



2006 MIAC WOMEN'S CROSS COUNTRY CHAMPIONSHIP PREVIEW

October 28, 2006 - 3 p.m.
Como Park Golf Course, St. Paul, Minn.
Host: Gustavus Adolphus College

The chase for the 26th MIAC Women's Cross Country Championship will commence on October 28, 2006 at 3:00pm at Como Park Golf Course in St. Paul. Twelve teams will take on the challenging six kilometer course for the right to be called the best of the MIAC. Carleton will enter the championship with intentions of claiming their third straight title. St. Thomas should also contend for the team title after finishing second in 2005. The Tommies are currently ranked 20th nationally in the USTFCCCA poll and Carleton is ranked 34th. With a strong senior class, St. Olaf will also be a team with the potential to earn the conference crown. Gustavus, Macalester, and Saint Benedict will feature some of the top runners in the conference, but will need a whole team effort to challenge for a championship. Hamline, Saint Mary's, and Concordia hope to improve upon on last season's finish by relying on talented senior athletes. Augsburg, Bethel and St. Catherine have all had strong fall seasons and could surprise some teams at the championship.

Reigning MIAC and NCAA individual champion Hailey Harren of Gustavus will be the runner to watch in the 2006 MIAC Women's Cross Country Championship. Harren has won each of the four races she has entered this fall, including a personal best time of 21:19 at the Tori Neubauer Invite on October 14 in La Crosse, Wis. St. Olaf sophomore Jenna Carlson should challenge Harren after an impressive fourth place finish in her first MIAC Championship last year. St. Thomas senior Jenny Olin returns after finishing seventh in 2005 along with Carleton sophomore Kate Meyer who finished ninth last season and St. Thomas sophomore Katie Theisen who finished 13th. Other runners who may contend include Bethel junior Nikki Umhoefer, Concordia senior Rachel Charpentier, St. Olaf senior Erin Weier, and Carleton sophomore Karen Campbell. All four were named MIAC Athletes of the Week this fall, Umhoefer on Oct. 17, Charpentier on Oct. 10, Weier on Oct. 3 and Campbell on Sept. 12.

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<u>Augsburg College</u>		
Head Coach:	Dennis Barker (13th season)	
2005 Finish:	10th at MIAC Championships	
Key Runners:	Sadie Dietrich (So., Luverne, Minn.) Liz Ehlers (Jr., St. Paul, Minn./Arlington) Andrea Schuster (Jr., Burlington, Wis./Catholic) Ashley Stoffers (Jr., Elk River, Minn.) Sarah Peloquin (Jr., Prescott, Wis.)	

