# Men's Cross Country

## 2005 Falcon Men's Cross Country Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Hgt.</th>
<th>Yr.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cary Cardinal</td>
<td>6-3</td>
<td>Jr.</td>
<td>Amery, WI</td>
</tr>
<tr>
<td>Tom Carlson</td>
<td>5-10</td>
<td>Fr.</td>
<td>Madison, WI/Amery</td>
</tr>
<tr>
<td>Jacob Cavanaugh</td>
<td>5-5</td>
<td>Fr.</td>
<td>Cloquet, MN</td>
</tr>
<tr>
<td>Scott Degner</td>
<td>6-1</td>
<td>Fr.</td>
<td>Osceda, WI</td>
</tr>
<tr>
<td>Sean Gamlin</td>
<td>6-0</td>
<td>So.</td>
<td>Rosemount, MN</td>
</tr>
<tr>
<td>Bobby Hanson</td>
<td>6-0</td>
<td>Jr.</td>
<td>Cambridge, MN/Cambridge-Isanti</td>
</tr>
<tr>
<td>Mark Hartwig</td>
<td>5-10</td>
<td>Sr.</td>
<td>Little Falls, MN</td>
</tr>
<tr>
<td>Kiel Hausler</td>
<td>6-0</td>
<td>Fr.</td>
<td>Stevens Point, WI</td>
</tr>
<tr>
<td>Daniel Kessenich</td>
<td>5-8</td>
<td>Sr.</td>
<td>Green Bay, WI/Pulaski</td>
</tr>
<tr>
<td>Ben Kirmse</td>
<td>6-1</td>
<td>Jr.</td>
<td>Wild Rose, WI</td>
</tr>
<tr>
<td>Kevin McDonough</td>
<td>6-2</td>
<td>Sr.</td>
<td>Prescott, WI</td>
</tr>
<tr>
<td>Zack Moe</td>
<td>5-9</td>
<td>So.</td>
<td>Onalaska, WI</td>
</tr>
<tr>
<td>Eric Nordgren</td>
<td>6-1</td>
<td>Sr.</td>
<td>Lake Nebagamon, WI/Northwestern</td>
</tr>
<tr>
<td>Matt Olson</td>
<td>5-10</td>
<td>Sr.</td>
<td>Danbury, WI/Webster</td>
</tr>
<tr>
<td>Jason Phillippi</td>
<td>5-10</td>
<td>So.</td>
<td>Maplewood, MN/Tartan</td>
</tr>
<tr>
<td>Jason Quarford</td>
<td>5-11</td>
<td>Jr.</td>
<td>Rosemount, MN</td>
</tr>
<tr>
<td>Andrew Reckard</td>
<td>5-7</td>
<td>So.</td>
<td>Menomonie, WI</td>
</tr>
<tr>
<td>Scott Reise</td>
<td>6-3</td>
<td>So.</td>
<td>Suring, WI</td>
</tr>
<tr>
<td>Chris Wenig</td>
<td>5-8</td>
<td>Jr.</td>
<td>Chilton, WI</td>
</tr>
<tr>
<td>Justin Youngblom</td>
<td>6-1</td>
<td>Fr.</td>
<td>Wells, MN/United South Central</td>
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**Head coach:** Don Glover  
**Assistant coaches:** Scott Sekelsky, Pat Lorentz
### The 2005 Falcons

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Height</th>
<th>Grade</th>
<th>School</th>
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<tbody>
<tr>
<td>Cary Cardinal</td>
<td>6-3, Junior</td>
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<td>Junior</td>
<td>Amery High School</td>
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<tr>
<td>Tom Carlson</td>
<td>5-10, Freshman</td>
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<td>Freshman</td>
<td>Madison, Wis.</td>
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<tr>
<td>Jacob Cavanaugh</td>
<td>5-5, Freshman</td>
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<td>Freshman</td>
<td>Cloquet, Minn.</td>
</tr>
<tr>
<td>Scott Degner</td>
<td>6-1, Freshman</td>
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<td>Freshman</td>
<td>Osceola High School</td>
</tr>
<tr>
<td>Sean Gamlin</td>
<td>6-0, Sophomore</td>
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<td>Sophomore</td>
<td>Rosemount High School</td>
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<tr>
<td>Bobby Hanson</td>
<td>6-0, Junior</td>
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<td>Junior</td>
<td>Cambridge-Isanti High School</td>
</tr>
<tr>
<td>Kiel Hausler</td>
<td>6-0, Freshman</td>
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<td>Freshman</td>
<td>Stevens Point High School</td>
</tr>
<tr>
<td>Daniel Kessenich</td>
<td>5-8, Senior</td>
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<td>Senior</td>
<td>Pulaski High School</td>
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<tr>
<td>Ben Kirmse</td>
<td>6-1, Junior</td>
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<td>Junior</td>
<td>Wild Rose High School</td>
</tr>
<tr>
<td>Kevn McDonough</td>
<td>6-2, Senior</td>
<td></td>
<td>Senior</td>
<td>Prescott High School</td>
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<tr>
<td>Zack Moe</td>
<td>5-9, Sophomore</td>
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<td>Sophomore</td>
<td>Onalaska High School</td>
</tr>
<tr>
<td>Eric Nordgren</td>
<td>6-1, Senior</td>
<td></td>
<td>Senior</td>
<td>Northwestern High School</td>
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Amery, Wis.
Madison, Wis.
Cloquet, Minn.
Osceola, Wis.
Stevens Point, Wis.
Green Bay, Wis.
Wild Rose, Wis.
Prescott, Wis.
Onalaska, Wis.
Matt Olson  
5-10, Senior  
Danbury, Wis.  
Webster High School

