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St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Nordic Ski Update

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

Upcoming Meets:

SEASON FINAL

7th/9th Place
at NCAA Regional
9th Overall at CCSA



Coach: Jeremy Frost

2010-11 SCSU Schedule

Date	Opponent
Nov. 25	West Yellowstone Sprints
Dec. 11-12	at USSA Central Opener
Jan. 9	Saints Invitational
Jan. 15-16	at CCSA Qualifier
Jan. 22-23	at Central SuperTour
Jan. 29-30	at Central SuperTour
Feb. 12-13	at CCSA Championships
Feb. 19-20	at Central Regional Championships
Mar. 9-12	at NCAA Championships Trapp Family Resort in Stowe, Vermont

2010-11 SCSU Roster

Name	Year	Hometown
Amber Anderson	FY	Wyoming
Jenny Beckman	Sr.	Maple Grove
Ari Benoit	FY	St. Cloud
Elizabeth Camp	Jr.	Kiel, Wis.
Mariah Featherly	Sr.	Houghton, MI
Amanda Klaverkamp	So.	St. Cloud
Karyn Liebsch	Jr.	Osseo
Molly Manske	FY	Bemidji
Amy Peterson	Sr.	Chaska
Christina Ringsmuth	Jr.	St. Cloud
Hannah Sanborn	So.	Maple Grove
Elizabeth Simak	FY	Hayward, Wis.
Diane Vezendy	Sr.	Richland, N.Y.

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

2010-11 SCSU NORDIC SKI NEWS

Release Date: FINAL 2010-11

TOP TIMES AND RESULTS IN 2010-11:

West Yellowstone Sprints - West Yellowstone, Montana

Nov. 25, 2010 (Sprint Format) - NO TEAM SCORES

Athlete	1.5K Classic/Place	1.45K Freestyle/Place
Elizabeth Simak	5:57.16 /27th	5:08.72/17th
Jenny Beckman	6:15.34 /37th	-
Mariah Featherly	6:38.80 /50th	-
Diane Vezendy	6:50.96 /52nd	6:44.39/57th
Amber Anderson	6:51.55 /53rd	7:11.57/63rd
Amy Peterson	6:52.60 /54th	6:34.21/50th
Molly Manske	7:22.27 /64th	7:31.01/65th
Hannah Sanborn	-	6:00.46/37th

Central USAA Season Opener/Wolverine Ski Challenge - Ironwood, Mich.

Dec. 11-12, 2010 - Wolverine Ski Trails, Ironwood, Mich. - NO TEAM SCORES

Athlete	5K Freestyle	Place*	10K Classic	Place*
Elizabeth Simak	14:32.0	4th	34:57.6	12th
Hannah Sanborn	15:44.4	30th	38:33.4	57th
Diane Vezendy	16:08.2	47th	38:04.9	48th
Jenny Beckman	16:22.2	57th	36:14.7	32nd
Mariah Featherly	16:34.2	64th	38:19.0	54th
Christina Ringsuth	16:44.8	69th	40:33.1	71st
Amber Anderson	17:04.2	81st	39:18.1	65th
Molly Manske	18:20.6	111th	41:02.3	74th
Amanda Klaverkamp	19:05.2	119th	45:11.2	94th

* Overall place in race

Saints Invitational - Collegeville, Minn.

Jan. 9 - St. John's University Ski Trails - 3rd place

Athlete - 12K Classic	Time	Place
Hannah Sanborn	46:10.0	5th
Diane Vezendy	46:31.0	6th
Mariah Featherly	46:51.0	7th
Amber Anderson	47:18.0	10th
Amy Peterson	48:46.0	14th
Molly Manske	50:46.0	21st
Christy Ringsmuth	51:45.0	23rd
Karyn Liebsch	54:59.0	28th

Team Scores: Gustvaus 35, St. Ben's 34, SCSU 30, St. Olaf 15





St. Cloud State Nordic Ski Release Page 2

Hilltop Invitational -Duluth, Minn. - CCSA Qualifier - Minnesota College Championships

