the Knights to their best NCAA Championships finish since the 1991 team placed seventh. Only three other Carleton runners, including national champions Shelley Scherer '89 and Anna (Prineas) Catanese '89, have recorded better finishes than Funke at the national meet. The Knights return four of their top six runners from last year's team and add a talented and deep group of newcomers in their bid to become only the third school to repeat as MIAC champions. Senior co-captain Becky Schaumberg (Jr./Portland, Ore./Grant) and a trio of sophomores, Meghan Miller (Corvallis, Ore./Crescent Valley) Katherine Wingert (Coronado, Calif.) and Heather Hoecker (Rochester, Minn./Century), will lead this charge. The Knights will be gunning for their ninth top-three MIAC Championships finish under head coach Donna Ricks, now in her 13th season after earning the MIAC Coach of the Year award last year. "The last two years have been really strong and talented recruiting classes for us, so our freshmen and sophomore classes will have a huge impact on our team," Ricks said. Among the newcomers that will battle for top spots, according to Ricks, are Lindsey Nietmann (Kirkland, Wash./Juanita), Karen Campbell (Rochester, N.Y./Brighton) and Kate Meyer (St. Paul, Minn./St. Paul Academy). This trio will need to make the quick adjustment to the six-kilometer race featured at the collegiate level. "The transition should come pretty easily to them," Ricks said. "It's more of a mental adjustment than a physical one." While Ricks was quick to note the team must move on and not dwell on last year's successes, she feels the Knights must bring forward some of the traits of the 2004 squad. "We need to continue to be mentally and physically prepared for each race," Ricks said. "We have to be as diligent in both areas as we were last year." Team chemistry also played a major role in Carleton's success last season, and that is another factor that needs to be a part of the 2005 group, Ricks said. "The team coming together and supporting one another will be key," she said. "I think that's why we went so far last year because of how tight the team was." One area where the 2005 Knights will be different from their predecessors is a positive one, as Ricks believes her squad is deeper this time around. "Last year, I felt we were one injury away from not being able to perform at the big meets," she said. "This year there will be a lot of change within our top seven, both which runners are there and the order they're finishing." If the Knights can carry the momentum from last year, develop their young runners and stay healthy, Carleton will challenge for its third conference title and a return trip to the NCAA Championships.
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Concordia College

Head Coach:	Marv Roeske (7th season)
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2004 Record:	8th at MIAC Championship	
Key Returners:	No key returners were available from Concordia	
Season Preview:	Concordia Season Preview is not available	

Gustavus Adolphus College		
Head Coach:	Jed Friedrich (2nd season)	
2004 Record:	2nd at MIAC Championships	
Key Returners:	Lydia Davitt (So., Minneapolis, Minn.) Mollie Lager (Sr., Robbinsdale, MN) Laura Edlund (So., Forest Lake, Minn.) Melissa Kittock (Sr., Buffalo, Minn.) Chandra Daw (Sr., Duluth, Minn.) Hailey Harren (Jr., Cold Spring, Minn.)	
Season Preview:	After a second place finish in 2004, the Gustavus Adolphus women's cross country team is set to return to the top of the Minnesota Intercollegiate Athletic Conference. The Gusties are looking for their second league championship in three years, after finishing a runner-up finish to Carleton last season. "We are definitely contenders [for the MIAC title]," says Head Coach Jed Friedrich. "St. Olaf is always contending for a championship and Carleton and Macalester are always tough." The Gusties return three of the top five performers from the 2004 squad. Gone are four-time all-conference selection Nichole Peterson and 2003 all-league runner Tasha Pike, but Lydia Davitt (Sophomore, Minneapolis, Minn.) returns after posting a tenth-place finish in the 2004 MIAC Championships. Other top returnees are seniors Mollie Lager (Robbinsdale, Minn.) and Melissa Kittock (Buffalo, Minn.), as well as sophomore Laura Edlund (Forest Lake, Minn.). Chandra Daw (Senior, Duluth, Minn.) and Hailey Harren (Junior, Cold Spring, Minn.) should also compete for spots in the top five. According to Friedrich, Daw has put in four solid years of training while Harren finished 11th in the outdoor 10,000 meters at the NCAA Division III Track and Field Championships last spring. Seniors Ashley Cronen (Kandiyohi, Minn.) and Kourtney Joyce (Wadena, Minn.) have joined the Gustie cross country squad for the first time. Cronen has run sprints for the Gustie track squad the past three seasons, while Joyce placed ninth in the 3,000-meter steeplechase at the NCAA Championships last spring. Among first-years, Friedrich believes Jill Fagerstrom (Rosemount, Minn.) has a good shot at challenging for a top seven slot. Gustavus reported for pre-season training 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.	

