



Buena Vista University
Central College
Coe College

Cornell College
University of Dubuque
Loras College

Luther College
Simpson College
Wartburg College

2008
Iowa Intercollegiate Athletic Conference
Cross Country Championships
November 1, 2008
hosted by Buena Vista University
Lake Creek Country Club, Storm Lake, Iowa

IIAC CROSS COUNTRY CHAMPIONSHIP PREVIEW

CEDAR RAPIDS, IOWA . . . The 2008 Iowa Intercollegiate Athletic Conference (IIAC) Cross Country Championship is Saturday, November 1, at Lake Creek Country Club near Storm Lake. Buena Vista University is the host of this year's event. The men's 8,000-meter race begins at 11 a.m. and is followed by the women's 6,000-meter race at noon. Lake Creek Country Club is located 3 miles west of Storm Lake along Iowa Highway 7.

Women's Race: Sixteen former All-Conference runners return on the women's side, including 13 from last year. Luther's **Janet Dobyns** became the eighth different runner to capture at least two IIAC individual titles with her 2007 win at Dubuque. However, she will be hard-pressed to repeat as each of the top 12 runners is back.

In addition to Dobyns, the Norse have five other All-Conference runners in their lineup. **Erica Sell** placed fifth last season, followed by **Elise Bennett** (9th), **Flannery Cerbin** (11th), **Annie McKay** (12th), and **Katie Dolan** (15th). Other 2007 All-Conference competitors returning are Central's **Angie Berry** (2nd), Wartburg's **Emily VanOosbree** (3rd), **Jennifer Kuiken** (7th), and **Amanda Kuiken** (8th), Loras' **Mary Bridget Corken** (4th), Cornell's **Rachelle Hawkins** (6th), and Simpson's **Catie Ellingson** (10th).

Wartburg's **Nicole Calabrese** (3rd in 2005), Loras' **Erica Stevens** (6th in 2006), and Simpson's **Jess Christensen** (7th in 2006) are other runners in the field who have earned All-Conference honors.

Dobyns is a three-time All-Conference selection. In addition to her titles each of the past two years, she also placed fourth in 2005. With another top-15 finish she would be just the 18th four-time All-Iowa Conference honoree in league women's cross country history. VanOosbree (3rd in 2007; 9th in 2005), Corken (4th in 2007; 11th in 2006), Hawkins (6th in 2007; 14th in 2006), and Bennett (9th in 2007; 3rd in 2006) are looking to join Dobyns and 33 others who have earned All-Conference honors at least three times.

This year's Championship line-ups feature 17 former All-Central Region runners, including four multiple-time honorees. Dobyns earned regional honors in 2005, 2006, and 2007, while Berry and Stevens earned honors in 2006 and 2007. VanOosbree was an All-Central Region runner last year as well as 2005. Hawkins (13th in 2007), Corken (14th in 2007), McKay (28th in 2007), Bennett (14th in 2006), Sell (22nd in 2007), Cerbin (17th in 2007), Christensen (34th in 2006), Ellingson (16th in 2007), Calabrese (3rd in 2005), Amanda Kuiken (21st in 2007), Jennifer Kuiken (23rd in 2007), Wartburg's **Anna Kraayenbrink** (23rd in 2006), and Coe's **Ashley Schnell** (10th in 2007) complete the list of Iowa Conference all-region honorees in this year's Championship field.

Luther won its IIAC-best 11th women's cross country championship with 38 points after placing all seven runners with in the top 15. Wartburg was second with 52 points, while Central took third with 87 points. Loras placed fourth with 104 points, edging fifth-place Simpson by three points.

Men's Race: Eight former All-Conference (top-15 finishes) return to their teams' Championship line-up including five top-10 finishers from 2007. Wartburg's **Brian Chenoweth** – last year's third-place finisher – returns, as does fourth-place finisher **David McKay** of Luther. Simpson's **Eric Osterhaus** (7th), Cornell's **Andrew Tobben** (8th), and Coe's **Brad O'Neil** (9th) round out the returning top-10 runners. **Mike Switzer** (11th), **Trevor Ruwisch** (12th), and **Erik Johnson** (15th) – all from Luther – are the other All-Conference runners from 2007.

Chenoweth and McKay each have the opportunity to earn All-Iowa Conference honors for the third time. In addition to his third-place finish last year, Chenoweth posted a runner-up finish in 2006. McKay was fourth last year after placing fifth the year before. Wartburg's **Tim McKenna** is the only other potential runner who has earned All-Conference honors. McKenna placed fifth as a freshman in 2005.

There could be up to six former All-Central Region runners in this year's men's field. Chenoweth and McKay both earned honors in 2006 and 2007, while O'Neil, Tobben, Osterhaus earned all-region honors last season. McKenna, the final former All-Central Region runner on an Iowa Conference roster, placed 12th in 2005.

Luther College won its IIAC-best 29th men's cross country title last year. The Norse placed seven runners in the top-15 to top Wartburg by a 38-48 margin. Loras finished third with 87 points, while Coe took fourth with 101 points.