Jason Phillippi  
5-10, Sophomore  
Maplewood, Minn.  
Tartan High School

Jason Quarford  
5-11, Junior  
Rosemount, Minn.  
Rosemount High School

Andrew Reckard  
5-7, Sophomore  
Menomonie, Wis.  
Menomonie High School

Scott Reise  
6-3, Sophomore  
Suring, Wis.  
Suring High School

Chris Wenig  
5-8, Junior  
Chilton, Wis.  
Chilton High School

Justin Youngblom  
6-1, Freshman  
Wells, Minn.  
United South Central High School
2005 Falcon Men's Cross Country Schedule

Sept. 3 UWRF Time Trial
No team scores kept.
Sept. 10 UWRF Invitational
River Falls 15, Winona 60, Northwestern 66
Sept. 17 at St. Olaf Invitational
MSU-Mankato 57, St. John's 72, UM-Duluth 93, Macalester 98, Central 126, St. Olaf 135, Stout 222, Gustavus Adolphus 242, MSU-Moorhead 253, RF 295, Martin Luther 327, St. Cloud 341, North Central 402, Ellsworth CC 428, Crown 454
Sept. 24 at Griak Invitational
La Crosse 80, MSU-Mankato 104, South Dakota 152, Warburg 186, Oshkosh 195, Manitoba 242, UM-Duluth 248, Hamline 256, Platteville 266, Carleton 279, Augustana (SD) 299, Concordia, Neb. 308, Black Hills St. 333, Whitewater 342, Parkside 484, Crown 454
Sept. 30 at Blugold Open
UM-Duluth 43, Luther 55, St. Olaf 81, RF 113 5, St. John's 139, Eau Claire 142, Bethel 207, Superior 260, Macalester 272, Martin Luther 305
Oct. 15 at Fall Freeze (at Superior)
St. John's 27, River Falls 74, St. Thomas 74, Stout 94, Concordia-Moorhead 163, Lakehead 168, Superior 172, Northland 221
Oct. 29 at WIAC Meet (at Superior)
La Crosse 25, Oshkosh 87, Stevens Point 112, Stout 197, River Falls 218, Eau Claire 223, Superior 257
Nov. 12 at NCAA Midwest Regional (Peoria, Ill.)
Nov. 19 at NCAA Div. III Nationals (at Delaware, Ohio), 11 a.m.

2005 Falcon Men's Cross Country Individual Results

<table>
<thead>
<tr>
<th>Name</th>
<th>RFI</th>
<th>SOI</th>
<th>GI</th>
<th>BO</th>
<th>JI</th>
<th>WIAC</th>
<th>NCAA Regional</th>
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<tr>
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<td>29:11</td>
<td>29:15.49</td>
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<td>27:39:05</td>
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<td>27:14</td>
<td>27:06:9</td>
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<td>Keil Hauser</td>
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<td>27:32:7</td>
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<td>Kevin McDonough</td>
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<td>27:32</td>
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<tr>
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<td>28:56</td>
<td>DNR</td>
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RFI - UW-River Falls Invitational
SOI - St. Olaf Invitational
GI - Griak Invitational
BO - Blugold Open
JI - Jacket Invitational
WIAC - WIAC Championships
Falcon News

Women 10th, Men 16th at Midwest Regional
Nov. 12, 2005

The Falcon women's cross country team finished 10th out of 39 teams and the men placed 16th out of 34 teams at the NCAA Division III Midwest Regional held in Peoria, Illinois. For the men, it was their highest finish in the midwest regional. It was the highest finish for the women since the 2001 team placed eighth. Host school Washington University of St. Louis won the women's title. La Crosse took home the men's title.

Marlene Yaeger led the Falcon women by finishing the 6,000-meter race with her fastest time of the year. She took 14th place with a time of 21:59, topping her next best time by 42 seconds. She has qualified for the NCAA National meet which will be run on Saturday at Dornoch Golf Course in Delaware, Ohio.

