# Women’s Cross Country

## 2000-2001

### 2000 Falcon Women's Cross Country Roster

*as of Sept. 20, 2000*

<table>
<thead>
<tr>
<th>Name</th>
<th>Ht</th>
<th>Yr</th>
<th>Hometown (High School)</th>
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<tbody>
<tr>
<td>Lisa Barnes</td>
<td>5-9</td>
<td>Fr</td>
<td>Manitowoc, Wis. (Lutheran)</td>
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<tr>
<td>Felice Birmingham</td>
<td>5-9</td>
<td>Jr</td>
<td>Fish Creek, Wis. (Gilbraltar)</td>
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<td>Marian Christen</td>
<td>5-4</td>
<td>Fr</td>
<td>Sauk Centre, Minn.</td>
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<td>Gwen Fankhauser</td>
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<td>Fr</td>
<td>Rice Lake, Wis.</td>
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<tr>
<td>Brenna Hogan</td>
<td>5-8</td>
<td>Jr</td>
<td>Lindstrom, Minn. (Chisago Lakes)</td>
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<tr>
<td>Brooke Huftel</td>
<td>5-2</td>
<td>So</td>
<td>Woodville, Wis. (Baldwin-Woodville)</td>
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<tr>
<td>Candace Kroells</td>
<td>5-7</td>
<td>So</td>
<td>Comstock, Wis. (Cumberland)</td>
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<tr>
<td>Jill Lauber</td>
<td>5-5</td>
<td>So</td>
<td>White Bear Lake, Minn.</td>
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<tr>
<td>Mary LaBossiere</td>
<td>5-2</td>
<td>So</td>
<td>White Bear Lake, Minn.</td>
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<tr>
<td>Melissa Ludack</td>
<td>5-7</td>
<td>Fr</td>
<td>Ashland, Wis.</td>
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<tr>
<td>Dana Martin</td>
<td>5-4</td>
<td>Fr</td>
<td>Hortonville, Wis. (Xavier)</td>
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<tr>
<td>Heather McElrath</td>
<td>5-6</td>
<td>Jr</td>
<td>Lindstrom, Minn. (Chisago Lakes)</td>
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<tr>
<td>Kristy Pensis</td>
<td>5-7</td>
<td>Fr</td>
<td>Shawano, Wis.</td>
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<tr>
<td>Amy Roalson</td>
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<td>So</td>
<td>Hastings, Minn.</td>
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<td>Gina Schindel</td>
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<td>So</td>
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<td>Renee Silvis</td>
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<td>Jr</td>
<td>Inver Grove Heights, Minn. (Simley)</td>
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<tr>
<td>Amy Schultz</td>
<td>5-10</td>
<td>Fr</td>
<td>Schofield, Wis. (D.C. Everest)</td>
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<tr>
<td>Kara Stien</td>
<td>5-7</td>
<td>Fr</td>
<td>White Bear Lake, Minn.</td>
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<tr>
<td>Lisa Traxler</td>
<td>5-6</td>
<td>So</td>
<td>Menomonie, Wis.</td>
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**Head Coach:** Don Glover  
**Assistant coach:** Ward Berndt
2000 Falcon Women's Cross Country Schedule/Results

Sept. 9 at UM-Duluth
Northern Michigan 37, St. Olaf 69, Parkside 113, Michigan Tech 152, UM-Duluth 162, Bethel 180, Lakehead 188, St. Scholastica 226, River Falls 238, Winona 239, Superior 252, Concordia-St. Paul 335, UM-Morris 377

Sept. 16 Eau Claire, Stout (at Colfax)
Superior 25, River Falls 33

Sept. 23 at Griak Invitational

Oct. 6 at NCAA Pre-Regional
Oshkosh 69, St. Olaf 71, La Crosse 121, Elmhurst 149, Eau Claire 153, Stevens Point 158, Carleton 172, Whitewater 181, UM-Duluth 237, Bethel 337, St. Thomas 339, Winona 398, Northwestern 404, River Falls 405, Superior 420, Stout 422, Macalester 442, Hamline 510, St. Mary's 517, Augsburg 546

