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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**

Season Wrap-up: November 14, 2006



**2006 SCSU  
MEN'S & WOMEN'S CROSS  
COUNTRY SEASON IN  
REVIEW**

**2006 SCSU Outdoor Schedule**

Date	Opponent	Result
09/15	Ron Pynn Invitational Grand Forks, ND	M: INC W: 7th
09/ 23	Roy Griak Invitational Minneapolis, MN	M: INC W: 27th
09/30	SDSU Classic Brookings, SD	M: INC W: 9th
10/7	MSU Mankato Open Mankato, MN	M: N/A W: N/A
10/21	NCC Championships Vermillion, SD	M: 6th W: 7th
11/04	NCAA Division II North Central Regional Wayne, NE	M: 20th W: 19th
11/18	NCAA Division II Championships Pensacola, FL	

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

**NEED INFO?**

For information about SCSU Cross Country, please contact the St. Cloud State Athletic Media Relations Office at 320/308-2141. The cross country contact at SCSU for 2006 is Christy Kramer. You can contact her via email at krch9901@stcloudstate.edu.

**IMPORTANT NUMBERS**

SCSU Ticket Office: 320/308-2137  
SCSU AMR Office: 320/308-2141

**WEBSITES**

To obtain complete information about SCSU cross country this season, please go to the Husky Home Page at:

[www.stcloudstate.edu/athletics](http://www.stcloudstate.edu/athletics)

For information on the North Central Conference, please check out the league website at:

[www.northcentralconference.org](http://www.northcentralconference.org)

**09/15** SCSU MEN'S AND WOMEN'S 2006 CROSS COUNTRY SEASON IN REVIEW: The cross country season got its jump-start in Grand Forks, ND at the Ron Pynn Invitational. The women finished in 7th place with 170 points, while the men's team ran incomplete. Emily Winans (Fergus Falls) led the women's team with a 19th place finish and Karl Nyberg (Moorhead) was the first to cross the line for the men finishing in 20th place.

**09/23** The next weekend found the Huskies in Minneapolis at the Roy Griak Invitational. Battling both the elements and the 1,400+ competing runners, the women came home in 27th place and the men again ran with an incomplete team. It was Winans again who finished first for the women crossing the line at 25:14. Nyberg led the men's team coming in at 29:56.80.

**09/30** The teams finished off September at the SDSU Classic in Brookings, SD. The women finished in 9th place and the men, competing without a full team, ran again incomplete. Winans and Nyberg led the Huskies again crossing the line at 19:50.25 and 28:46.20 respectively.

**10/07** The first race of October landed the teams in Mankato for the MSU Mankato Open. No team scores were kept for this meet, but the women's team was led by Winans who finished 12th and the David Manly (Minneapolis/Washburn) finished in 24th place for the men's team.

**10/21** The MSU Mankato Open was the last of the regular season meets as the Huskies now traveled to Vermillion, SD for the NCC Championships. The women brought home 7th place and the men, running for the first time as a complete team, finished in 6th. It was Winans and Nyberg who again crossed the finish line first for the Huskies. Winans came in 32nd and Nyberg in 35th.

**11/04** The Huskies finished their 2006 season in Wayne, NE at the NCAA Division II North Central Regional. The women finished in 19th place and the men in 20th. Winans led the women's team with a 61st place finish and Nyberg led the men with a 97th place finish.

[www.stcloudstate.edu/athletics/sports/crosscountry](http://www.stcloudstate.edu/athletics/sports/crosscountry)



2006



COMMISSIONER'S  
 ACADEMIC CROSS  
 COUNTRY HONOR ROLL



*Kelley Nelson*



*Bobbi Krippner*



*Emily Winans*



*Kala Halverson*



*Katie Wilson*

**FIVE WOMEN NAMED TO NCC ACADEMIC CROSS COUNTRY HONOR ROLL:** Five members of the SCSU women's cross country team were named to the 2nd Annual NCC Commissioner's Academic Honor Roll Tuesday, October 24.

First-year, Kelley Nelson (Westbrook), sophomores, Bobbi Krippner (Mankato/East), Emily Winans (Fergus Falls), and Kala Halverson (Alexandria), and senior, Katie Wilson (Grand Forks, ND) were members of a list of 67 athletes honored for their work on and off the cross country course.

This is the second year Krippner has received this honor.

To be eligible for the honor roll, student-athletes must hold a 3.20 grade point average, have competed for at least two semesters at their current school, and have competed against outside competition.



*Coach Mischke*

**SCSU COACH SETH MISCHKE COMPLETES 8TH 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, WI
Kelley Nelson	FY	Westbrook
Sierrah Poole	FY	Winnebago
Libbie Sanders	So.	Coon Rapids
Katie Wilson	Sr.	Grand Forks, ND
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, WI
Brynne Lindquist	FY	Fridley
David Manly	Jr.	Minneapolis/Washburn
Tim Moes	So.	Becker
Karl Nyberg	So.	Moorhead
Wesley Olson	So.	Webster, WI
Lucas Pederson	FY	Richfield
Zachary Tang	FY	Anchorage, AK





## 2006 Ron Pynn Invite Team Results

Team	Score
<b>WOMEN</b>	
UND	33
Manitoba	72
Jamestown College	77
Minot State	85
University of Mary	108
Bemidji State	154
SCSU	170
<b>MEN</b>	
UND	39
Manitoba	43
Jamestown College	76
Minot State	79
University of Mary	INC
SCSU	INC
United Tribes	INC

