



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Cross Country Update

Contact: Pat McCabe 320-308-2141 or mcpa0702@stcloudstate.edu



2007 Husky Cross Country:

Season In Review

2007 SCSU Schedule

Date	Meet	Result
9/14	Ron Pynn Invite Grand Forks, N.D.	W: 7th M: INC
9/29	Roy Griak Invite Minneapolis, Minn.	W: 27th M: INC
10/6	Minnesota State Open Mankato, Minn.	Individual Scores Only
10/20	NCC Championships Carlton, Minn.	W: 7th M: INC
11/3	North Central Regional Vermillion, S.D.	W: 23rd M: INC
11/17	NCAA DII Nationals Joplin, Mo.	

For complete ticket information, please call
1-877-SCSUTIX or 320-308-2137.

2007 SCSU CROSS COUNTRY WRAP-UP Final Release Date: November 13, 2007

2007 COMES TO A CLOSE: The Huskies put a cap on another season recently at the North Central Regional Championships. The 2007 season was marked by the consistent improvement that the runners showed at each race throughout the year. The Huskies were a young team this past season, but this year's youth will translate in to next year's experience as SCSU returns all of its athletes for 2008. One constant for St. Cloud State in 2007 was Emily Winans (Fergus Falls). She could always be found at the top of the leader board for SCSU, as she

combined to lead SCSU. Ben Wagner (Buffalo) and Cherif, in each runner's first collegiate race, finished in 18th and 25th place respectively. Wagner's time was 27:42.00, while Cherif's was 28:19.00.

9/29: The Huskies returned to action after a two-week layoff at the Roy Griak Invite in Minneapolis, Minn. In an event that boasted six different races of over 200 participants per race, the SCSU women brought home a 27th place finish in the women's Maroon II race. Winans and Borden led the Huskies with times of 25:12.40 and 25:48.80 respectively. Although the two finished just 36 seconds apart, the jam-packed race had 33 runners cross the line between them as they finished 89th and 122nd overall. It was another first time competitor leading the Husky men at the Griak as Allen paced SCSU finishing 152nd in 28:37.80. Cherif however could not have been closer finishing just two tenths of a second behind in 28:38.00 at 153rd.



Dan Allen

10/6: The Huskies were in Mankato for the Minnesota State Open, hosted by their NCC rival. As they did the week before, Allen and Cherif led the Huskies with a back-to-back finish, again with Allen having the upper hand. Just a second separated them as Allen was 15th in 21:23 and Cherif was 16th in 21:24. Emily Winans notched her first top-10 of the season when she crossed the line ninth overall in 16:52. Teammate Borden scored a top-15 time at 12th place in 17:19.



Andrea Borden

10/20: At the last North Central Conference Championship meet in league/school history, the women scored a seventh place team finish. Winans again had the best finish for SCSU, at 39th place in 24:28.00. As Winans continued to lead the women, Allen continued his consistent season for the men's team with his 35th place finish in 27:16.30. There were very few surprises in the race, as Borden and Cherif crossed next in the women's and men's race respectively. Borden 49th place time was 24:52 while Cherif's 41st place time was 27:36.80.



Hady Cherif

11/3: The Huskies final race of 2007 was the NCAA Division II North Central Regional Championships in Vermillion, S.D. Led one last time by Winans and Borden, the entire SCSU women's team achieved personal best times in the race. Winans broke the 24-minute mark for the first time in her career with 23:53.15 spot in 88th place. The men's regional race was the longest of the season at 10K, and Cherif was able cross first for SCSU for the first time, when he broke the top-100 at 99th in 34:51.93.



Emily Winans

was the first Husky woman to cross the finish line at each race this past season. The men were plagued by injuries all season and were forced to enter meets an individuals only, due their lack of healthy runners. The men's team, though, did have a pair of runners competing for the top spot in each race. Dan Allen (St. Louis Park) and Hady Cherif (Minneapolis) were one and two respectively for SCSU in three different races this season.

ALL-ACADEMIC HUSKIES: Two St. Cloud State runners were honored by the North Central Conference for their excellence in the classroom this season. On October 25, juniors Winans and Christa Halonen (Annandale) were recognized as members of the 2007 Cross Country NCC Commissioner's Academic Honor Roll. Winans has a 3.81 GPA as a communication studies - interdepartmental major, and Halonen carries a 3.53 GPA as a management major.

9/14: The Huskies opened the season in Grand Forks, N.D. at the Ron Pynn Invite. The women placed seventh as a team with 180 points. Winans set the stage for the rest of the season, as she led the Huskies to the finish, crossing the line at the 20:24 mark placing her 27th overall. Winans finished not a moment too soon as teammate Andrea Borden (Merrifield) finished in 28th place just two seconds back at 20:26. In the men's race a pair of first-year athletes



Coach Mischke

SCSU COACH SETH MISCHKE COMPLETES NINTH 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.