Year by Year in the Iowa Conference

Men's Championship

Year	Champion	Year	Champion	Year	Champion
1959	Dubuque	1962	Dubuque	1965	Luther
1960	Simpson	1963	Wartburg	1966	Luther
1961	Luther	1964	Luther	1967	Wartburg
Year	Champion	Most Valuable Performer(s)	Coach(es) of the Year		
1968	Luther	Doug Beck (Wartburg)	Rick Halverson (Luther)		
1969	Luther	Doug Beck (Wartburg)	Kent Finanger (Luther)		
1970	Wartburg	Doug Beck (Wartburg)	John Kurtt (Wartburg)		
1971	Luther	Keith Rapp (Luther)	Kent Finanger (Luther)		
1972	Luther	Steve Murray (Luther)	Kent Finanger (Luther)		
1973	Luther	Tim Williams (Luther)	Kent Finanger (Luther)		
1974	Luther	Steve Murray (Luther)	Kent Finanger (Luther)		
1975	Luther	Doug Peterson (Luther)	Kent Finanger (Luther)		
1976	Luther	Doug Peterson (Luther)	Kent Finanger (Luther)		
1977	Luther	Keith Ellingson (Luther)	Kent Finanger (Luther)		
			John Kurtt (Wartburg)		
1978	Luther	Jerry Fitzsimmons (Central)	Kent Finanger (Luther)		
1979	Luther	Jerry Fitzsimmons (Central)	Kent Finanger (Luther)		
1980	Luther	Mark Glessner (Luther)	Kent Finanger (Luther)		
1981	Luther	Mark Glessner (Luther)	John Kurtt (Wartburg)		
			Bryan Poulter (Central)		
1982	Wartburg	Dan Bauer (Simpson)	John Kurtt (Wartburg)		
1983	Luther	Dan Bauer (Simpson)	Kent Finanger (Luther)		
1984	Luther	Dan Bauer (Simpson)	Kent Finanger (Luther)		
1985	Luther	Al Livingood (Luther)	Kent Finanger (Luther)		
1986	Luther	Loran Storts (Luther)	Kent Finanger (Luther)		
1987	Luther	Pat Tierney (Loras)	Kent Finanger (Luther)		
		Chris O'Donnell (Loras)			
1988	Luther	Kori Stoffregan (Wartburg)	Kent Finanger (Luther)		
			John Kurtt (Wartburg)		
1989	Luther	Dave Halferty (Simpson)	Kent Finanger (Luther)		
1990	Luther	Dave Heppner (Loras)	Kent Finanger (Luther)		
1991	Wartburg	Dave Heppner (Loras)	Gary Wittman (Loras)		
1992	Luther	Andy Goodman (Central)	Kent Finanger (Luther)		
1993	Loras	Mark Sundet (Luther)	Gary Wittman (Loras)		
1994	Wartburg	Andy Goodman (Central)	Steve Johnson (Wartburg)		
1995	Luther	Mark Sundet (Luther)	Tom Raunig (Upper Iowa)		
1996	Loras	Mark Sundet (Luther)	Kent Finanger (Luther)		
			Gary Wittman (Loras)		
1997	Loras	T.J. Craig (Wartburg)	Gary Wittman (Loras)		
1998	Wartburg	T.J. Craig (Wartburg)	Steve Johnson (Wartburg)		
1999	Wartburg	Adam Sundall (Wartburg)	Steve Johnson (Wartburg)		
			Keith Schmidt (B. Vista)		
2000	Wartburg	Marcus Murphy (Loras)	Steve Johnson (Wartburg)		
2001	Wartburg	Marcus Murphy (Loras)	Steve Johnson (Wartburg)		
2002	Wartburg	Marcus Murphy (Loras)	Steve Johnson (Wartburg)		
2003	Wartburg	Marcus Murphy (Loras)	Gary Wittman (Loras)		
			Steve Johnson (Wartburg)		
2004	Wartburg	Josh Moen (Wartburg)	Steve Johnson (Wartburg)		
2005	Wartburg	Keith Solverson (Wartburg)	Steve Johnson (Wartburg)		
2006	Luther	Ben Grant (Loras)	Steve Pasche (Luther)		
2007	Luther	Matthew Busche (Luther)	Steve Pasche (Luther)		

Women's Championship

Year	Champion	Most Valuable Performer(s)	Coach(es) of the Year
1982	Central	Linda Swenson (Luther)	Gail Grimm (Luther)
1983	Luther	Martha Lindberg (Luther)	Gail Grimm (Luther)
1984	Luther	Linda Swenson (Luther)	Gail Grimm (Luther)
1985	Central	Ingrid Elvebak (Central)	Pam Richards (Central)
1986	Simpson	Linda Swenson (Luther)	
1987	Luther	Rochelle Swiggum (Luther)	Jerry Fitzsimmons (Simp.)
1988	Simpson	Laura Libbey (Luther)	Kirk Neubauer (Luther)
1989	Simpson	Chris Wickering (Simpson)	Jerry Fitzsimmons (Simp.)
1990	Simpson	Sarah Cross (Simpson)	Steve Johnson (Wartburg)
1991	Simpson	Sarah Cross (Simpson)	Jerry Fitzsimmons (Simp.)
1992	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1993	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1994	Wartburg	Robyn Olson (Wartburg)	Steve Johnson (Wartburg)
1995	Luther	Turena Johnson (Luther)	Betsy Emerson (Luther)
1996	Wartburg	Turena Johnson (Luther)	Steve Johnson (Wartburg)
1997	Luther	Jenny Richey (Loras)	Betsy Emerson (Luther)
1998	Wartburg	Jenny Richey (Loras)	Steve Johnson (Wartburg)
1999	Luther	Johanna Olson (Luther)	Betsy Emerson (Luther)
2000	Luther	Johanna Olson (Luther)	Betsy Emerson (Luther)
2001	Wartburg	Johanna Olson (Luther)	Steve Johnson (Wartburg)
2002	Wartburg	Missy Buttry (Wartburg)	Steve Johnson (Wartburg)
2003	Luther	Missy Buttry (Wartburg)	Betsy Emerson (Luther)
2004	Luther	Missy Buttry (Wartburg)	Betsy Emerson (Luther)
2005	Wartburg	Jen Wendt (Simpson)	Steve Johnson (Wartburg)
2006	Luther	Janet Dobyns (Luther)	Yarrow Pasche (Luther)
2007	Luther	Janet Dobyns (Luther)	Yarrow Pasche (Luther)

