



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Cross Country Update

Contact: Celest Stang at 320-308-2141 or crstang@stcloudstate.edu

Season Complete

The Huskies completed the 2009 season at the Central Regional Championships on Nov. 7, 2009, in Wayne, Neb.

2009 SCSU Schedule

Date	Meet	Location/Result
9/19	St. Olaf Invite	Men: 4th Women: 6th
9/27	Roy Griak Invite	Men: 7th Women: 7th
10/10	UMD Pine Hill Invite	Men: 2nd Women: 2nd
10/24	NSIC Championships	Men: 4th Women: 7th
11/7	NCAA Central Regionals	Men: 11th Women: 14th
11/21	NCAA Championships	Evansville, IN

For complete SCSU Cross Country information, please visit the SCSU Athletics Home Page at www.StCloudState.edu/Athletics

2009 Women's Cross Country Roster

Name	Yr.	Hometown
Andrea Borden	RS-Sr.	Merrifield, Minn.
Emily Doty	So.	Minneapolis, Minn.
Stacey Kern	FY	Osakis, Minn.
Paula Marozas	Jr.	Andover, Minn.
Brittney Moffatt	So.	Coon Rapids, Minn.
Andrea Neugebauer	So.	Mitchell, S.D.
Serena Peluso	So.	Wadena, Minn.
Laura Peters	FY	Ramsey, Minn.
Jana Prow	So.	Sauk Rapids, Minn.
Rebecca Reinsma	Jr.	Mt. San Antonio C.C.
Jackie Rich	So.	Rogers, Minn.
Keely Rubash	So.	New Lisbon, Wis.
Nichelle Rubash	So.	New Lisbon, Wis.
Hannah Sanborn	FY	Maple Grove, Minn.
Amanda Schilling	So.	White Bear Lake, Minn.
Melissa Walden	Jr.	Deep River, Ontario

2009 Men's Cross Country Roster

Name	Yr.	Hometown
Abasher Abasher	FY	Rosemount, Minn.
Dan Allen	Jr.	Waite Park, Minn.
Kevin Andresen	So.	Crystal, Minn.
Hady Cherif	Jr.	Minneapolis, Minn.
Brandon Heddens	FY	Sauk Rapids, Minn.
Jared Hicks	FY	Spearfish, S.D.
Sean Gaskell	So.	Esko, Minn.
Luke Jordan	So.	Maple Plain, Minn.
Diego Lucar	Jr.	Schuyler, Neb.
Blake Macalus	FY	White Bear Lake, Minn.
Matt Main	Jr.	Webster, Wis.
Jon Marks	RS-FY	Bufalo, Minn. Liban
Musse	FY	St. Cloud, Minn.
Kyle Neumann	So.	Andover, Minn. Shamus
O'Grady	So.	Coon Rapids, Minn.
David Pieper	So.	Plover, Wis.
Billy Struntz	FY	White Bear Lake, Minn.
David Townsel	Jr.	Guam
Luke Windholz	So.	St. Paul, Minn.

2009 SCSU CROSS COUNTRY NEWS

Final Release Date: December 2, 2009



SEASON ENDS AT REGIONALS: The 2009 St. Cloud State University men's and women's cross country teams completed the 2009 season at the Division II Central Region Championships on Saturday, Nov. 7, at the Wayne Country Club. The men placed 11th with 318 points, while the women finished in 14th place with 393 points.

MOVING UP THE CHARTS AT REGIONALS: The Husky men improved from last year's 13th place performance at regionals, finishing in 11th place with 318 points. St. Cloud State's women's squad improved from an 18th place finish at the 2008 regional meet to finish in 14th place with 393 points.

LEADERS AT REGIONALS: Sophomore Kyle Neumann (Andover) was the first Husky to cross the finish line in the 10,000 meter race, placing 39th in a time of 33:35.9. Paula Marozas (Andover) was yet again the lead runner for the St. Cloud State women, finishing in 45th place with a time of 23:32.1. The junior completes the 2009 season as an All-NSIC Second Team recipient.

HUSKIES BREAK TOP 10 IN REGION: The 2009 St. Cloud State University men's cross country team was ranked ninth in Division II Men's Central Region Cross Country Rankings twice during the 2009 stint on Oct. 27 and Nov. 4. The Huskies have now been ranked regionally three times under the helm of current head coach Seth Mischke.

NSIC CHAMPIONSHIPS: The St. Cloud State men's cross country team placed fourth (118 points) at the 2009 NSIC Championships on Saturday, Oct. 24, while the Husky women's squad finished in 7th place (180 points) at the Greenwood Golf Course in Bemidji, Minn.

