



## ATHLETIC MEDIA RELATIONS

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ESU 2008 Cross Country Schedule		
Date Meet	Location	Time
9/6	Maple Leaf Inv. Baldwin, Kan.	10 am
9/12	Mule Run Warrensburg, Mo.	5 pm
9/20	Greeno Inv. Lincoln, Neb.	10 am
10/3	Jock's Nitch Inv. Emporia	5 pm
10/11	Border States Edwardsville, Ill.	9 am
10/25	MIAA Champ. Warrensburg, Mo.	10 am
11/8	NCAA Regional San Antonio, Texas	9:30 am
11/22	NCAA Champ. Slippery Rock, Pa.	10:30 am

**ESU Cross Country**  
**hosts the Jock's Nitch Invitational**  
**Jones Park • Emporia, Kan.**  
 Friday, October 3, 2008 • Women's 5K at 5 p.m./Men's 8K at 5:30 p.m.  
 UP NEXT: Border States Invitational • October 6, 2007 • 9 a.m.  
 Edwardsville, Ill.

ESU Team Results in 2008		
	Men	Women
Maple Leaf Inv. ....	1st	3rd
Mule Run .....	4th	6th
Greeno Inv. ....	6th	14th

**ESU Men Top Individual Times in 2008**  
**5K (3.1 miles)**

1. Skyler Delmott.....	Maple Leaf	15:39.1
6. Marcus Summers.....	Maple Leaf	16:19.1
7. Adam McGovern.....	Maple Leaf	16:23.7
8. William Hohmeier.....	Maple Leaf	16:24.3
12. Sloane Kern .....	Maple Leaf	16:27.6

**4 Miles**

4 Delmott, Skyler .....	Mule Run	21:01.09
19 Summers, Marcus .....	Mule Run	21:46.26
20 Delmott, Asher .....	Mule Run	21:47.56
39 McGovern, Adam .....	Mule Run	22:17.33
46 Hohmeier, William .....	Mule Run	22:27.94

**8K (4.8 miles)**

13 Skyler Delmott .....	Woody Greeno	26:00.4
57 Marcus Summers .....	Woody Greeno	27:11.0
58 Asher Delmott .....	Woody Greeno	27:11.1
70 William Hohmeier .....	Woody Greeno	27:27.3
99 Sloan Kern .....	Woody Greeno	27:51.5

**ESU Women Top Five Times in 2008**  
**4K (2.5 miles)**

2 Mona, Katie .....	Mule Run	14:57.36
25 Frehe, Morgan .....	Mule Run	16:17.03
18. Tiffany Baum .....	Maple Leaf	16:19.5
21. Christy Weller.....	Maple Leaf	16:25.1
26. Kathryn Davison.....	Maple Leaf	16:36.9

**6K (3.7 miles)**

50 Katie Mona .....	Woody Greeno	24:08.5
80 Morgan Frehe .....	Woody Greeno	24:47.8
109 Tiffany Baum .....	Woody Greeno	25:26.7
151 Kathryn Davison .....	Woody Greeno	26:34.3
170 Kylie Bookout .....	Woody Greeno	27:10.7

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.

**HOME COOKING**  
 Emporia State will play host to 21 schools and over 250 athletes at the Jock's Nitch Invitational on Friday. Six of the 35 teams present are either ranked nationally by the NAIA or NJCAA or regionally by the NCAA.

**THE COACH**  
 Dave Harris is in his 17th season as the head coach of the track and field and cross country programs at Emporia State. He is an 11-time MIAA Coach of the Year.

Under his guidance, the Hornets have established themselves as a nationally prominent NCAA Division II power in both track and cross country as 167 times his athletes have earned All-American honors, including 15 NCAA II individual championships since 1995. He was named the 2001 NCAA Division II Women's Outdoor Track Coach of the Year by the United States Track Coaches Association.

**THE SKY'S THE LIMIT**  
**Skyler Delmott** (Jr./Emporia, Kan.) has led ESU in every race he has competed in for the Hornets. He has top 15 overall places in his last seven races with two individual championships in that time. He is the defending Jock's Nitch Champion and placed eighth as a freshman in the meet.

**MONA LISA**  
**Katie Mona** (Fr./Lenexa, Kan.) has emerged as the top runner for the ESU women. She earned MIAA Athlete of the Week honors after placing second at the Mule Run.

**LAST YEAR AT JONES PARK**  
 All-American Jonel Rossbach shattered the course record in winning the women's individual championship and the Emporia State men's team won the team championship at the 2007 Jock's Nitch Invitational. The ESU women placed second as a team to NAIA #21 Park. Rossbach became the first person to crack 17:00 on the Jones Park course finishing in a time of 16:55 over the five kilometers. Skyler Delmott won the men's race in 25:20 to pace the Hornets. Brock Ternes placed fourth overall in 25:53 and Marcus Summers ran 26:01 to place fifth overall. The trio swept the top three spots in the team scoring to lead ESU to a 40 point win over Truman. Park's top five runners all finished in front of ESU's second runner to claim the team championship on the women's side.