Preview:	Augsburg's women's cross country team features a young roster, but has shown continual improvement throughout the 2006 season, and will aim for improvement from last year's finish at the MIAC championships. For the Auggies women, sophomore Sadie Dietrich (So., Luverne, Minn.) has shown dramatic improvement from last season, improving her 6K personal-best time by nearly three minutes. She ran a personal-best 25:45.3 to finish 12th overall at the Wisconsin-Superior Fall Freeze on Oct. 14. Liz Ehlers (Jr., St. Paul, Minn./Arlington HS) has been Augsburg's No. 2 runner this season, and recorded a season-best 26:34.3 in her first 6K meet of the season, the Wisconsin-River Falls Invitational on Sept. 9. Andrea Schuster (Jr., Burlington, Wis./Burlington Catholic HS), Ashley Stoffers (Jr., Elk River, Minn.) and Sarah Peloquin (Jr., Prescott, Wis.) have shown consistent times in the 28-minute range this season. Schuster has a season-best time of 27:51.86; Stoffers' season-best is 28:36.4; and Peloquin's season-best is 28:27.2. Andrea Slack (Sr., Belle Plaine, Minn.) is the lone senior on the roster, and is joined by Tori Bahr (So., Brainerd, Minn.) and newcomers Helena Dougall (Fr., St. Paul, Minn./Minnehaha Academy HS) and Jamie Simmons (Fr., Burnsville, Minn./ Alliance Academy HS).
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Bethel University		
Head Coach:	Jim Timp (2nd season)	
2005 Finish:	11th place at MIAC Championships	
Key Runners:	Nikki Umhoefer (Jr., Sauk Centre, Minn.)	
	Heather Jelen (So., Sioux Falls, S.D./Lincoln)	
	Angie Mumbleau (Jr., White Bear Lake, Minn.)	
	Hannah Carlson (Jr., Sioux Falls, S.D./Lincoln)	
	Emily Hall (Sr., Stillwater, Minn.)	
Preview:	The 2006 cross country season looks to build upon the foundation that began last year with the combining of the men’s and women’s programs under head coach Jim Timp. Noticeably absent from the coaching staff this year is long time assistant Dan Opitz. Taking over assistant duties this year is Christian Johnson, who has been the assistant track coach overseeing the sprints and hurdles and now is expanding his horizons with the distance program. There is good depth and talent returning on both squads along with outstanding leadership. Although the women’s squad was down in numbers last year, they were not without their share of talent. Nikki Umhoefer returns after a break-through year in both cross country and track to again lead the Royals attack. In only her first year of college cross country competition, Nikki placed 18th at the NCAA Regional meet, narrowly missing a qualifying trip to the national meet. Joining Umhoefer as co-captain this year is Emily Hall, who spent last spring studying abroad. Others who will have an impact on this year’s team include: juniors Hannah Carlson, Angie Mumbleau, and Emily Proehl; sophomores Belinda Allen, Jessie Betzler, Heather Jelen, and Rachel Morrissey. With a break-through track season of her own, Jelen along with Umhoefer will provide one of the best one-two punches of any team in the MIAC. With an expected roster size of close to 30 runners there will be many new faces on the squad this year. Much like last year, any number of new runners could emerge as a top contributor to the team. After a great team finish last year at the NCAA Central Region meet, the women’s team looks to move up in the conference and region standings and to also qualify runners for the national meet.	

Carleton College		
Head Coach:	Donna Ricks (14th season)	
2005 Finish:	1st at MIAC Championships	
Key Runners:	Kate Meyer (So./St. Paul, Minn./St. Paul Academy) Karen Campbell (So./Rochester, N.Y./Brighton) Heather Hoecker (Jr./Rochester, Minn./Century) Nora McIver-Sheridan (Sr./Lake Forest Park, Wash./Shorecrest)	
Preview:	The Carleton College women's cross country team, the two-time defending MIAC champions, brings a young team that is full of talent and experience, to the 2006 MIAC Championships, where hopefully they can become the third program in the MIAC history to win the conference title three years in a row. The nationally-ranked Knights have posted three meet victories this season, at the Ele Hansen Invitational, St. Olaf Invitational and Roy Griak Invitational. Kate Meyer (So./St. Paul, Minn./St. Paul Academy), who finished ninth at conference meet last year, and Karen Campbell (So./Rochester, N.Y./Brighton), who placed 25th, are returning this year as both earned all-region honors while Meyer also earned All-MIAC honors as a first-year competitor. The team also features two-time national competitor Heather Hoecker (Jr./Rochester, Minn./Century), who placed 28th at last year's MIAC Championships, along with Kelsey Barale (Sr./Oakland, Calif./Bishop O'Dowd), who placed 51st, and Nora McIver-Sheridan (Sr./Lake Forest Park, Wash./Shorecrest), is also returning national-meet team member. The Knights also have a number of rookies who have had a significant impact on the team this year. Sarah Forzley (Fy./South Windsor, Conn./South Windsor), Eva Luderowski (Fy./Concord, Mass./Concord Academy), and Laura Roach (Fy./Lakeville, Minn./North) have all made multiple appearances in the top seven. Under the leadership of head coach Donna Ricks, the Knights have placed in the top three at the conference nine times in thirteen seasons. The team, driven by talented and hardworking athletes, had an excellent start this year and has continued to run strong races. In this race due to the depth of the team we will see who will step it up this meet and help the team. Carleton head coach Donna Ricks has told the team to "remember why you enjoy running and why are you here" as having everyone aim for a personal best at the championships.	