Buena Vista University "Beavers" Storm Lake, Iowa



Men		
Name	Yr.	Hometown / High School
Jacob Flaws	Sr.	Carlisle, Iowa/Carlisle
James Flaws	Fr.	Carlisle, Iowa/Carlisle
Jordan Flaws	Jr.	Carlisle, Iowa/Carlisle
Kyle Glienke	Fr.	Alta, Iowa/Alta
Andrew Humphrey	So.	Carroll, Iowa/Carroll
Ryan Marzen	Fr.	Dougherty, Iowa/North Butler
Alex Moore	Jr.	Park Forest, Ill./Rich South
Dan Pearson	Fr.	Spirit Lake, Iowa/Spirit Lake

Women		
Name	Yr.	Hometown / High School
Andrea Ahrendsen	Sr.	Clarion, Iowa/Clarion-Goldfield
Ali Bunde	So.	Lincoln, Neb./East
Andrea Boyd	Fr.	Chicago Heights, Ill./Bloom
Erin Cain	Fr.	Boone, Iowa/Boone
Emily Erickson	Fr.	Pine City, Minn./Pine City
Megan Hawthorne	Jr.	Hinton, Iowa/Hinton
Molly Lorenz	Fr.	Spencer, Iowa/Spencer
Breanna Platt	Fr.	Waterloo, Iowa/West

Head Coach: Nick Maas (2nd Season)

Central College "Dutch" Pella, Iowa



Men		
Name	Yr.	Hometown / High school
James Armstead	Sr.	Greenfield, Iowa/Nodaway Valley
David Baker	So.	Ankeny, Iowa/Ankeny
Jaron Byrum	Sr.	New London, Iowa/New London
Spencer Coulter	So.	Conrad, Iowa/BCLUW
Brett Dietrich	Sr.	Williamsburg, Iowa/Williamsburg
Dustin Draisey	So.	Keota, Iowa/Keota
Cory Fitzsimmons	Jr.	Pella, Iowa/Pella
Morgan Ganoe	Fr.	Jefferson, Iowa/Jefferson-Scranton
Andrew Hamer	Fr.	Murray, Iowa/Murray
Timmy Hintze	So.	LeClaire, Iowa/Pleasant Valley
Tyler Husak	Sr.	Tama, Iowa/South Tama
Kenny Kemp	Fr.	Waterloo, Iowa/West
Elliot McDowell	So.	Grundy Center, Iowa/Grundy Center
Justin Saxfield	So.	Charles City, Iowa/Charles City
Micah Seufferer	So.	Indianola, Iowa/Indianola
Pierre Taylor	Jr.	Oswego, Ill./Oswego
Jason Taylor	Fr.	Mahtomedi, Minn./Concordia Academy
Derek Townsend	Sr.	Perry, Iowa/Perry
Austin Vondracek	So.	Swisher, Iowa/Cedar Rapids Prairie
Zac Wagner	Jr.	Omaha, Neb./Creighton Prep
Brandon Williams	Sr.	Coralville, Iowa/Iowa Mennonite

Women		
Name	Yr.	Hometown / High school
Hannah Anderson	Jr.	Goodell, Iowa/Garner-Hayfield
Elizabeth Arentsen	Jr.	Bondurant, Iowa/Waukee
Mandie Barkley	Jr.	Fort Dodge, Iowa/Fort Dodge
Angie Berry	Jr.	Norwalk, Iowa/Norwalk
Meghann Burt	So.	Slater, Iowa/Ankeny Christian
Kate Callan	Fr.	Clinton, Iowa/Clinton
Jess Clark	Sr.	Riverdale, Ill./Port Byron
Sara Davis	Fr.	Melbourne, Iowa/West Marshall
Connie Eshelman	Sr.	Bridgewater, Iowa/Nodaway Valley
Claudia Garcia	So.	Iowa City, Iowa/Iowa City
Jenni Hufford	Jr.	Polk City, Iowa/Ankeny
Amy Ledvina	Jr.	Toledo, Iowa/South Tama
Melanie Louis	Fr.	Davenport, Iowa/Central
Emily Miller	So.	Wever, Iowa/Fort Madison
Amber Mayer	Jr.	Essex, Iowa/Shenandoah
Eve Reinhold	So.	Collins, Iowa/Collins-Maxwell
Heidi Sartorius	Fr.	Cedar Falls, Iowa/Cedar Falls
Heather Shives	Jr.	Knoxville, Iowa/Knoxville
Kelsey Tompkins	Jr.	Webster City, Iowa/Webster City
Molly Von Holten	So.	Walnut, Ill./Bureau Valley
Maggie Wehde	Fr.	Tipton, Iowa/Tipton

Head Coach: Stephen Fyfe (interim)

Coe College "Kohawks" Cedar Rapids, Iowa



Men		
Name	Yr.	Hometown / High school
Paden Chang	Fr.	Afton, Minn./Stillwater
DC Cusanelli	So.	Saint Jacob, Ill./Triad
Paul Davis	Fr.	Winnebago, Ill./Pecatonica
Andrew Dewar	Fr.	Lake Bluff, Ill./Lake Forest
Kyle Heineman	So.	Readlyn, Iowa/Wapsie Valley
Kory Heineman	Fr.	Readlyn, Iowa/Wapsie Valley
Ty Hetland	Fr.	Minneapolis, Minn./Southwest
Nate Hopkins	Fr.	Arden Hills, Minn./Mounds View
Joel Hoover	Fr.	Walker, Iowa/North-Linn
Ricky Kremer	Jr.	Cascade, Iowa/Cascade
David Litza	Fr.	St. Paul, Minn./Roseville
Jordan Lord	Fr.	Lee's Summit, Mo./Lee's Summit
Ryan McCleary	Fr.	Panora, Iowa/Panorama
MJ Moore	So.	Tinley Park, Ill./Providence Catholic
Lane Moser	Jr.	Wapello, Iowa/Wapello
Craig Nie	Fr.	Jesup, Iowa/Don Bosco
Brad O'Neil	Sr.	Stuarts Draft, Va./Stuarts Draft
Ben Potts	So.	Pleasant Hill, Iowa/Southeast Polk
Ryan Schroeder	So.	Byron, Ill./Byron
Aaron Schut	So.	Solon, Iowa/Solon
John Thornburg	So.	Longmont, Colo./Holy Family
Eric Wood	Fr.	Coon Rapids, Minn./Blaine