**UP NEXT**  
 ESU 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. 25 in Warrensburg, Mo.



### SUMMERS TIME

**Marcus Summers** (Sr./Fairview, Kan.) has been ESU's number two runner in each meet this season. He had a top 20 finish at the Mule Run and placed sixth overall at the Maple Leaf Invitational.

### ASHES TO ASHES

**Asher Delmott** (Fr./Emporia, Kan.) has emerged a number three runner for ESU in the last two races. He placed 20th overall at the Mules Run.

### THE COLONEL

**Sloane Kern** (So./Great Bend, Kan.) has been in the top five ESU runners in two of three meets this season. He did not compete at the Mule Run. He was the 2007 MIAA Freshman of the Year after placing 19th at the conference championships last year. He was the 2006 Kansas Class 5A State Cross Country Champion.

### EVEN STEPHENS

**Michael Stephens** (Sr./Lee's Summit, Mo.) is the most experienced of ESU's men's team. He has been at his best in the post season. He was the Hornets fourth runner at the 2007 South Central Regional Championships and was ESU's second runner at the 2006 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.) has been a top five runner for the Hornets in all three meets this year. His was eighth at the Maple Leaf Invitational this season. Last year he was 25th at the Jock's Nitch Invitational and placed 38th at the MIAA Championships.

### ADAM'S RIB

**Adam McGovern** (Fr./Lee's Summit, Mo.) has been in the scoring for ESU at the first two meets. He redshirted last season as a freshman for the Hornets.

### FREE BIRD

**Morgan Frehe** (So./DeSoto, Kan.) has been the Hornet's second runner the last two meets. She placed 25th overall at the Mule Run. She was ESU's fourth runner at the Jock's Nitch Invitational last year.

### THE WIZARD OF OZ

**Tiffany Baum** (So./Stillwater, Okla.) has run second, third and fourth for ESU this season. She was 18th overall at the Maple Leaf Invitational. She placed 57th at the MIAA Championships for ESU with a personal best time last year.

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

School	LW
1. Abilene Christian	1
2. Adams State	2
3. Harding	3
4. Chico State	4
5. Western State	5
6. Colorado School of Mines	6
7. Alaska Anchorage	8
8. Queens	9
9. UMass Lowell	10
10. Grand Valley State	11
11. Edinboro	12
12. Southern Indiana	13
<b>13. Missouri Southern State</b>	<b>14</b>
14. Stonehill	15
15. Western Washington	16
16. Ashland	23
17. Drury	19
<b>18. Central Missouri</b>	<b>25</b>
<b>19. Pittsburg State</b>	<b>NR</b>
20. Minnesota State	7
21. Lock Haven	20
<b>22. Southwest Baptist</b>	<b>NR</b>
23. Southern Connecticut	21
24. Augustana (SD)	NR
25. Metro State	18

#### MIAA Teams in Bold

*South Central Region Teams in Italics*

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

1. Adams State	1
2. Grand Valley State	2
3. Augustana (SD)	3
4. Chico State	4
5. Western State	5
6. Cal State Los Angeles	6
7. Tampa	8
<b>8. Missouri Southern State</b>	<b>9</b>
9. Harding	10
10. Seattle Pacific	7
11. Southern Indiana	11
12. Shippensburg	12
13. Alabama Huntsville	13
14. UC San Diego	14
15. Alaska Anchorage	15
16. Findlay	NR
17. Colorado-Colorado Springs	16
18. Bloomsburg	17
19. Kutztown	18
20. Dallas Baptist	19
<b>21. Pittsburg State</b>	<b>NR</b>
22. Western Washington	20
23. Wisconsin-Parkside	21
<b>24. Central Missouri</b>	<b>23</b>
25. <i>Midwestern State</i>	24
25. Slippery Rock	25

#### MIAA Teams in Bold

*South Central Region Teams in Italics*



ESU Cross Country  
 Hosts Jock's Nitch Invitational  
 Emporia, Kan.  
 Oct. 3, 2008

**USTFCCCA NCAA Division II Men's  
 South Central Regional Polls  
 Sept. 30, 2008**

1. Abilene Christian (1)
2. **Missouri Southern (13)**
3. **Central Missouri (18)**
4. **Pittsburg State (19)**
5. **Southwest Baptist (22)**
6. Tarleton
7. **Emporia State**
8. **Ft. Hays State**
9. East Central
10. **Northwest Missouri State**

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

**USTFCCCA NCAA Division II Women's  
 South Central Regional Polls  
 Sept. 30, 2008**

1. **Missouri Southern State (8)**
2. Dallas Baptist (20)
3. **Pittsburg State (21)**
4. **Central Missouri (24)**
5. Midwestern State (25)
6. **Southwest Baptist**
7. **Ft. Hays State**
8. East Central
9. Incarnate Word
10. West Texas A&M

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

**KATHRYN THE GREAT**

**Kathryn Davison** (So./Topeka, Kan.) has been in the scoring in every meet this year. She was ESU's fourth runner at the 2007 MIAA championships despite running a career best time over the 6K course. Last year she ran second for ESU at the Jock's Nitch Invitational for the second straight meet.

