



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



## Upcoming Meet:

### North Central Regional

November 3, 2007

Vermillion, South Dakota

## 2007 SCSU Schedule

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

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

## REGIONAL RANKINGS as of 10-16-2007

### DII North Central Region Men

1. Adams State
2. Western State
3. Colorado School of Mines
4. Minnesota State
5. New Mexico Highlands
6. Minnesota-Duluth
7. Metro State
8. Augustana
9. MSU-Moorhead
10. University of South Dakota

### DII North Central Region Women

1. Adams State
2. Western State
3. Augustana
4. Nebraska-Kearney
5. North Dakota
6. MSU-Moorhead
7. Minnesota-Duluth
8. Minnesota State
9. Mesa State
10. Fort Lewis

## 2007 SCSU CROSS COUNTRY NEWS

Release Date: October 22, 2007

**NORTH CENTRAL CONFERENCE CHAMPIONSHIPS:** This past Saturday, October 20, the Huskies were in Carlton, Minn. for the North Central Conference Championships. The SCSU women's team brought home a 7th place finish, while the men were unable to compete as a team due to injury. However the men did still compete as individuals. In the men's race the Mavericks of Minnesota State took home the team championship for the fourth consecutive year. MSU blew away the field; finishing with 24 points, well ahead of second place Augustana at 62. On the women's side it was the Augustana Vikings claiming the team championship with 36 points after finishing second a year ago. Last years champion North Dakota finished as the runner-up at 61, just a point ahead of South Dakota in third place at 62.

**WINANS SETS PACE AT NCC'S:** It should be no surprise to see Emily Winans' (Fergus Falls) name at the top of the list for the Huskies. Winans has brought home the best finish for the Huskies at each race this season and the NCC Championships were no exception. Winans finished in 39th place with her time of 24:28.00. Andrea Borden (Merrifield) has been just as consistent as Winans this season, as Borden often crossed the finish line just behind Winans. At the NCC meet Borden finished in 24:52 for 49th place. Paula Marozas (Rochester) was not far behind in 53rd position with a time of 25:15.00. Rounding out SCSU was Christa Halonen (Annandale) at 61st and Sierrah Poole (Winnebago) at 62nd place. They finished with times of 28:10 and 29:55, respectively. Augustana's Rachel Stangler gave her Vikings a championship sweep by winning the individual championship with her time of 21:39.00. Stangler was four seconds ahead of South Dakota's Kevan Ramsey in second place at 21:43.00



Andrea Borden



Emily Winans

**ALLEN AGAIN AHEAD OF HUSKY PACK:** The Huskies Dan Allen (St. Louis Park) also continued his pace as the top Husky competitor. Allen crossed the finish line in 27:16.3 putting himself in 35th place. Hady Cherif (Minneapolis) also continued his strong season for SCSU, finishing not far behind Allen in 41st place in a time of 27:36.8. The Huskies only had four competitors in the race with the remaining two being Lucas Pederson (Richfield) and Tim Moes (Becker). Pederson competed the course in 28:22.0 for 49th place and Moes crossed in 30:50.6 in 53rd place. In addition to their team championship, Minnesota State boasted the top two individual finishers of the day and three of the top four. Denise Mokaya earned the championship when he finished in 24:46.5 just ahead of teammate James Krajsa at 24:51.6. In fourth place overall for the Mavericks was Dan Ristau at 25:30.7



Dan Allen

**NORTH CENTRAL REGIONAL UP NEXT:** From one championship to the next. Fresh off the conference meet, the Huskies head west, where another NCC school, the University of South Dakota, hosts the North Central Regional Championships. Last season at the regional in Wayne, Neb., the SCSU women finished in 19th place while the men came in 20th. It was a pair of Rocky Mountain Athletic Conference schools that took home top honors with Adams State winning on the men's side and Western State on the women's. Four NCC schools qualified for the national championships as well when the Minnesota State men, North Dakota women, and both Augustana squads finished in the top six. This season's regional is set for 11:00 a.m. at the Don Baker Memorial Course in Vermillion, S.D.

[www.StCloudState.edu/Athletics/Crosscountry](http://www.StCloudState.edu/Athletics/Crosscountry)



Coach Mischke

**SCSU COACH SETH MISCHKE RETURNS FOR 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 NCC Championship Team Results

Name	Place	Points
<u>WOMEN (6K)</u>		
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

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

### 2007 NCC Chamionship Ind. Results

Name	Place	Time
<u>WOMEN (6K)</u>		
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
Sierrah Poole	62nd	29:55.00

<u>MEN (8K)</u>		
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