Hamline University		
Head Coach:	Kelly O' Hara (1st season)	

2004 Record:	9th at MIAC Championships	
Key Returners:	Keidra Anderson , (Sr., Minocqua, Wis/Lakeland Union) Sara Warnke (Sr., Winona, Minn.) Melissa Francis (Jr., Windom, Minn.)	
Season Preview:	An All-MIAC and All-Region athlete who is a two-time track and field All-American – not a bad athlete for first-year Hamline University head women’s cross country coach Kelly O’Hara to build her team around. O’Hara will look to senior Keidra Anderson (Minocqua, Wis.). Anderson proved to be one of the best distance runners in all of Div. III last season. After placing fourth at the MIAC Championships, Anderson went on to the regional meet, where she again placed fourth and qualified for the NCAA Div. III Cross Country National Meet. Because of these strong finishes, she picked up both All-MIAC and All-Region honors. At the national meet, Anderson finished 41st, just 10 seconds and six places off the All-American pace. Anderson also posted school records and All-America times in the 10000 and 5000 meters at the NCAA Div. III Outdoor Track and Field Championships and qualified for the NCAA Indoor Championships in the 5000 meters. Other upperclassmen looking to move up in the standings are senior Sara Warnke (Winona, Minn.) and junior Melissa Francis (Windom, Minn.). The team will also look to a strong group of sophomores to follow the example set for them by their older teammates. Hanna Henriksen (Stevens Point, Wis.), and Maribeth Skarie (Minneapolis, Minn.) will take the experience of their first season and hope to build into more success in their second year with the Pipers. Joining the squad are Freya Fitzer (North Oaks, Minn.) and Emily Gable (Minneapolis, Minn.) in their first year with the team. These two will compete and hope to add to the team’s success. “The team is small but cohesive,” O’Hara said. “They are a great bunch of girls who trained extremely hard over the summer. The effects of that should be evident as the season progresses.”	

Macalester College		
Head Coach:	Jordan Coshing (6th season)	
2004 Record:	5th at MIAC Championships	
Key Returners:	Koby Hagen (Sr., Minneapolis, Minn. / Southwest) Francie Streich (Sr., Lincoln, Neb. / Southeast) Allie Woerpel (Jr., Mequon, Wis. / Homestead) Anna Shamey (Jr., Leverett, Mass. / Amherst) Anna Gordon (Sr., Eugene, Ore. / South Eugene) Emily Stafford (Jr., Burnsville, Minn.)	

Season Preview:	The Scots leaped into the national rankings last season after winning the St. Olaf Invitational and this year the veteran Macalester team is optimistic for a big fall campaign. This is one of Mac's most experienced teams in years and certainly one of its most talented, and features 32 veterans to go along with 10 newcomers. The Scots were a sophomore dominated team two years ago and a junior dominated team last season, while this team boasts an accomplished and reliable senior class. All-MIAC runners Koby Hagen (Sr., Minneapolis, Minn. / Southwest) and Francie Streich (Sr., Lincoln, Neb. / Southeast) were the team's top two finishers in nearly every race last season and are back for their senior campaigns. They are a pair of the MIAC's most accomplished runners heading into the season. Hagen was the '03 MIAC individual cross country champ and followed that up her sophomore year with an MIAC track championship in the 1500 meters. She had to battle through injuries last fall but still was among the league's top runners. Depth shouldn't be a problem behind Hagen and Streich, as sixth-year coach Jordan Cushing returns several quality veterans like Allie Woerpel (Jr., Mequon, Wis. / Homestead), Anna Shamey (Jr., Leverett, Mass. / Amherst), Anna Gordon (Sr., Eugene, Ore. / South Eugene) and Emily Stafford (Jr., Burnsville, Minn.). Hagen, Woerpel, Shamey and Stafford won the conference track title in the 4x800 relay last spring and Stafford was one of the MIAC's top quarter-milers. Shamey was the team's No. 2 runner when she placed 36 th at last year's Central Region cross country meet. Elizabeth Nelson (So., Rapid City, S.D. / Stevens) and Nathalia Brashear (Jr., San Jose, Calif. / Notre Dame) were each top-50 finishers at last season's conference meet. The season gets going with a small meet at St. Catherine Sept. 1. The first big race is the Sept. 10 Luther All-America Race in Decorah, Ia. The Scots also race at meets hosted by St. Olaf, UW-Eau Claire, Loyola of Chicago, Wartburg (Ia.) and UW-LaCrosse. The MIAC championships are Oct. 29 and the Central regionals are Nov. 12.
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College of Saint Benedict		
Head Coach:	Robin Balder-Lanoue (9th season)	
2004 Record:	7th at MIAC Championship	
Key Returners:	Leah Wurm (Sr.) Emily Cook (Sr.) Corey Hickner (JR) Rose Spring (JR)	