Oct. 13 at Mt. Senario Invitational
Team Scores Not Available

Oct. 28 at WIAC Meet (at Whitewater)
Oshkosh 43, Stevens Point 53, La Crosse 74, Whitewater 104, Eau Claire 109, Stout 190, River Falls 202, Superior 224, Platteville 240

Nov. 11 NCAA Div. III Regionals (at Eau Claire)
Harriers Compete at NCAA Regional Meet

Nov. 11, 2000

The Falcons competed at the NCAA Div. III Midwest Regional Saturday at the Whitetail Golf Course.

The men placed 24th of 30 teams and the women finished 16th of 31 squads.

Tyler Odden paced the Falcons finishing the 8,000-meter race in 27:28.5. He placed 100th overall. He was followed by Pat Lorentz, 116th, 27:49.6, Adam Puhl, 143rd, 28:28, Jim Felling, 145th, 28:29 and Matt Hartwig, 162nd, 28:47.7.

Candice Kroells led the women placing 70th overall in 19:49.4 over the 5,000-meter course. She was followed by Lisa Traxler, 93rd, 20:06.7, Felice Birmingham, 107th, 20:17.9, Brenna Hogan, 136th, 20:54.9 and Kristy Pensis, 145th, 21:13.3.

Harriers Compete at WIAC Meet

Oct. 28, 2000

The Falcons competed at the annual WIAC Meet at UW-Whitewater on Saturday and the women's team placed seventh and the men's team ninth.

In the women's 5,000-meter race Oshkosh won the team title with 43 points followed by Stevens Point 53, La Crosse 74, Whitewater 104, Eau Claire 109, Stout 190, River Falls 202, Superior 224 and Platteville 240.

Felice Birmingham was the top Falcon finisher. She placed 27th in 19:28.4. Candace Kroells was 37th overall in 19:42.5 followed by Lisa Traxler, 49th, 19:58.8, Brenna Hogan, 70th, 20:50.9 and Lisa Barnes, 71st, 20:56.4.

In the men's 8,000-meter race Oshkosh won the team title with 51 points followed by La Crosse 57, Platteville 86, Whitewater 86, Stevens Point 93, Eau Claire 149, Stout 210, Superior 261 and River Falls 270.

Tyler Oden was the first Falcon across the finish line in 27:22 and he placed 65th overall. He was floowed by Erik Hanson, 82nd, 28:15.8, Jim Felling, 83rd, 28:26.7, Pat Lorentz, 89th, 28:47.8 and Chris Henning, 90th, 28:49.9.

Harriers Top Competition at the Mount

Oct. 14, 2000

The UW-River Falls men's and women's cross country teams both claimed top honors in seven-team fields Friday at the Mt. Senario Invitational.

"For both the men and women, the course was very difficult," Falcon coach Don Glover said. "The ground was rough, had rolling hills and a windy trail through the woods."

Felice Birmingham placed second in a field of nearly 60 women runners with a 5-kilometer clocking of 22 minutes, 53 seconds, to pace the Falcons.

Tyler Odden finished the 10-kilometer men's race in a third-place time of 38:36 to lead UW-RF. Erik Hanson crossed the line in 38:36+ to place fourth for the Falcons.

The Falcon men and women will return to action Friday, when they participate in a Last Chance Meet to be hosted by UW-Stout.

Cross Country Teams Compete in Pre-Regional Meet

Oct. 6, 2000

The Falcon men's and women's cross country teams ran in a NCAA Pre-Regional meet held in Colfax Friday afternoon.

The men placed 14th of 19 teams and the women were 14th of 20 teams. Whitewater won the men's race and Oshkosh the women's.

Tyler Odden led the men's team placing 80th in 27:21 over the 8,000-meter course. Erik Hanson was second for the Falcons and 99th overall in 27:39. He was followed by Jim Felling, 108th, 27:50 and Chris Henning, 117th in 28:03.