Women		
Name	Yr.	Hometown / High School
Katie Flores	Sr.	Erie, Colo./Erie
Linda Freiha	Sr.	Cedar Rapids, Iowa/Kennedy
Naomi Hillsman	Sr.	North Liberty, Iowa/Iowa City West
Caelan Lamb	Sr.	Iowa City, Iowa/West
Danielle Fischbach	Jr.	Eagle River, Alaska/Eagle River
Kimberly Kuda	Jr.	Cedar Rapids, Iowa/Jefferson
Jessica Robison	Jr.	Iowa City, Iowa/Iowa City
Kiley Schaumleffel	Jr.	Rancho Cucamonga, Calif./W.A. Carter
Heather White	Jr.	Dysart, Iowa/UnionCommunity
Stephanie Dolezal	So.	Solon, Iowa/Solon
Michelle Klobassa	So.	Elma, Iowa/Riceville
Sheena Lehmann	So.	Wadena, Iowa/Valley Community
Elizabeth Matthias	So.	Readlyn, Iowa/Wapsie Valley
Keri Schaefer	So.	Cedar Rapids, Iowa/Kennedy
Ashley Schnell	So.	Lincoln, Neb./North Star
Petra Crabbs	Fr.	Redfield, Iowa/Panorama
Emily Maehl	Fr.	Beecher, Ill./Beecher
Staci Werger	Fr.	Elkader, Iowa/Central

Head Coach: Elaine Rydze (15th Season)

Cornell College "Rams" Mount Vernon, Iowa



Men		
Name	Yr.	Hometown / High School
Kirkwood Donavin	So.	Salt Lake City, Utah/West
Matthieu Evans	Fr.	Racine, Wis./Prairie
Mark Gilarski	Fr.	Ames, Iowa/Ames
Benjamin Jacobs	Fr.	Three Rivers, Mich./Three Rivers
Andrew Jacobsmeyer	So.	St. Louis, Mo./DeSmet Jesuit
David Kuhlmann	Fr.	Readlyn, Iowa/Wapsie Valley
Thomas LeForce	Fr.	Lonetree, Colo./Highlands Ranch
Chase Nowak	Fr.	Colorado Springs, Colo./Cheyenne Mountain
Quin Purkey	Jr.	Appleton, Wis./North
Adam Rooyakkers	Fr.	Kimberly, Wis./Kimberly
Jordan Stacey	Jr.	Chicago, Ill./Northside College
Christopher Stadler	Fr.	Portland, Ore./Lincoln
Andrew Tobben	So.	Washington, Mo./St. Francis Borgia

Name	Yr.	Hometown / High School
Andrea Aerts	So.	David City, Neb./East Butler
Hannah Cargill	Fr.	Lancaster, Pa./Manheim Township
Patricia Gonzalves	Sr.	Wheaton, Ill./W.-Warrenville South
Rachelle Hawkins	Sr.	Boise, Idaho/Bishop Kelly
Ellie Hutchison	So.	Greeley, Colo./Central
Allie Jagielo	So.	Almond, Wis./Tri-County
Amanda Jepson	Sr.	Wayland, Iowa/WACO
Lindsey Kuhlmann	Sr.	Readlyn, Iowa/Wapsie Valley
Ellen Mariano	Fr.	Herndon, Va./Chantilly
Allison Newman	So.	Arvada, Colo./Pomona

Head Coach: Dan Schofer (3rd Season)

University of Dubuque "Spartans" Dubuque, Iowa



Men		
Name	Yr.	Hometown / High School
Adam Ahlden	So.	Aurora, Ill./Aurora West
Andrew Beneby	Fr.	Nassau, Bahamas/St. Andrew's
Benjamin Carbajal	Fr.	Camanche, Iowa/Camanche
Aaron Ewinger	So.	Burlington, Iowa/Burlington
Freddy Frick	So.	Burlington, Iowa/Burlington
Thomas Goad	Jr.	Lodi, Calif./Lodi
Christian King	Fr.	Meridian, Miss./Meridian
Robert McKennie	Jr.	Chicago, Ill./Steinmetz

Women		
Name	Yr.	Hometown / High School
Anne Marx	Fr.	St. Louis, Mo./St. Elizabeth Academy
Megan Michaelis	So.	Durand, Ill./Durand
Kelsey Rursch	Fr.	Clinton, Iowa/Clinton
Sarah Schumacher	Sr.	Ashton, Ill./Franklin Center
Katherine Tipping	Fr.	Winnebago, Ill./Pecatonica
Jennelle Vega	Sr.	Cedar Rapids, Iowa/Jefferson
Michelle Zavala	Fr.	Chicago, Ill./Lane Technical

Head Coach: Matthew Hayes (1st Season)

