Women’s Cross Country 2007-2008

Roster

Name              Hgt. Yr. Hometown/High School
Amanda Anacker    5-7 Fr. Poynette, WI
Jessie Behrman    5-10 Fr. River Falls, WI
Lauren Besson     5-3 So. Appleton, WI/North
Stacy Dekkers     5-6 Jr. Fairmont, MN
Carly Eggert      5-8 So. St. Michael, MN/St. Michael-Albertville
Amy Follmann      5-5 Fr. Willmar, MN
Tiffany Gardner   5-4 Jr. La Crosse, WI/Central
Kayla Gaulke      5-8 Fr. River Falls, WI
Bridget Holmes    5-3 Fr. Forest Lake, MN
Emily Johnson     5-4 Fr. Reedsburg, WI
Becca Jordahl     5-4 So. Pocatello, ID/Century
Sandra Kirchner   5-7 So. Clintonville, WI
Leah Korf         5-10 So. Oakdale, MN/Tartan
Maria Michaud     5-1 Sr. Foley, MN
Laura Murphy      6-1 Sr. Afton, MN/Woodbury
Christine Peters  5-4 Jr. Red Wing, MN
Lindy Probst      5-9 Fr. Delavan, WI/Lakeside Lutheran
Laura Shipman     5-9 Fr. Clinton, UT/Clearfield
Renee Schilttler  5-4 Fr. Eagan, MN/School of Environmental Studies
Gina Timmerman    5-4 Fr. Cambridge, MN/Cambridge-Isanti
Katie Wirkus      5-4 So. Athens, WI/Edgar
Amie Wrisky       5-4 So. Prescott, WI

Head Coaches: Keven Syverson, Scott Sekelsky

Amanda Anacker
5-7, Freshman
Poynette, Wis.
Poynette High School
Major: Chemistry/Biology

Jessie Behrman
5-10, Freshman
River Falls, Wis.
River Falls High School
Major: Journalism

Lauren Besson
5-3, Sophomore
Appleton, Wis.
North High School
Major: Pre-Med

Stacy Dekkers
5-6, Junior
Fairmont, Minn.
Fairmont High School
Major: Health & Human Performance & Marketing Communications

Carly Eggert
5-8, Sophomore
St. Michael, Minn.
St. Michael/Albertville High School
Major: Health & Human Performance

Amy Follmann
5-5, Freshman
Willmar, Minn.
Willmar High School
Major: Marketing Communications
Tiffany Gardner
5-4, Junior
La Crosse, Wis.
Central High School
Major: Health &
Human Performance

Kayla Gaulke
5-8, Freshman
River Falls, Wis.
River Falls High School
Major: Psychology

Bridget Holmes
5-3, Freshman
Forest Lake, Minn.
Forest Lake High School
Major: Chemistry

Emily Johnson
5-4, Freshman
Reedsburg, Wis.
Reedsburg High School
Major: Pre-Vet

Becca Jordahl
5-4, Sophomore
Pocatello, Idaho
Century High School
Major: Health &
Human Performance

Sandra Kirchner
5-7, Sophomore
Clintonville, Wis.
Clintonville High School
Major: Agronomy/Dairy Science

Leah Korf
5-10, Sophomore
Oakdale, Minn.
Tartan High School
Major:
Elementary Education

Maria Michaud
5-1, Senior
Foley, Minn.
Foley High School
Major: Sociology

Laura Murphy
6-1, Senior
Afton, Minn.
Woodbury High School
Major: Geology

Christine Peters
5-4, Junior
Red Wing, Minn.
Red Wing High School
Major: Health &
Human Performance

Lindy Probst
5-9, Freshman
Delavan, Wis.
lakeside Lutheran
High School
Major: Art

Laura Shipman
5-9, Freshman
Clinton, Utah
Clearfield High School
Major:
Elementary Education
Schedule

**Sept. 1** UWRF Time Trial/Alumni (at Carleton)
No team scores

**Sept. 7** at Ele Hansen Invitational (at Carleton)
St. Olaf 32, St. Thomas 46, Carleton 51, Eau Claire 121, River Falls 137