The Falcons will be in action again on Friday and they are at Mt. Senario.

Cross Country Teams Race at Griak Invitational

Sept. 24, 2000
The Falcon men's and women's cross country teams ran at the Griak Invitational Saturday at the University of Minnesota with the men placing 27th of 38 teams and the women 28th of 45 squads.

The men scored 862 points and the meet was won by Oshkosh which scored 80. Leading the Falcons was Erik Hanson who covered the 8,000-meter course in 28:04. He finished 142nd. He was followed by Tyler Odden, 151st in 28:19, Chris Henning, 178th in 29:12, Jim Felling, 182nd in 29:16 and Adam Pohl, 209th in 30:23.

The men scored 754 points and the meet was won the North Dakota with 110. Lisa Traxler led the Falcons with a time of 19:47 over the 5,000-meter course and she placed 71st overall. Felice Birmingham was next for the Falcons in 128th place in 20:25 followed by Candice Kroells, 149th in 20:40, Marian Christen in 201st in 21:38 and Amy Schultz, 205th in 21:46.

The Falcons will next run in the Blugold Invitational on Friday, Oct. 6.

**Cross Country Teams Compete Against Superior, Eau Claire**

Sept. 16, 2000

The Falcon men's team placed third and the women second Saturday in meets hosted by UW-Eau Claire.

The men's team placed third. Eau Claire won the team title with 19 points, Superior was second with 52 and the Falcons placed third with 69. In the women's race, Superior won with 25 points followed by the Falcons with 33.

Tyler Odden led the Falcon men's team with a time of 17:00. He placed 12th overall. Erik Hanson was second for the Falcons and 13th overall in 17:02.

Marian Christen led the Falcons women by placing fifth overall in 20:55. Lisa Traxler was next for the Falcons and sixth overall in 20:56.

Saturday the Falcons will compete in the Griak Invitational at the University of Minnesota. Action starts at 9:30 a.m.

**Men Place 7th, Women 9th at UM-Duluth Invite**

Sept. 9, 2000

The Falcon men's team placed 7th and the women finished 9th at the team's first meet of the season, the UM-Duluth Invitational held Saturday.

Tyler Odden placed 21st and led the Falcon men's team over the 8,000-meter course with a time of 29:15.5. Erik Hanson placed 25th and was next for the Falcons in 29:45.

Felice Birmingham led the Falcons with a time of 21:34.2 over the 5,000-meter course and she finished 32nd. Lisa Traxler was next with a time of 21:50.5. She placed 42nd. Candace Kroells was third for the Falcons and 43rd overall in 21:51.7.

Minnesota won the men's team title with 18 points followed by Michigan Tech 53, UM-Duluth 72, Lakehead 141, Superior 155, River Falls 164, Concordia-St. Paul 214, Parkside 227, St. Scholastica 243 and Winona 318.

Northern Michigan won the women's team title with 37 points followed by St. Olaf 69, Parkside 113, Michigan Tech 152, UM-Duluth 162, Bethel 180, Lakehead 188, St. Scholastica 226, River Falls 238, Winona 239, Superior 252, Concordia-St. Paul 335 and UM-Morris 377.
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<td>5-9</td>
<td>So</td>
<td>Manitowoc, Wis. (Lincoln)</td>
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<tr>
<td>Felice Birmingham</td>
<td>5-9</td>
<td>Sr</td>
<td>Fish Creek, Wis.</td>
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<td>Sara Budesill</td>
<td>5-4</td>
<td>Fr</td>
<td>River Falls, Wis.</td>
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<tr>
<td>Colleen Cantlon</td>
<td>5-1</td>
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<td>Ettrick, Wis. (Gale-Ettrick-Trempealeau)</td>
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<td>Marian Christen</td>
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<td>So</td>
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<td>Tiffany Collins</td>
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<td>Fr</td>
<td>Shoreview, Minn. (Mounds View)</td>
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<td>Brenna Hogan</td>
<td>5-8</td>
<td>Sr</td>
<td>Lindstrom, Minn. (Chisago Lakes)</td>
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<td>Laura Houlton</td>
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<td>Fr</td>
<td>Appleton, Wis. (North)</td>
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<td>Jill Laber</td>
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<td>Meghan McGree</td>
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<td>Jr</td>
<td>Menomonie, Wis.</td>
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<td>Marlene Yaeger</td>
<td>5-8</td>
<td>Fr</td>
<td>Medina, Minn. (Wayzata)</td>
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<td>Kim Yurkovich</td>
<td>5-6</td>
<td>Fr</td>
<td>Willard, Wis. (Greenwood)</td>
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**Head Coach:** Don Glover  
**Assistant coach:** Ward Berndt
2001 Falcon Women's Cross Country Schedule