Christine Peters also had a good showing finishing 38th in 22:48. That beat her next fastest time of the season by 1:26. Amanda Kozicky also did well taking 54th with a time of 23:07. She beat her best time of the season by almost a minute.

On the men's side, Jason Phillippi was the first Falcon man to finish the 8,000-meter race. He took 69th overall clocking in at 26:27, which was his fastest time of the year. Jake Cavanaugh was next for River Falls taking 93rd with a time of 26:56 which was his best time this season as well. Kevin McDonough finished 102nd in 27:03.

Women Sixth, Men Seventh at WIAC Meet
Oct. 29, 2005

The Falcon women's cross country team placed sixth and the men finished seventh at the WIAC Meet held Saturday morning at the Nemadji Golf Course in Superior.

Marlene Yaeger led the women with a sixth place finish over the 6,000-meter course. She finished in 22:41.15. Her time was the third fastest ever by a Falcon and it was her fastest time of the season by 21 seconds. Maria Mauchaud was next for UW-RF and she finished in 24:03.16. She placed 30th overall. It was her fastest time of the season by 16 seconds. The women's team finished just one point out of fifth place.

Leading the men was Bobby Hanson who finished 38th overall in 27:06.9 over the 8,000-meter course. It was his fastest time of the season by eight seconds. Next for the Falcons was Jason Phillippi who finished 39th overall in 27:09.34.

Falcons Place Fourth, Seventh at Blugold Open
Oct. 1, 2005

The Falcon men's cross country team placed fourth and the women place seventh at the Blugold Open held Friday at the Whitetail Golf Course.

The men placed fourth of 10 teams with 113 points and the women placed seventh of 10 teams with 168 points.

Leading the men over the 6,000-meter course was Jason Phillippi who placed eighth overall in 26:53. Zach Moe was second for UW-RF with a time of 27:06.

Marlene Yaeger led the women with a time of 23:37 over the 6,000-meter course. She placed seventh overall. Amanda Kozicky was the next Falcon to cross the finish line. She placed 27th in 24:22.

The Falcons will next run in the Jacket Invitational on Oct. 15 at UW-Superior.

Falcons Place 23rd and Seventh at Griak Invite
Sept. 24, 2005

In one of the largest cross country meets in the country, the Falcon men took 23rd and women took seventh at the Roy Griak Invitational at the UM-Twin Cities.

In the men's maroon division 8,000-meter race, the Falcons placed 23rd out of 43 teams scoring 622 points. LaCrosse won the meet with a score of 80. The women had a very good showing in their maroon division 6,000-meter race. They took seventh out of 28 teams with a score of 253. Carleton took the women's crown with a score of 93.

Zachery Moe was the top Falcon taking 107th with a time of 27:31. Jason Phillippi took 127th with a time of 27:40. Kevin McDonough took 138 with a time of 27:46.

The best Falcon women's runner was Marlene Yaeger. She placed 18th with a time of 23:45. Amanda Kozicky finished 42nd with a time of 24:28. Christine Peters took 59th with a time of 24:53.

The Falcons will be running next in the Bluegold Invitational on September 30 at 4 p.m.

Falcons Compete in St. Olaf Invitational
Sept. 17, 2005

The Falcon men's cross country team placed 10th and the women took ninth at the St. Olaf Invitational.

In the men's 8,000-meter race, River Falls took tenth with a score of 295. Minnesota State-Mankato won the meet with a score of 57. In the women's 6,000-meter race, River Falls placed ninth with a score of 260. St. Olaf won the women's race with 57.
Chris Wenig was the top finisher for the Falcons placing 50th with a time of 28:39. Scott Denger finished 53rd with a time of 28:41. Cary Cardinal took 62nd with a time of 29:11.

Marlene Yaeger was the top women’s runner for River Falls. She finished seventh with a time of 23:35. Amanda Kozicky took 28th with a time of 24:16. Laura Murphy finished 71st with a time of 26:11.

The Falcons next event is the Griak Invitational on September 23 at 9 a.m.

Falcons Compete in UWRF Invitational
Sept. 10, 2005
The Falcon men’s cross country team placed first and the women third at the UW-River Falls Invitational held Saturday.

In the men’s 8,000-meter race, River Falls took first with a perfect score of 15 points, followed by Winona 60 and Northwestern 66. The Falcons swept the second through nine places in the meet. Eau Claire won the women’s 6,000-meter race with 19 points followed by St. Thomas 53, River Falls 68, Winona 117 and Northwestern 146.

Jason Phillippi was the top Falcon men’s runner. He took second overall with a time of 28:03. Jason Quarford took third with a time of 28:25 and Zackery Moe finished fourth clocking in at 28:37.