**Sept. 15** at St. Olaf Invitational

**Sept. 29** at University of Minnesota Roy Griak Invitational

**Oct. 13** at La Crosse Tori Neubauer Invitational

**Oct. 27** at WIAC Meet (at UW-Oshkosh)
Eau Claire 44, Platteville 49, La Crosse 77, Oshkosh 121, Stevens Point 131, River Falls 167, Whitewater 193, Stout 202, Superior 253

**Nov. 10** at NCAA Regional (at UW-Oshkosh)

**Nov. 17** at NCAA Nationals (at St. Olaf)
Falon Becca Jordahl placed fourth in 21:27 and earned All-American honors.
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<th>Name</th>
<th>EHI</th>
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**NCAA Regional** - NCAA Regional (Nov. 10)
**NCAA National** - NCAA National (Nov. 17)
Ernst Earns All-Academic Honors; Women Earn All-Academic Team Award

Feb. 27, 2008

Falcon Chad Ernst (So., Richfield, Minn.) earned All-Academic team honors from the United States Track & Field and Cross Country Coaches Association.

The award honors those student-athletes who have succeeded both academically and athletically. To be eligible for the award a student-athlete must carry a minimum 3.5 cumulative grade point average and must finish in the top 25 percent of the field at their respective NCAA regional meet.

Ernst was the team’s No. 1 runner this year. He placed 33rd at the 8,000-meter NCAA Midwest Regional finishing in 25:10.7. The time set a Falcon 8,000-meter record. It was his best time of the season by 41 seconds. He became the first Falcon men’s cross country runner named to an All-Region cross country team. "Chad has improved his time by one minute from last season. He worked hard during the summer to do that. He has a great work ethic and is a gutsy runner," said Falcon Coach Keven Syverson.

The Falcon women’s cross country team earned an All-Academic Team award from the United States Track & Field and Cross Country Coaches Association (USTFCCCA).

For a team to be considered for the USTFCCCA All-Academic Team award, they must have competed and compiled a team score at an NCAA Regional Meet. The team must also have a minimum 3.10 team cumulative grade point average.

The Falcons placed ninth of 37 teams in the Midwest Regional last November.

Jordahl Places Fourth at NCAA Meet; Earns All-American Honors

Nov. 17, 2007

Becca Jordahl earned All-American honors after finishing fourth at the NCAA Div. III National Championship Meet held Saturday in Northfield, Minn.

Jordahl joins two other Falcon cross country All-Americans, Donna Lundeen in 1979 placed 15th and Sandy Cryer in 1981 placed 14th in the NAIA National Meet. Jordahl came in 19th last year at the NCAA Meet and earned All-American honors. She finished the race this year with a time of 22:21, beating last year’s time of 23:36. Jordahl's top time this year was 21:05.21, a school record she set last weekend at the NCAA Midwest Regional. Jordahl was the top WIAC finisher in this year’s race. Oshkosh’s Ayla Mitchell finished 13th in 21:45.

Sarah Zerzan from Willamette won her second straight NCAA cross country championship with a time of 20:54. Liz Montgomery of Geneseo State was second in 21:17 and Alexandra Krieg of Middlebury was third in 21:23. Amherst won the team title with 120 points.

Jordahl Named USTFCCCA Midwest Region Female Cross Country Athlete of the Year

Nov. 13, 2007

Falcon Becca Jordahl (Jr., Pocatello, ID) has been named the Division III Midwest Region Female Cross Country Athlete of the Year by the U.S. Track and Field and Cross Country Coaches Association.

Jordahl most recently won the NCAA Midwest Regional individual title on Saturday. She covered the 6,000-meter course in a Falcon record setting time of 21:05.21. She beat the second place finisher, Oshkosh’s Ayla Mitchell, by 13 seconds. At the WIAC Meet two weeks ago, Mitchell beat Jordahl by two seconds to win that race. Jordahl’s previous record was 21.28.34 set at the WIAC Meet. It was the third straight race that Jordahl had set a school record. Jordahl has won four of the five races she has run this season, and placed second in the fifth race.

"As soon as the gun went off on Saturday it was apparent that Becca wanted to win the race," said Falcon Coach Scott Sekelsky. "She has done all of the little things this season to make her successful. I am very proud that she has been name the Regional Athlete of the Year, she deserves it."

