



1200 Commercial  
Emporia, KS  
66801-5087

TM  
(620) 341-5526  
(620) 341-5808 fax  
(620) 342-6406 home

## ATHLETIC MEDIA RELATIONS

Campus Box 4060  
www.emporia.edu/athletics

### ESU 2007 Cross Country Schedule

Date	Meet	Location	Time
Sept. 1	Bob Timmons Inv.	Lawrence, Kan.	9:00 a.m.
Sept. 15	MSSU Stampede	Joplin, Mo.	9:00 a.m.
<b>Sept. 28</b>	<b>ESU Jock's Nitch Inv.</b>	<b>Emporia</b>	<b>5:00 p.m.</b>
Oct. 6	Border States Inv.	Edwardsville, Ill.	9:00 a.m.
	McPherson Special	McPherson, Kan.	10:45 a.m.
Oct. 12	Cowley		
Oct. 20	MIAA Championships	Kirksville, Mo.	10:00 a.m.
Nov. 3	NCAA Regional	Joplin, Mo.	10:00 a.m.
Nov. 17	NCAA Championships	Joplin, Mo.	10:30 a.m.

### ESU Team Results in 2007

	Men	Women
KU Timmons Invitational.....	8th	8th
Southern Stampede.....	13th	26th
Jock's Nitch Invitational.....	1st	2nd

### ESU Women Top Individual Times in 2007

6K (3.7 miles)		
2 Rossbach, Jonel .....	KU/Timmons Inv.	22:22.16
48 Frehe, Morgan .....	KU/Timmons Inv.	25:48.76
51 Clanton, Chelsea .....	KU/Timmons Inv.	26:00.29
60 Davison, Kathryn.....	KU/Timmons Inv.	26:40.44
67 Bookout, Kylie .....	KU/Timmons Inv.	26:53.50
68 Baum, Tiffany .....	KU/Timmons Inv.	26:57.97
83 Craig, Amy.....	KU/Timmons Inv.	28:21.68
5K (3.1 miles)		
1 Jonel Rossbach .....	Jock's Nitch Inv.	16:55.00
124 Chelsea Clanton .....	Southern Stampede	19:43.00
16 Kathryn Davison .....	Jock's Nitch Inv.	19:49.00
130 Morgan Frehe .....	Southern Stampede	19:49.00
137 Kylie Bookout .....	Southern Stampede	19:56.00
138 Tiffany Baum .....	Southern Stampede	19:56.00
219 Amy Craig .....	Jock's Nitch Inv.	21:07.00

### ESU Men Top Individual Times in 2007

8K (4.8 miles)		
1 Delmott, Skyler .....	Jock's Nitch Inv.	25:20.00
44 Ternes, Brock .....	Southern Stampede	25:41.00
5 Summers, Marcus .....	Jock's Nitch Inv.	26:01.00
82 Kern, Sloane .....	Southern Stampede	26:14.00
9 Wellman, Eric.....	Jock's Nitch Inv.	26:29.00
144 Stephens, Michael ..	Southern Stampede	26:59.00
163 Burns, Cody .....	Southern Stampede	27:20.00
25 William Hohmeier .....	Jock's Nitch Inv.	27:54.00
36 Kerek Mason .....	Jock's Nitch Inv.	28:48.00
37 Daniel Quillen .....	Jock's Nitch Inv.	28:50.00
126 Chris Dvorak.....	KU/Timmons Inv.	31:42.39

### Media Contacts

**ESU:** Don Weast  
Asst. AD/Media Relations  
(620) 341-5526 Office  
(620) 344-6190 Cell  
weastdon@emporia.edu

**INTERVIEW POLICY:** ESU cross country practices at approximately 3 p.m. Monday-Friday and are open. Please contact Don Weast to ensure an interview.

### ESU Cross Country

**at the Border States Championships**  
SIUE Cross Contry Course • Edwardsville, Ill.  
Saturday, October 6, 2007 • 10:00 a.m.

**at McPherson Bulldog Cross Country Special (men only)**  
McPherson Country Club • McPherson., Kan.  
Saturday, October 6, 2007 • 10:45 a.m.

**UP NEXT:** Cowley Tiger Duals • October 12, 2007 • 5 p.m.  
Arkansas City, Kan.

### ON THE BORDER

Both the Emporia State men's and women's teams travel to Edwardsville, Ill. to take part in the Border States Championships. A few men's team members will also take part in the McPherson Bulldog Special in McPherson, Kan. on Saturday. This is the last full meet for the men and women prior to the MIAA Championships. Selected women may compete in the Cowley Tiger Duals next Friday if needed.