Season Preview:	"All it takes is all you've got" is a motto the College of Saint Benedict's cross country team is entering the 2005 season with. The Blazers are very excited for the upcoming season and ready to move up from last year's seventh place conference finish. The roster is comprised of a hungry group of veterans who trained hard during the off-season and a group of talented first-year runners who are driven to become impact performers on the team. Returning to the team for her final season is senior All American and MIAC Champion Leah Wurm. Wurm looks to pick up right where she ended the 2004 season by running successful races and keeping the Blazers in a position to finish strong. Other returners with top seven experience, include senior Emily Cook who was out last year with a back injury, but was in the top five consistently in 2003. Juniors Corey Hickner who ran number two for the Blazers last fall, and Rose Spring who was consistently in the top five will help push the entire team. CSB expects to have several athletes competing for the top seven running positions. Along with some fit returning runners, the Blazers will look to their first-year runners to be a force on the team.
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College of St. Catherine		
Head Coach:	Sara Daymont (2nd season)	
2004 Record:	11th at MIAC Championship	
Key Returners:	Havila Peterson (Eden Prairie, MN) Kristin Pletsch (St. Bonafacious, MN) Melanie Priebe (Isle, MN)	
Season Preview:	With the largest team in St. Kate's history and four of the 2004 top seven runners returning, the Wildcat cross country team hopes to continue to move up in the MIAC during the 2005 season. Five first year runners look to add depth and enthusiasm to the growing team. Captains Havila Peterson (Eden Prairie, MN), Kristin Pletsch (St. Bonafacious, MN) and Melanie Priebe (Isle, MN) will lead the young team. St. Kate's starts the 2005 season on September 2nd at 10 am, running with Macalester and St. Olaf in a time trial on the St. Kate's campus. The Wildcats' first meet is on September 10th at 10 am at the Ele Hansen Invitational hosted by Carleton College.	

Saint Mary's University		
Head Coach:	Ward Berndt (1st season)	
2004 Record:	12th at MIAC Championships	
Key Returners:	Ellen Koranda (Blue Earth, Minn. / Blue Earth), Tera Bollig (St. Croix Falls, Wis. / Cambridge-Isanti), Alicia Hartung (Menomonie, Wis. / Menomonie)	

Season Preview:	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. 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. But building a foundation isn't what Berndt needs to do on the women's side — finding the recipe to help his squad stay healthy and reach its potential is, so he has to toss the hard hat aside and replace it with a chef's hat. "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." There's no need to rebuild on the women's side, as Berndt has the luxury of returning nine letterwinners from a year ago. Keeping them healthy, however, is definitely going to be a full-time job. "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." "Our top five have the potential of being very, very solid," continued Berndt, whose women's team will be led by lone senior Ellen Koranda (Blue Earth, Minn.) — a two-time NCAA outdoor track and field national qualifier. "And with the depth we have, there will be a lot of competition for our top seven spots." "If we can stay healthy, we could definitely make a big jump up into the middle of the MIAC," said Berndt. "It's time for us to start living up to our potential." Complete Saint Mary's preview at: http://sports.smumn.edu/cross_country/2005/newsletter/ccpreview.html
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St. Olaf College		
Head Coach:	Chris Daymont (25th season at St. Olaf / 29th overall)	
2004 Record:	4th at MIAC Championships	
Key Returners:	Kezia Manlove (Sr., Rapid City, S.D./Stevens) Erin Weier (Jr., Faribault, Minn.) Stephanie Block (Jr., Hopkins, Minn.) Erin Bengston (Flower Mound, Texas/Marcus) Sarah Estill (Shoreline, Wash./Lakeside)	