Jordahl will compete in the NCAA Div. III National Championship Meet on Saturday. The race, at the St. Olaf Cross Country Trails, will start at 11 a.m.

In order to be eligible to participate in the championships, teams and individuals must qualify in their respective NCAA regions.

Thirty-two teams were selected to participate in the championship. The top two, seven-person teams automatically qualified from each of the eight regions, for a total of 16 teams. Sixteen additional teams were selected at-large.

Fifty-six individuals, the first seven athletes from each region who are not a part of a qualifying team, were selected to participate in each championship.

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NCAA Regional - NCAA Regional (Nov. 10)
NCAA National - NCAA National (Nov. 17)

Michaud, Jordahl, Ernst Named to USTFCCCA All-Midwest Region Teams

Nov. 15, 2007

Falcon cross country runners Maria Michaud (Sr., Foley, Minn.), Becca Jordahl (Jr., Pocatello, ID) and Chad Ernst (So., Richfield, Minn.) have all been named to Division III All-Midwest Region Cross Country teams by the US Track and Field and Cross Country Coaches Association.

Michaund was the team's No. 2 runner throughout the season. She had a season best time of 22:35.05 at the 6,000-meter NCAA Midwest Regional where she placed 33rd overall of 266 runners. Her time was the fourth fastest in Falcon history.

Jordahl most recently won the NCAA Midwest Regional individual title. She set a Falcon record with a time of 21:05.21. She beat the second place finisher, Oshkosh's Ayla Mitchell, by 13 seconds. At the WIAC Meet two weeks ago, Mitchell beat Jordahl by two seconds to win that race.

"Maria and Becca both ran a lot of miles over the summer and it paid off big for both of them this season," said Falcon women's co-Coach Scott Sekelsky. "Having two All-Regional athletes on one team is great for our program."

Ernst was the team's No. 1 runner this year. He placed 33rd at the 8,000-meter NCAA Regional finishing in 25:10.7 which set a Falcon 8,000-meter record. That was his best time of the season by 41 seconds. He is the first Falcon men's cross country runner named to an All-Region team.

"Having three runners named All-Region is something that everyone in the UWRF cross country program is very proud of," said Falcon men's Coach and women's co-Coach Keven Syverson. "Chad has improved his time by one minute from last season. He worked hard during the summer to do that. He has a great work ethic and is a gutsy runner."

Jordahl will compete in the NCAA Div. III National Championship Meet on Saturday. The race, at the St. Olaf Cross Country Trails, will start at 11 a.m.

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Bo - Ele Hansen Invitational (at Carleton) (Sept. 7)
BO - Blugold Open (Sept. 21)
SOI - St. Olaf Invitational (Sept. 15)
GI - Griak Invitational Sept. 29)
TNI - Tori Neubauer Invitational (Oct. 13)
JDI - Jim Drews Invitational (Oct. 13)
WIAC - WIAC Meet (Oct. 27)
NCAA Regional - NCAA Regional (Nov. 10)
NCAA National - NCAA National (Nov. 17)

Jordahl Wins Regional Title; Sets School Record - Again

Nov. 10, 2007

Becca Jordahl kept pace with her rankings for the season, taking first place at the NCAA Div. III Midwest Regionals held Saturday in Winneconne, Wis.

The women placed 9th out of 37 team overall with a total score of 302. The No. 1 team was Washington University with a score of 41.
Jordahl, who becomes the first Falcon to win a regional title, took first on the 6,000 meter course, and broke her own school record, with a time of 21:05.21. She beat the second place finisher, Oshkosh’s Ayla Mitchell, by 13 seconds. At the WIAC Meet two weeks ago, Mitchell beat Jordahl by two seconds to win that race. Maria Michaud finished 33rd with a time of 22:35.05. Jordahl’s previous record was 21:28.34 set two weeks ago at the WIAC Meet that was held at the same course. This is the third straight race that Jordahl has set a school record.

