



Iowa Conference Cross Country

October 27, 2004

Contact: Will Wolper, Director of Information

222 Third Street SE, Suite 423

Cedar Rapids, IA 52401

Phone - (319) 366-4975 ** Fax - (319) 366-4911

e-mail - wwolper@iowaconference.com

This Week's Schedule

Women

Oct. 30

IIAC Championship at Central College, 12:00 pm

Men

Oct. 30

IIAC Championship at Central College, 11:00 am

**IIAC Cross Country Championship Preview
on Page 2 of this release**

National Coaches' Poll Poll Date: October 19, 2004

Women

Rank	Team	Prev.
6th	Luther	6th
12th	Wartburg	12th

Men

Rank	Team	Prev.
13th	Wartburg	t-5th

IOWA CONFERENCE CROSS COUNTRY CHAMPIONSHIP PREVIEW

CEDAR RAPIDS, IOWA . . . The 2004 Iowa Intercollegiate Athletic Conference (IIAC) cross country Championship is Saturday, October 30 at Central College. The men's 8,000-meter race begins at 11:00 a.m. followed by the women's 6,000-meter race at noon. This is the first year the women will run a 6K at the Conference Championship.

The meet courses, on Central's campus in Pella, can be found on the school's web site at:

<http://www.central.edu/athletics/menscrosscountry/news.html>.

2003 Men's Recap: Loras' **Marcus Murphy** became the first IIAC men's runner to win four Conference titles, defeating Wartburg's **Josh Moen** by 10 seconds. Murphy finished the 8,000-meter race in 25:10. Moen ran a time of 25:20 leading Wartburg to its sixth straight Conference title. The Knights finished five points ahead of runner-up Loras (31-36). Luther finished third with 96 points.

Moen leads a group of six returning All-Conference runners (top-15), including three that have earned the honor multiple times. In addition to his runner-up finish last season, Moen finished fourth in 2002. A pair of Loras runners, **Dan Winder** and **Jason Fogel**, have also received All-Conference honors twice. Winder finished third last year and sixth in 2001. Fogel finished sixth last year and fifth in 2002.

Other returning All-Conference runners from 2003 include: Central's **Adam Wolf** (14th), and Wartburg's **Kevin Balster** (9th) and **Keith Solverson** (12th).

2003 Women's Recap: Wartburg's **Missy Buttry** won her second straight title last season and will look to become the fourth women's runner to win three Conference titles and register four top-2 Conference finishes. Buttry, the two-time defending National Champion, won by the 2003 Conference title by over two minutes finishing the 5,000-meter race in 16:37. Luther's **Natalie Retrum** finished second in a time of 18:41 and led the Norse to the team title ending Wartburg's two-year run. Luther finished six points ahead of Wartburg (35-41) and returns six of their seven runners from 2003. Coe finished third with 87 points.

Buttry and Retrum are among 11 returning All-Conference runners, including five that have earned the honor multiple times. Buttry has two titles and a second-place finish in her three previous Conference meets. Retrum finished third in 2001 and 13th in 2002 to go along with her runner-up performance last season. Other two-time returning All-Conference runners include: Central's **Beth Cunningham** (6th in 2003, 14th in 2002), Luther's **Krista Nelson** (4th in 2003, 10th in 2002) and Wartburg's **Beth Neal** (5th in 2003, 11th in 2002).

Other returning All-Conference runners from 2003 include: Dubuque's **Melissa Maestri** (13th); Luther's **Emily Lynch** (8th), **Bethany Schiefelbein** (10th) and **Erin Dunham** (11th); and Wartburg's **Jill Wagaman** (14th) and **Brooke Ferguson** (15th). Cornell's **Rebecca Goldsmith** earned All-Conference honors in 2002 with a 15th-place finish. She did not compete in the 2003 Conference Championship.

Following are the 2004 meet-by-meet results for each school along with their probable line-up including each runner's top time and place finish of the season.

