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ATHLETIC MEDIA RELATIONS

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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.
Sept. 28 ESU Jock's Nitch Inv.	Emporia	5:00 p.m.
Oct. 6 Border States Inv.	Edwardsville, Ill.	9:00 a.m.
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

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)

124 Chelsea Clanton	Southern Stampede	19:43.00
129 Kathryn Davison	Southern Stampede	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	Southern Stampede	21:17.00

ESU Men Top Individual Times in 2007

8K (4.8 miles)

36 Delmott, Skyler	Southern Stampede	25:29.00
44 Ternes, Brock.....	Southern Stampede	25:41.00
82 Kern, Sloane.....	Southern Stampede	26:14.00
100 Summers, Marcus....	Southern Stampede	26:24.00
140 Wellman, Eric.....	Southern Stampede	26:54.00
144 Stephens, Michael ..	Southern Stampede	26:59.00
163 Burns, Cody	Southern Stampede	27:20.00
99 William Hohmeier	KU/Timmons Inv.	29:52.18
123 Daniel Quillen	KU/Timmons Inv.	31:28.63
126 Chris Dvorak.....	KU/Timmons Inv.	31:42.39
149 Kerek Mason	KU/Timmons Inv.	37:05.16

Media Contacts

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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

hosts the Jock's Nitch Invitational

Jones Park • Emporia, Kan.

Friday, September 28, 2007 • 5:00 p.m.

UP NEXT: Border States Invitational • October 6, 2007 • 9 a.m.

Edwardsville, Ill.

HOME COOKING

Emporia State will play host to 19 schools and over 250 athletes at the Jock's Nitch Invitational on Friday. Fourteen of the 31 teams present are either ranked nationally by the NAIA or NJCAA or regionally by the NCAA.

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 31 teams representing 19 schools plus unattached runners are scheduled to compete at the Jock's Nitch Invitational. ESU and FHSU's men are both ranked in the NCAA Division II South Central Region while teams from FHSU, TSU and UNO are regionally ranked for the women. Cloud County CC leads three nationally ranked NJCAA teams that are entered. The Longview CC women are the highest ranked of three women's juco teams. The Mid-America Nazarene men and women are both nationally ranked by the NAIA while the Park women are among the NAIA's best. Last year's individual champion Johnny Schuping of Cloud County CC is back to defend his title for the men. ESU's Jonel Rossbach placed third last year and is the top returning female competitor.

JONEL'S JAUNTS

All-American **Jonel Rossbach** (Sr./Omaha, Neb.) is the top returning woman in the Jock's Nitch Invitational. She did not compete at the Southern Stampede in order to train. She earned MIAA Cross Country 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 was third at the Jock's Nitch Invitational in the sixth fastest time on the Jones Park Course. Rossbach was 16th overall and was the second Division II finisher at the Woody Greeno Invitational. 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.) 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 on Sept. 1 in Lawrence. 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 and was the fourth freshman to finish the race. He was sixth at the Maple Leaf Invitational and eighth at the Jock's Nitch Invitational. The 2005 KSHSAA Class 5A state champion for Emporia HS, Delmott had three of ESU's fastest times at eight kilometers last season.

UP NEXT

The Hornets will travel to Edwardsville, Ill. for the Border States Invitational next Saturday. It is the final regular season meet prior to the MIAA Championships on Oct. 14 in Kirksville, Mo.

Donald Weast, Assistant Athletic Director for Media Relations

An Equal Opportunity Employer



ESU Cross Country
Hosts Jock's Nitch Invitational
Emporia, Kan.
Sept. 28, 2007

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 in both meets this year. 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. His top time on the Jones Park Course is 26:04.00 at the 2006 Jock's Nitch Invitational. He was eighth in the 10,000m run at the 2007 MIAA Outdoor Track & Field Championships.

SUMMERS TIME

Marcus Summers (Jr./Fairview, Kan.) 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.

THE COLONEL

Sloane Kern (Fr./Great Bend, Kan.) 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.

IS HE A WELL-MAN?

Eric Wellman (Sr./Emporia, Kan.) 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.

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.) 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.

ROSTER CHANGES

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

GROUPING

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.

USTFCCA NCAA Division II Men's National Top 25

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

USTFCCA 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 (S.D.)
6. Chico State
7. Seattle Pacific
8. Wisconsin Parkside
9. Missouri Southern
10. UC San Diego
11. Abilene Christian
12. Pittsburg State
13. Kutztown
14. North Dakota
15. Bloomsburg
16. Southwest Baptist
17. Minnesota-Duluth
18. Findlay
19. Wayne State University
20. Edinboro
21. Alabama Huntsville
22. Tampa
23. Stonehill
24. Harding
25. (tie) Dallas Baptist
25. (tie) Southern Indiana



ESU Cross Country
 Hosts Jock's Nitch Invitational
 Emporia, Kan.
 Sept. 28, 2007