### THE COACH

**Dave Harris** is in his 16th season as the head coach of the track and field and cross country programs at Emporia State. He was first non-Division I President in the history of the United States Track & Field/Cross Country Coaches Association (USTFCCCA). ESU has hosted the Division II National Track & Field Championships three times and the Cross Country Championships once under his leadership.

He is an 11-time MIAA Coach of the Year. The Hornets have established themselves as a nationally prominent NCAA Division II power as 158 times his athletes have earned All-American honors, including 14 NCAA II individual championships since 1995. He was named the 2001 NCAA Division II Women's Outdoor Track Coach of the Year.

Harris was a four-year letterman at Truman in cross country and track and field and captained the track team for two years.

After college, Harris joined the elite section of the St. Louis Track Club sponsored by adidas. From 1979-81 he ran seven marathons with a personal best of 2:19.54 in New Orleans. At the 1979 Boston Marathon, he qualified for the 1980 US Olympic Trials with a time of 2:20.46.

### SCOUTING THE MEET

A total of 32 schools are scheduled to compete in the Border States Championships. Nationally ranked NCAA Division II teams from Southwest Baptist and Northern Kentucky lead the men's field, while three nationally ranked teams from the MIAA, #9 MSSU, #15 PSU and #19 SBU top the women's field.

### LAST YEAR AT SIU-E

Skyler Delmott placed 32nd overall to lead the ESU men to a 12th place finish in the team standings. Jonel Rossbach finished seventh overall and the ESU women were 17th as a team.

### JONEL'S JAUNTS

All-American **Jonel Rossbach** (Sr./Omaha, Neb.) will be skipping her second meet of the year to train for the championships season. She also skipped the Southern Stampede in order to train. She earned her second MIAA Cross Country Athlete of the Week award after shattering the Jones Park course record at the Jock's Nitch Invitational. She ran a 16:55 to become the first person to break 17 minutes on the 5K course. She also earned MIAA Athlete of the Week honors after placing second at the Timmons Invitational. She earned All-American honors in cross country, indoor and outdoor track last year, becoming just the third ESU women's athlete to pull the trifecta. She was 17th in the NCAA Division II Cross Country Championships last season. She was the top runner for ESU in every meet she competed in last season with four top ten finishes. Last year she joined Kadre Kelve and Tara Hudspeth as individual MIAA Cross Country Champions for the Hornets. Her time of 21:28.99 was nearly 21 seconds faster than the second place finisher. She holds the ESU record in the indoor 1500m and is ranked third in the 1500m and 800m outdoors. She is also ranked second in the 5000m and fourth in the 3000m outdoors at ESU. She was the high point scorer at the MIAA Outdoor Championships and was second in the individual scoring at the MIAA Indoors last year.

### THE SKY'S THE LIMIT

**Skyler Delmott** (So./Emporia, Kan.) was named MIAA Cross Country Athlete of the Week for the second time this year after winning the Jock's Nitch Invitational title and leading ESU to the team championship. He led the Hornet men with a career best time of 25:29 to place 36th overall out of 337 male runners at the Southern Stampede. He earned MIAA Cross Country Athlete of the Week honors after placing sixth at the Timmons Invitational. He was the top finisher for the ESU men in every race last season. He was 28th at the NCAA South Central Regional. He placed 19th at the MIAA Championships last season.

### UP NEXT

The Hornets may send a women's team to the Cowley Tiger Duals on Friday. It will be the final regular season meet prior to the MIAA Championships on Oct. 14 in Kirksville, Mo.

Donald Weast, Assistant Athletic Director for Media Relations

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### **NEWCOMERS**

The ESU men's team returns six runners, but will also welcome in six freshmen on this year's squad. Six freshmen will join defending MIAA Champion Jonel Rossbach on the seven person ESU women's team.

### **AS THE BROCK TURNS**

**Brock Ternes** (Jr./Emporia, Kan.) has emerged as the Hornets number two runner this year. He was fourth overall at the Jock's Nitch Invitational with a personal best time of 25:53 for the Jones Park course. He earned a top 50 placing out of over 330 runners at the Southern Stampede. He ran a personal best time of 25:41.00 over eight kilometers at Missouri Southern. He was the Hornets third runner in four races last year, including the MIAA Championships. He was eighth in the 10,000m run at the 2007 MIAA Outdoor Track & Field Championships.