Jan. 15-16 - Hosted by St. Scholastica - 5K Freestyle Race: 5th Overall/3rd Minnesota Schools; 5K Classic Race: 7th overall/4th Minnesota Schools; Combined Scores: 6th Overall/3rd Minnesota Schools Championship

Athlete -	5K Free Time	Place	5K Classic Time	Place
Elizabeth Simak	18:50.6	7th*	18:54.4	9th*
Jenny Beckman	-	-	20:17.3	25th*
Hannah Sanborn	19:58.0	18th*	20:27.1	28th*
Diane Vezendy	21:23.0	38th*	20:37.5	31st*
Mariah Featherly	21:46.5	40th*	20:57.4	35th*
Amy Peterson	21:53.7	43rd*	21:01.8	36th*
Christy Ringsmuth	21:49.5	41st*	21:20.9	42nd*
Amber Anderson	22:16.4	46th*	21:39.2	49th*
Molly Manske	24:07.0	63rd*	23:16.7	55th*
Karyn Liebsch	23:57.9	60th*	23:23.9	59th*

Team Scores - Freestyle Race: UAF 73, UWGB 58, MTU 53, St. Olaf 51, SCSU 40, Gustavus 39, St. Scholastica 32, CSB 26

Classic Race: UAF 75, UWGB 61, St. Olaf 51, MTU 45, Gustavus 42, SCSU 34, St. Scholastica 37, CSB 27

Combined Scores: UAF 148, UWGB 119, St. Olaf 102, MTU 98, Gustavus 81, SCSU 74, St. Scholastica 69, CSB 53

MN Schools Scores: Freestyle Race: St. Olaf 42, Gustavus 35, SCSU 34, St. Scholastica 30, CSB 24

MN Schools Scores: Classic Race: St. Olaf 42, Gustavus 36, SCSU 30, St. Scholastica 34, CSB 23

MN Schools Scores Combined: St. Olaf 84, GAC 71, SCSU 64 (place won by tiebreaker), St. Scholastica 64, CSB 47

* Overall place

Mayor's Challenge - Jan. 22-23, 2011 - Minneapolis, Minn.

5K Freestyle Race - 6th place/10K Classic Race - 8th place

Athlete -	5K Free Time	Overall/Div. Place	10K Classic Time	Overall/Div. Place
Elizabeth Simak	14:51.5	10th/2nd	33:55.4	28th/11th
Hannah Sanborn	16:51.5	67th/23rd	36:38.7	61st/20th
Mariah Featherly	17:30.0	93rd/34th	36:41.8	62nd/30th
Christy Ringsmuth	17:35.1	98th/35th	39:49.5	95th/39th
Diane Vezendy	17:39.6	101st/36th	36:50.6	64th/31st
Jenny Beckman	18:03.1	115th/40th	35:40.0	50th/26th
Amber Anderson	19:01.4	142nd/38th	38:23.2	84th/27th
Karyn Liebsch	19:20.8	146th/45th	-	-
Amanda Klaverkamp	20:03.8	153rd/41st	-	-
Molly Mankse	29:36.6	156th/43rd	40:36.4	99th/34th

Classic Team Results: Northern Michigan (67), Michigan Tech (56), UW-Green Bay (51), St. Olaf (40), Gustavus Adolphus (34), St. Scholastica (31), SCSU (23) and St. Ben's (6)

Freestyle Team Results: Northern Michigan (66), UW-GB (50), MTU (56), St. Olaf (41), SCSU (35), CSS (30), GAC (29) and St. Ben's (6)

Michigan Tech SuperTour - Jan. 29-30, 2011 - Houghton, Mich.