Loras College "Duhawks" Dubuque, Iowa



Men		
Name	Yr.	Hometown / High School
Greg Bell	Sr.	Latimer, Iowa/CAL-Dows
Cody Dreyer	Jr.	Elkader, Iowa/Central
Alex Eischeid	Sr.	Bellevue, Iowa/Marquette
Ryan Engelman	So.	Bellevue, Iowa/Marquette
John Fry	Jr.	Elmhurst, Ill./York
Mike Higgins	So.	Geneva, Ill./Geneva
Tom Henders	So.	Arlington Heights, Ill./Rolling Meadows
Joey Hetland	Sr.	Chicago, Ill./Quigley
Jake Kimmes	Sr.	West Des Moines, Iowa/Dowling
Dain Leytem	So.	Dubuque, Iowa/Hempstead
Dan McDermott	Fr.	Cedar Rapids, Iowa/Xavier
Tyler Meyer	Jr.	Dubuque, Iowa/Wahlert
Chris Miller	Fr.	Des Moines, Iowa/East
Dan Murphy	Jr.	Naperville, Ill./Neuqua Valley
Dillon Murray	Fr.	Wheaton, Ill./St. Francis
Mike Roth	Fr.	Bloomington, Minn./Holy Angels
Andy Sabin	Sr.	Cedar Rapids, Iowa/Kennedy
Ryan Schaefer	Sr.	Conroy, Iowa/Williamsburg
Scott Schemmel	Jr.	Cedar Rapids, Iowa/Xavier
Scott Sperfslage	Fr.	Dyersville, Iowa/Western Dubuque
Mark Sulkin	So.	Elmhurst, Ill./York
Johnny Vazquez	Fr.	Summit, Ill./Argo
Ted Wittman	Fr.	Dubuque, Iowa/Hempstead

Women		
Name	Yr.	Hometown / High School
Jacqueline Astor	Jr.	North Liberty, Iowa/Clear Creek Amana
Kate Bauder	Fr.	Elkader, Iowa/Central
Mary Bridget Corken	Sr.	Dubuque, Iowa/Wahlert
Kristy Demmer	Fr.	Peosta, Iowa/Western Dubuque
Colleen Gannon	So.	Cedar Falls, Iowa/Waterloo Columbus
Elizabeth Helmond	Fr.	Chicago, Ill./Marist
Tara Killburg	So.	LaMotte, Iowa/Andrew
Genna Kinley	Fr.	Waukee, Iowa/Van Meter
Kelsey Kruse	Fr.	Dubuque, Iowa/Wahlert
Lindsey Robinson	Fr.	Wheaton, Ill./St. Francis
Erin Sanstead	So.	Minneapolis, Minn./Holy Angles
Stephanie Sellers	Jr.	Long Grove, Iowa/Pleasant Valley
Emily Simones	So.	LaCrosse, Wis./Aquinas
Erica Stevens	Jr.	Central City, Iowa/Central City
Hannah Weiss	Jr.	Dallas Center, Iowa/WDM Dowling
Meghan Wolett	So.	Colfax, Iowa/Colfax-Mingo
Tonya Wittman	Fr.	Dubuque, Iowa/Hempstead

Head Coach: Bob Schultz (4th Season)

Luther College "Norse" Decorah, Iowa



Men		
Name	Class	Hometown / High School
Thomas Bruemmer	Fr.	Orleans, Mass./Nauset
Kyle Buck	So.	Dennison, Minn./Kenyon-Wanamingo
Drew Burmahl	Jr.	Baldwin, Iowa/Maquoketa
Alex Clark	Fr.	Sioux Falls, S.D./Lincoln
Sam Donlan	Jr.	Decorah, Iowa/Decorah
Joel Dotseth	Fr.	Coralville, Iowa/Iowa City West
Andrew Finanger	Fr.	Saudi Arabia /Fountain Valley
Danny Froeschle	Fr.	Davenport, Iowa/Assumption
Josh Gerber	Jr.	Plymouth, Minn./Wayzata
Karl Gesch	Fr.	Sioux Falls, S.D./Lincoln
Ean Gibson	Sr.	Plymouth, Minn./Wayzata
Jake Hellman	Jr.	Burt, Iowa/Algona Garrigan
Will Hoffman	Fr.	Rochester, Minn./Mayo
Erik Johnson	So.	Duluth, Minn./East
Jim Kemp	Sr.	Dubuque, Iowa/Senior
Peter Kraus	Fr.	Decorah, Iowa/Decorah
Eric Krueger	Jr.	Maplewood, Minn./North
Jordan Lang	So.	Le Claire, Iowa/Pleasant Valley
Karl Larson	Sr.	Decorah, Iowa/Decorah
Kyle Lilly	Sr.	Glenwood, Iowa/Glenwood
Dirk Marple	Sr.	Iowa City, Iowa/Iowa City
Tyler McCubbin	So.	Gowrie, Iowa/Prairie Valley
David McKay	Sr.	Iowa City, Iowa/Iowa City
Max Molzahn	Fr.	South Milwaukee, Wis./South Milwaukee
Tim Mundell	Sr.	Rochester, Minn./Lourdes
Andrew Papke-Larson	Fr.	Bemidji, Minn./Bemidji
Trevor Ruwitch	Sr.	Lafayette, Colo./Monarch
Isaac Salwolke	Sr.	Dubuque, Iowa/Dubuque Senior
Shane Steele	Fr.	Rochester, Minn./Century
Tyler Stevenson	Fr.	St. Paul, Minn./Cretin-Derham Hall
Daniel Summerfield	Jr.	La Crescent, Minn./La Crescent
Mike Switzer	Jr.	Willmar, Minn./Willmar
Austin Tegels	Jr.	Ankeny, Iowa/Ankeny
Andrew Weckwerth	Fr.	Zumbro Falls, Minn./Rochester Century

