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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.
<b>Sept. 28 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.
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

### 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

### ESU Men Top Individual Returners Times in 2006

#### 8K (4.8 miles)

6 Delmott, Skyley.....	KU/Timmons Inv	26:10.03
29 Ternes, Brock.....	KU/Timmons Inv	27:41.76
34 Summers, Marcus .....	KU/Timmons Inv	27:51.11
39 Kern, Sloane.....	KU/Timmons Inv	28:04.73
66 Burns, Cody.....	KU/Timmons Inv	28:58.13
84 Stephens, Michael.....	KU/Timmons Inv	29:26.79
85 Wellman, Eric.....	KU/Timmons Inv	29:32.71

### 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 MSSU/Southern Stampede

Missouri Southern Campus • Joplin, Mo.

Saturday, September 15, 2007 • 9:00 a.m.

UP NEXT: ESU Jock's Nitch Invitational • September 28, 2007 • 5 p.m.

Emporia, Kan. • Jones Park

### STAMPEDING SOUTH

Emporia State travels to Joplin, Mo. to take part in the Southern Stampede. Over 40 schools are scheduled to compete on the course that will host the NCAA Division II South Central Regional and National Championships this year. There will be a high school meet following the university action.

### 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 42 schools are entered in the Southern Stampede this year. The Harding University women are ranked third to lead five teams ranked in the USTFCCCA Women's Division II Top 25 while the ninth ranked Harding men lead four teams in the USTFCCCA Men's D-II Top 25 scheduled to be in Joplin. Eight of the Division II men's teams and eight of the D-II women's teams are ranked in the top ten of their respective regions. Five NCAA Division I schools are in the field as well as four teams ranked in the NAIA preseason national poll.

### JONEL'S JAUNTS

All-American **Jonel Rossbach** (Sr./Omaha, Neb.) will make the trip to Joplin but is in a heavy training period and may not compete. She is 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

**Skyley Delmott** (So./Emporia, Kan.) 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. His top time at 8K is 25:36.75 at the MIAA Championships.

### UP NEXT

The Hornets will play host to their only home meet of the year on Sept. 28 at Jones Park in Emporia. The women will run at 5 p.m. followed by the men at approximately 5:45 p.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.) was ESU's second runner at the Timmons Invitational. He was the Hornets third runner in four races last year, including the MIAA Championships. His top time at eight kilometers is 26:04.00 at the 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 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.

### THE COLONEL

**Sloane Kern** (Fr./Great Bend, Kan.) was ESU's fourth runner at the Timmons Invitational with a top 40 finish in his first collegiate meet. He the 2006 Kansas Class 5A State Cross Country Champion and also won the state championship in the 1600m last May.

### EXCELLENT

**Cody Burns** (Fr./Eudora, Kan.) 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.

### EVEN STEPHENS

**Michael Stephens** (Jr./Lee's Summit, Mo.) is the most experienced of ESU's men's team. 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.

### IS HE A WELL-MAN?

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

### ADAM'S APPLE

**Adam McGovern** (Fr./Lee's Summit, Mo.) will be making his ESU debut at the Southern Stampede. He did not receive clearance from the NCAA Clearinghouse until after the Timmons Invitational. He was a Missouri all-state performer in cross country as a senior.

### ROSTER CHANGES

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

### GROUPING

ESU's second through sixth runners were all within 1:12 of each other at the Timmons Invitational.

#### USTFCCA NCAA Division II Women's National Top 25

1. Adams State .....	1
2. Western State .....	3
3. Harding.....	2
4. Grand Valley State .....	4
5. Seattle Pacific.....	5
6. Augustana .....	6
7. Cal State Los Angeles.....	7
8. Chico State.....	9
9. Colorado Springs.....	11
10. Wisconsin Parkside .....	10
11. Abilene Christian .....	12
12. Kutztown .....	13
13. UC-San Diego.....	14
<b>14. Pittsburg State .....</b>	<b>16</b>
15. Edinboro.....	8
16. North Dakota.....	17
17. Tampa .....	20
18. Bloomsburg .....	22
19. Alabama Huntsville.....	18
20. Slippery Rock.....	15
<b>21. Missouri Southern .....</b>	<b>24</b>
22. Findley .....	19
<b>23. Southwest Baptist.....</b>	<b>NR</b>
24. Southern Indiana .....	21
<b>25. Central Missouri.....</b>	<b>25</b>

#### USTFCCA NCAA Division II Men's National Top 25

1. Abilene Christian .....	1
2. Adams State .....	2
3. Western State .....	3
4. Grand Valley State .....	4
5. Chico State .....	5
6. Stonehill.....	6
7. Colorado Mines .....	7
8. Slippery Rock.....	11
9. Harding .....	8
10. Minnesota State .....	9
11. Southern Indiana.....	20
12. Massachusetts-Lowell .....	13
13. Edinboro .....	16
14. Hillsdale .....	NR
15. Augustana .....	14
16. Saginaw Valley .....	12
17. Metropolitan State.....	15
<b>18. Missouri Southern State .....</b>	<b>17</b>
19. Lock Haven .....	18
20. Western Washington.....	22
21. Southern Connecticut .....	23
<b>22. Southwest Baptist .....</b>	<b>NR</b>
23. Florida Southern .....	24
24. Alaska Anchorage.....	25
25. Drury .....	NR



ESU Cross Country  
at MSSU Southern Stampede  
Joplin, Mo.  
Sept. 15, 2007

USTFCCCA NCAA Division II South Central  
Regional Polls  
Sept. 11, 2007

**Women**

1. Abilene Christian
2. **Pittsburg St.**
3. **Missouri Southern State**
4. **Southwest Baptist**
5. **Central Missouri**
6. Central Oklahoma
7. **Fort Hays St.**
8. **Truman**
9. **Northwest Missouri State**
10. Southwest Oklahoma State

**Men**

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

**MIAA Teams in Bold**

**FREE BIRD**

**Morgan Frehe** (Fr./DeSoto, Kan.) 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.

**BOSTON COMMON**

**Chelsea Clanton** (Fr./Great Bend, Kan.) ran third for ESU at the Timmons Invitational. She had top five places in the Kansas Class 5A 800m and 1600m last May.

**KATHRYN THE GREAT**

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