April 20, 2001

**Sept. 1** UWRF Alumni/Intrasquad

**Sept. 8** at UM-Duluth Invitational
Northern Michigan 30, UM-Duluth 73, Michigan Tech 111, St. Scholastica 114, Eau Claire 114, Lakehead 174, River Falls 185, Concordia-St. Paul 207, Superior 231, UM-Morris 288 and Northland 325

**Sept. 15** Concordia-St. Paul
River Falls 1:43.39, Concordia-St. Paul 1:49.47, North Central 2:16.21

**Sept. 21** vs. Eau Claire (at Colfax)
Eau Claire 18, River Falls 45

**Sept. 29** at Roy Griak Invitational

**Oct. 5** at Midwest Challenge
La Crosse 38, St. Thomas 41, River Falls 43, Augustana 48, Macalester 56, Northwestern 123, Stout 145, Stevens Point 149, UM-Duluth 182

**Oct. 13** at Neubauer Invitational

**Oct. 19** Last Chance Meet (at Menomonie), TBD

**Oct. 27** at WIAC Meet
La Crosse 41, Oshkosh 50, Stevens Point 72, Eau Claire 136, Whitewater 143, River Falls 147, Stout 190, Platteville 210, Superior 218

**Nov. 10** at NCAA Regionals
Traxler, Nelson Named to NCAA All-Midwest Team
Nov. 14, 2001

Falcon women's cross country runners Lisa Traxler (Jr., Menomonie, Wis.) and Amy Nelson (Fr., Cumberland, Wis.) have both been named to the NCAA Midwest Region team.

The two earned the honors at the Nov. 10 NCAA Midwest Regional meet held in Rock Island, Ill.

Traxler placed 30th overall in the 5,000-meter race finishing in 18:53. Nelson was close behind finishing in 32nd place in 18:55.

Traxler, an elementary education major and co-captain of the team, has been one of the team's top five runners throughout the season, according to Coach Don Glover. "Lisa is a take charge type person who does an excellent job of training. She is a very focused person. She was very aggressive at the start of the race and was running with the leaders. Her time is the third best in Falcon history. She ran a tough race."

Nelson, a first-year runner for the team, help a strong pace throughout the race, according to Glover. "She also started out aggressive in the race. She held a very strong pace. She has a great amount of talent and potential. For a freshman to do this well is great. Her time was the fourth best in Falcon history"

The Falcons finished eighth as a team at the meet which had 34 teams competing. The Falcons finished behind only La Crosse, Oshkosh and Stevens Point of the WIAC teams in the race. La Crosse won the title, Oshkosh was second and Stevens Point fourth. The Falcons beat Whitewater, Eau Claire, Stout, Platteville and Superior. At the WIAC Meet on Oct. 27 the Falcons finished behind La Crosse, Oshkosh, Stevens Point, Eau Claire and Whitewater.

Harriers Run at NCAA Midwest Regional Meet
Nov. 10, 2001

The Falcon men's and women's cross country teams ran, and ran well, at the NCAA Div. III Midwest Regional meet Saturday at Rock Island, Ill.

