



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Cross Country

Home of the Huskies  
www.StCloudState.edu/~sp

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### THIS WEEK'S RACE:

#### MN-STATE OPEN

**October 23rd**  
**MANKATO, MINN.**



#### 2004 St. Cloud State Schedule

Date	Opponent	Time
9/17	at Ron Pynn Invite (Grand Forks, ND)	4 p.m.
9/25	at Roy Griak (U of Minn.)	10 a.m.
10/1	NCAA Pre-Regionals (U of South Dak.)	TBA
10/16	NCC CC Champ. (Mankato, Minn.)	TBA
10/23	MSU Open (Mankato, Minn.)	TBA
11/6	at NCAA Regional Meet (U of SD)	10 a.m.
11/20	at NCAA Div. II Championships (Evansville, Ind.)	TBA

#### 2004 St. Cloud State Roster

##### MEN

Name	Yr.	Hometown
Teddy Ayele	FR	Eagen, MN
Caleb Brickley	FR	Mound, MN
Anthony Dunkel	JR	Santa Clarita, CA
Kevin Grose	FR	Sauk Rapids-Rice, MN
Nick Hirsch	SR	Waucoma, IA
Todd Hoffman	JR	Sartell, MN
Travis Hoover	SR	St. Cloud, MN
Greg Jamison	FR	Burnsville, MN
David Manly	FR	Brooklyn Park, MN
Karl Nyberg	FR	Moorhead, MN
Steve Pekarek	SR	Rice, MN
Keith Stenzel	JR	Mankato, MN

##### WOMEN

Name	Yr.	Hometown
Becky Anderson	JR	Little Falls, MN
Channing Anseth	FR	Lincoln, NE
Holly Dombrowski	FR	Sartell, MN
Sarah Getty	SR	Remer, MN
Molly Hansen	JR	Eagan, MN
Bobbi Krippner	FR	Mankato, MN
Rachel Lander	FR	Merrifield, MN
Sarah Rheingans	JR	Delafield, WI
Beth Sandoval	FR	Royalton, MN
Jenny Uner	SO	Chanhausen, MN

### 2004 SCSU CROSS COUNTRY TEAM NEWS

Release Date: October 18, 2004



**MSU OPEN:** The St. Cloud State University men's and women's cross country teams will compete in the 2004 Minnesota State University Cross Country Open this weekend. The meet will take place in Mankato, Minn. on Saturday, October 23. The beginning time has not yet been determined.

**HIRSCH TAKES FIRST PLACE AT NCC CHAMPIONSHIPS:** The inevitable took place at the NCC Championships on Saturday, October 16, 2004. St. Cloud State University's Nick Hirsch (Waucoma, IA) claimed first place honors at the 2004 North Central Conference Championships at Mankato, Minn. This marked the first SCSU runner to win an NCC cross country title since in more than 10 seasons. Hirsch won the 8K race in a classic cross country duel with Augustana's Tony Turgeon. On the cold, overcast day in Mankato, Hirsch posted a winning time of 25:22.88, while Turgeon placed second at 25:25.76. "Nick ran a very smart race in tough conditions," SCSU coach Seth Mischke said.



HIRSCH

The SCSU men's team finished the meet with 132 points to take sixth place. Minnesota State won the team event with 50 points, while Minnesota Duluth was second with 63. South Dakota (66), Augustana (86) and North Dakota (121) completed the field. Senior runner Travis Hoover (St. Cloud, Minn.) placed 15th for SCSU with a time of 26:29.62. Keith Stenzel (Mankato, Minn.) was 37th at 28:08.79 and Karl Nyberg (Moorhead, Minn.) was 39th at 28:29.12. SCSU's other runners included Steve Pekarek (Rice, Minn.) in 40th at 28:54.14, David Manly (Brooklyn Park, Minn.) in 41st place at 29:39.04 and Kevin Grose (Sauk Rapids-Rice, Minn.) in 42nd place at 30:51.62.

**NCC WOMEN CHAMPIONSHIPS:** The St. Cloud State University women's cross country team was once again led by freshman runner Channing Anseth (Lincoln, NE) at the 2004 North Central Conference Championships on Oct. 16. Channing led the Huskies with a 12th place time of 23:26.47, while Sarah Getty was 17th with a time of 23:26.47. SCSU's top three was rounded out by Beth Sandoval with a 26th place finish at 24:08.03. In 34th place for the Huskies at the meet was Becky Anderson with a time of 24:53.76, and Rachel Lander was 47th at 27:18.23. To complete the field, SCSU's Jenny Uner was 48th at 27:22.5.

SCSU posted 136 points at the meet, while South Dakota was the winner with a score of 39. Augustana was second at 70 and North Dakota was third with a score of 72. Minnesota Duluth had 77 points, Nebraska-Omaha finished with 115 points and Minnesota State's campus in Mankato had 190 points.

**SCSU COACHING STAFF:** Seth Mischke is in his fifth season with the men's and women's track and field programs and cross country programs here at St. Cloud State. Prior to taking over the helm at SCSU, Mischke was a two-year assistant coach with former Husky head coach Tracy Dill. Mischke is a 1997 graduate of the University of Minnesota. He was a member of the Golden Gophers men's team and participated in the decathlon. Mischke is assisted by his graduate assistant, Tracy Miranowski. Tracy is a native from Breckenridge, MN. She graduated from Minnesota State-Mankato in May of 2004 with a degree in physical education and was an All NCC recipient in the 4X800 for the Maverick's track and field team.

**For the latest on SCSU Athletics, check out the Husky Homepage**

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