Concordia College		
Head Coach:	Marv Roeske (8th season)	
2005 Finish:	9th at MIAC Championships	
Key Runners:	Rachel Charpentier (Sr., Scandia, Minn./Forest Lake) Bergen Holzworth (Fr., Sullivans Island, S.C./Bishop England)	

Preview:	The 2006 edition of the Concordia women's cross country team will feature more of a team concept and will rely less on one standout runner. In the past three years, the Cobbers have had all-conference runners Lisa Owen '04 and Natalie Hanson '06 lead the way for the entire team. This season, Concordia will have two solid runners competing for all-conference honors and a pack of athletes that will hopefully carry the team into the top five of the conference. Heading into the MIAC Championship Meet, Concordia is led by senior Rachel Charpentier (Scandia, Minn./Forest Lake HS) and freshman Bergen Holzworth (Sullivans Island, S.C./Bishop England HS). The two have combined to lead the Cobbers at all five meets this season. The veteran Charpentier has led the Cobbers in three meets this season and was named the MIAC Women's Cross Country Athlete of the Week for her stellar performance at the St. Olaf Pre-Regional Meet. In that race, Charpentier was the top MIAC finisher among the three conference teams that competed. She has also turned in good races at the North Dakota State Cross Country Open and the Montana State Invite. Holzworth has shaken off the jitters of her freshman season and has progressed at a steady rate. She is coming off a fourth-place finish at the Concordia/Jamestown dual meet. She also led the Cobbers at the Roy Griak Invitational so she is not bothered by competing in meets with a large amount of runners at the starting gate. After Charpentier and Holzworth look for Anna Hagen (Fr., East Grand Forks, Minn.), Meagan Hansen (Jr., Minot, N.D.) and Erica Lundgren (Sr., Crosby, Minn./Crosby-Ironton HS) and Rachel Dwyer (Sr., Bismarck, N.D./Shiloh Christian HS) to compete for a place in the top five spots on the team.
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Gustavus Adolphus College		
Head Coach:	Jed Freiedrich (3rd season)	
2005 Finish:	4th at MIAC Championships	
Key Runners:	Hailey Harren (Sr., Cold Spring, Minn.) Sarah Bernhardson (Jr., Eden Prairie, Minn.) Laura Edlund (Jr., Forest Lake, Minn.)	
Preview:	The Gustavus women's cross country team will be shooting for another top five finish at the MIAC Championships after placing fourth in 2005. The Gusties will be led by senior Hailey Harren, the 2005 MIAC and NCAA individual champion. Harren has finished first in each of the four races that she has competed in during the regular season. She has recorded a personal best time in two of those four races including a time of 21:19 at the Tori Neubauer Invite on October 14. Harren will be joined by a veteran group of runners that includes junior Sara Bernhardson, junior Laura Edlund, senior Val Berquam, junior Sarah Willis, senior Heidi Bulfer, sophomore Kelly Chaudoin, and junior Maari Hanson. Edlund and Bernhardson each scored for the Gusties at the MIAC Championships last year with Edlund placing 32nd and Bernhardson 46th.	

Hamline University		
Head Coach:	Paul Schmaedeke (1st season)	
2005 Finish:	7th at MIAC Championships	
Key Runners:	Melissa Francis (Sr., Windom, Minn.) Lacee Schrupp (Sr., Becker, Minn.)	