~~ www.iowaconference.com ~~

Buena Vista University Beavers
2003 Women's Finish – 9th (361)
2003 Men's Finish – 5th (149)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Cassie King, 42nd (21:59)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Dordt Invitational (4K)	3rd of 4 (65)	Kim Peterson, 1st (16:07)
9/11	Luther All-American (5K)	No team score	Kim Peterson, 18th (20:00)
9/24	Sioux Falls Invitational (5K)	3rd of 6 (83)	Kim Peterson, 2nd (20:10.46)
10/2	Martin Luther Open (6K)	2nd of 7 (55)	Kim Peterson, 2nd (23:57)
10/9	BVU Homecoming 5K Run (5K)	No team scores	Paige Gruis, 2nd (21:46.4)
10/16	Mount Marty Invitational (5K)	12th of 16 (314)	Kim Peterson, 28th (19:08.48)

Probable Runners

Probable Runners	Top 6K Time
Kim Petersen	23:57 at Martin Luther Invitational
Kari Tigges	26:37 at Martin Luther Invitational
Cassie King	27:02 at Martin Luther Invitational
Paige Gruis	24:42 at Martin Luther Invitational
Courtney Jones	26:15 at Martin Luther Invitational
Missy Reinhart	No 6K time
Kara Munson	No 6K time

Top Place Finish (6K unless noted)

Top Place Finish (6K unless noted)
1st at Dordt Invitational (4K)
5th at BVU Homecoming (5K)
20th at Martin Luther Invitational
2nd at BVU Homecoming (5K)
10th at BVU Homecoming (5K)
7th at BVU Homecoming (5K)
9th at BVU Homecoming (5K)

MEN

Top Returning Finisher from 2003 Championship – Josh Saba, 38th (28:45)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Dordt Invitational (6K)	4th of 4 (79)	Dave Bohlken, 8th (22:55.22)
9/11	Luther All-American (4 mile)	13th of 16 (395)	Matt Hanson, 57th (22:06)
9/24	Sioux Falls Invitational (8K)	5th of 6 (123)	Matt Hanson, 4th (27:11.91)
10/2	Martin Luther Open (8K)	3rd of 5 (64)	Matt Hanson, 4th (28:23)
10/9	BVU Homecoming 5K Run (5K)	No team scores	Matt Hanson, 1st (17:05.8)
10/16	Mount Marty Invitational (8K)	13th of 16 (343)	Mat Hanson, 28th (26:33.99)

Probable Runners

Probable Runners	Top 8K Time
Matt Hanson	26:33.99 at Mt. Marty Invitational
Travis DeRidder	27:53.56 at Mt. Marty Invitational
Scott Palmer	28:35.48 at Mt. Marty Invitational
Josh Saba	28:46.37 at Mt. Marty Invitational
Miguel Aguilar	30:52.88 at Mt. Marty Invitational
Mike Hanna	31:18.24 at Mt. Marty Invitational
Kelby Nitz	28:56.83 at Mt. Marty Invitational

Top Place Finish (8K unless noted)

Top Place Finish (8K unless noted)
1st at BVU Homecoming (5K)
9th at BVU Homecoming (5K)
10th at BVU Homecoming (5K)
2nd at BVU Homecoming (5K)
4th at BVU Homecoming (5K)
3rd at BVU Homecoming (5K)
7th at BVU Homecoming (5K)

Central College Dutch
2003 Women's Finish – 5th (133)
2003 Men's Finish – 4th (124)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Beth Cunningham, 6th (19:18)

Date	Meet (Distance)	Team Finish	Top Individual
9/4	Central Invitational (5K)	1st of 4 (17)	Beth Cunningham, 1st (19:14)
9/11	Luther All-American (5K)	6th of 14 (144)	Jill Rozendaal, 10th (19:41)
9/24	Brissman Lundeen Invitational (6K)	5th of 30 (181)	Beth Cunningham, 4th (21:53)
10/2	Loyola (Ill.) Lakefront Invitational (5K)	6th of 34 (230)	Beth Cunningham, 7th (18:43)
10/16	Tori Neubauer Invitational (6K)	7th of 13 (197)	Beth Cunningham, 4th (22:37.7)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Beth Cunningham	21:53 at Brissman-Lundeen Invitational	1st at Central Invitational (5K)
Jill Rozendaal	22:52 at Brissman-Lundeen Invitational	2nd at Central Invitational (5K)
Heidi Rathje	25:34 at Brissman-Lundeen Invitational	24th at Central Invitational (5K)
Kari Hunerdosse	24:16.1 at Tori Neubauer Invitational	8th at Central Invitational (5K)
Lori Risser	23:30 at Brissman-Lundeen Invitational	3rd at Central Invitational (5K)
Mackenzie Lauman	24:11 at Brissman-Lundeen Invitational	11th at Central Invitational (5K)
Megan Slater	24:08 at Brissman-Lundeen Invitational	5th at Central Invitational (5K)