Women		
Name	Class	Hometown / High School
Clara Bailey-Hugill	Jr.	West Branch, Iowa/West Branch
Elise Bennett	Sr.	Omaha, Neb./Millard North
Michelle Boursier	Fr.	Maple Grove, Minn./Osseo
Alyse Carlson	So.	Centennial, Colo./Cherry Creek
Flannery Cerbin	Sr.	La Crosse, Wis./Central
Kelsey Dieterman	Fr.	Lake City, Minn./Lake City
Janet Dobyns	Sr.	Iowa City, Iowa/West
Katie Dolan	Jr.	Plymouth, Minn./Wayzata
Becky Eckerman	Jr.	Fort Dodge, Iowa/St. Edmond
Emily Ferris	Fr.	Sterling, Ill./Newman Central
Alyssa Gammelgaard	Fr.	Chaska, Minn./Chaska
Sharon Heyer	So.	Cedar Rapids, Iowa/Kennedy
Kim Horner	So.	Logansport, Ind./Logansport
Leah Jensen	So.	Menomonee Falls, Wis./Hamilton
Sarah Lundine	So.	Villa Park, Ill./Willowbrook
Chelsea Lynch	Fr.	Waterloo, Iowa/West
Ashley Matthys	Fr.	Red Wing, Minn./Zumbrota-Mazeppa
Sam McAllister	Fr.	Tiffin, Iowa/Clear Creek Amana
Kate McDonald	So.	Duluth, Minn./East
Annie McKay	So.	Iowa City, Iowa/Iowa City
Jessica Miets	Fr.	Los Alamos, N.M./Los Alamos
Kelsey Mitchell	Fr.	Des Moines, Iowa/Roosevelt
Anna Murray	Fr.	Iowa City, Iowa/West
Ellie Neubauer	So.	Decorah, Iowa/Decorah
Andrea Schiefelbein	Sr.	Fall Creek, Wis./Fall Creek
Julia Schiefelbein	So.	Fall Creek, Wis./Fall Creek
Cally Simanski	Fr.	Red Wing, Minn./Red Wing
Andrea Sturdevant	Fr.	Urbandale, Iowa/Urbandale
Samantha Stykel	Fr.	Colgate, Wis./Germantown
Jayna Tagen	Jr.	Fountain, Minn./Chatfield
Alicia Vought	So.	Bloomington, Minn./Jefferson
Emily Walk	Sr.	Rochester, Minn./Century
Lisa Wegman	Fr.	Dover, Minn./Dover-Eyota
Kristin Westby	Fr.	Erhard, Minn./Pelican Rapids
Rachel Wiesenber	So.	Monroe, Wis./Monroe
Anna Wikan	Jr.	Decorah, Iowa/Decorah
Nicole Wilson	So.	Urbandale, Iowa/Urbandale

Head Men's Coach: Steve Pasche (4th Season)

Head Women's Coach: Yarrow Pasche (4th Season)

Simpson College "Storm" Indianola, Iowa



Men Name	Yr.	Hometown / High School
Baron Davis	Jr.	Hamilton, Iowa/Knoxville
Casey Dunning	Jr.	Marion, Iowa/Linn-Mar
Ryan Edwardson	Fr.	Spencer, Iowa/Spencer
Wes Farrington	Fr.	Rockwell City, Iowa/Rockwell City-Lytton
Thomas Hlad	So.	Knoxville, Iowa/Knoxville
Tyler Jordison	Jr.	Fort Dodge, Iowa/Fort Dodge
Ethan Morgan	Jr.	New Hampton, Iowa/New Hampton
Eric Osterhaus	Sr.	Waukon, Iowa/Waukon
Eric Patten	Jr.	Webb, Iowa/Sioux Central
Ben Robison	Jr.	New Virginia, Iowa/Interstate 35
Justin Schneider	Sr.	Stuart, Iowa/West Central Valley
Aaron Skopec	Jr.	Traer, Iowa/North Tama
Matt Stone	Fr.	Boone, Iowa/Boone
Luke Weber	So.	Waukon, Iowa/Waukon

Women Name	Yr.	Hometown / High School
Andrea Benson	So.	Conrad, Iowa/BCLUV
Amelia Borgomainerio	Fr.	Fairfield, Iowa/Fairfield
Jess Christensen	Jr.	Harlan, Iowa/Harlan
Jamie Corey	Jr.	West Dundee, Ill./Dundee-Crown
Tricia Davis	Jr.	Fort Madison, Iowa/Fort Madison
Ashley Drogo	So.	Red Oak, Iowa/Griswold
Steph Eide	Jr.	Radcliffe, Iowa/Hubbard-Radcliffe
Catie Ellingson	So.	Indianola, Iowa/Indianola
Erin Guzman	Fr.	Traer, Iowa/North Tama
Sarah Hammel	Jr.	Dorchester, Iowa/Waukon
Jodi Harding	Jr.	Des Moines, Iowa/Hoover
Alyssa Hedrick	Jr.	Council Bluffs, Iowa/Thomas Jefferson
Courtney Licht	Fr.	Dallas Center, Iowa/Dallas Center-Grimes
Katie Luzum	Jr.	Ft. Atkinson, Iowa/South Winneshiek
Signe Mayland	Fr.	Buffalo Center, Iowa/North Iowa
Kristin Simpson	Jr.	Jefferson, Iowa/Jefferson-Scranton
Rachel Smith	Fr.	Marion, Iowa/Marion
Leyna Squillaci	So.	Lake Villa, Ill./Grayslake Central
Emily Tripp	Fr.	Waukee, Iowa/Boone

Head Coach: Brad Hofer (2nd season)