## 2006 Ron Pynn Invite Individual Results

Name	Place	Time
<b>WOMEN</b>		
Emily Winans	19th	20:48
Holly Dombrovski	33rd	21:52
Bobbi Krippner	40th	22:34
Katie Wilson	48th	23:48
Libbie Sanders	53rd	24:43
Kelley Nelson	55th	25:11
Sierrah Poole	57th	26:14
<b>MEN</b>		
Karl Nyberb	20th	29:04
Tim Moes	35th	31:21

## 2006 Roy Griak Invite Team Results

Team	Score
<b>WOMEN</b>	
1. Black Hills State	96
2. Concordia	103
3. UW La Crosse	117
4. UC San Diego	141
5. Northern Michigan	171
27. SCSU	746
<b>MEN</b>	
1. Concordia	46
2. UW La Crosse	80
3. MSU Mankato	158
4. Wartberg	206
5. UW Platteville	224
SCSU	INC

## 2006 Roy Griak Invite Individual Results

Name	Place	Time
<b>WOMEN</b>		
Emily Winans	95th	25:14
Andrea Borden	150th	26:30
Kala Halverson	155th	26:45
Holly Dombrovski	165th	27:18
Alyssa Kronlund	181st	28:26
Libbie Sanders	194th	31:13
Sierrah Poole	195th	31:38
<b>MEN</b>		
Karl Nyberb	346th	29:56.80
David Manly	420th	31:22.45
Tim Moes	425th	31:26.95
Lucas Pederson	471st	33:42.55



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## 2006 SDSU Classic Team Results

Team	Score
<b>WOMEN</b>	
1. Minnesota	18
2. Nebraska	49
3. South Dakota St.	89
4. Northern Iowa	104
5. Minnesota St.	181
9. St. Cloud St.	254
<b>MEN</b>	
1. Minnesota St .	53
2. North Dakota St.	59
3. Iowa St.	68
4. Nebraska	102
5. Northern Iowa	111
SCSU	INC

## 2006 SDSU Classic Individual Results

Name	Place	Time
<b>WOMEN</b>		
Emily Winans	47th	19:50.25
Bobbi Krippner	72nd	21:11.35
Andrea Borden	73rd	21:22.30
Holly Dombrovski	88th	22:06.10
Alyssa Kronlund	91st	22:41.80
Libbie Sanders	105th	24:10.90
Kelley Nelson	106th	24:35.45
Sierrah Poole	110th	25:19.50
<b>MEN</b>		
Karl Nyberb	61st	28:46.20
Tim Moes	69th	31:10.15
Lucas Pederson	70th	31:10.45
Nick Hamm	73rd	35:18.15

## 2006 MSU Open Individual Results

Team	Score
<b>WOMEN</b>	
Augustana College	No team scores kept
MSU Mankato	
SCSU	
<b>MEN</b>	
Augustana College	No team scores kept
MSU Mankato	
SCSU	

## 2006 MSU Open Individual Results

Name	Place	Time
<b>WOMEN</b>		
Emily Winans	12th	15:58
Andrea Borden	23rd	16:58
Kala Halverson	24th	17:00
Holly Dombrovski	25th	17:06
Bobbi Krippner	26th	17:17
Alyssa Kronlund	33rd	18:37
Katie Wilson	34th	18:39
Kelley Nelson	35th	18:45
Libbie Sanders	36th	19:02
Sierrah Poole	41st	19:58
<b>MEN</b>		
David Manly	24th	23:52
Tim Moes	27th	24:32
Lucas Pederson	29th	25:07
Nick Hamm	32nd	27:40



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## 2006 NCC Championships Team Results

Team	Score
<b>WOMEN</b>	
UND	44
Augustana	61
USD	77
UMD	101
UNO	112
MSU	120
SCSU	195
<b>MEN</b>	
MSU	37
UMD	52
Augustana	80
UND	89
USD	101
SCSU	189

## 2006 NCC Championships Individual Results

Name	Place	Time
<b>WOMEN</b>		
Emily Winans	32nd	24:33.00
Kala Halverson	35th	24:56.32
Andrea Borden	41st	25:49.02
Bobbi Kippner	43rd	26:31.48
Holly Dombrovski	44th	27:27.00
Katie Wilson	45th	28:19.07
Alyssa Krolund	46th	28:42.75
<b>MEN</b>		
Karl Nyberg	35th	28:15.64
Tim Moes	37th	30:12.24
David Manly	38th	30:45.17
Brynne Lindquist	39th	31:22.65
Lucas Pederson	40th	32:05.83

## 2006 NCAA Division II North Central Regional Team Results

School	Place	Score
<b>WOMEN</b>		
Western State	1st	40
Adams State	2nd	48
UC Colorado	3rd	107
Augustana	4th	127
North Dakota	5th	152
SCSU	19th	511
<b>MEN</b>		
Adams State	1st	26
Western State	2nd	55
Colorado Mines	3rd	71
MSU	4th	138
Augustana	5th	193
SCSU	20th	610

## 2006 NCAA Division II North Central Regional SCSU Individual Results

Name	Place	Time
<b>WOMEN</b>		
Emily Winans	61st	24:00.05
Kala Halverson	66th	24:07.00
Bobbi Krippner	119th	26:14.70
Andrea Borden	126th	26:43.10
Alyssa Kronlund	139th	27:33.20
Libbie Sanders	143rd	27:53.65
<b>MEN</b>		
Karl Nyberg	97th	35:39.15
David Manly	120th	38:28.80
Brynne Lindquist	128th	40:08.10
Lucas Pederson	131st	41:03.05
Nick Hamm	134th	52:00.50