IMPROVING AT THE NSIC'S: The Husky women improved their team finish by two places, going from 9th place in 2008 to 7th place in 2009 at the NSIC Championships. The SCSU men maintained their place from last season, finishing in 4th place in 2008 and 2009.



Kyle Neumann

ALL-NSIC TOP HONORS: Sophomore runner Kyle Neumann gained All-NSIC First Team honors, leading the Huskies with a seventh place finish in a time of 26:15.1, which marked a personal best time for the Andover native in 2009. Neumann became just the second runner in school history to gain All-NSIC First Team honors, as last year SCSU's Hady Cherif placed 10th at the 2008 NSIC Championships to gain the accolade.

ALL-NSIC SECOND TEAM: Dan Allen (Waite Park) was the second Husky to cross the finish line at the 2009 NSIC Championships, placing 15th in a time of 26:41.3, which landed Allen on the All-NSIC Second Team. Allen bettered his previous race's time by over 35 seconds to gain the NSIC nod. St. Cloud State's Paula Marozas (Andover) made history for the Huskies, becoming the first female runner to land on an All-NSIC squad. The junior runner placed 19th with a time of 23:33.8, earning Marozas a spot on the All-NSIC Second Team.

NEW SEASON, NEW FACES: Six true first year runners joined the Husky family in 2009. Those runners included; Abasher Abasher (Rosemount), Brandon Heddens (Sauk Rapids), Jared Hicks (Spearfish, S.D.), Blake Macalus (White Bear Lake), Liban Musse (St. Cloud) and Billy Struntz (White Bear Lake). Also new to the squad in 2009 were junior transfers Diego Lu-

car (Skyler, Neb.), Matt Main (Webster, Wis.) and David Townsel (Guam). Lucar and Townsel come to SCSU from Iowa Western Community College, while Main stems from the University of Wisconsin-Oshkosh.

On the women's side, Coach Mischke welcomed first year runners Stacey Kern (Osakis) and Hannah Sanborn (Maple Grove) to the 2009 squad.

PRESEASON POLLS: The St. Cloud State University men's cross country team was picked to finish third in the 2009 Preseason NSIC Men's Cross Country Coaches' Poll, while the SCSU women's team landed in eighth place in the 2009 Preseason NSIC Women's Cross Country Coaches' Poll.

NSIC ACADEMIC HONOR ROLL: The Husky cross country team landed four women and one male on the 2009 NSIC Fall Academic Honor Roll. Those runners included Kevin Andresen (Crystal), Paula Marozas (Andover), Andrea Neugebauer (Mitchell, S.D.), Keely Rubash (New Lisbon, Wis.) and Amanda Schilling (White Bear Lake).

MAROZAS AT ROY GRIAK: On Sept. 27, Paula Marozas 23rd overall with a time of 23:53.34 at the Roy Griak Invite, which marked her best time ever on the Roy Griak Golf Course. The junior runner PR'd earlier this season at the St. Olaf Invite, crossing the line in 23:17 good for a 9th place finish.

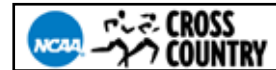
COACHES CORNER: Seth Mischke completed his 11th season as head coach of the men's and women's cross country programs at St. Cloud State in 2009. Assisting Mischke in 2009 was Mohamed Aden and Travis Hoover.

FINAL REGIONAL RANKINGS

as of 11-10-2009

DII Central Region Men

1. Adams State
2. Western State
3. Colorado School of Mines
4. Metro State
5. Augustana (SD)
6. Fort Lewis
7. Minnesota State
8. Nebraska Kearney
9. New Mexico Highlands
10. UCCS



DII Central Region Women

1. Adams State
2. Western State
3. Augustana (SD)
4. Mary
5. Metro State
6. Minnesota Duluth
7. Mesa State
8. Colorado School of Mines
9. Wayne State (Neb.)
10. Winona State



2009 SCSU Women's Cross Country Season Results

WOMEN - Team Scores

Sept. 19	at St. Olaf Invite	6th place	143 points
Sept. 27	at Roy Griak Invite	7th place	249 points
Oct. 10	at Pine Hill Invite	2nd place	57 points
Oct. 24	at NSIC Championships	7th place	180 points
Nov. 7	at Central Regionals	14th place	393 points

STACEY KERN (FY)

Sept. 19	8th place	23:17 (PR)
Sept. 27	32nd place	24:03.59
Oct. 10	13th place	24:35.00
Oct. 24	40th place	24:26.7
Nov. 7	104th place	25:16.4

PAULA MAROZAS (JR.)

Sept. 19	9th place	23:17 (PR)
Sept. 27	23rd place	23:53.34
	(best time at Roy Griak Course)	
Oct. 10	10th place	24:10.00
Oct. 24	19th place	23:33.8
	(All-NSIC Second Team)	
Nov. 7	160th place	23:32.1

BRITTNEY MOFFATT (SO.)