The men placed 15th out of 35 with a total score of 422. The team winner in the men’s race was UW-La Crosse with a score of 70. For the Falcons, Chad Ernst placed 33rd on the 8,000 meter course with a time of 25:10.70 and Rich Mark placed 88th with a time of 26:11.05.

Jordahl will next run in the NCAA Div. III National Championship Meet at St. Olaf next Saturday.

**Men's Team Scores**

UW-La Crosse 70, UW-Stevens Point 76, North Central (III) 118, Augustana (III) 152, UW-Platteville 178, Wheaton (Ill) 210, Washington U., 227, Carthage 276, UW-Whitewater 280, UW-Oshkosh 309, Elmhurst 325, University of Chicago 338, St. Norbert 356, UW-Stout 396, UW-River Falls 422, UW-Eau Claire 435, Monmouth (Ill) 465, Millikin 525, Ripon 532, UW-Superior 544, Milwaukee School of Eng. 657, Concordia (Wis,) 669, Greenville 670, Illinois Wesleyan 691, Principia 760, Beloit 764, Aurora 782, Lake Forest 844, Carroll 847, North Park 919, Edgewood 935, Fontbonne 953, Knox 999, Lawrence 1000, Northland 1049

**Men's Individual Times**

33 Chad Ernst 25:10.7
88 Rich Mark 26:11.05
92 Jake Cavanaugh 26:12.62
102 Jose Rojas 26:26.33
130 Andrew Reckard 26:57.57
131 Kiel Hausler 27:00.98

**Women's Team Scores**


**Women's Individual Times**

1 Becca Jordahl 21:05.21
33 Maria Michaud 22:35.05
72 Christine Peters 23:28.70
94 Carly Eggert 23:47.62
104 Sandra Kirchner 23:57.99
119 Amy Follman 24:10.43
122 Stacy Dekkers 24:18.30

**Jordahl Places Second at WIAC Meet; Sets School Record**

Oct. 27, 2007

The Falcon cross country teams traveled to Oshkosh to compete in the WIAC championships, with women’s runner Becca Jordahl taking second overall in a school record time.

The men’s team placed ninth with a total score of 219. First place went to UW-La Crosse with 40 points. The first two Falcon runners over the finish line over the 8,000 meter course were Chad Ernst at 24th with a time of 25:51:67, and Rich Mark at 57th with a time of 27:05:23.

The women’s team placed sixth with 167 points. The women’s winner was Eau Claire with a score of 44. The top two Falcons in the 6,000 meter race were Becca Jordahl, taking second with a time of 21:28:34 and Maria Michaud coming in 19th with a time of 23:07:67. Jordahl set a school record with her time. It was the second straight race that Jordahl has set a school record.

**Men's Team Scores**

La Crosse 44, Stevens Point 65, Platteville 65, Whitewater 139, Oshkosh 150, Eau Claire 177, Stout 189, Superior 204, River Falls 219.
Men's Individual Scores
24 Chad Ernst 25:51:67
57 Rich Mark 27:05:23
63 Jake Cavanaugh 27:17:82
69 Zack Moe 27:27:99
73 Andrew Reckard 27:32:47
77 Kiel Haulser 27:39:73
78 Shad Gausmann 27:40:61
79 Jose Rojas 27:46:02
84 Kyle Witherrite 28:04:54
88 Ricky Hoffman 28:15:21
94 Tony Casci 28:41:52
101 Nate Huenke 29:30:41

Women's Team Scores
Eau Claire 44, Platteville 49, La Crosse 77, Oshkosh 121, Stevens Point 131, River Falls 167, Whitewater 193, Stout 202, Superior 253

Women's Individual Scores
2 Becca Jordahl 21:28:34
19 Maria Michaud 23:07:67
58 Carly Eggert 24:29:34
60 Sandra Kirchner 24:31:21
66 Stacy Dekkers 24:51:81
80 Christine Peters 25:14:39
83 Amy Follmann 25:28:61
86 Tiffany Gardner 25:41:96
92 Laura Murphy 26:18:97
96 Katie Wirkus 26:56:68
98 Nina Watercott 27:06:89

Jordahl Wins Neubauer Invitational; Sets School Record
Oct. 13 , 2007

Falcon runner Becca Jordahl set a school record at the Tori Neubauer Invitational at UW-La Crosse. She ran the 6,000 meter course in 21:46, beating the previous record of 21:59 by 0:13 seconds.

