



Home of the Huskies

St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Nordic Ski Update

Contact: Tom Nelson, 320-308-2141 (tcnelson@stcloudstate.edu)

Upcoming Meets:

Feb. 13-14, 2010

at CCSA
Championships
- Marquette, Mich.

Coach: Jeremy Frost



2009-10 SCSU Schedule

Date	Opponent
Nov. 25	W. Yellowstone Sprints
Dec. 12-13	at USSA Central Opener
Jan. 10	Saints Invitational - 2nd
Jan. 17	at MN College Champ. -5th
Jan. 23-24	at Central SuperTour - 8th
Jan. 30-31	at Central SuperTour - 7th
Feb. 13-14	at CCSA Championships
Feb. 20-21	at Central Regional Championships
Mar. 10-13	at NCAA Championships

2009-10 SCSU Roster

Name	Year	Hometown
Jenny Beckman	Jr.	Maple Grove
Elizabeth Camp	Jr.	Kiel, Wis./H.S.
Mariah Featherly	Jr.	Houghton, MI
Corinne Holmes	FY	Mounds View
Amanda Klaverkamp	FY	St. Cloud/Tech
Karyn Liebsch	So.	Osseo, Minn.
Amy Peterson	Jr.	Chaska
Katelyn Prow	Sr.	Sauk Rapids
Christina Ringsmuth	So.	St. Cloud
Hannah Sanborn	FY	Maple Grove
Diane Vezendy	Jr.	Richland, N.Y.
Melissa Walden	Jr.	Deep River, ON
Claire Williams	Jr.	Andover, Minn.
Elizabeth Willis	Jr.	Mounds View

NEED INFO?

For information about SCSU Nordic Ski, please contact the Athletic Media Relations Office at 320-308-2141.

IMPORTANT NUMBERS:

Nordic Ski Office: 320-308-2245

HUSKY HOME PAGE:

www.StCloudState.edu/athletics

2009-10 SCSU NORDIC SKI NEWS

Release Date: Feb. 1, 2010

TOP TIMES AND RESULTS IN 2009-10:

West Yellowstone Sprints - West Yellowstone, Montana

Nov., 25, 2009 (Sprint Format) - NO TEAM SCORES

Athlete	Time	Place
Mariah Featherly	6:08.32	80th
Jenny Beckman	6:19.62	91st
Diane Vezendy	6:19.92	92nd
Hannah Sanborn	6:34.03	100th
Elizabeth Willis	6:37.27	101st
Amy Peterson	6:57.37	105th

Central USAA Season Opener - Ironwood, Mich.

Dec. 12-13, 2009 - Wolverine Ski Trails, Ironwood, Mich. - NO TEAM SCORES

Athlete	5K Freestyle	Place	10K Classic	Place
Hannah Sanborn	16:40.5	24th	35:30.6	27th
Jenny Beckman	16:47.8	28th	34:56.8	18th
Diane Vezendy	17:48.6	40th	34:39.8	16th
Mariah Featherly	18:10.0	48th	35:14.3	20th
Elizabeth Willis	18:44.9	56th	38:56.0	44th
Amy Peterson	19:07.0	60th	36:50.1	33rd
Christina Ringsmuth	19:45.0	69th	37:49.4	39th
Katelyn Prow	20:06.0	72nd	1:24:44.2	55th
Amanda Klaverkamp	21:00.1	75th	DNS	

Saints Invitational - Collegeville, Minn.

Jan. 10, 2010 - St. John's Trails - SCSU places 2nd

Athlete	12K Skate	Place
Jenny Beckman	38:24	4th
Hannah Sanborn	39:27	6th
Diane Vezendy	42:05	12th
Mariah Featherly	44:02	16th
Karyn Liebsch	44:10	17th
Elizabeth Willis	45:49	22nd
Christina Ringsmuth	47:05	27th
Amanda Klaverkamp	48:35	31st
Katelyn Prow	50:10	32nd

Team Scores: St. Ben's 44, SCSU 36, Gsutusavus 30, St. Scholastica 28, St. Olaf 27, Bethel 5

Minnesota College Relays - Collegeville, Minn.

Jan. 17, 2010 - St. John's Trails - SCSU places 5th (Relay teams of two)

Athlete	2 x 6k Classic/ 2 x 5.5k Skate	Place
Diane Vezendy/Jenny Beckman	1:19:12	8th
Mariah Featherly/Amy Peterson	1:23:21	12th
Elizabeth Willis/Karyn Liebsch	1:30:21	20th
Christy Ringsmuth/Katelyn Prow	1:31:36	21st

Team Scores: UAF 23, St. Scholastica 16, Gustavus 15, St. Ben's 13, SCSU 7, St. Olaf 4





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Theodore Wirth SuperTour - Minneapolis, Minn.

Jan. 23-24, 2010 - Minneapolis, Minn. (10K Classic on Jan. 23/5K Freestyle on Jan. 24) - SCSU 8th

<u>Athlete</u>	<u>10K Classic/Place</u>	<u>5K Freestyle/Place</u>	
Diane Vezendy	35:19.8 /35th		15:25.1/40th
Mariah Featherly	35:28.7/37th		15:40.2/44th
Hannah Sanborn	35:31.5/38th		14:36.1/25th
Jenny Beckman	37:04.1/45th		14:57.8/29th
Amy Peterson	37:10.8/46th		16:57.1/59th
Karyn Liebsch	38:41.8/54th		16:52.7/57th
Christina Ringsmuth	39:06.6/57th		17:25.3/66th
Elizabeth Willis	41:18.5/62nd		17:19.1/64th
Amanda Klaverkamp	42:06.9/65th		17:18.4/63rd
Katelyn Prow	42:59.1/66th		18:27.7/73rd
Melissa Walden	-		20:44.9/74th

Team Scores: NMU 72, UAF 66, MTU 56, UWGB 42, CSS 38, CSB 32, GAC 30, SCSU 28, STO 11

CCSA NCAA Qualifier #3 - Telemark SuperTour - Cable, Wisc.

Jan. 30-31, 2010 - 5K Classic on Jan. 30/10K Freestyle on Jan. 31/SCSU places 7th in 5K Classic and 10K Freestyle

<u>Athlete</u>	<u>5K Classic/Place</u>	<u>10K Freestyle/Place</u>
Jenny Beckman	19:21.4/20th	35:01.2/30th
Hannah Sanborn	19:47.8/24th	34:04.5/19th
Diane Vezendy	19:56.7/30th	35:56.9/35th
Mariah Featherly	20:13.7/35th	36:05.6/36th
Amy Peterson	21:02.7/41st	39:30.3/53rd
Karyn Liebsch	21:39.3/45th	NA
Christina Ringsmuth	21:52.9/50th	39:24.2/52nd
Elizabeth Willis	21:56.0/51st	38:04.5/43rd
Amanda Klaverkamp	23:03.9/59th	40:26.5/56th
Katelyn Prow	24:18.6/64th	42:58.9/61st
Corinne Holmes	24:33.9/65th	NA

5K Classic Team Scores: NMU 84, MTU 75, UWGB 59, CSS 56, CSB 50, GAC 49, SCSU 45, STO 26

10K Freestyle Team Scores: NMU 82, MTU 75, UWGB 58, CSS 57, CSB 53, GAC 49, SCSU 41, STO 29