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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.
	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
SIUE Border States	5th	15th

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

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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

MIAA Championships

October 20 • 10:30 a.m. • Kirksville, Mo.

Women's 6K: 10:30 a.m.

Men's 8K: 11:15 a.m.

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

CHAMPIONSHIP TIME

Both the Emporia State men's and women's teams travel to Kirksville, Mo. for the MIAA Cross Country Championships. The meet will begin on Oct. 20 at 10:30 a.m. with the Women's 6K and conclude with the Men's 8K 11:15 a.m. Jonel Rossbach enters the meet as the defending MIAA Champion on the women's side.

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

All the MIAA teams will come together for the MIAA Championships in Kirksville, Mo. The Women's race will race feature #20 Southwest Baptist as the frontrunning team. ESU's Jonel Rossbach is the returning champion on the women's side. The Men's race will feature #9 Missouri Southern, #18 Southwest Baptist and #20 Pittsburg State.

LAST YEAR AT THE MIAA

Jonel Rossbach won the MIAA Women's Cross Country Championship with a time of 21:28.29. On the men's side Skyler Delmott finished in 19th place with a time of 25:36.25.

JONEL'S JAUNTS

All-American **Jonel Rossbach** (Sr./Omaha, Neb.) will return to action after skipping two weeks to train for Championship Seasons. 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 will send athletes to the NCAA South Central Regional Joplin, Mo. The race is set to begin at 10:00 a.m.

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 placed 44th SIUE Border State Invitational. 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 finished 57th overall at the SIUE Border States Championships. 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.) finished in 39th place at SIU-Edwardsville and was ESU's second highest placer. He 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 finished fourth at the McPherson Bulldog Special. 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.

USTFCCA 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. Slippery Rock
7. Southern Indiana
8. Chico State
9. Edinboro
10. UMASS-Lowell
11. Western Washington
12. Minnesota State
13. Stonehill
14. New Mexico Highlands
15. Ashland
16. Southern Connecticut
17. Alaska Anchorage
18. Missouri-Rolla
19. Minnesota-Duluth
20. Southwest Baptist
21. Northern Kentucky
22. Metro State
23. Hillsdale
24. Augustana
25. Saginaw Valley

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



ESU Cross Country
at MIAA Championships
Kirksville, Mo.
October 20, 2007

**USTFCCCA NCAA Division II Men's
South Central Regional Polls
Oct. 17, 2007**

Men

1. Abilene Christian (1)
2. Southwest Baptist (20)
3. Central Missouri
4. Missouri Southern State
5. Emporia State
6. Pittsburg State
7. East Central
8. Tarleton State
9. Ft. Hays State
10. Texas A&M-Commerce

MIAA Teams in Bold
(National Ranking)

**USTFCCCA NCAA Division II Women's
South Central Regional Polls
Oct. 17, 2007**

1. Missouri Southern St. (9)
2. Southwest Baptist (18)
3. Pittsburg St. (20)
4. Abilene Christian (25)
5. Central Missouri
6. Northwest Missouri St.
7. Dallas Baptist
8. Central Oklahoma
9. Truman
10. Emporia State

MIAA Teams in Bold
(National Ranking)

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 was ESU's top female runner at the SIUE Border States Championship. 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 Rossbach, 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 Rossbach 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.