The women's team came in 16th out of 27 teams with 445 points while the University of Minnesota-Twin Cities taking first with 120 points. The top runners were Becca Jordahl, setting a school record of 21:46 and taking first, and Maria Michaud coming in 25th with a time of 23:09. The previous holder of the school record was Marlene Yager.

The Falcon men came in 13th out of 25 with 438 points and UW-La Crosse took first with 75 points. The top men runners were Chad Ernst, running the 8,000 meter course with a time of 26:06 and taking 24th, and Jose Rojas, coming in 110th with a time of 27:37.

The next meet will be with WIAC Meet at Oskosh on Oct. 27th.

Men's Team Scores
La Crosse 75, Central Central 84, Platteville 112, St. John's 114, Nebraska Wesleyan 162, UM-Duluth 169, South Dakota State 178, Wartburg 185, Luther 237, Hamline 262, Rhodes 301, St. Olaf 319, River Falls 438, Eau Claire 440, Coe 440, North Dakota State 448, Gustavus 459, Augsburg 504, Stout 529, Central 601, St. Mary's 663, Illinois Wesleyan 677. Concordia 721, Winona 722, Martin Luther 794

Men's Individual Results
23 Chad Ernst 25:05:16
12 Rich Mark 27:36:41
122 Rich Mark 27:43:85
142 Zack Moe 27:58:72
Women's Individual Results

1 Becca Jordahl 21:45:99
25 Maria Michaud 23:08:48
159 Christine Peters 24:44:70
201 Sandra Kirchner 25:10:63
216 Carly Eggert 25:19:08
218 Amy Follmann 25:20:72
225 Stacy Dekkers 25:25:34
280 Leah Korf 26:11:53
340 Katie Werkus 26:55:36
355 Tiffany Gardner 27:07:87
366 Laura Murphy 27:28:34
370 Kayla Gaulke 27:32:85
371 Amanda Anacker 27:32:87
373 Renee Schlittler 27:38:35
390 Malinda Probst 28:02:02
416 Lauren Besson 29:21:73
432 Bridget Holmes 30:06:08
443 Laura Shipman 35:42:38
444 Amie Wrisky 35:43:06

Jordahl Wins Prestigious Griak Invitational Maroon III Title

Sept. 29, 2007

Falcon Becca Jordahl won the prestigious Maroon III race at the University of Minnesota Griak Invitational held Saturday in Minneapolis, Minn.

Jordahl covered the 6,000-meter course in 22:01.55. Her time was just off her personal best time of 22:01 she set last year. Her time is the third best ever run by a Falcon in a 6,000-meter race. Jordahl beat a Griak record 563 runners in the race.

"It is my second season running; second race of the year, and it feels fantastic, absolutely fantastic," said Jordahl in a post-race interview on the Gopher sports web site. "I didn't plan on taking the lead from the beginning but I felt good. I felt strong and I just
decided probably within the first mile, I just decided I was going to go for it. I was not going to hold back, I just kept my fingers crossed that I would be able to hold it out throughout the race.”

Overall, the women took 19th place with 535 points while Washington University took the team title with 89 points. Maria Michaud was second for the Falcons placing 52nd in 24:24.6.

The men ran in the Maroon II Race, finishing 18th with 483 points. La Crosse took first with 53 points. The men’s top runners were Chad Ernst taking 44th with a time of 27:07.7 and Joes Rojas placing 112th with a time of 28:13.3 over the 8,000-meter course. Platteville’s Tyler Sigl won the race in 25:20.9.

The Falcons will next run in the Jim Drews (men) and Tori Neubauer (women) Invitationals on Saturday, Oct. 13 at UW-La Crosse.