MEN

Top Returning Finisher from 2003 Championship – Adam Wolf, 14th (27:11)

Date	Meet (Distance)	Team Finish	Top Individual
9/4	Central Invitational (8K)	1st of 6 (32)	Adam Wolf, 2nd (27:56)
9/11	Luther All-American (4 mile)	10th of 16 (296)	Adam Wolf, 45th (21:56)
9/24	Brissman Lundeen Invitational (8K)	10th of 29 (326)	Adam Wolf, 30th (25:58)
10/2	Loyola (Ill.) Lakefront Invitational (8K)	8th of 32 (243)	Adam Wolf, 19th (26:17)
10/16	Jim Drews Invitational (8K)	14th of 21 (465)	Adam Wolf, 78th (26:34.9)

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Adam Wolf	25:58 at Brissman-Lundeen Invitational	2nd at Central Invitational
Bryan George	26:50 at Brissman-Lundeen Invitational	14th at Central Invitational
Brett Jones	26:41 at Brissman-Lundeen Invitational	10th at Central Invitational
Chase Ungs	27:13 at Brissman-Lundeen Invitational	49th at Luther All-American (4 mile)
Joe Jefferson	27:02 at Brissman-Lundeen Invitational	3rd at Central Invitational
Michael McLoughlin	27:09 at Brissman-Lundeen Invitational	9th at Central Invitational
T.J. Weiler	27:04 at Brissman-Lundeen Invitational	8th at Central Invitational
Brian Respeliers	27:40 at Brissman-Lundeen Invitational	11th at Central Invitational

Coe College Kohawks
2003 Women's Finish – 3rd (87)
2003 Men's Finish – 7th (176)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Meredith Dobson, 21st (20:21)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Augustana (Ill.) Early Fall Opener (4 mile)	No team scores	Meredith Dobson, 1st (25:11)
9/11	Luther All-American (5K)	9th of 14 (263)	Meredith Dobson, 20th (20:01)
9/18	Les Duke Invitational (6K)	4th of 6 (92)	Meredith Dobson, 7th (23:52)
9/24	Brissman Lundeen Invitational (6K)	11th of 30 (379)	Meredith Dobson, 22nd (22:59)
10/2	Loyola (Ill.) Lakefront Invitational (5K)	18th of 34 (469)	Meredith Dobson, 30th (19:24)
10/9	Lamb-Kohawk Invitational (6K)	1st of 4 (33)	Meredith Dobson, 1st (23:11)
10/16	Dr. Robert Tucker Invitational (5K)	4th of 9 (102)	Meredith Dobson, 2nd (18:42.97)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Meredith Dobson	22:59 at Brissman-Lundeen Invitational	1st at Augustana Early Opener (4 mile) & Lamb-Kohawk Invitational
Carman White	24:10 at Brissman-Lundeen Invitational	4th at Lamb-Kohawk Invitational
Lesa Hayes	24:53 at Brissman-Lundeen Invitational	10th at Augustana Early Opener (4 mile)
Katie Fuller	24:57 at Brissman-Lundeen Invitational	7th at Augustana Early Opener (4 mile)
Denise Eslinger	25:06 at Brissman-Lundeen Invitational	8th at Augustana Early Opener (4 mile)
Leah Ode	25:22 at Brissman-Lundeen Invitational	13th at Lamb-Kohawk Invitational
Elaina Mertens	25:56 at Brissman-Lundeen Invitational	11th at Augustana Early Opener (4 mile)

MEN

Top Returning Finisher from 2003 Championship – Juvenary Hakizimana, 27th (27:57)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Augustana (Ill.) Early Fall Opener (4 mile)	No team scores	Juvy Hakizimana, 7th (21:01)
9/11	Luther All-American (4 mile)	12th of 16 (317)	Juvy Hakizimana, 34th (21:38)
9/18	Les Duke Invitational (8K)	4th of 6 (121)	Andy Phillips, 21st (27:30)
9/24	Brissman Lundeen Invitational (8K)	17th of 29 (441)	Kit Wobeter, 59th (26:34)
10/2	Loyola (Ill.) Lakefront Invitational (8K)	15th of 32 (387)	Juvy Hakizimana, 42nd (26:57)
10/9	Lamb-Kohawk Invitational (8K)	1st of 4 (28)	Juvy Hakizimana, 2nd (27:17)
10/16	Dr. Robert Tucker Invitational (8K)	3rd of 7 (103)	Andy Phillips, 15th (27:53.02)