5K Classic - 5th place/10K Freestyle - 5th place

Athlete -	5K Classic Time	Place	10K Freestyle Time	Place
Elizabeth Simak	18:32.4	6th	34:03.3	5th
Hannah Sanborn	20:03.3	25th	36:58.1	24th
Jenny Beckman	20:10.9	27th	37:39.8	28th
Diane Vezendy	20:28.1	30th	38:47.8	32nd
Mariah Featherly	20:33.0	31st	38:57.9	33rd
Amy Peterson	20:58.9	35th	39:17.7	34th
Amber Anderson	21:22.5	37th.	39:48.9	35th
Christian Ringsmuth	21:38.7	39th	40:09.0	36th
Molly Manske	22:19.7	44th	43:03.0	45th
Karyn Liebsch	22:53.3	48th	41:18.3	41st
Amanda Klaverkamp	22:59.5	49th	43:07.6	46th

Classic Team Results: NMU 71, MTU 68, UW-Green Bay 58, St. Scholastica 50, SCSU 45, St. Ben's 36, Gustavus 14

Freestyle Team Results: NMU 73, MTU 64, UWGB 54, St. Scholastica 47, SCSU 42, St. Ben's 37, Gustavus 33



St. Cloud State Nordic Ski Release Page 3

2011 CCSA Ski Championships. - CCSA Qualifier

Feb. 12-13, 2011 - Hosted by Northern Michigan in Ishpeming, Mich. - Freestyle Race on Feb. 12/Classic Race on Feb. 13

<u>Athlete -</u>	<u>Free Time</u>	<u>Place</u>	<u>Classic Time</u>	<u>Place</u>
Elizabeth Simak	18:37.3	11th	DNP	
Hannah Sanborn	19:30.3	27th	1:00:11.1	48th
Jenny Beckman	20:58.4	39th	DNP	
Diane Vezendy	21:07.8	42nd	1:02:01.5	51st
Amy Peterson	21:22.2	46th	58:03.4	37th
Christina Ringsmuth	21:49.9	47th	1:04:20.0	58th
Mariah Featherly	21:29.0	49th	DNP	
Amber Anderson	22:10.4	54th	1:02:24.6	52nd
Amanda Klaverkamp	22:59.9	59th	DNP	
Molly Manske	23:45.7	61st	1:02:31.5	53rd
Karyn Liebsch	23:49.7	62nd	DNP	

Team Scores - Freestyle Race: NMU 77, UAF 73, MTU 69, UWGB 57, SOC 45, SCSU 40, CSS 39, GAC 36, CSB 23

Classic Race: UAF 78, NMU 75, MTU 71, UWGB 57, SOC 53, GAC 41, CSS 34, CSB 34, SCSU 16

Combined Scores: NMU 152, UAF 151, MTU 140, UWGB 114, SOC 98, GAC 77, CSS 73, CSB 57, SCSU 56

2011 NCAA Central Regional Skiing Championships - CCSA Qualifier

Feb. 19, 2011 - Hosted by Michigan Tech in Houghton, Mich. (MTU Ski Trails)

<u>Athlete -</u>	<u>Free Time</u>	<u>Place</u>	<u>Classic Time</u>	<u>Place</u>
Elizabeth Simak	15:34.2	13th	35:49.2	19th
Hannah Sanborn	16:43.2	32nd	40:22.7	50th
Amy Peterson	17:02.6	39th	38:57.9	41st
Jenny Beckman	17:07.0	42nd	38:35.1	37th
Diane Vezendy	17:07.5	43rd	39:47.2	49th
Mariah Featherly	17:39.6	49th	38:51.9	40th
Christian Ringsmuth	17:45.5	50th	42:20.9	55th
Molly Manske	18:40.9	55th	41:23.6	54th
Amanda Klaverkamp	19:22.6	59th	45:52.1	57th
Karyn Liebsch	19:33.1	60th	-	-

Team Scores - Freestyle Race: UAF 76, NMU 75, MTU 72, CSS 51, UWGB 47, GAC 37, SCSU 36, St. Olaf 36, CSB 29

Classic Race: UAF 81, NMU 76, MTU 61, CSS 53, UWGB 52, St. Olaf 40, GAC 35, CSB 35, SCSU 26