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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. 20	MIAA Championships	Kirkville, 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
MIAA Championships	4th	8th

ESU Women Top Individual Times in 2007

6K (3.7 miles)		
1 Jonel Rossbach	MIAA Championships	22:06.65
32 Bookout, Kylie	MIAA Championships	25:14.79
43 Clanton, Chelsea	MIAA Championships	25:46.05
48 Frehe, Morgan	KU/Timmons Inv.	25:48.76
49 Davison, Kathryn.....	MIAA Championships	26:06.92
57 Baum, Tiffany	MIAA Championships	26:44.95
66 Craig, Amy	MIAA Championships	28:16.48
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

at NCAA Division II South Central Regional Championships

November 3, 2007 • 9:30 a.m. • Joplin, Mo.

Women's 6K: 9:30 a.m.

Men's 10K: 10:15 a.m.

UP NEXT: NCAA Division II National Championships

November 17, 2007 • 9:30 a.m. • Joplin, Mo.

CHAMPIONSHIP TIME

Both the Emporia State men's and women's teams travel to Joplin, Mo. for the NCAA Division II South Central Regional Cross Country Championships. The meet will begin at 9:30 a.m. with the women's 6K and conclude with the men's 8K 10:15 a.m. After finishing third last year, Jonel Rossbach enters the meet as the second ranked returning runner on the women's side behind Rachel Ingram of Southwestern Oklahoma State.

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

Three nationally ranked men's teams and four nationally ranked women's teams will be competing at the South Central Regional. Abilene Christian is the #1 ranked team in the nation and are the defending national champions. Host Missouri Southern is ranked #16 in the nation while Southwest Baptist is #18. Nicodemus Naimadu is the three-time defending national champion for the ACU men. On the women's side, MSSU is the highest ranked team at #9 while Pittsburg State is #17. ACU and SBU come in at #24 and #25 for the women.

JONEL'S JAUNTS

All-American **Jonel Rossbach** (Sr./Omaha, Neb.) will try to win her first Regional Championship after finishing third last year. She earned her third MIAA Cross Country Athlete of the Week award by winning the MIAA Championship. She is the ninth woman to win multiple MIAA individual titles. She shattered the Jones Park course record at the Jock's Nitch Invitational for her second Athlete of the Week Award. 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 has been the top runner for ESU in every meet she competed in the last two seasons. Last year she joined Kadre Kelve and Tara Hudspeth as individual MIAA Cross Country Champions for the Hornets. 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.) placed seventh at the MIAA Championships to earn All-MIAA honors. He 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 last season.

UP NEXT

The top three teams and top two individuals not on a qualifying team will return to Joplin in two weeks for the NCAA National Championships.

Donald Weast, Assistant Athletic Director for Media Relations

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NEWCOMERS

The ESU men's team returns six runners, but also welcome in six freshmen on this year's squad. Six freshmen are with two-time 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 earned honorable mention All-MIAA honors with a 13th place finish at the conference championships. 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 Stampedede. 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.

THE COLONEL

Sloane Kern (Fr./Great Bend, Kan.) was named MIAA Men's Cross Country Freshman of the Year after placing 19th at the MIAA Championships. He 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 Stampedede. 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.) continues to bounce back for the Hornets. He placed 22nd at the MIAA Championships. 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 Stampedede, 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 Division II Indoor Championships in the mile and the 2006 NCAA Division 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 placed 35th at the MIAA Championships. He finished fourth at the McPherson Bulldog Special. He cracked 27 minutes on this course at the Southern Stampedede. 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.

BILLY DON'T BE A HERO

William Hohmeier (Fr./St. Louis, Mo.) was ESU's sixth runner at the MIAA Championships with a 38th place finish overall. He was the sixth runner for the Hornets at the SIU-Edwardsville Border States Championships as he placed 101st out of 242 runners. He moved into the scoring position for ESU at the Jock's Nitch Invitational with a 25th place finish as the Hornets seventh runner. He was a two-time all-sectional performer in cross country for Lindbergh HS in St. Louis.