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Juvenary Hakizimana	26:42 at Brissman-Lundeen Invitational	2nd at Lamb-Kohawk Invitational
Kit Wobeter	26:34 at Brissman-Lundeen Invitational	5th at Lamb-Kohawk Invitational
Andy Phillips	27:15 at Brissman-Lundeen Invitational	4th at Lamb-Kohawk Invitational
Matthew Hall	27:59 at Brissman-Lundeen Invitational	8th at Lamb-Kohawk Invitational
David Schroeder	28:17 at Brissman-Lundeen Invitational	12th at Lamb-Kohawk Invitational
Tyler Hedges	28:21 at Brissman-Lundeen Invitational	11th at Lamb-Kohawk Invitational
Adam Price	29:17 at Dr. Robert Tucker Invitational	15th at Lamb-Kohawk Invitational

Cornell College Rams
2003 Women's Finish – 6th (165)
2003 Men's Finish – 6th (160)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Nia Doherty, 18th (20:13)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Mount Mercy Mustang Gallop (5K)	2nd of 4 (34)	Rebecca Goldsmith, 1st (21:29)
9/11	Luther All-American (5K)	13th of 14 (353)	Rebecca Goldsmith, 66th (21:40)
9/24	Brissman Lundeen Invitational (6K)	12th of 30 (396)	Rebecca Goldsmith, 48th (23:42)
10/9	Lamb-Kohawk Invitational (6K)	2nd of 4 (34)	Rebecca Goldsmith, 3rd (24:00)
10/16	Dr. Robert Tucker Invitational (5K)	t-2nd of 9 (76)	Rebecca Goldsmith, 3rd (18:55.43)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Rebecca Goldsmith	23:42 at Brissman-Lundeen Invitational	1st at Mount Mercy Mustang Gallop (5K)
Nia Doherty	24:18 at Brissman-Lundeen Invitational	11th at Lamb-Kohawk Invitational & Dr. Robert Tucker Invitational (5K)
Anna Doherty	24:30 at Brissman-Lundeen Invitational	5th at Mount Mercy Mustang Gallop (5K)
Emily Bretl	24:31 at Brissman-Lundeen Invitational	7th at Lamb-Kohawk Invitational
Kelly Kennedy	25:34 at Lamb-Kohawk Invitational	13th at Mount Mercy Mustang Gallop (5K)
Melissa Barnes	25:53 at Brissman-Lundeen Invitational	9th at Mount Mercy Mustang Gallop (5K)
Charissa Kaspar	27:26 at Brissman-Lundeen Invitational	15th at Mount Mercy Mustang Gallop (5K)

MEN

Top Returning Finisher from 2003 Championship – Steve Wieland, 17th (27:31)

Date	Meet (Distance)	Team Finish	Top Individual
9/3	Mount Mercy Mustang Gallop (8K)	2nd of 4 (40)	Steve Wieland, 1st (29:02)
9/11	Luther All-American (4 mile)	15th of 16 (437)	Steve Wieland, 52nd (22:02)
9/24	Brissman Lundeen Invitational (8K)	25th of 29 (663)	Steve Wieland, 71st (26:40)
10/9	Lamb-Kohawk Invitational (8K)	3rd of 4 (75)	Steve Wieland, 3rd (27:21)
10/16	Dr. Robert Tucker Invitational (8K)	7th of 7 (139)	Steve Wieland, 9th (27:28.45)

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Steve Wieland	26:40 at Brissman-Lundeen Invitational	1st at Mount Mercy Mustang Gallop
Chad Compton	29:07 at Dr. Robert Tucker Invitational	10th at Mount Mercy Mustang Gallop
Patrick Irwin	29:21 at Brissman-Lundeen Invitational	14th at Mount Mercy Mustang Gallop
Brian Dooley	29:25 at Brissman-Lundeen Invitational	13th at Mount Mercy Mustang Gallop
Jon Bostrom	30:59 at Brissman-Lundeen Invitational	9th at Mount Mercy Mustang Gallop
Scott Davis	32:48 at Brissman-Lundeen Invitational	24th at Mount Mercy Mustang Gallop