### **SUMMERS TIME**

**Marcus Summers** (Jr./Fairview, Kan.) moved back to the third runner for ESU with his fifth place overall showing at the Jock's Nitch Invitational. He was the Hornets fourth runner at the Southern Stampede. He was ESU's third runner at the Timmons Invitational. He ran second for ESU in three meets last season. He was ninth at the Maple Leaf Invitational and finished 12th at the Jock's Nitch Invitational. He had a season's best of 25:55.00 at eight kilometers last year.

### **IS HE A WELL-MAN?**

**Eric Wellman** (Sr./Emporia, Kan.) continues to bounce back for the Hornets. He moved up to the fourth position for ESU with a ninth place overall finish at the Jock's Nitch Invitational. Due to a broken bone, he is competing this season with a pin in his foot. He was the fifth runner for ESU at the Southern Stampede, shaving nearly two and a half minutes off of his first eight kilometer time of the season. He placed 85th at the Timmons Invitational with a time of 29:32.71 over the eight kilometer course. He is one of the top middle distance runners in the nation when healthy. He only ran in three outdoor meets last spring, anchoring ESU to a sixth place finish in the 4-mile relay at the KU Relays. He competed at the 2007 NCAA D-II Indoor Championships in the mile and the 2006 NCAA D-II Outdoor Championships in the 1500m placing 13th and 12th respectively. He was second in the mile and 5000m at the 2007 MIAA Indoor Championships.

### **THE COLONEL**

**Sloane Kern** (Fr./Great Bend, Kan.) was ESU's fifth runner at the Jock's Nitch Invitational after running third and fourth at the first two meets. He ran a 26:14.00 to place as ESU's third runner at the Southern Stampede. He was ESU's fourth runner at the Timmons Invitational with a top 40 finish in his first collegiate meet. He was the 2006 Kansas Class 5A State Cross Country Champion and also won the state championship in the 1600m last May.

### **EVEN STEPHENS**

**Michael Stephens** (Jr./Lee's Summit, Mo.) is the most experienced of ESU's men's team. He cracked 27 minutes at the Southern Stampede. He came on strong at the end of last season, finishing as the second runner for ESU at two of the last three meets including the MIAA Championships. He was fourth runner for ESU's fifth place team at the 2004 South Central Regional Championships.

### **EXCELLENT**

**Cody Burns** (Fr./Eudora, Kan.) placed 21st overall at the Jock's Nitch Invitational. He was ESU's seventh runner at the Southern Stampede, finishing 163rd out of over 330 runners. He ran fifth for the Hornets at the Timmons Invitational. He earned all-state honors for Eudora HS at the 2006 KSHSAA Class 4A state cross country meet.

### **USTFCCCA NCAA Division II Men's National Top 25**

1. *Abilene Christian*
2. Adams State
3. Western State
4. Grand Valley State
5. Colorado School Mines
6. Stonehill
7. Chico State
8. Slippery Rock
9. Southern Indiana
10. Edinboro
11. Minnesota State Mankato
12. Western Washington
13. UMass Lowell
14. New Mexico Highlands
15. Missouri-Rolla
16. Minnesota-Duluth
17. Lock Haven
18. Southern Connecticut
19. Alaska Anchorage
- 20. Southwest Baptist**
21. Northern Kentucky
22. Metro State
23. Ashland
24. Saginaw Valley
25. Augustana

### **USTFCCCA NCAA Division II Women's National Top 25**

1. Adams State
2. Western State
3. Grand Valley State
4. Cal State Los Angeles
5. Augustana
6. Chico State
7. Seattle Pacific
8. Wisconsin Parkside
- 9. Missouri Southern**
10. UC San Diego
11. Kutztown
12. Nebraska-Kearney
13. Bloomsburg
14. North Dakota
- 15. Pittsburg State**
16. Findlay
17. Wayne State University
18. Edinboro
- 19. Southwest Baptist**
20. Alabama Huntsville
21. Tampa
22. *Abilene Christian*
23. Stonehill
24. Southern Indiana
25. Minnesota State Moorhead



ESU Cross Country  
at Border States Championships/  
McPherson Bulldog Special  
Edwardsville, Ill/McPherson, Kan.  
October 6, 2007