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. Minnesota State
7. Southern Indiana
8. Edinboro
9. Colorado School of Mines
10. Slippery Rock
11. Western Washington
12. UMASS-Lowell
13. Stonehill
14. Metro State
15. New Mexico Highlands
16. Missouri Southern State
17. Northern Kentucky
18. Southwest Baptist
19. Wayne State Univ.
20. Ashland
21. Southern Connecticut
22. Augustana (S.D.)
23. Saginaw Valley
24. Missouri-Rolla
25. Minnesota-Duluth

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



ESU Cross Country
 at NCAA Division II South Central
 Regional Championships
 Joplin, Mo.
 November 3, 2007

**USTFCCA NCAA Division II
 South Central Regional Polls**

- Men**
1. Abilene Christian (1)
 2. Missouri Southern State (16)
 3. Southwest Baptist (21)
 4. Pittsburg State
 5. Emporia State
 6. East Central
 7. Central Missouri
 8. Tarleton State
 9. Texas A&M-Commerce
 10. Dallas Baptist
- Women**
1. Missouri Southern St. (9)
 2. Pittsburg State (17)
 3. Abilene Christian (24)
 4. Southwest Baptist (25)
 5. Central Missouri
 6. Dallas Baptist
 7. Tarleton State
 8. West Texas A&M
 9. Ft. Hays State
 10. Incarnate Word
(National Ranking)

**ESU Men's Results at the 2006 NCAA
 Division II South Central Regional**

28 Delmott, Skyler	33:24.70
44 Camien, Shea	34:19.00
49 Stephens, Michael	34:29.80
52 Ternes, Brock	34:47.10
80 Summers, Marcus	35:53.70
Top 10 Team Results	
1 Abilene Christian	18
2 Missouri Southern State	73
3 Central Missouri	100
4 Fort Hays State	131
5 East Central	147
6 Southwest Baptist	188
7 Northwest Missouri State	197
8 Truman	203
9 Angelo State	226
10 Emporia State	247

**ESU Women's Results at the 2006 NCAA
 Division II South Central Regional**

3 Rossbach, Jonel	22:03.20
21 Fennewald, Krysta	23:00.90
68 Lee, Robyn	24:27.50
115 Boswell, Jenna	26:58.70
129 Peltz, Janine	29:55.60
Top 12 Team Results	
1 Abilene Christian	71
2 Pittsburg State	99
3 Central Missouri	125
4 Missouri Southern State	130
5 Southwest Baptist	131
6 Angelo State	157
7 Fort Hays State	163
8 Central Oklahoma	209
9 West Texas A&M	274
10 Northwest Missouri State	292
11 East Central	307
12 Emporia State University	309
Returners in Bold	

SUMMERS TIME

Marcus Summers (Jr./Fairview, Kan.) placed 43rd at the MIAA Championships to finish seventh for the Hornets. He had moved back to the third runner for ESU with a 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.

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.

GROUPING

ESU had four runners earn top 25 finishes at the MIAA Championships. 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.

CHECK THIS BOOKOUT

Kylie Bookout (Fr./El Dorado, Kan.) had a career best 6K time at the MIAA Championships and was ESU's second runner. She 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.

BOSTON COMMON

Chelsea Clanton (Fr./Great Bend, Kan.) ran third for ESU at the MIAA Championships with a personal best time. She 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.

KATHRYN THE GREAT

Kathryn Davison (Fr./Topeka, Kan.) was ESU's fourth runner at the MIAA championships despite running a career best time over the 6K course. She 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.

THE WIZARD OF OZ

Tiffany Baum (Fr./Stillwater, Okla.) placed 57th at the MIAA Championships for ESU with a personal best time. She 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.

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.

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.

FRESHMEN FAMILY

Following senior Jonel Rossbach, ESU has had five freshmen runners grouped together at each race this year. They were within 1:32 of each other at the MIAA Championships for their biggest spacing of the 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.