Leading the women was Lisa Traxler who covered the 5,000-meter course in 18:53. She placed 30th overall. Amy Nelson was close behind finishing in 32nd place in 18:55. The Falcon women finished behind only La Crosse, Oshkosh and Stevens Point of all the WIAC teams that competed. Leading the men was Erik Hanson who finished the 8,000-meter course in 27:23. He placed 102nd.

Women Team Scores

UWRF Results
30. Lisa Traxler, 18:53
32. Amy Nelson, 18:55
47. Marlene Yaeger, 19:17
68. Felice Birmingham, 19:32
71. Lisa Barnes, 19:33
174. Brenna Hogan, 21:22
178. Sarah Radesil, 21:27

Men Team Scores

UWRF Results
102. Eric Hanson, 27:23
132. Jason Charlton, 28:06
158. Tyler Odden, 28:55
171. Lucas Martin, 29:18
185. Adam Puhl, 29:51
195. Pat Loretnz, 30:37

Harriers Run at WIAC Meet
Oct. 27, 2001

The Falcon men's and women's cross country teams ran at the WIAC Meet Saturday morning at Eau Claire.

The Falcon women finished sixth of the nine teams and the men placed ninth.
Leading the men was Tyler Odden who placed 75th overall in a time of 28:01.7 over the 8,000-meter course. Lisa Traxler paced the women with a time of 19:02.5 over the 5,000-meter course. She placed 17th overall. Amy Nelson was right behind Traxler in 18th place in 19:06.5.

Women Team Scores
La Crosse 41, Oshkosh 50, Stevens Point 72, Eau Claire 136, Whitewater 143, River Falls 147, Stout 190, Platteville 210, Superior 218

UWRF Results
17. Lisa Traxler, 19:02.5
18. Amy Nelson, 19:06.5
34. Marlene Yaeger, 19:50.1
44. Lisa Barnes, 20:04.4
50. Felice Birmingham, 20:14.7
56. Sarah Rudesill, 20:31.4
65. Brenna Hogan, 20:57.5
69. Kristy Pensis, 21:16.2
70. Dana Martin, 21:17.1
78. Marian Christen, 21:39.1
85. Jill Laber, 22:04.3
89. Gina Schindel, 22:58.3

Men Team Scores
La Crosse 34, Oshkosh 37, Stevens Point 89, Eau Claire 128, Platteville 134, Whitewater 154, Stout 183, Superior 253, River Falls 259

UWRF Results
75. Tyler Odden, 28:01.4
81. Eric Hanson, 28:34.9
82. Matt Hartwig, 28:40.7
83. Adam Puhl, 28:52.4
85. Lucas Martin, 29:04
88. Jason Charlton, 29:17.7
89. Pat Lorentz, 29:48.4
92. Mike Sonn, 30:47.7
95. B.J. Poore, 32:55.6
97. Jeff O'Neill, 34:13.5

Harriers Run at La Crosse
Oct. 13, 2001

The Falcon men's and women's cross country teams ran at Drews and Neubauer Invitationals held Saturday morning in La Crosse.

The women's team finished 25th of the 30 teams that competed. The men's team placed 31st of the 33 teams that competed.

For the women, Amy Nelson led the team with a time of 20:22.5 over the 5,000-meter course. She placed 93rd overall.

For the men, Eric Hanson led the Falcons with a time of 28:05.5 over the 8,000-meter course. He placed 153rd overall.

The Falcons will next run at a Last Chance Meet at UW-Stout on Friday.