University of Dubuque Spartans
2003 Women's Finish – 8th (225)
2003 Men's Finish – 9th (251)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Melissa Maestri, 13th (19:41)

Date	Meet (Distance)	Team Finish	Top Individual
9/1	Loras/Dubuque 3K Race	2nd of 2 (40)	Melissa Maestri, 2nd (12:10)
9/4	Central Invitational (5K)	No team score	Melissa Maestri, 4th (20:31)
9/18	Woody Greeno Invitational (6K)	27th of 28 (795)	Melissa Maestri, 91st (25:49)
9/24	Brissman Lundeen Invitational (6K)	28th of 30 (786)	Melissa Maestri, 45th (23:38)
10/16	Dr. Robert Tucker Invitational (5K)	No team score	Melissa Maestri, 17th (19:53.43)
10/23	Knox Prairie Fire Invitational (5K)	6th of 6 (167)	Caroline Zelent, 20th (22:14)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Alexis Armstrong	No 6K time	18th at Dubuque/Loras Dual (3K)
Samantha Dundee	35:03 at Woody Greeno Invitational	117th at Dr. Robert Tucker Invite (5K)
Carrie Jenaman	No 6K time	53rd at Prairie Fire Invitational (5K)
Katie Kozlowski	No 6K time	13th at Dubuque/Loras Dual (3K)
Melissa Maestri	23:38 at Brissman-Lundeen Invitational	2nd at Dubuque/Loras Dual (3K)
Yasmin Rioux	31:22 at Brissman-Lundeen Invitational	116th at Dr. Robert Tucker Invite (5K)
Luci Welles	35:24 at Woody Greeno Invitational	19th at Dubuque/Loras Dual (3K)
Madie Wolf	27:02 at Brissman-Lundeen Invitational	230th at Woody Greeno Invitational

MEN

Top Returning Finisher from 2003 Championship – Justin Carlson, 33rd (28:18)

Date	Meet (Distance)	Team Finish	Top Individual
9/1	Loras/Dubuque 3K Race	2nd of 2 (50)	Kyle Anderson, 22nd (13:00)
9/4	Central Invitational (8K)	2nd of 6 (73)	Justin Carlson, 4th (28:45)
9/18	Woody Greeno Invitational (8K)	25th of 28 (719)	Rick Devore, 117th (29:09)
9/24	Brissman Lundeen Invitational (8K)	21st of 29 (558)	Justin Carlson, 119th (27:22)
10/9	Dan Huston Invitational (8K)	10th of 10 (276)	Justin Carlson, 46th (28:08)
10/16	Dr. Robert Tucker Invitational (8K)	5th of 7 (108)	Justin Carlson, 8th (27:20.48)

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Justin Carlson	27:20.48 at Dr. Tucker Invitational	4th at Central Invitational
Rick DeVore	29:06.71 at Dr. Tucker Invitational	24th at Central Invitational & Dubuque/Loras Dual (3K)
Joshua Feehan	32:12 at Brissman-Lundeen Invitational	29th at Dubuque/Loras Dual (3K)
Alex Flores	27:29 at Brissman-Lundeen Invitational	6th at Central Invitational
Matthew Gauley	38:33 at Brissman-Lundeen Invitational	31st at Dubuque/Loras Dual (3K)
William Grow	28:18 at Brissman-Lundeen Invitational	21st at Central Invitational
Chris Talley	27:56 at Brissman-Lundeen Invitational	23rd at Central Invitational
Andres Verduzco	31:42 at Dan Huston Invitational	27th at Dubuque/Loras Dual (3K)
Shane Wales	36:59 at Brissman-Lundeen Invitational	30th at Dubuque/Loras Dual (3K)

Loras College Duhawks
2003 Women's Finish – 4th (129)
2003 Men's Finish – 2nd (36)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Celie Corken, 24th (20:35)