Preview:	Leading the way for first-year coach Paul Schmaedeke and the Pipers are seniors Melissa Francis (Windom, Minn.) and Lacey Schrupp (Becker, Minn.). Francis enters her final championship after finishing an impressive 2006 track season. Francis set the school record in the 3000-meter steeplechase with a time of 11:30.08. In the 2005 cross country season, she finished 18th overall at the MIAC Championships, completing the six-kilometer course in a time of 24:02.5. Schrupp was a 2004 All-MIAC performer, placing 11th with a time of 19:49 in the six-kilometer race. Last year, she finished 37th at the championships.
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Macalester College		
Head Coach:	Jordan Cushing (7th season)	
2005 Finish:	5th at MIAC Championships	
Key Runners:	Callie PaStarr (Sr., Minneapolis, Minn./Southwest) Anna Shamey (Sr., Leverett, Mass./Amherst) Erin Lowrey (Fy., Whitefish Bay, Wis.)	
Preview:	This year's Macalester team does not have the depth of last year's group which made it to nationals and spent much of the season in the Division rankings, but an improvement upon the team's fifth-place finishes from each of the last two years is a possibility. If the Scots can get a productive race from its fourth and fifth runners, they can contend for a high MIAC finish. Macalester tied Carleton for 10th-place – just a few points behind St. Olaf – at the Tori Neubauer Invitational and may be peaking at the right time. Macalester is led by a pair of seniors who should be forwardly-placed on the Como Park course: Callie PaStarr (Minneapolis, Minn. / Southwest) and Anna Shamey (Leverett, Mass. / Amherst Regional). PaStarr placed fifth at the St. Olaf Invitational, 22nd at the Tori Neubauer Invitational as Mac's top runner, and broke the 23-minute barrier at La Crosse. Shamey was 10th of 283 at the St. Olaf Invite and led the team at the Loyola Lakefront Invitational in Chicago with a solid 30th-place finish in the 379-runner field. She was also right behind PaStarr at La Crosse with a 36th-place result. Erin Lowrey (Fy., Whitefish Bay, Wis.) is one of the MIAC's top newcomers this season and has been the team's No. 3 runner in each of the last four races. She was 45th at the Neubauer after placing 22nd at St. Olaf and 48th in Chicago. Veterans who will be asked to run big races the Scots include Kim Wortmann (Jr., Lincoln, Neb. / East), Allie Woerpel (Sr., Mequon, Wis. / Homestead) and Elizabeth Nelson (Jr., Rapid City, S.D. / Stevens).	

College of Saint Benedict		
Head Coach:	Robin Balder-Lanoue (10th season)	
2005 Finish:	6th at MIAC Championship	
Key Runners:	Margot Branigan (Fy., Roseville, Minn.) Maggie Donahue (So., Plymouth, Minn./Wayzata) Sam VanWechel (So., Fergus Falls, Minn.) Kristin Haubrich (Jr., Shakopee, Minn.) Kaylee Rasmussen (Jr., Waconia, Minn.)	

Preview:	The College of Saint Benedict cross country team heads into the 2006 season with the makings of a what could be a fiercely competitive team in the MIAC.
	After graduating two-time All-American Leah Wurm, the rest of the Blazers are ready to step up and take over where she left off.
	Seniors Corey Hickner and Rose Spring will look to bring leadership and experience to the CSB squad this year.
	Juniors Kaylee Rasmussen, voted most improved runner of the 2005 season, and Kristin Haubrich have proven that they have what it takes to excel at the college level as well. This was exemplified by their 45th and 52nd place finishes, respectively, at the MIAC Championships in 2005.
	The sophomore class brings their share of talent to this year's varsity team. Maggie Donahue, Britney Haeg and Sam VanWechel are all expected to have exceptional seasons.
	These women are also joined by talented first-years athletes who will be pushing to earn a varsity spot as well.
	CSB will have a new look this year, very different from years past. The Blazers strength will lie in a strong, tight pack. CSB will also rely on their depth to provide the spark they need to move up from a sixth place finish in the MIAC Championships last year.