**CHECK THIS BOOKOUT**

**Kylie Bookout** (So./El Dorado, Kan.) moved into the top five runners for ESU at the Woody Greeno Invitational. She had a career best 6K time at the MIAA Championships and was ESU's second runner.

**GO TO THE WELL**

**Christy Weller** (Fr./Tonganoxie, Kan.) was among the scorers for ESU in the first two meets of the season.

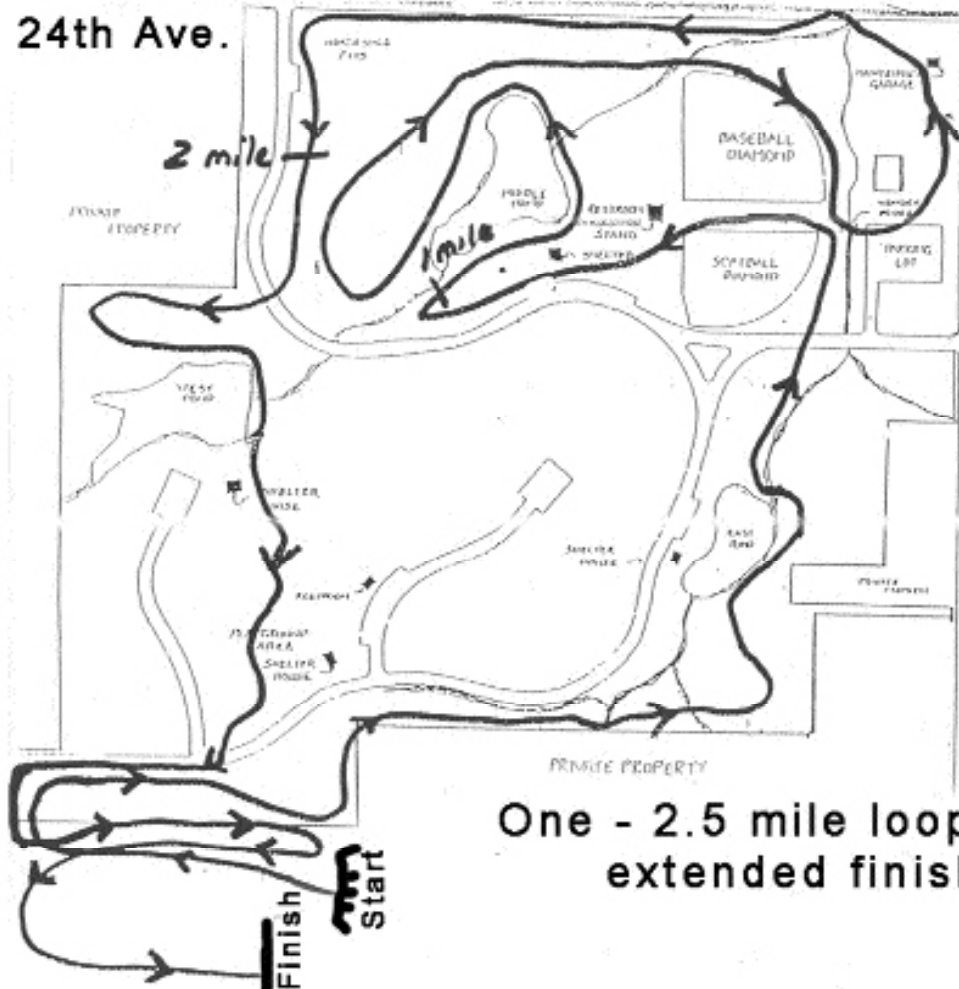
**Top 15 Cross Country Times at Jones Park**

Men (8,000m)			
1. Andy Doering	Truman	24:36	2001
2. Jurmain Mitchell	Emporia State	24:52	1996
3. Petri Kykyri	Missouri Southern	24:54	2001
4. Marc Rodrigues	Cloud County CC	24:55	2003
5. Johnny Shuping	Cloud County CC	24:56	2006
6. Samuel Chege	Cloud County CC	24:59	2006
7. Larry Boswell	Missouri Southern	25:02	2001
8. Ben Rosario	Truman	25:10	2001
9. Judah Tallam	Cloud County CC	25:11	2003
10. Keith Longuski	Park	25:13	2006
11. Juddah Tallam	Cloud County CC	25:20	2002
11. Skyler Delmott	Emporia State	25:20	2007
13. Marc Rodrigues	Cloud County CC	25:21	2002
14. Joseph Kogo	Barton County CC	25:22	1996
14. Alan Heincker	Truman	25:22	2001