Date	Meet (Distance)	Team Finish	Top Individual
9/11	Luther All-American (5K)	8th of 14 (258)	Bryna Copes, 44th (20:56)
9/17	National Catholic Invitational (5K)	18th of 31 (519) o'all 9th of 21 (289) non D-I	Celie Corken, 81st (20:23), 36th non-D-I
10/1	NCAA Pre-National Meet (6K)	19th of 22 (505)	Bryna Copes, 89th (24:29.5)
10/9	Dan Huston Invitational (6K)	8th of 10 (209)	Bryna Copes, 22nd (24:24)
10/16	Dr. Robert Tucker Invitational (5K)	5th of 9 (106)	Bryna Copes, 7th (19:21.49)

Probable Runners

Probable Runners	Top 6K Time
Bryna Copes	24:24 at Dan Huston Invitational
Celie Corken	24:37 at NCAA Pre-Nationals
Amy Hall	25:33 at Dan Huston Invitational
Holly Wallace	25:34 at NCAA Pre-Nationals
Emily Wilder	25:19 at NCAA Pre-Nationals
Ann Kennedy	26:21 at NCAA Pre-Nationals
Katie Holland	No 6K time
Sarah Simon	No 6K time

Top Place Finish (6K unless noted)

7th at Dr. Robert Tucker Invitational (5K)
10th at Dr. Robert Tucker Invitational (5K)
24th at Dr. Robert Tucker Invitational (5K)
64th at Dan Huston Invitational
32nd at Dr. Robert Tucker Invitational (5K)
48th at Dr. Robert Tucker Invitational (5K)
36th at Dr. Robert Tucker Invitational (5K)
49th at Dr. Robert Tucker Invitational (5K)

MEN

Top Returning Finisher from 2003 Championship – Dan Winder, 3rd (25:41)

Date	Meet (Distance)	Team Finish	Top Individual
9/11	Luther All-American (4 mile)	5th of 16 (106)	Jason Fogel, 2nd (20:20)
9/17	National Catholic Invitational (8K)	6th of 30 (300) o'all 1st of 20 (76) non D-I	Dan Winder, 4th (25:10), 1st non D-I
10/1	NCAA Pre-National Meet (8K)	9th of 23 (217)	Dan Winder, 1st (25:30.9)
10/9	Dan Huston Invitational (8K)	8th of 10 (214)	Ken Oberfoell, 30th (27:45)
10/16	Dr. Robert Tucker Invitational (8K)	1st of 7 (23)	Dan Winder, 1st (24:53.93)

Probable Runners

Probable Runners	Top 8K Time
Dan Winder	24:53 at Dr. Robert Tucker Invitational
Jason Fogel	25:59 at National Catholic Invitational
Ben Grant	26:00 at National Catholic Invitational
Kevin Oberfoell	27:13 at Dr. Robert Tucker Invitational
Andrew Westendorf	27:51 at National Catholic Invitational
Nick Voss	27:18 at Dr. Robert Tucker Invitational
Dustin Blackburn	27:30 at Dr. Robert Tucker Invitational
Devin VanScoy	27:43 at Dr. Robert Tucker Invitational

Top Place Finish (8K unless noted)

1st, three times
6th at National Catholic Invitational
4th at Dr. Robert Tucker Invitational
5th at Dr. Robert Tucker Invitational
21st at Dr. Robert Tucker Invitational
7th at Dr. Robert Tucker Invitational
10th at Dr. Robert Tucker Invitational
13th at Dr. Robert Tucker Invitational

Luther College Norse
2003 Women's Finish – 1st (35)
2003 Men's Finish – 3rd (96)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Natalie Retrum, 2nd (18:41)

Date	Meet (Distance)	Team Finish	Top Individual
9/4	St. Mary's (Minn.) Invitational (5K)	1st of 6 (27)	Natalie Retrum, 1st (20:06)
9/11	Luther All-American (5K)	2nd of 14 (75)	Bethany Schiefelbein, 4th (19:10)
9/25	Roy Griak Invitational (6K- maroon div.)	1st of 24 (79)	Bethany Schiefelbein, 7th (23:17)
10/9	Dan Huston Invitational (4K&6K combined)	t-4th of 7 (297)	Bethany Schiefelbein, 1st (23:10)
10/16	Tori Neubauer Invitational (6K)	1st of 13 (78)	Emily Lynch, 8th (22:54.6)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Natalie Retrum	23:14 at Tori Neubauer Invitational	1st at St. Mary's Invitational (5K)
Emily Lynch	22:54 at Tori Neubauer Invitational	8th at Tori Neubauer Invitational
Bethany Schiefelbein	23:06 at Tori Neubauer Invitational	1st at Dan Huston Invitational
Erin Dunham	23:18 at Tori Neubauer Invitational	16th at Dan Huston Invitational
Krista Nelson	23:19 at Tori Neubauer Invitational	21st at Tori Neubauer Invitational
Joanna Clagnaz	24:40 at Tori Neubauer Invitational	30th at Dan Huston Invitational
Michelle Jebson	24:38 at Tori Neubauer Invitational	39th at Dan Huston Invitational