2007 Women's Cross Country Roster

Name	Year	Hometown
Andrea Borden	So.	Merrifield
Christa Halonen	Jr.	Annandale
Cheryl Hundt	FY	Bangor, Wis.
Paula Marozas	So.	Rochester
Brittney Moffatt	FY	Andover
Sierrah Poole	So.	Winnebago
Libbie Sanders	Jr.	Coon Rapids
Emily Winans	Jr.	Fergus Falls

2007 Men's Cross Country Roster

Name	Year	Hometown
Dan Allen	FY	St. Louis Park
Hady Cherif	FY	Minneapolis
Hillary Maiyo	So.	El Durat, Kenya
Tim Moes	Jr.	Becker
Wesley Olson	So.	Webster, Wis.
Lucas Pederson	So.	Richfield
Shawn Steinkraus	FY	Brainerd
Ben Wagner	FY	Buffalo

2007 North Central Regional Team Results

Name	Place	Points
<u>WOMEN (6K)</u>		
Adams State	1st	28
Augustana	2nd	86
Western State	2nd	86
South Dakota	4th	115
North Dakota	5th	149
St. Cloud State	23rd	598
<u>MEN (10K)</u>		
Western State	1st	45
Adams State	2nd	46
Minnesota State	3rd	89
Colorado Mines	4th	97
New Mexico Highlands	5th	149
St. Cloud State	---	---

2007 North Central Regional Individual Results

Name	Place	Time
<u>WOMEN (6K)</u>		
Tanya Gaurmer	1st(Adams State)	20:44.63
Emily Winans	88th	23:53.15
Andrea Borden	110th	24:16.87
Paula Marozas	118th	24:32.70
Christa Halonen	152nd	26:53.96
Libbie Sanders	154th	27:02.54
Sierrah Poole	161st	28:54.65
<u>MEN (10K)</u>		
Laurent Hgirakamaro	1st (N.M. Highlands)	29:44.58
Hady Cherif	99th	34:51.93
Tim Moes	117th	36:25.41
Lucas Pederson	128th	37:26.55
Dan Allen	135rd	38:30.73



2007 Ron Pynn Invite Team Results

Name	Place	Points
WOMEN		
U of Manitoba	1st	49
Concordia College	2nd	51
North Dakota	3rd	57
Jamestown College	4th	95
Bemidji State	5th	130
Minnesota State	6th	148
St. Cloud State	7th	180

MEN		
U of Manitoba	1st	17
North Dakota	2nd	44
Concordia College	3rd	95
Jamestown College	4th	96
St. Cloud State	---	---
United Tribes	---	---

2007 Ron Pynn Invite Individual Results

Name	Place	Time
WOMEN		
Georgette Mink	1st (Manitoba)	18:24
Emily Winans	27th	20:24
Andrea Borden	28th	20:26
Paula Marozas	52nd	21:49
Libbie Sanders	53rd	21:52
Christa Halonen	59th	23:14

MEN		
Kristjan Hunter	1st (Manitoba)	24:53.00
Ben Wagner	18th	27:42.00
Hady Cherif	25th	28:19.00
Lucas Pederson	27th	28:38.00
Tim Moes	38th	29:36.00

2007 Roy Griak Invite Team Results

Name	Place	Points
WOMEN		
Augustana College	1st	69
Nebraska-Kearney	2nd	145
Indiana Wesleyan	3rd	163
North Dakota	4th	193
Pittsburg State	5th	206
St. Cloud State	27th	731

MEN		
Minnesota State	1st	110
Minnesota Duluth	2nd	132
Black Hills State	3rd	155
Augustana College	4th	182
Manitoba	5th	191
St. Cloud State	---	---

2007 Griak Invite Individual Results

Name	Place	Time
WOMEN (6K)		
Ramsey Kavan	1st (S. Dakota)	22:08.1
Emily Winans	89th	25:12.4
Andrea Borden	122nd	25:48.8
Paula Marozas	155th	26:54.6
Libbie Sanders	246th	28:27.2
Christa Halonen	252nd	28:35.5

MEN (8K)		
Kristjan Hunter	1st (Manitoba)	25:26.4
Dan Allen	152nd	28:37.8
Hady Cherif	153rd	28:38.0
Lucas Pederson	215th	30:11.3
Tim Moes	219th	30:30.4

2007 MSU Open Team Results

Name	Place	Points
WOMEN		
No Team Scores Kept		
MEN		

No Team Scores Kept

2007 MSU Open Individual Results

Name	Place	Time
WOMEN (4K)		
Laura Edlund	1st (GAC)	15:25
Emily Winans	9th	16:52
Andrea Borden	12th	17:19
Paula Marozas	18th	17:54
Christa Halonen	26th	18:36
Libbie Sanders	29th	19:01
Sierra Poole	35th	20:30

MEN (6K)		
Dana Schmidt	1st (UNAT)	20:17
Dan Allen	15th	21:23
Hady Cherif	16th	21:24
Lucas Pederson	22nd	22:36
Tim Moes	31st	24:36

2007 NCC Championship Team Results

Name	Place	Points
WOMEN (6K)		
Augustana	1st	36
North Dakota	2nd	61
South Dakota	3rd	62
Minnesota Duluth	4th	114
Minnesota State	5th	115
Nebraska-Omaha	6th	147
St. Cloud State	7th	207

MEN (8K)		
Minnesota State	1st	24
Augustana	2nd	62
Minnesota Duluth	3rd	67
South Dakota	4th	99
North Dakota	5th	120
St. Cloud State	-----	-----

2007 NCC Championship Individual Results

Name	Place	Time
WOMEN (6K)		
Rachel Stangler	1st (AC)	21:39.00
Emily Winans	39th	24:28.00
Andrea Borden	49th	24:52.00
Paula Marozas	53rd	25:15.00
Christa Halonen	61st	28:10.00
Sierra Poole	62nd	29:55.00

MEN (8K)		
Denise Mokaya	1st (MSU)	24:46.5
Dan Allen	35th	27:18.3
Hady Cherif	41st	27:36.8
Lucas Pederson	49th	28:22.0
Tim Moes	53rd	30:50.6