



Home of the Huskies

St. Cloud State University **ATHLETIC NEWS RELEASE**

720 4th Ave. South, St. Cloud, MN 56301 • Phone: 320-308-2141
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THIS WEEK'S MEETS

Nov. 5:

@ Fort Hays, Kan.

SCSU at NCAA North Central Regional
10 a.m.

2005 St. Cloud State Cross Country Schedule

9/10	Saint John's Invitational Collegeville, Minn.	M-6th W-INC
9/17	St. Olaf Invitational Northfield, Minn.	M-12th W-INC
9/24	Roy Griak Open Minneapolis, Minn.	M-37th W-16th
10/8	Minnesota State Open Mankato, Minn.	W-n/a M-n/a
10/22	NCC Championships Grand Forks, N.D.	W-6th M-6th
11/5	NCAA North Central Regional Championships Fort Hays, Kan.	10 am
11/19	NCAA Division II Championships Pomona, Calif.	TBA

2005 SCSU CROSS COUNTRY NEWS

Release Date: Oct. 24, 2005

SCSU TEAMS COMPETE AT NCAA NORTH CENTRAL REGIONAL

CHAMPIONSHIPS IN TWO WEEKS: The St. Cloud State University cross country teams will travel to Fort Hays, Kan. to compete at the NCAA North Central Regional Championships on Saturday, Nov. 5 beginning at 10 a.m.

GETTY FINISHES 10th AT NCC CHAMPIONSHIPS: St. Cloud State's Sarah Getty finished 10th with a time of 22:43.21 at the NCC Conference Cross Country Meet on Saturday, Oct. 22 in Grand Forks, N.D. South Dakota's Aimee Nielsen won the women's race with a time of 21:41.42. SCSU's Emily Winans finished 25th (23:24.11) and Rachel Lander finished 42nd (24:48.40). As a team, the SCSU women finished sixth out of seven teams.

The SCSU men's cross country team were led by Ted Johnson (28th, 26:54.39), Keith Stenzel (34th, 27:23.80) and Teddy Ayele (35th, 27:55.40). The SCSU men finished in sixth place.

SCSU COACH SETH MISCHKE: 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 daughter in St. Cloud. Mischke will be assisted by graduate assistant Tracy Miranowski. Miranowski attended Minnesota State, Mankato where she graduated in May 2004 with a degree in physical education. A native of Breckenridge, Miranowski was an All-NCC recipient in the 4x800 for the Mavericks' track and field team.



2005 SCSU CROSS COUNTRY ROSTER

<u>Name</u>	<u>Year</u>	<u>Hometown</u>
WOMEN		
Gia Dickenson	FY	Sauk Rapids
Sarah Getty	Sr.	Remer
Bobbi Krippner	So.	Mankato/East
Rachel Lander	So.	Brainerd
Heather Olheiser	FY	Coon Rapids/Blaine
Libbie Sanders	FY	Coon Rapids
Emily Winans	FY	Fergus Falls
MEN		
Teddy Ayele	FY	Eagan
Ted Johnson	FY	Neenah, Wis.
Matt Koetter	So.	Ashburn, Va.
David Manly	So.	Minneapolis/Washburn
Jon Matthews	FY	Milaca/Northwestern Bib.
Keith Stenzel	Sr.	Mankato/West
Tim Moes	RFY	Becker