**Top 15 Cross Country Times at Jones Park**

Women (5000m)			
1. Jonel Rossbach	Emporia State	16:55	2007
2. Kadri Kelve	Emporia State	17:46	2002
3. Jacquie Faust	Truman	17:59	2006
4. Luvdmila Anderson	Johnson County CC	18:00	2002
5. Jolene Mick	Cloud County CC	18:03	2003
6. Jonel Rossbach	Emporia State	18:05	2006
7. Dana Kelly	Truman	18:11	2007
8. Jolene Mick	Kansas Wesleyan	18:12	2007
9. Lyuda Anderson	Mid-America Nazarene	18:19	2004
9. Kaylen Harris	Neb.-Omaha	18:19	2007
11. Venessa Lee	Pittsburg State	18:27	2006
12. Jolene Mick	Cloud County CC	18:28	2004
13. Amy Gochnour	Johnson County CC	18:29	2002
14. Kristen Larson	Emporia State	18:30	2005
15. Sara Breedlove	William Jewell	18:33	2001

24th Ave.



JONES  
N

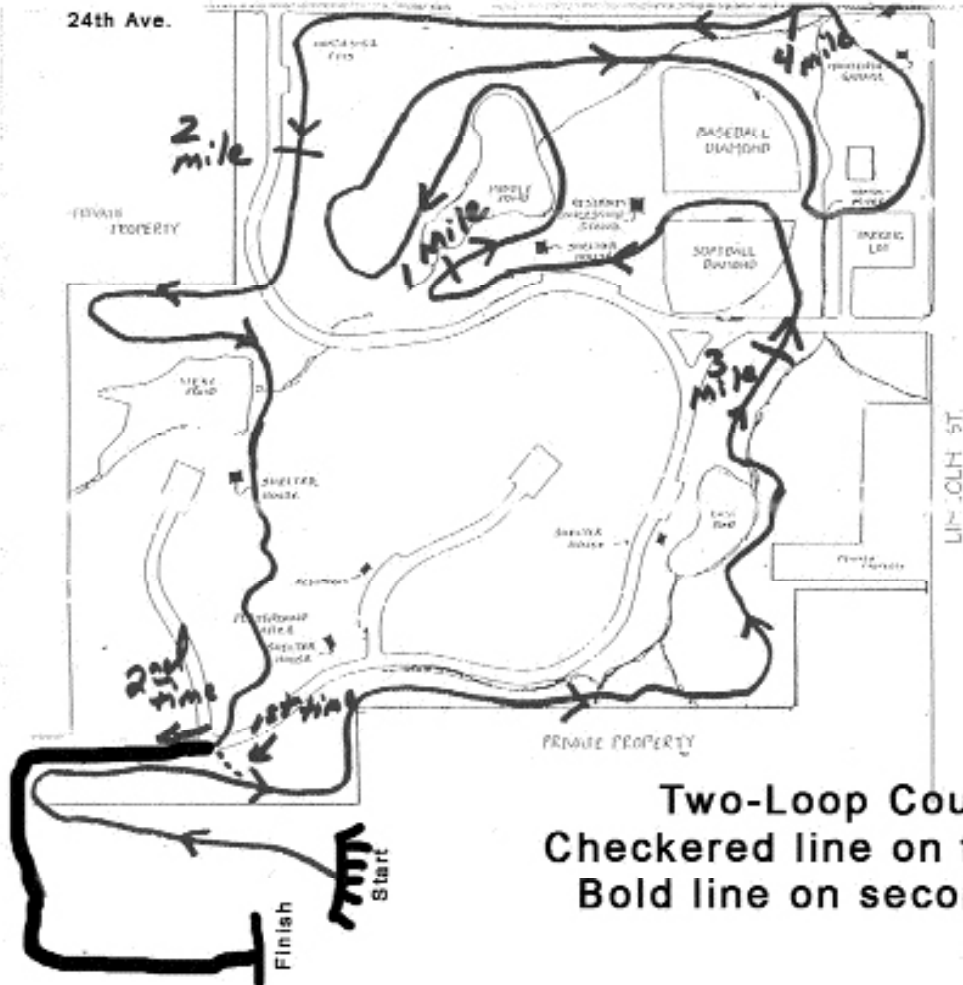
PARK

Women's  
5K

CITY OF BIRMINGHAM  
PARK DEPARTMENT  
1992

One - 2.5 mile loop with  
extended finish

24th Ave.



JONES  
N

PARK

Men's  
8K

CITY OF BIRMINGHAM  
PARK DEPARTMENT

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