College of St. Catherine			
Head Coach:	Mike Henderson (1st season)		
2005 Finish:	12th at MIAC Championships		
Key Runners:	Nikki Burg (Sr., Hokah, Minn./LaCrescent) Kristie Bronson (So., Princeton, Minn./Princeton)		
Preview:	New head coach Mike Henderson took over a rebuilding program this year and has instilled a work ethic in his athletes that will help make St. Kate's competitve in years to come. Senior Nikki Burg has paced the Wildcats all season, including a school record 23:41 at the Tori Neubauer Invitational. Burg has been a valuable member of Wildcats athletics throughout her time at St. Kate's. Seniors Emily Deetz (Sr., Duluth, Minn. / Duluth East) and Tiffany Scherber (Sr., Champlin Park, Totino Grace) will look to close out their careers with career best times at the MIAC Championships. Kristie Bronson has been the Wildcat's #2 runner all season. She currently is the holder of the fourth best time in school history (24:23). The Wildcat cross country team has showed improvement all season and will be looking to build on that momentum in the following seasons.		

Saint Mary's University		
Head Coach:	Ward Berndt (2nd season)	
2005 Finish:	8th at MIAC Championships	
Key Runners:	Tera Bollig (Sr., St. Croix Falls, Wis./Cambridge-Isanti)	
	Alicia Hartung (Sr., Menomonie, Wis./Menomonie)	
	Kate Boisjolie (Jr., Austin, Minn./Austin Pacelli)	

Preview:	With a year under his belt, Saint Mary's University cross country coach Ward Berndt is feeling a little more relaxed heading into season No. 2. It doesn't hurt that his women's team returns virtually its entire team. "I'm feeling a bit better at this time of the year than I was last year," admitted Berndt. "Last year was a learning experience — for both myself and my athletes. "I think getting that year working together will really help us out this season." So will the fact that the Cardinal women graduated just one runner. "On the women's side, last year was really crucial — we're all on the same page now. They know what my expectations are and we are all working toward a common goal," said Berndt, whose women placed eighth in last year's Minnesota Intercollegiate Athletic Conference Championships. "With everyone back but Ellen (Koranda), we're confident that we can make a real jump up at the conference meet. "Finishing eighth (at the MIAC meet) last year was disappointing, but I also think it's worked as a driving force during off-season workouts," continued Berndt, whose women's squad will be led by seniors Tera Bollig (Cambridge, Minn.) and Alicia Hartung (Menomonie, Wis.), and junior Katie Boisjolie (Austin, Minn.). "With the talent we have, finishing in the top half is definitely a possibility."
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St. Olaf College		
Head Coach:	Chris Daymont (26th season)	
2005 Finish:	3rd at MIAC Championships	
Key Runners:	Stephanie Block (Sr., Hopkins, Minn.)	
	Brittney Schwager (Sr., Rochester, Minn./Century)	
	Erin Weier (Sr., Faribault, Minn.)	
	Jenna Carlson (So., Edina, Minn.)	
	Jennie Hedberg (Jr., Eden Prairie, Minn.)	
Preview:	The St. Olaf women are ready to return to the top of the MIAC after last year's third place finish.	
	Experienced seniors Stephanie Block (Hopkins, Minn.), Brittney Schwager (Rochester, Minn./Century), and Erin Weier (Faribault, Minn.) will lead the Oles. Weier was named the MIAC's athlete of the week on Oct. 3.	
	Sophomore Jenna Carlson (Edina, Minn.) returns after a fourth place finish last year. Junior Jennie Hedberg (Eden Prairie, Minn.) will bring depth and experience to the team. She has consistently been in the Oles' top five. St. Olaf placed second at the Pre-Regional, second at the Carleton Invitational, and third at the St. Olaf Invite this season.	