MEN

Top Returning Finisher from 2003 Championship – Brett Wilson, 20th (27:40)

Date	Meet (Distance)	Team Finish	Top Individual
9/4	St. Mary's (Minn.) Invitational (8K)	1st of 6 (20)	Tim Larson, 2nd (23:07)
9/11	Luther All-American (4 mile)	6th of 16 (151)	Tim Larson, 25th (21:24)
9/24	Brissman Lundeen Invitational (8K)	8th of 29 (263)	Tim Larson, 42nd (26:14)
10/9	Dan Huston Invitational (8K)	5th of 10 (126)	Carson Bruns, 17th (27:10)
10/16	Jim Drews Invitational (8K)	16th of 21 (473)	Tim Larson, 99th (26:57.4)
10/22	UW-LaCrosse Dual	2nd of 2 (50)	

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Carson Bruns	26:24 at Brissman-Lundeen Invitational	5th at St. Mary's Invitational
Dusty Carolan	26:56 at Brissman-Lundeen Invitational	6th at St. Mary's Invitational
Matt Hareldson	27:26 at Brissman-Lundeen Invitational	14th at St. Mary's Invitational
Tim Larson	26:14 at Brissman-Lundeen Invitational	2nd at St. Mary's Invitational
Andrew Smith	26:29 at Brissman-Lundeen Invitational	11th at Luther-UW-LaCrosse Dual
Nick Torgerson	27:08 at Brissman-Lundeen Invitational	18th at Luther-UW-LaCrosse Dual
Brett Wilson	26:44 at Brissman-Lundeen Invitational	4th at St. Mary's Invitational

Simpson College Storm
2003 Women's Finish – 7th (190)
2003 Men's Finish – 8th (208)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Erin Bone, 50th (22:27)

Date	Meet (Distance)	Team Finish	Top Individual
9/4	Central Invitational (5K)	2nd of 4 (54)	Lindsay Smith, 7th (21:03)
9/10	Iowa State Open (5K)	No team scores	Danielle Farrell, 23rd (21:44.33)
9/24	Brissman Lundeen Invitational (6K)	16th of 30 (455)	Emily Salberg, 62nd (24:03)
10/9	Dan Huston Invitational (4K&6K combined)	7th of 7 (471)	Mary Rouleau, 42nd (25:08)
10/16	Dr. Robert Tucker Invitational (5K)	6th of 9 (122)	Mary Rouleau, 18th (19:53.90)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Lindsay Smith	24:38 at Brissman-Lundeen Invitational	6th at Central Invitational (5K)
Danielle Farrell	24:35 at Brissman-Lundeen Invitational	13th at Central Invitational (5K)
Emily Salberg	24:03 at Brissman-Lundeen Invitational	9th at Central Invitational (5K)
Mary Rouleau	25:08 at Dan Huston Invitational	17th at Dr. Robert Tucker Invitational (5K)
Erin Bone	25:49 at Brissman-Lundeen Invitational	14th at Central Invitational (5K)
Emily Bisbee	25:38 at Brissman-Lundeen Invitational	21st at Central Invitational (5K)
Laura Saar	25:23 at Brissman-Lundeen Invitational	27th at Central Invitational (5K)

MEN

Top Returning Finisher from 2003 Championship – Nick Bowerman, 18th (27:31)