Season Preview:	The St. Olaf women's cross country team is healthy and ready for a run at a great 2005 season. After a 2004 campaign that saw the Oles finish seventh at the Midwest Regional, head coach Chris Daymont is optimistic that a group of seniors can help lead a return to the NCAA's – a place they were as first-years. "It's nice to work with such a great veteran group," said Daymont. Kezia Manlove (Rapid City, S.D./Stevens) helps lead that pack of seniors that includes Erin Bengston (Flower Mound, Texas/Marcus), Lindsay Boetcher (Eau Claire, Wis./North), Jenny Ingebritson (Bloomington, Minn./Kennedy), Sarah Estill (Shoreline, Wash./Lakeside) and Larisa Nordstrom (West Des Moines, Iowa/Valley). Bengston, who finished seventh at the 2003 MIAC Championships, and Boetcher spent most of 2004 sidelined with injuries. "We're had a great camp, and we are running well right now. If we stay healthy, we could have a great season," added Daymont. Erin Weier (Jr., Faribault, Minn.) is back as well, after finishing sixth at the MIAC Championships and seventh at the regional last season. Stephanie Block (Jr., Hopkins, Minn.), Andrea Gelle (Jr., Lakeville, Minn.) and Casey Baustian (So., Cedar Rapids, Iowa/Washington) return too. Block was second among St. Olaf runners at the regional last fall. First year Jenna Carlson (Edina, Minn.) fits well with the veteran group and will be a key component this year. Annie Knutson (Fy, Apple Valley, Minn.) joins the squad as the first daughter of a former student-athlete coached by Chris Daymont. Annie's mother, Lauire Sjoquist Knutson ran for Daymont from 1979-82. Alice Deden (Red Wing, Minn.) and Emily Ellingson (North Mankato, Minn./West) are also among a great group of first years that will help the Oles in 2005.
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University of St. Thomas		
Head Coach:	Joe Sweeney (26th season)	
2004 Record:	3rd at MIAC Championships	
Key Returners:	Chelsea Guettinger (Sr.) Jenny Olin (Jr.) Ronni Hamilton (Sr.) Tracy McCubbin (Jr.)	

Season Preview:

The 2004 Tommies placed third out of 12 teams in the MIAC women's cross country meet and took fifth out of 24 in the NCAA Central Regions. They missed qualifying for nationals as a team by one team spot (a scant six points).

St. Thomas returns four of its top seven runners, although its graduation losses include Brigid Power, the NCAA 1,500-meter runner-up last May, and Nicole Gurgel, who placed 12th, ninth, third and 16th in last four MIAC cross country meets.

The 2004 season will be Joe Sweeney's 26th as UST head coach. Sweeney has coached Tommie cross country and track athletes to 52 MIAC team championships.

Senior Chelsea Guettinger received All-MIAC honors last fall with a 12th-place finish. In indoor and outdoor track, she has scored in eight MIAC distance races in 2004 and 2005. She placed fourth and fifth in the 10,000 meters in the last two conference outdoor track meets.

Junior Jenny Olin has placed 35th and 31st in the last two regional CC races. Last May, she placed fourth in the 10,000 meters at the MIAC track meet.

The Tommies' roster hasn't been set as practices won't start until September. They will open the season Sept. 10 at UW-River Falls.

2004 Women's MIAC Cross Country Championships: [Story](#)

2004 Team Results

1	Carleton	71
2	Gustavus Adolphus	100
3	St. Thomas	104
4	St. Olaf	123
5	Macalester	132
6	Augsburg	175
7	St. Benedict	183
8	Concordia-Moorhead	197
9	Hamline	204
10	Bethel	212
11	St. Catherine	267
12	Saint Mary's	297

2004 All-Conference (Top 15 All-Conf.)

1	Leah Wurm, CSB	18:53.3
2	Cassie Funke, CAR	19:07.8
3	Amy Lyons, BU	19:13.2
4	Keidra Anderson, HU	19:20.6
5	Erin Weier, STO	19:37.1
6	Nichole Petersen, GAC	19:37.7
7	Natalie Hanson, CON	19:39.1
8	Laura Jean Hudson, CAR	19:43.0
9	Brigid Power, UST	19:47.4
10	Lydia Davitt, GAC	19:48.0
11	Lacee Schrupp, HU	19:49.0
12	Chelsea Guettinger, UST	19:50.6
13	Ellen Waldow, AUG	19:58.5
14	Koby Hagen, MAC	20:02.6
15	Francie Streich, MAC	20:03.2

2004 Women's Championship: [Story](#)

2003 Women's Championship: [Story](#) / [Results](#)

2002 Women's Championship: [Story](#) / [Results](#)

2001 Women's Championship: [Story](#) / [Results](#)

2000 Women's Championship: [Story](#) / [Results](#)

1999 Women's Championship: [Story](#) / [Results](#)

1998 Women's Championship: [Results](#)