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St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Cross Country Update

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2006-07 SCSU Cross Country News

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THIS WEEK'S MEETS

Sept. 15:

@ Grand Forks, N.D.

Ron Pynn Invitational
4:45 pm

2006 SCSU Outdoor Schedule

Date	Opponent	Time/Result
09/15	Ron Pynn Invitational Grand Forks, ND	4:45pm
09/ 23	Roy Griak Invitational Falcon Heights, MN	11:20am
09/30	SDSU Classic Brookings, SD	TBA
10/8	MSU Mankato Open Mankao, MN	TBA
10/21	NCC Championships Vermillion, SD	11:00am
11/04	NCAA Division II North Central Regional Wayne, NE	11:00am
11/18	NCAA Division II Championships Pensacola, FL	9:30am

(all meets are listed as Central Time)
For complete ticket information, please call
1-877-SCSUTIX or 320-308-2137.

SCSU TEAMS OPEN 2006 SEASON IN NORTH DAKOTA: This week-end, the St. Cloud State University cross country teams travel to Grand Forks, N.D. to begin the 2006 season at the Ron Pynn Invitational. The race will begin at 4:45 p.m.

2006 WOMEN'S HUSKY CC OUTLOOK: In 2005 the women's Husky cross country team finished 14th at Regionals, the highest finish the team has had in years. With the loss of Sarah Getty (Remer), 10th place finisher at 2005 NCC Championships, the women's team will have to look to four key returners for leadership and solid running. Sophomore, Emily Winans (Fergus Falls), the most talented runner on the team, will have to use her solid athleticism to replace the leadership once held by Getty.

Though the transition from track to cross country may be tough, sophomore, Bobbi Krippner (Mankato/East) has the ability to push her teammates day in and day out. A very solid runner, returning sophomore, Kala Halverson (Alexandria) will add leadership to the women's team. A newcomer to the team and the only senior, Katie Wilson (Grand Forks, N.D.) will bring some much needed senior leadership to the young SCSU team. Though new to cross country, Wilson's energy and competitive drive may just be what the team needs after the loss of Getty.

Also returning to the Husky squad are sophomores, Gia Dickinson (Sauk Rapids) and Libbie Sanders (Coon Rapids). Newcomers to the Huskies include: first-year, Andrea Borden (Merrifield/Crosby-Ironton), sophomore, Holly Dombrovski (Sartell), first-year, Sierrah Poole (Winnebago), first-year, Kelley Nelson (Westbrook), and first-year, Alyssa Kronlund (Spooner, Wis.).

Mischke's season goal for the team is to have the women running their best come the North Central Conference and Regional meets. In order to do so, each runner must look at each practice and meet as an opportunity for constant improvement. The focus must be maintained on strong, solid running come late October.

2006 MEN'S HUSKY CC OUTLOOK: The men's cross country team ended the 2005 season with a 19th place finish at the Regional meet. Though the team has lost five of its previous seven runners, Junior, David Manly (Minneapolis/Washburn) and sophomore, Tim Moes (Becker) both have running experience under their belt. With such a young team, these two will have high expectations placed upon them for the 2006 season.

Rounding out the rest of the squad are first-year, Hady Cherif (Minneapolis/St. Louis Park), redshirted first-year, Nick Hamm (Menomonie, Wis.), first-year, Brynne Lindquist (Fridley), sophomore, Karl Nyberg (Moorhead), sophomore, Wesley Olson, first-year, Lucas Pederson (Richfield), and first-year, Zachary Tang (Anchorage, A.K.).

With such a large number of new faces to the 2006 squad, there's nothing much for the team to lose. More about the team's ability to work both individually and as a team will be revealed once the season has gotten underway. Overall, the conference will be tough this year with Minnesota State University Mankato and University of South Dakota as the top two teams to catch.



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Coach Mischke

SCSU COACH SETH MISCHKE RETURNS FOR ANOTHER SEASON WITH THE HUSKIES: Seth Mischke began his first season as head coach of the men's and women's track and field programs and cross country programs at St. Cloud State in 1999-2000. 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. He placed third in the Big Ten meet in the decathlon as a senior. Mischke has completed his master's degree in physical education at St. Cloud State. He is a native of Worland, Wyoming and was a standout athlete at Worland High School - located in scenic north central Wyoming. Mischke resides with his wife Colleen and their two children in St. Cloud.

2006 Women's Cross Country Roster

Name	Year	Hometown
Andrea Borden	FY	Merrifield/Crosby-Ironton
Gia Dickenson	So.	Sauk Rapids
Holly Dombrovski	So.	Sartell
Kala Halverson	So.	Alexandria
Bobbi Krippner	So.	Mankato/East
Alyssa Kronlund	FY	Spooner, Wis.
Kelley Nelson	FY	Westbrook
Sierrah Poole	FY	Winnebago
Libbie Sanders	So.	Coon Rapids
Katie Wilson	Sr.	Grand Forks, N.D.
Emily Winans	So.	Fergus Falls

2006 Men's Cross Country Roster

Name	Year	Hometown
Hady Cherif	FY	Minneapolis/St. Louis Park
Nick Hamm	R-FY	Menomonie, Wis.
Brynne Lindquist	FY	Fridley
David Manly	Jr.	Minneapolis/Washburn
Tim Moes	So.	Becker
Karl Nyberg	So.	Moorhead
Wesley Olson	So.	
Lucas Pederson	FY	Richfield
Zachary Tang	FY	Anchorage, A.K.

2005 North Central Conference Championships Results

Name	Place	Time
WOMEN		
	6th	
Sarah Getty	10th	22:43.21
Emily Winans	25th	23:24.11
Rachel Lander	42nd	24:48.40
MEN		
	6th	
Ted Johnson	28th	26:54.39
Keith Srenzel	34th	27:23.80
Teddy Ayele	35th	27:55.40

2005 North Central Regional Championships Results

Name	Place	Time
WOMEN		
	14th	
Sarah Getty	28th	23:01.90
Emily Winans	60th	24:03.55
Rachel Lander	110th	25:30.53
Gia Dickinson	119th	25:52.65
Bobbi Krippner	140th	27:06.77
Libbie Sanders	152nd	28:04.32
MEN		
	19th	
Ted Johnson	72nd	28:04.32
Keith Stenzel	91st	36:00.10
Teddy Ayele	112th	37:45.90
Tim Moes	129th	39:47.90
Matt Koetter	133rd	41:14.10
Jon Matthews	141st	47:37.80