**Luther College
2007 Iowa Conference Champions
Men's and Women's Cross Country**



**2007 All-Iowa Conference Team
Women's Cross Country**

Wartburg College "Knights" Waverly, Iowa



Men Name	Yr.	Hometown / High School
Luke Appleton	Jr.	Prescott, Wis./Prescott
Jeff Carr	Fr.	Dixon, Ill./Newman Central Catholic
Brian Chenoweth	Sr.	Geneseo, Ill./J.D. Darnall
Ryan DeSanti	Sr.	Dubuque, Iowa/Wahlert
Joel Francis	Jr.	Waseca, Minn./Waseca
Drew Frees	Fr.	Riverside, Iowa/Mid-Prairie
Ben Hackbart	So.	Wayzata, Minn./Wayzata
Nick Lee	So.	Cedar Rapids, Iowa/Prairie
Tanner Linden	Fr.	Ankeny, Iowa/Ankeny
Mitchell Mart	So.	Armstrong, Iowa/Armstrong-Ringsted
Tim McKenna	Sr.	Cedar Falls, Iowa/Northern University
Aaron Monroe	Fr.	Newton, Iowa/Newton
Matt Moore	Fr.	Iowa City, Iowa/West
Grant Moser	Fr.	Wapello, Iowa/Wapello
Jeffrey Murray	Fr.	Keokuk, Iowa/Keokuk
Nicholas Ohrt	Fr.	Tipton, Iowa/Tipton
Jordan Paulus	So.	Rudd, Iowa/Rockford Senior
Ben Porter	Fr.	Waterloo, Iowa/West
Joel Rasmussen	Sr.	Clarion, Iowa/Humboldt
Timothy Reisner	Fr.	Kaukauna, Wis./Fox Valley Lutheran
Jon Stover	So.	Humboldt, Iowa/Humboldt
Jonathan Sturm	Fr.	Shenandoah, Iowa/Shenandoah
Sam Sturtz	Fr.	Waterloo, Iowa/West
Brendan Thompson	Fr.	Mason City, Iowa/Newman Catholic
Jordan Wildermuth	Sr.	Geneseo, Ill./Geneseo

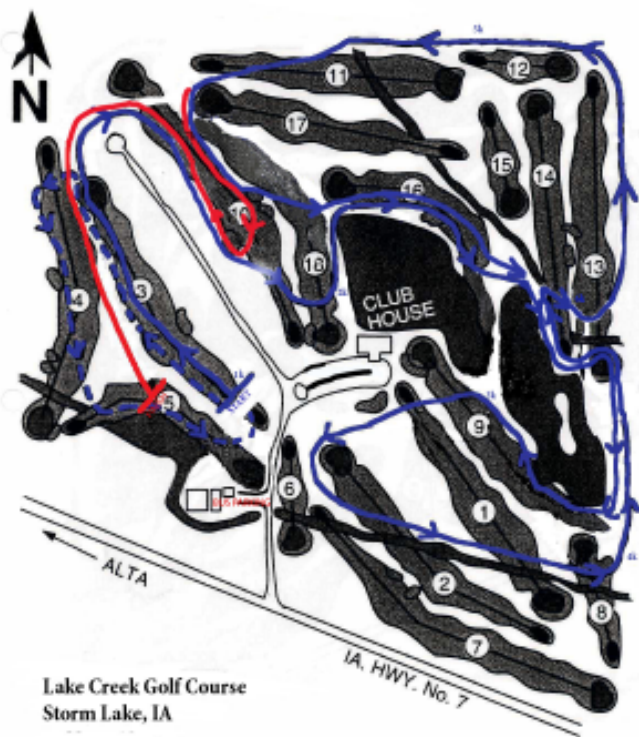
Women Name	Yr.	Hometown / High School
Chelsea Anderson	Fr.	Kalona, Iowa/Mid-Prairie
Carissa Bryson	Sr.	Amana, Iowa/Clear Creek Amana
Renata Bryson	So.	Amana, Iowa/Clear Creek Amana
Nicole Calabrese	Sr.	Spring Valley, Minn./Kingsland
Emily Eimers	Fr.	Lone Rock, Iowa/Algona
Laura Gehring	Fr.	Ames, Iowa/Ames
Elissa Hageman	Fr.	Fort Atkinson, Iowa/South Winneshiek
Abby Hanson	Jr.	Forest City, Iowa/Forest City
Anna Kraayenbrink	Jr.	Sioux Center, Iowa/Sioux Center
Amanda Kuiken	Jr.	Fairfield, Iowa/Fairfield
Jennifer Kuiken	Jr.	Fairfield, Iowa/Fairfield
Emily Long	So.	Webster City, Iowa/Webster City
Sarah Moon	Sr.	Richfield, Minn./Holy Angels
Nikki Newbrough	Jr.	Montour, Iowa/East Marshall
Amanda Paige	Jr.	Dubuque, Iowa/Hempstead
Sarah Ritchie	Fr.	Cedar Rapids, Iowa/Jefferson
Laura Sigmund	Fr.	Stanhope, Iowa/South Hamilton
Lori Tlach	So.	Britt, Iowa/West Hancock
Kelsey Vanderwerf	Jr.	Charles City, Iowa/Charles City
Emily VanOosbree	Jr.	Emmetsburg, Iowa/Emmetsburg
Audrey Weidman	Fr.	Council Bluffs, Iowa/St. Albert
Brendelyn White	Jr.	Iowa Falls, Iowa/Iowa Falls-Alden
Kylie Wrede	Fr.	New London, Iowa/New London

Head Coach: Steve Johnson (20th season)