**Men’s Team Scores**

La Crosse 53, Platteville 105, Iowa Central 108, Carleton 183, Hamline 214, Washington University 216, Whitewater 248, Luther 265, Carthage 280, Bethel 303, Hope 385, Eau Claire, 405, Ripon, 415, St Norbert, 457, Oberlin 466. Gustavus Adolphus 471, Stout 481, River Falls 483, Simpson 488, Superior 542, Benedictine 544, Lakehead 572, Augsburg 622, Milwaukee Engineering 688, Concordia (Wis) 734, Ottawa 762, Saint Mary’s 783, Northwestern 798, North Central 830, Carroll 843, St. Scholastica 860, Concordia (Moorhead) 901, Lawrence 1000, Northland 1052

**Men’s Individual Results**

44 Chad Ernst 27:07.7
112 Joes Rojas 28:13.3
120 Rich Mark 28:21.4
146 Jake Cavanaugh 28:48
150 Zach Moe 28:50.7
161 Ricky Hoffman 29:03
203 Andrew Reckard 29:39.6
208 Kiel Hausler 29:47.5
222 Kevin Rengo 30:02.4
238 Tony Casci 30:20.5
290 Tim Wurcherer 31:40.6
361 Shad Gausman (no time)

**Women’s Team Scores**

Washington University 89, Platteville 117, Eau Claire 128, La Crosse 165, St Olaf 195, St Thomas 214, Gustavus Adolphus 274, Bethel 279, Luther 330, Whitewater 334, Carleton 335, Iowa Central 338, St Benedict 355, Oberlin 357, Stevens Point 358, Macalester 370, Simpson 450, Hope 512, River Falls 535, Lakehead 541, North Central 587, Concordia (Moorhead) 593, Carthage 648, Stout 676, Hamline 678, St Scholastica 682, Carroll 729, St Norbert 803, St Catherine 916, Benedictine 925, Concordia (Wis) 949, Superior 976, Ripon 984, Saint Mary’s 1020, Lawrence 1066, Augsburg 1076, Northwestern 1171, Milwaukee Engineering 1217, North Central 1229, Crown 1256, Northland 1274, Ottawa 1354

**Women’s Individual Results**

1 Becca Jordahl 22:01:55
52 Maria Michaud 24:24.6
175 Christine Peters 25:45.35
188 Leah Korf 25:51.25
210 Carly Eggert 26:00
222 Sandra Kirchner 26:05.2
246 Stacy Dekkers 26:19.1
288 Amy Follmann 26:52
328 Tiffany Gardner 27:30.9
382 Katie Wirkus 28:04.6
383 Renee Schlitter 28:05.6
411 Kayla Gaulke 28:27.25
Coach Scott Sekelsky Interview on Jordahl's Griak Win Jordahl Talks About Here Griak Win

Wurcherer Leads Falcon Men at Blugold Open

Sept. 22, 2007

The men's cross country team continued their season as they traveled to Eau Claire for the Blugold Open, finishing 19th out of 20 teams with 552 points on Friday afternoon.

The Falcon top runners were Tim Wurcherer finishing in 164 place in 29:31.69 and Nate Huenke finishing in 180 place in 29:49.21 over the 6,000-meter course.

Minnesota-Duluth finished first with 65 points.

The Falcons will run it the Griak Open on Saturday, Sept. 29.

Men's Team Results

Minnesota-Duluth 65, Wartburg 76, Macalester 134, St. Thomas 135, St. Olaf 142, Stevens Point 161, La Crosse 164, Bethel 228, St. Norbert 234, Platteville 240, St. John's 260, Superior 316, Luther 361, Eau Claire 410, Northwestern 475, Stout 489, North Central 509, Winona 522, RF 552, Northland 647

Men's Individual Results

164  Tim Wurcherer  29:31:69
180  Nate Huenke  29:49:21
191  Kyle Witherrite  30:07:25
197  Dom Dukes  30:15:83
211  Chris Johnson  30:37:69
229  Tony Orlando  31:07:60
247  Adam Thompson  31:52:99
253  Justin Vera  32:16:66

Jordahl Wins Individual Title at St. Olaf Invitational

Sept. 15, 2007

The Falcon men's and women's cross country teams opened the season on a high at the St. Olaf Invitational with Becca Jordahl taking first in the women's race.

Jordahl covered the 6,000-meter course in 22:21 to win the race. Her time was 21 seconds off the school record. She edged Bethel's Marie Borner who was clocked in the same time. Maria Michaud was next for the Falcons, and 17th overall, in 23:34.