**USTFCCCA NCAA Division II Men's
 South Central Regional Polls
 Sept. 26, 2007**

- Men**
1. Abilene Christian (1)
 2. **Missouri Southern (14)**
 3. **Pittsburg State**
 4. **Southwest Baptist**
 5. **Central Missouri**
 6. **EMPORIA STATE**
 7. East Central
 8. Tarleton State
 9. **Ft. Hays State**
 10. **Northwest Missouri State**
- MIAA Teams in Bold**
 (National Ranking)

**USTFCCCA NCAA Division II Women's
 South Central Regional Polls
 Sept. 26, 2007**

1. **Missouri Southern (9)**
 2. Abilene Christian (11)
 3. **Pittsburg State (12)**
 4. **Southwest Baptist (16)**
 5. Dallas Baptist (25)
 6. **Central Missouri**
 7. Central Oklahoma
 8. **Truman**
 9. **Northwest Missouri State**
 10. **Ft. Hays State**
- MIAA Teams in Bold**
 (National Ranking)

BOSTON COMMON

Chelsea Clanton (Fr./Great Bend, Kan.) 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.) 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.

KATHRYN THE GREAT

Kathryn Davison (Fr./Topeka, Kan.) 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.

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.) 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.

PAIRS

ESU's top five women all finished within 16 seconds of each other at the Southern Stampede with two sets of runners having the same times.

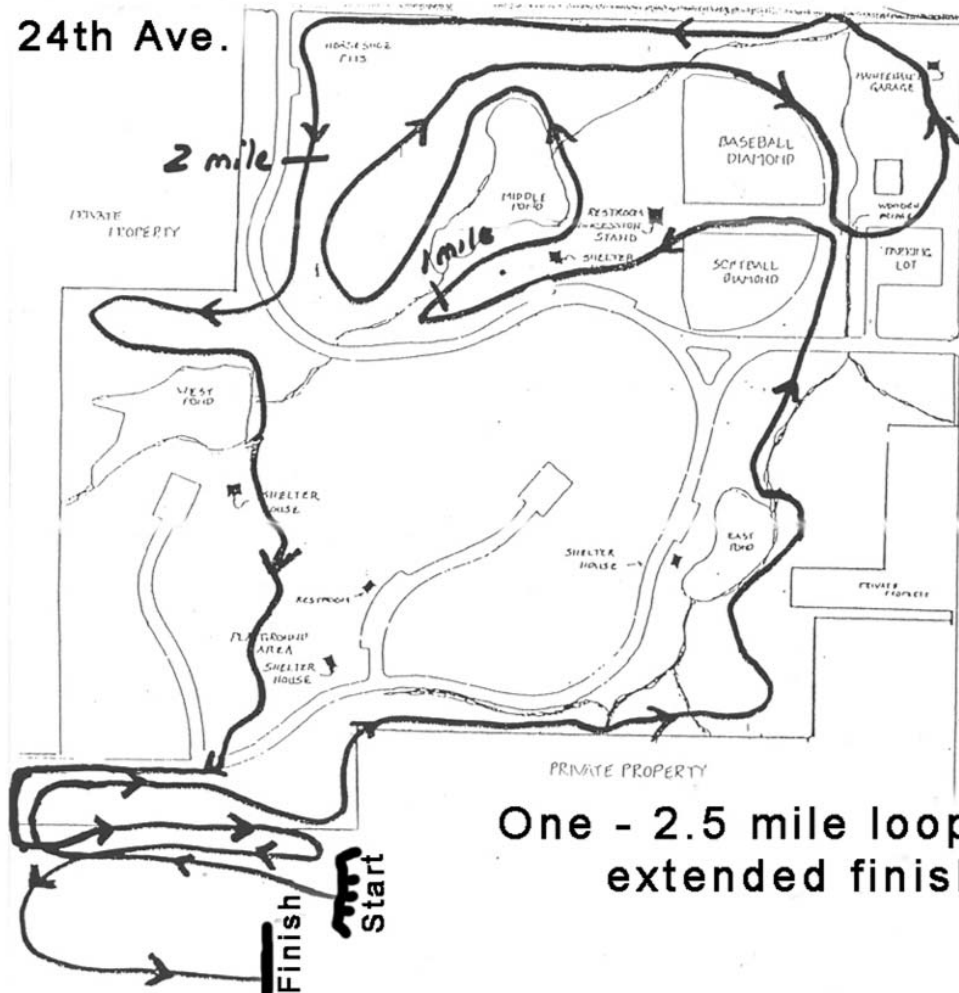
Top 12 Cross Country Times at Jones Park