Women Team Scores

UWRF Results
93. Amy Nelson, 20:22.5
123. Lisa Traxler, 20:34.5
149. Felice Birmingham, 20:51.6
150. Lisa Barnes, 20:52.5
176. Sara Rudesill, 21:17.8
184. Dana Martin, 21:33.8
187. Brenna Hogan, 21:42.8
248. Gina Schindel, 21:46
263. Kristy Pensis, 22:04.9
269. Marian Christen, 22:13

Men Team Scores
Wisconsin 41, La Crosse 90, Oshkosh 92, St. Thomas 128, UM-Duluth 181, Nebraska Wesleyan 198, Stevens Point 219, Eau Claire 284, St. Olaf 285, Chicago 313, Augustana 321, Platteville 375, Wartburg 381, Concordia-Nebraska 430, Greenivlle 443, Loras 461, Elmhurst 479, Iowa B 492, St. John's 516, Luther 520, Hope 544, Hamline 654, Stout 656, Carroll 727, Illinois Wesleyan 743, Augsburg 749, Bethel 849, Gustavus Adolphus 853, Central 880, River Falls 957, Winona 975, Dubuque 994

UWRF Results
153. Eric Hanson, 28:05.5
166. Tyler Odden, 28:27.2
208. Jason Charlton, 30:03.8
212. Mike Sonn, 31:30.5
Harriers Run at Midwest Challenge
Oct. 6, 2001

The Falcon men's and women's cross country teams ran at the Midwest Challenge Friday afternoon at the Whitetail Golf Course in Colfax.

The women's team finished third of nine teams with 43 points and the men's team was 14th of 16 teams with 288 points.

For the women, Marlene Yaeger led the team with a time of 11:37.9 over the 3,000-meter course. She placed fourth overall. Amy Nelson was eighth overall in 11:43.5.

For the men, Tyler Odden was the first Falcon across the finish line in 28:10.1. He placed 66th overall in the 8,000-meter race. Matt Martwig was just behind Odden in 28:13.5 and he placed 69th overall.

The Falcons will next run at the Jim Drews Invitational on Saturday in La Crosse.

Women Team Scores
La Crosse 38, St. Thomas 41, River Falls 43, Augustana 48, Macalester 56, Northwestern 123, Stout 145, Stevens Point 149, UMDuluth 182

UWRF Results
4. Marlene Yaeger, 11:37.9
8. Amy Nelson, 11:43.5
14. Felice Birmingham, 11:59.1
17. Lisa Barnes, 12:01.7
20. Sarah Rudesil, 12:06.7
30. Brenna Hogan, 12:27.9
45. Gina Schindel, 12:30.7
48. Marian Christen, 12:36.1
50. Dana Martin, 12:38.9
51. Kristy PRIPTIONS, 12:44.5
52. Katrina Spears, 12:44.8
58. Kim Yurkovich, 13:01.5
69. Renee Silvis, 13:14.7
86. Tiffany Collins, 14:12.8
89. Lindsay Oleskow, 14:48.8

Men Team Scores
St. Olaf 48, Augustana 48, Paradise Valley CC 52, UMDuluth 52, Oshkosh 77, La Crosse 86, UWEC Alumni 139, Stout 152, Eau Claire 159, Augustburg 192, Carthage 200, St Thomas 227, Superior 255, River Falls 288, North Central 292, St Mary's 299

UWRF Results
66. Tyler Odden, 28:10.1
69. Matt Hartwig, 28:13.5
75. Chris Henning, 28:47.1
78. Adam Puhl, 28:58.5
80. Pat Lorentz, 29:04.9
82. Jason Charlton, 29:27.8
130. Lucas Martin, 29:54.3
136. Mike Sonn, 30:28.8
141. B.J. Poore, 31:01.1
148. Chad Genson, 31:39.5
155. Jeff O'neill, 34:12.6

Harriers Run at Griak Invitational
Sept. 29, 2001

The Falcon men's and women's cross country teams competed in a the Griak Invitational on Saturday in a race that featured 43 women's teams and 41 men's squads.

The women's team finished tied for 23rd place with 659 points while the men finished in 33rd place with 980 points.

For the women, Amy Nelson led the team with a time of 19:55 over the 5,000-meter course. She placed 93rd overall. Marlene Yeager was next for the Falcons in 20-minutes.

For the men, Eric Hanson was the first Falcon across the finish line. He covered the 8,000-meter course in 28:16.3 and placed 155th overall. Tyler Odden was next in a time of 28:36.4.
The Falcons will next run at the Blugold Invitational on Friday.