Date	Meet (Distance)	Team Finish	Top Individual
9/4	Central Invitational (8K)	6th of 6 (138)	Nick Bowerman, 1st (26:59)
9/10	Iowa State Open (8K)	No team scores	Nick Bowerman, 7th (26:54.60)
9/24	Brissman Lundeen Invitational (8K)	23rd of 29 (627)	Nick Bowerman, 5th (25:18)
10/9	Dan Huston Invitational (4K)	7th of 8 (196)	Nick Bowerman, 6th (12:31)
10/16	Dr. Robert Tucker Invitational (8K)	6th of 7 (125)	Nick Bowerman, 2nd (26:06.72)

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Nick Bowerman	25:18 at Brissman-Lundeen Invitational	2nd at Dr. Robert Tucker Invitational
Richard Elings	29:16.06 at Robert Tucker Invitational	26th at Dr. Robert Tucker Invitational
Adam Thompson	29:33.56 at Robert Tucker Invitational	31st at Central Invitational & Dr. Robert Tucker Invitational
Craig Vasquez	29:51.78 at Robert Tucker Invitational	32nd at Dr. Robert Tucker Invitational
Tad Watson	30:38.99 at Robert Tucker Invitational	34th at Dr. Robert Tucker Invitational
Matt Albert	No 8K time	53rd at Dan Huston Invitational (4K)

Wartburg College Knights
2003 Women's Finish – 2nd (41)
2003 Men's Finish – 1st (31)

WOMEN

Top Returning Finisher from 2003 Championship (5K) – Missy Buttry, 1st (16:37)

Date	Meet (Distance)	Team Finish	Top Individual
9/11	Luther All-American (5K)	5th of 14 (141)	Julie Ridenour, 14th (19:52)
9/18	Woody Greeno Invitational (6K)	2nd of 28 (127)	Missy Buttry, 1st (20:38)
9/25	Roy Griak Invitational (6K - gold div.)	25th of 29 (646)	Missy Buttry, 2nd (20:33)
10/9	Dan Huston Invitational (4K&6K combined)	2nd of 7 (164)	Jill Wagaman, 8th (23:48)
10/16	Tori Neubauer Invitational (6K)	4th of 13 (123)	Missy Buttry, 1st (20:03.9)

Probable Runners	Top 6K Time	Top Place Finish (6K unless noted)
Missy Buttry	20:03 at Tori Neubauer Invitational	1st, three times
Sara Eppley	23:52 at Tori Neubauer Invitational	39th at Tori Neubauer Invitational
Brooke Ferguson	23:54 at Tori Neubauer Invitational	43rd at Tori Neubauer Invitational
Beth Neal	23:24 at Tori Neubauer Invitational	3rd at Dan Huston Invitational (4K)
BrieAnn Reedy	23:59 at Tori Neubauer Invitational	15th at Dan Huston Invitational
Julie Ridenour	23:53 at Tori Neubauer Invitational	14th at Luther All-American (5K)
Jill Wagaman	23:15 at Tori Neubauer Invitational	18th at Tori Neubauer Invitational

MEN

Top Returning Finisher from 2003 Championship – Josh Moen, 2nd (25:20)

Date	Meet (Distance)	Team Finish	Top Individual
9/11	Luther All-American (4 mile)	8th of 16 (251)	Justin Brinks, 39th (21:45)
9/18	Woody Greeno Invitational (8K)	1st of 28 (117)	Josh Moen, 1st (25:00)
9/25	Roy Griak Invitational (8K)	4th of 40 (176)	Josh Moen, 1st (24:45)
10/9	Dan Huston Invitational (4K&6K combined)	1st of 5 (91)	Patrick Johnson, 8th (26:30)
10/16	Jim Drews Invitational (8K)	7th of 21 (203)	Josh Moen, 3rd (24:30.4)

Probable Runners	Top 8K Time	Top Place Finish (8K unless noted)
Kevin Balster	26:51 at Roy Griak Invitational	48th at Roy Griak Invitational
Ben Carlson	26:43 at Dan Huston Invitational	11th at Dan Huston Invitational
Danny Corken	26:33 at Jim Drews Invitational	12th at Dan Huston Invitational
Patrick Johnson	26:30 at Dan Huston Invitational	8th at Dan Huston Invitational
Josh Moen	24:30 at Jim Drews Invitational	1st, three times
Cody Solverson	26:32 at Jim Drews Invitational	71st at Jim Drews Invitational
Keith Solverson	25:34 at Jim Drews Invitational	20th at Jim Drews Invitational