The men's team came in 17th out of 27 teams with 396 points, with the winner being La Crosse at 83 points. The men's top runners were Chad Ernst, coming in 21st, in 26:31 and Rich Mark coming in 56th in 26:58. The race covered 8,000-meters.

The women's team came in 12th out of 25 teams with 276 points Eau Claire took the team title with 97 points.

Women's Team Scores


Women's Individual Results

1. Becca Jordahl, 22:21
17. Maria Michaud, 23:34
84. Leah Korf, 24:46
UWRF’s Becca Jordahl beat Bethel’s Marie Borner by a step at the St. Olaf Invitational.

Cross Country Teams Open Season Sept. 7, 2007

The Falcon men’s cross country team opened their season at home this afternoon while the women traveled to Carlton College to open theirs.

The men’s team hosted Eau Claire and Minnesota in a unique invitational. The meet was made up of 13 two-man teams. Each runner ran three 1,690-meter laps on an alternating basis with his teammate. Eau Claire took first with 36 points while RF came in second with 49 points, their top runners being the team of Kyle Donovan and Kiel Hausler, running a combined time of 33:40.

The women’s team came in fifth of five with 137 points while St. Olaf took the title with 32 points. RF’s top runners were Sandra Kirchner, her time being 21:30, and Kayla Gaulke at 21:40.

Men’s Teams Scores

Eau Claire 36

Men’s Individual Results

21. Chad Ernst, 26:13
56. Rich Mark, 26:58
110. Jose Rojas, 27:54
146. Ricky Hoffman, 28:29
149. Kiel Hausler, 28:31
154. Andrew Reckard, 28:34
173. Zack Moe, 28:51
182. Jake Cavanaugh, 28:59
202. Tony Cascl, 29:16
205. Kevin Rengo, 29:20
225. Shad Gausman, 29:40
238. Tim Wurcherer, 29:58
239. Adam Thompson, 29:59
244. Kyle Witherrite, 30:07
249. Chris Johnson, 30:18
287. Tony Orlando, 31:27

212. Tiffany Gardner, 26:57
214. Laura Murphy, 27:22
245. Katie Wirkus, 27:31
255. Lauren Besson, 27:52
256. Renee Schlittler, 27:53
264. Nina Watercot, 27:58
285. Lindy Probst, 28:25
318. Jessie Behrmann, 29:22
340. Amie Wrisky, 30:39
368. Laura Shipman, 35:09

Men’s Teams Scores

Men's Individual Results
1. Joe McFarland and Seijen Takamura (Minnesota), 32:19
2. Mike VanBeusekom and Hans Storvick (Minnesota), 32:26
3. David Krueger and Tim Bruhn (Minnesota), 32:27
4. Kyle Donovan and Kiel Hausler (RF), 33:40
5. Tony Carr and Stanton Jasicki (EC), 33:51
7. Charlie Daehler and Jacob Pellman (EC), 34:01
8. Bryan Willkom and Nate Flesch (EC), 34:07
9. Tony Casci and Kevin Rengo (RF), 34:18
10. Roger Schulz and Mike Blank (EC), 34:38
11. Nate Huenke and Tim Wucherer (RF), 34:58
12. Adam Thompson and Chris Johnson (RF), 35:41
13. Dom Dukes and Anthony Orlando (RF), 37:14

Women's Team Scores
St. Olaf 32, St. Thomas 46, Carlton 51, Eau Claire 121, River Falls 137

Women's Individual Results
27 Sandra Kirchner 21:30
31 Kayla Gaulke 21:40
41 Amy Follman 22:13
53 Lauren Besson 23:12
57 Emily Johnson 23:32
58 Katie Wirkus 23:36
60 Nina Watercot 23:40
61 Tiffany Gardner 23:43
65 Renee Schlittler 24:01
74 Lindy Probst 24:30
77 Jessie Behrman 25:12
81 Amie Wrisky 25:41
87 Laura Shipman 28:02
89 Gina Timmerman 28:41

Women's Cross Country Team Ranked No. 10 in Midwest Region
Sept. 5, 2007

The Falcon women's cross country team is ranked No. 10 in the NCAA Midwest Region preseason poll by the U.S. Track & Field and Cross Country Coaches Association.