Sept. 27	70th place	24:58.14
Oct. 10	9th place	24:08.00
Oct. 24	25th place	23:51.0 (PR)
Nov. 7	70th place	24:19.1

ANDREA NEUGEBAUER (SO.)

Oct. 24	54th place	25:11.0
---------	------------	---------

JANA PROW (SO.)

Oct. 10	27th overall	25:17.00
---------	--------------	----------

REBECCA REINSMA (JR.)

Sept. 19	64th place	25:18 (PR)
Sept. 27	94th place	25:21.39
Oct. 10	38th overall	25:47.00

JACKIE RICH (SO.)

Oct. 10	36th overall	25:43.00
Nov. 7	112th place	25:41.0 (PR)

KEELY RUBASH (SO.)

Sept. 19	24th place	24:04 (PR)
Sept. 27	36th place	24:08.14
Oct. 10	11th place	24:19.00
Oct. 24	44th place	24:36.4
Nov. 7	72nd place	24:22.2

NICHELLE RUBASH (SO.)

Sept. 19	62nd place	25:13 (PR)
Sept. 27	88th place	25:13.54
Oct. 10	14th place	24:36.00
Nov. 7	102nd place	25:15.2

HANNAH SANBORN (FY)

Sept. 19	69th place	25:31
Oct. 10	17th place	24:58.00 (PR)
Oct. 24	60th place	25:39.5

AMANDA SCHILLING (SO.)

Sept. 19	40th place	24:36 (PR)
Sept. 27	93rd place	25:20.84
Oct. 10	18th place	25:04.00
Oct. 24	52nd place	25:04.5
Nov. 7	119th place	25:58.4

2009 SCSU Men's Cross Country Season Results

MEN - Team Scores

Sept. 19	at St. Olaf Invite	4th place	119 points
Sept. 27	at Roy Griak Invite	7th place	217 points
Oct. 10	at Pine Hill Invite	2nd place	60 points
Oct. 24	at NSIC Championships	4th place	118 points
		<i>(ranked 9th regionally after meet)</i>	
Nov. 7	at Central Regionals	11th place	318 points
		<i>(ranked 9th regionally heading into regional meet)</i>	

DAN ALLEN (JR.)

Oct. 10	12th place	27:17.00
Oct. 24	15th place	26:41.3 (PR)
	(All-NSIC Second Team)	
Nov. 7	71st place	34:40.4

KEVIN ANDRESEN (SO.)

Oct. 10	41st overall	29:21.00
---------	--------------	----------

HADY CHERIF (JR.)

Sept. 19	6th place	26:13 (PR)
Sept. 27	19th place	26:42
Oct. 10	5th place	26:51.00
Oct. 24	29th place	27:23.3
Nov. 7	57th place	34:11.7

JARED HICKS (FY)

Sept. 19	67th place	28:18
Sept. 27	89th place	28:37
Oct. 10	18th place	27:56.00
Oct. 24	44th place	27:52.5 (PR)
Nov. 7	90th place	35:39.2

LUKE JORDAN (SO.)

Sept. 19	28th place	27:22 (PR)
Sept. 27	63rd place	27:53
Oct. 10	19th place	28:03.00
Oct. 24	39th place	27:42.9
Nov. 7	103rd place	36:22.8

SEAN GASKELL (SO.)

Sept. 19	36th place	27:31 (PR)
Sept. 27	52nd place	27:40
Oct. 10	15th place	27:36.00
Oct. 24	46th place	27:57.5
Nov. 7	97th place	36:05.9

BLAKE MACALUS (FY)

Sept. 19	77th place	28:53
Sept. 27	87th place	28:34
Oct. 10	24th overall	28:12.00 (PR)

JON MARKS (RS-FY)

Oct. 10	49th overall	30:08.00
---------	--------------	----------

KYLE NEUMANN (SO.)

Sept. 19	9th place	26:36
Sept. 27	12th place	26:20
Oct. 10	20th place	28:08.00
Oct. 24	7th place	26:15.1 (PR)
	(All-NSIC First Team)	
Nov. 7	39th place	33:35.9

SHAMUS O'GRADY (SO.)

Sept. 19	40th place	27:38
Sept. 27	71st place	28:02
Oct. 10	10th place	27:14.00 (PR)
Oct. 24	28th place	27:18.8
Nov. 7	62nd place	34:26.2

DAVID TOWNSEL (JR.)

Oct. 10	39th overall	29:15.00
---------	--------------	----------

LUKE WINDHOLZ (SO.)

Oct. 10	26th overall	28:26.00
---------	--------------	----------