Men (8,000m)			
1. Andy Doering	Truman	24:36	2001
2. Francis Kioko	Mid-America Nazarene	24:46	2004
3. Jurmain Mitchel	Emporia State	24:52	1996
4. Andrew Bird	Unattached	24:53	2004
5. Petri Kykyri	Missouri Southern	24:54	2001
6. Marc Rodrigues	Cloud County CC	24:55	2003
7. Johnny Shuping	Cloud County CC	24:56	2006
8. Judah Tallam	Mid-America Nazarene	24:57	2004
9. Samuel Chege	Cloud County CC	24:59	2006
10. Larry Boswell	Missouri Southern	25:02	2001
11. Ben Rosario	Truman	25:10	2001
12. Judah Tallam	Cloud County CC	25:11	2003

Top 12 Cross Country Times at Jones Park

Women (5000m)			
1. Kadri Kelve	Emporia State	17:46	2002
2. Jacquie Faust	Truman	17:59	2006
3. Luvdmila Anderson	Johnson County CC	18:00	2002
4. Jolene Mick	Cloud County CC	18:03	2003
5. Jonel Rossbach	Emporia State	18:05	2006
6. Lyuda Anderson	Mid-America Nazarene	18:19	2004
7. Venessa Lee	Pittsburg State	18:27	2006
8. Jolene Mick	Cloud County CC	18:28	2004
9. Amy Gochnour	Johnson County CC	18:29	2002
10. Jaquie Faust	Truman	18:30	2005
11. Sara Breedlov	William Jewell	18:33	2001
12. Tara Hudspeth	Emporia State	18:38	1999

24th Ave.



JONES
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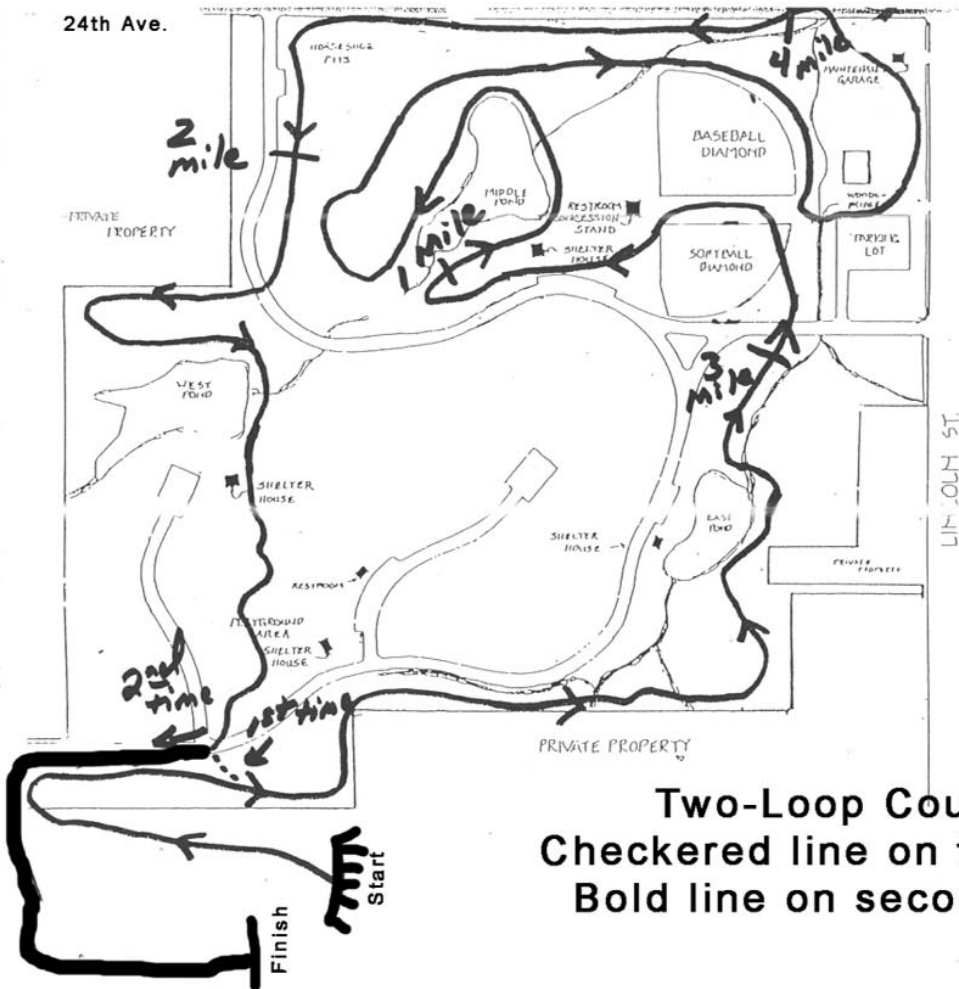
PARK

Women's 5K

CITY OF EMPORIA
PARK DEPARTMENT
1992

One - 2.5 mile loop with
extended finish

24th Ave.



JONES
N

PARK

Men's 8K

CITY OF EMPORIA
PARK DEPARTMENT

Two-Loop Course
Checkered line on first loop
Bold line on second loop