The Midwest Region is a Who's Who of WIAC teams. Six of the nine WIAC teams are ranked in the Top 10. Eau Claire is No. 2, La Crosse No. 3, Platteville No. 5, Oshkosh No. 7 and Whitewater is No. 9. Washington University is No. 1.

UWRF, with co-coaches Keven Syverson and Scott Seklesky, will open its season on Saturday at the Carleton Opener.
Keven Syverson - Head Coach
Feb. 20, 2007

Keven Syverson has been named men's and women's cross country coach at UW-River Falls according to Athletic Director Rick Bowen.

Syverson replaces Don Glover who resigned in January. Glover had coached the Falcons for the past six seasons.

"I look forward to this opportunity as head cross country coach at UWRF. I ran in this program and have coached track & field for the last five years. I hope to continue building upon what Coach Glover has done the past six years," said Syverson.

"I am very pleased to have Kevin joining us as the head men's and women's cross country coach. He has been the distance coach for the track and field teams the past several years and will continue to do so. It has been my goal for some time to join these two coaching responsibilities," said Bowen.

Syverson competed for the Falcon cross country and track & field teams from 1990-1994. He was a three year captain in both cross country and track & field and was the Most Valuable Runner in 1991 and 1992 with the cross country team. He was the track & field team's Most Valuable Runner in 1992. He was a two-time 4x400 meter Div. III All-American in track & field. Syverson was a five time Wisconsin State University Conference (WSUC) champion in track & field. He was also the first WSUC athlete to win all three indoor sprint distance events during his career at the conference meet (600, 800, & 1000). He also won outdoor titles in the 800 meters and 1600 meter relay. He still holds six Falcon records. Syverson was inducted into the UWRF Athletic Hall of Fame in 2005. Syverson also competed with a German running club when he was a soldier stationed in Germany in the late 1980's. He also lived in Portland, Ore., and had the opportunity to run with and meet several national caliber master's level runners.

Syverson has coached the men's and women's middle distance and distance runners at UWRF since 2003. His coaching experience also includes coaching the men's and women's distance runners at UWRF in 1995.

He was also an assistant with the 1995 UW-La Crosse men's cross country and 1996 men's indoor track & field teams. Syverson also assisted with the cross country team at Hastings High School in 1994. He is USATF Level I certified.

Syverson's athletes earned championship honors in the distance medley relay at the 2006 indoor WIAC meet also earning a provisional time for the national meet. Syverson's athletes have set two UWRF records for men and have set seven school records on the women's side.

Syverson graduated from UWRF in 1994 with an undergraduate degree in German and received his masters of public health degree from UW-La Crosse in 1997. He is currently the Health Education Coordinator with UWRF Student Health Services. He lives in River Falls with his wife Jennifer and three children, Alaina, Jared and Erin.

Scott Sekelsky - Co-Women's Head Coach
Feb. 20, 2007

Scott Sekelsky has been named women's cross country co-head coach at UW-River Falls according to Athletic Director Rick Bowen.

Sekelsky joins Keven Syverson, the newly named men's and women's head coach. Both replace Don Glover who resigned in January after six seasons of coaching.

"I am very grateful to Coach Syverson for giving me the opportunity to lead the women's team. I learned a lot as an assistant to Don Glover the past two seasons and look forward to utilizing that knowledge to advance the women's program," Sekelsky said.

"I have known Scott for 10 years and I am happy he is joining the staff as I have no doubt he will do a great job on the women's side in his expanded role and I look forward to working with Scott," said Syverson.

Sekelsky has spent the last two seasons as an assistant coach for the Falcon cross country program. He ran cross country for UWRF from 1996-98 and was the team's captain in his senior season. He has had extensive coaching experience at various area high schools including River Falls and Baldwin-Woodville. He is currently entering his second season as the distance track coach at St. Croix Central High School.

Sekelsky graduated from UWRF in 1999 with an undergraduate degree in health and human performance and will receive his masters in management from UWRF in the summer of 2007. He is currently the fitness and wellness director for the Baldwin Area Medical Center.