**USTFCCCA NCAA Division II Men's  
South Central Regional Polls  
Oct. 3, 2007**

**Men**

1. Abilene Christian (1)
2. **Southwest Baptist (20)**
3. **Missouri Southern State**
4. **Central Missouri**
5. **Pittsburg State**
6. **EMPORIA STATE**
7. East Central
8. Tarleton State
9. **Ft. Hays State**
10. **Northwest Missouri St.**

**MIAA Teams in Bold**  
(National Ranking)

**USTFCCCA NCAA Division II Women's  
South Central Regional Polls  
Oct. 3, 2007**

1. **Missouri Southern St. (9)**
2. **Pittsburg St. (15)**
3. **Southwest Baptist (19)**
4. Abilene Christian (22)
5. **Central Missouri**
6. Dallas Baptist
7. Central Oklahoma
8. **Northwest Missouri St.**
9. **EMPORIA STATE**
10. **Truman**

**MIAA Teams in Bold**  
(National Ranking)

**MCPHERSON GROUP**

ESU will be sending **Chris Dvorak** (Fr./Desoto, Kan.), **Kerek Mason** (Fr./Goodland, Kan.), **Daniel Quillin** (So./Olathe, Kan.) and **Michael Stephens** (Jr./Lee's Summit, Mo.) to the McPherson Bulldog Special on Saturday.

**ROSTER CHANGES**

Sophomore Shea Camien has quit the team after placing 98th at the Timmons Invitational.

**GROUPING**

The Hornets placed four runners in the top ten at the Jock's Nitch Invitational with their second through fifth runners within 50 seconds of each other. ESU's third through sixth runners were within 45 seconds of each other at the Stampede and the second through sixth runners were all within 1:12 of each other at the Timmons Invitational.

**KATHRYN THE GREAT**

**Kathryn Davison** (Fr./Topeka, Kan.) ran second for ESU at the Jock's Nitch Invitational for the second straight meet. She edged Morgan Frehe for the second spot for ESU at the Southern Stampede. She was the fourth runner for the Hornets at the Timmons Invitational. A middle distance runner in high school, she placed in the top 12 in the 400m and 1600m in the Kansas Class 5A Track Championships last spring.

**BOSTON COMMON**

**Chelsea Clanton** (Fr./Great Bend, Kan.) was the third runner for ESU at the Jock's Nitch Invitational. She was the top finisher for the Hornets at the Southern Stampede. She ran third for ESU at the Timmons Invitational. She had top five places in the Kansas Class 5A 800m and 1600m last May.

**FREE BIRD**

**Morgan Frehe** (Fr./DeSoto, Kan.) finished fourth for ESU at the Jock's Nitch Invitational. She was the third runner for ESU at the Southern Stampede, with the same time as team mate Kathryn Davison. She was ESU's second runner at the Timmons Invitational for the women. She placed 15th last year in the Kansas Class 4A Cross Country Championships.

**CHECK THIS BOOKOUT**

**Kylie Bookout** (Fr./El Dorado, Kan.) ran fourth for ESU with the same time as teammate Tiffany Baum at Missouri Southern. She finished as the fifth runner for ESU at the Timmons Invitational. She was eighth in the Kansas Class 4A 800m as a senior in high school.

**THE WIZARD OF OZ**

**Tiffany Baum** (Fr./Stillwater, Okla.) had the same time as Kylie Bookout at the Southern Stampede but was edged out and finished as the fifth runner for the Hornets. She ran sixth for the Hornets at the Timmons Invitational. She placed 27th as a senior in the Oklahoma Class 5A Cross Country Championships.

**CRAIG'S LIST**

**Amy Craig** (Fr./Baldwin City, Kan.) shaved ten seconds off of her previous best with a time of 21:07 at the Jock's Nitch Invitational. She was ESU's seventh runner at the Timmons Invitational after not competing last year. She was a part of Baldwin HS's Kansas Class 4A fourth place 1600m relay team as a senior in 2006.

**FRESHMEN FAMILY**

Following senior Jonel Roszbach, ESU has had five freshmen runners grouped together at each race this year. At the Jock's Nitch Invitational, the top five freshmen were within 25 seconds and eight spots of each other. When Roszbach did not run at the Southern Stampede, ESU's top five women all finished within 16 seconds of each other with two sets of runners having the same times.