**Women**
93. Amy Nelson, 19:55  
105. Marlene Yeager, 20:00  
143. Felice Birmingham, 20:19.7  
150. Lisa Barnes, 20:23  
168. Lisa Traxler, 20:32.7  
200. Brenna Hogan, 20:59.5  
215. Sarah Rudesil, 21:16.2  
328. Gina Schindel, 21:46.5  
341. Laura Holten, 21:59  
353. Marian Christen, 22:09.5  
381. Jill Laber, 22:34.4  
384. Kim Yurkovich, 22:36.4  
405. Renee Silvis, 22:38.9  
462. Tiffany Collins, 24:16.3  
532. Jill Laber, 24:34.8  
19. Lindsay Oleskow, 23:15  
20. Coleen Cantlon, 23:41  

**Men**
155. Erik Hanson, 28:16.3  
177. Tyler Odden, 28:36.4  
206. Pat Lorentz, 29:17.5  
217. Tony Walfoot, 29:36.9  
225. Chris Henning, 29:48.8  
232. Lucas Martin, 30:09.5  
237. Jason Charlton, 30:24  
335. Adam Puhl, 32:00.1  
336. B.J. Poore, 32:07.3  
343. Paul Jereczek, 32:29.3  
348. Chad Genson, 32:59.5  
356. Matt Hartwig, 33:47.2

**Harriers Run at UW-Eau Claire**

**Sept. 25, 2001**

The Falcon men's and women's cross country teams competed in a dual meet against UW-Eau Claire Friday.

The men lost, 15-48 and the women lost, 18-45.

Tyler Odden led the men's team with a time of 17:09 while the women were led by Amy Nelson who finished in 20:02. Odden placed sixth overall and Nelson was third.

Saturday the Falcons compete at the Griak Invitational at the University of Minnesota. The first race is set for 9:30 a.m.

**Men**
6. Tyler Odden, 17:09  
11. Jason Charlton, 18:05  
12. Chris Henning, 18:21  
14. Lucas Martin, 18:33  
15. Mike Sonn, 18:56  
16. Adam Puhl, 19:35  
17. Chad Genson, 20:02  

**Women**
3. Amy Nelson, 20:02  
14. Jill Laber, 22:15  
15. Kim Yurkovich, 22:28  
19. Lindsay Oleskow, 23:15  
20. Coleen Cantlon, 23:41  
22. Amy Roalson, 24:29  
24. Sarah Thull, 27:08  

**Harriers Combine to Get Win**

**Sept. 15, 2001**

The Falcon men's and women's cross country teams combined to win a six-team meet held Saturday at UW-River Falls.

In a modified scoring system, the top five runners' times of each men's and women's teams were added together to produce a final time and team score. The Falcons won with a combined time of 3-hours, 10-minutes and 33-seconds. Concordia-St. Paul was second in 3:13.53 and North Central was third with 3:51.49.
In the men's division, Concordia-St. Paul finished with 1:25.05, the Falcons with 1:26.54 and North Central with 1:35.28. In the women's division, the Falcons finished with 1:43.39, Concordia-St. Paul had 1:49.47 and North Central 2:16.21.

Leading the women's team was Marlene Yeager who had a time of 20:02 over the 5,000-meter course. She placed second overall. Leading the men was Erik Hanson who finished the 5,000-meter course in 16:47. He placed fourth overall.