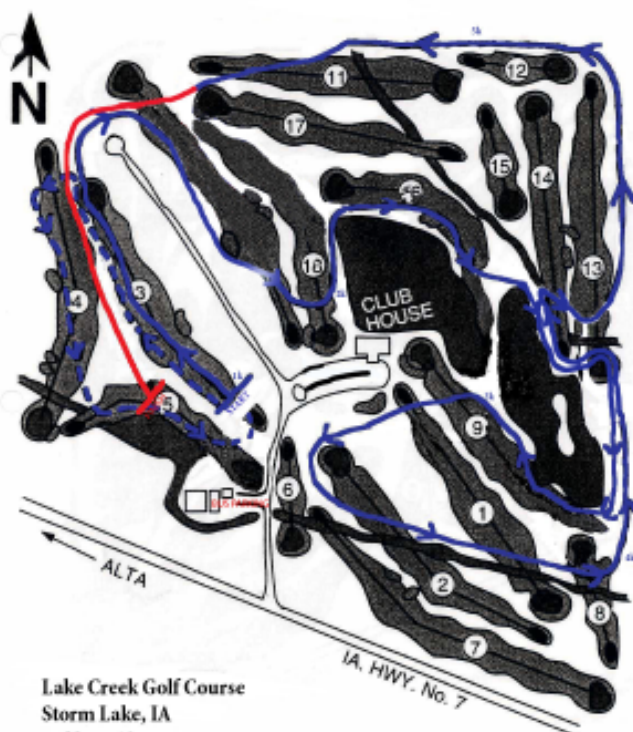


**2007 All-Iowa Conference Team
Men's Cross Country**

MEN'S 8k



WOMEN'S 6k



Lake Creek Golf Course
Storm Lake, IA

Lake Creek Golf Course
Storm Lake, IA



NCAA Division III Central Region Championships

November 15, 2008 • Oakland Acres Golf Course
Oakland Acres, Iowa • Grinnell College, host

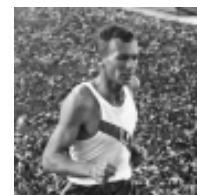
NCAA Division III Cross Country Championships

November 22, 2008 • L.S. Ayres Complex
Hanover, Ind. • Hanover College, host

Celebrating 50 Years of the Iowa Conference Men's Cross Country Championships



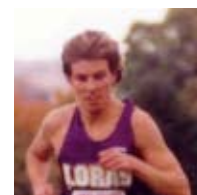
Peter Boyd
Univ. of Dubuque
3x Champion (1959-61)
1st IAC Champion



Gene Takle
Luther College
3x Champion (1963-65)
1965 NCAA College
Division Champion



Danny Bauer
Simpson College
3x Champion (1982-84)
1994 NCAA III runner-up



Marcus Murphy
Loras College
4x Champion (2000-03)



Kent Finanger, coach
Luther College
22 IAC titles
20x IAC Coach of the Year



Steve Johnson, coach
Wartburg College
10 IAC titles
9x IAC Coach of the Year

2007 Iowa Conference Cross Country Championships

at Dubuque Soccer Complex, hosted by Loras College

October 27, 2007

Most Valuable Runners

M—Matthew Busche, Luther
W—Janet Dobyns, Luther

Coaches of the Year

M—Steve Pasche, Luther
W—Yarrow Pasche, Luther

Women

		Team Scoring								
Fin.	School	Pts.	1	2	3	4	5	6	7	
1	Luther	38	1	5	9	11	12	13	15	
2	Wartburg	52	3	7	8	14	20	29	30	
3	Central	87	2	17	18	19	31	34	35	
4	Loras	101	4	16	26	27	28	32	37	
5	Simpson	104	10	22	23	24	25	33	40	
6	Cornell	168	6	36	38	41	47	51	--	
7	Coe	189	21	39	42	43	44	45	48	
8	Buena Vista	250	46	49	50	52	53	54	55	
9	Dubuque	INC	4 runners							

All-Iowa Conference

Top 15 at IAC Championship

1	Janet Dobyns	Luther	22:09.4
2	Angie Berry	Central	22:30.0
3	Emily VanOosbree	Wartburg	23:07.6
4	Mary Bridget Corken	Loras	23:15.1
5	Ericka Sell	Luther	23:31.7
6	Rachelle Hawkins	Cornell	23:36.2
7	Jennifer Kuiken	Wartburg	23:38.5
8	Amanda Kuiken	Wartburg	23:40.1
9	Elise Bennett	Luther	23:42.8
10	Catie Ellingson	Simpson	23:47.4
11	Flannery Cerbin	Luther	23:50.1
12	Annie McKay	Luther	23:51.1
13	Rachel Wobeter	Luther	23:53.5
14	Jessica Viner	Wartburg	23:56.2
15	Katie Dolan	Luther	24:03.5

Men

		Team Scoring								
Fin.	School	Pts.	1	2	3	4	5	6	7	
1	Luther	38	1	4	10	11	12	14	15	
2	Wartburg	48	3	5	6	13	21	29	31	
3	Loras	87	2	17	19	24	25	27	34	
4	Coe	101	9	16	22	26	28	30	32	
5	Simpson	142	7	18	37	38	42	47	50	
6	Central	170	23	33	35	39	40	43	44	
7	Cornell	190	8	36	46	49	51	--	--	
8	Buena Vista	219	20	41	48	52	58	60	--	
9	Dubuque	263	45	53	54	55	56	57	59	

All-Iowa Conference

Top 15 at IAC Championship

1.	Matthew Busche	Luther	25:31.0
2.	Ben Grant	Loras	25:41.1
3.	Brian Chenoweth	Wartburg	25:52.7
4.	David McKay	Luther	25:55.2
5.	Andy Hodge	Wartburg	26:18.6
6.	Lucas Tjosvold	Wartburg	26:21.9
7.	Eric Osterhaus	Simpson	26:27.1
8.	Andrew Tobben	Cornell	26:37.6
9.	Brad O'Neil	Coe	26:38.7
10.	Carson Bruns	Luther	26:39.4
11.	Mike Switzer	Luther	26:57.3
12.	Trevor Ruwitch	Luther	27:02.0
13.	Brian Mullenbach	Wartburg	27:03.2
14.	Aaron Zutz	Luther	27:16.2
15.	Erik Johnson	Luther	27:16.8