University of St. Thomas		
Head Coach:	Joe Sweeney (27th season)	
2005 Finish:	2nd at MIAC Championships	

Key Runners:	Jenny Olin (Sr., Mounds View, Minn./Totino-Grace) Katie Theisen (So., Elko, Minn./New Prague) Kalsey Larson (Jr., Savage, Minn./Burnsville) Kelly Russ (Fr., Wayzata, Minn.) Anna Glowacki (Fr., Britt, Minn./Virginia)
Preview:	St. Thomas is looking to claim its first MIAC cross country team title since 1997. The Tommies have placed first or second in all four invitational races this fall and are ranked 20th in the latest Division III poll. Coach Joe Sweeney has guided the Tommies to 54 MIAC team championships (out of 74 contested) in cross country, indoor track, and outdoor track in his 26-year era. Sweeney graduated All-MIAC runner Chelsea Guettinger. This fall his front pack has been without two key runners -- junior Anne Iddins, the 2006 MIAC steeplechase runner-up, who is on study abroad, and sophomore Jane Dolan (26th in MIAC as freshman), who is slowly recovering from a two-month illness. But the Toms have kept improving. With senior Jenny Olin and sophomore Katie Theisen leading the way, the Tommies have a strong lead pair. Senior Meghan Mayer, junior Kalsey Larson and freshmen Kelly Russ, Anna Glowacki and Alexandria Johnson have been steady all fall. St. Thomas took second behind Carleton in the 2005 MIAC meet, was third in the 24-team regional, and later placed 15th at the NCAA Division III meet. With seven athletes in their first national meet last season, St. Thomas had an impressive 27-second split between its No. 2 and 6 runners. Several Tommies are coming off successful track and field seasons as they helped St. Thomas sweep indoor and outdoor team titles. Olin and Theisen were both All-MIAC in cross country and indoor and outdoor track. Olin was MIAC outdoor track runner-up at 10,000 meters and placed fifth the next day in the 5,000. Olin placed third in the indoor 5,000. An Academic All-America candidate with a 4.00 gpa, Theisen had a remarkable freshman season. She just missed All-America honors in track as she missed the 400 hurdles finals outdoors by one spot. At the MIAC indoor track meet, Theisen was a part of 25 points with the 4x400 victory, a second in the triple jump (36-6 3-4), a fifth in the long jump (17-3 1-4), a seventh in the 600 (1:39.56) and an eighth in the 800 (2:22.99). At the MIAC outdoor meet, she anchored the winning 4x400 relay; placed second in the 400 hurdles; took fourth in the triple jump; and placed fifth in the long jump. Larson placed fourth in the MIAC outdoor 1,500.

MIAC Cross Country Championship

Oct. 29, 2005

Como Park, St. Paul

[Complete Results](#)

2005 Team Results

1	Carleton	75
2	St. Thomas	81
3	St Olaf	82
4	Gustavus Adolphus	91
5	Macalester	124
6	St Benedict	185
7	Hamline	196
8	Saint Mary's	233
9	Concordia	248
10	Augsburg	255
11	Bethel	284
12	St. Catherine	325

2005 All-Conference (Top 15 All-Conf.)

1	Hailey Harren	GAC	21:53.80
2	Keidra Anderson	HU	22:07.40
3	Kourtney Joyce	GAC	22:26.25
4	Jenna Carlson	STO	22:32.05
5	Leah Wurm	CSB	22:38.55
6	Sarah Schillaci	CAR	23:02.95
7	Jenny Olin	UST	23:08.60
8	Koby Jeschkeit-Hagen	MAC	23:13.00
9	Kate Meyer	CAR	23:28.70
10	Emily Stafford	MAC	23:30.85
11	Kristina Nixon	CAR	23:38.45
12	Angie Bergeson	AUG	23:39.05
13	Katie Theisen	UST	23:39.50
14	Ashley Cronen	GAC	23:39.75
15	Kezia Manlove	STO	23:40.55

2005 Women's Championship

2004 Women's Championship

2003 Women's Championship

2002 Women's Championship

2001 Women's Championship

2000 Women's Championship

1999 Women's Championship

1998 Women's Championship