Maria Michaud was the top runner for the women. She took fifth with a time of 25:11. Christine Peters took 11th with a time of 25:25. Amanda Kozicky finished 13th with a time of 25:34.

The Falcons will be running next on Saturday at the St. Olaf Invitational.

Falcons Hold 5,000-Meter Time Trials
Sept. 3, 2005
The Falcon women’s and men’s cross country teams ran 5,000-meter time trials Saturday morning on the UW-RF course. Twenty-seven alumna runners also ran the course.

For the women, Christina Peters led the way with a time of 20:13. She was followed by Maria Michaud who finished in 20:19.

The men were led by Jason Phillippi who finished in 16:34. Kevin McDonough and Ben Kirmse both finished in 17:02.

The Falcons will host the UW-RF Invitational on Saturday with races starting at 10 a.m.

Don Glover - Head Coach

Don Glover is in his fifth year as men’s and women’s cross country coach at UW-River Falls. Glover was inducted into the Minnesota High School Cross Country Hall of Fame in August, 2005. In 2002, the Falcon women’s cross country team placed fifth in the WIAC standings. It was the team’s best finish in Glover’s five year career with the Falcons. The 2001 Falcon cross country teams had their most successful seasons in years. After competing at the WIAC meet, the women’s team advanced to the NCAA Div. III Midwest Regional where they placed seventh overall. The women were sixth in the WIAC meet.

In 2000 the Falcon men’s team placed ninth and the women’s team finished seventh. Both teams received some extra valuable competition by running in the 2000 NCAA Midwest Regional Championships. Glover was the Concordia, Minn., University men’s and women’s track and field coach during the 2000 season where he coached the school’s first track All-American. Before coaching at Concordia, Glover coached in the White Bear Lake, Minn., school system for several years before retiring in 1999. He began his high school track coaching at White Bear Lake in 1969. In 1972 he was named the head track coach at Mariner High School in White Bear Lake and helped lead that team to the State Championship in 1975. In 1982 when Mariner and White Bear Lake High Schools were combined, he became the head cross country coach and assistant head track coach. Glover also taught and coached in the Winona, Minn., School system from 1967-69.

From 1984-99 Glover’s cross country teams reached the Minnesota State Meet 13 times out of a tough Region 4AA. The Bears were ranked in the state’s Top 10 in 20 of his 30 year career. His teams brought home trophies five times during his tenure. Several of Glover’s high school runners continued their success at the collegiate level by being named All-Americans. One was a Big 10 Conference champion. Glover was named the Minnesota Teacher of the Year in 1981 and the Minnesota Adapted Physical Education Teacher of the Year in 1989. He was the president of the MAHPERD in 1996. He has written three books: Teambuilding Through Physical Challenge; More Teambuilding Challenges and Cooperation – Competition Making the Link. He has also had several articles published in The Athletic Journal, the national magazine for coaches.

He earned his undergraduate degree in physical education and elementary education from Winona, Minn., State in 1967. He earned his master’s degree in physical education from Winona in 1971. His daughter, Leigh, earned her undergraduate degree from UW-River Falls and competed with the Falcon women’s basketball team for four seasons (1987-91). She was twice named to the first All-WIAC team and once received honorable mention as the Falcons won two WIAC championships (1988, 1989).
Assistant Cross Country Coaches

Sept. 23, 2005

Pat Lorentz returns to UW-River Falls for his second season of coaching the Falcon cross country teams.

He competed with the Falcons from 1998-2001. He has extensive local coaching experience. He was the assistant nordic ski coach at Hastings High School from 2001-03; a Minneapolis Ski Club coach in 2002 and 2005; a Minnesota Biathlon coach from 2002-03 and as an assistant with the Falcons in 2004.

Lorentz earned his undergraduate degree from UW-RF in secondary education (math) with a coaching minor. He currently teaches math at River Falls High School.

Gina Schindel is in her first year as an assistant coach with the Falcons. She ran cross country for the Falcons from 1999-2004.

She has been an assistant track & field coach at Woodbury High School in 2004 and 2005.

Schindel earned her undergraduate degree from UW-RF in 2003 in physics with a math minor. She is currently working on her master’s degree at UW-RF in science education and teacher certification.

Scott Sekelsky joins the Falcons as an assistant cross country coach for the first time in 2005.

He ran cross country for the Falcons from 1996-98 and was the team’s captain in his senior season.

Sekelsky coached for four seasons as the cross country and track distance mentor at Baldwin-Woodville High School. Before that he coached for two seasons at Oakland Junior High School as the head girl’s track & field coach. He also coached distance runners at River Falls High School.

He currently works at the Baldwin Area Medical Center as the Wellness and Fitness Director.

Sara Rudesill is a student assistant coach for the Falcons.

She ran cross country for UW-RF from 2001-04.

She is working toward her undergraduate degree in elementary education and early childhood. She attended River Falls High School.