**Men**
4. Erik Hanson, 16:47  
6. Matt Hartwig, 17:17  
7. Tyler Odden, 17:24  
9. Pat Lorentz, 17:44  
11. Tony Walfoort, 17:48  
12. Chris Henning, 17:55  
13. Adam Puhl, 18:01  
17. Jason Charlton, 18:02  
19. Lucas Martin, 18:22  
22. Paul Jereczek, 19:29  
23. Chad Genson, 19:35  
24. B.J. Poore, 19:36  
25. Michael Sonn, 19:52  

**Women**
2. Marlene Yeager, 20:02  
4. Lisa Traxler, 20:35  
5. Lisa Barnes, 20:49  
7. Felice Birmingham, 21:02  
8. Gina Schindel, 21:15  
10. Sarah Rudesill, 21:35  
11. Kristy Pensis, 21:55  
12. Marian Christen, 21:56  
13. Brenna Hogan, 22:09  
15. Dana Martin, 22:21  
16. Jill Laber, 23:28  
17. Renee Silvis, 23:49  
18. Tiffany Collins, 24:33  
23. Amy Roalson, 26:45

**Harriers Open Season at Lester Park Invitational**

Sept. 8, 2001

The Falcon men's and women's cross country teams open the season at the Lester Park Invitational hosted by UM-Duluth Saturday morning.

The men placed sixth of 11 teams with 165 points. UMD and Eau Claire tied for the team title with 42 points. Michigan Tech was third with 79 followed by Concordia-St. Paul 120, Lakehead 131, River Falls 165, Northland 186, Vermillion CC 235, St. Scholastica 254 and Mankato Bethany 291.

The women placed seventh of 11 teams with 185 points. Northern Michigan won the team title with 30 points followed by UMD 73, Michigan Tech 111, St. Scholastica and Eau Claire with 114, Lakehead 174, River Falls 185, Concordia-St. Paul 207, Superior 231, UM-Morris 288 and Northland 325.

Erik Hanson led the Falcon men with a time of 29:01.02 over the 8,000-meter course. He placed 32nd overall.

Amy Roalson led the Falcon women with a time of 21:14.1 over the 5,000-meter course. She placed 32nd overall.
# 2002 Falcon Women's Cross Country Roster

as of Sept. 5, 2002

<table>
<thead>
<tr>
<th>Name</th>
<th>Ht</th>
<th>Yr</th>
<th>Hometown (High School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Barnes</td>
<td>5-9</td>
<td>Jr</td>
<td>Manitowoc, Wis. (Lutheran)</td>
</tr>
<tr>
<td>Jessica Campbell</td>
<td>5-6</td>
<td>Sr</td>
<td>River Falls, Wis.</td>
</tr>
<tr>
<td>Colleen Cantlon</td>
<td>5-2</td>
<td>So</td>
<td>Ettrick, Wis. (Gale-Ettrick-Trempealeau)</td>
</tr>
<tr>
<td>Marian Christen</td>
<td>5-4</td>
<td>Jr</td>
<td>Sauk Centre, Minn.</td>
</tr>
<tr>
<td>Tiffany Collins</td>
<td>5-1</td>
<td>So</td>
<td>Shoreview, Minn. (Moundsview)</td>
</tr>
<tr>
<td>Katie Frazer</td>
<td>5-9</td>
<td>Fr</td>
<td>Maple Grove, Minn. (Osseo)</td>
</tr>
<tr>
<td>Steph Jicinsky</td>
<td>5-7</td>
<td>Fr</td>
<td>Baraboo, Wis.</td>
</tr>
<tr>
<td>Candace Kroells</td>
<td>5-7</td>
<td>Jr</td>
<td>Cumberland, Wis.</td>
</tr>
<tr>
<td>Jill Laber</td>
<td>5-5</td>
<td>Sr</td>
<td>White Bear Lake, Minn.</td>
</tr>
<tr>
<td>Molly Larson</td>
<td>5-3</td>
<td>Fr</td>
<td>Lakeville, Minn.</td>
</tr>
<tr>
<td>Dana Martin</td>
<td>5-4</td>
<td>Jr</td>
<td>Hortonville, Wis. (Xavier)</td>
</tr>
<tr>
<td>Meghan McGree</td>
<td>5-7</td>
<td>Sr</td>
<td>Hastings, Minn.</td>
</tr>
<tr>
<td>Amy Roalson</td>
<td>5-8</td>
<td>So</td>
<td>Hastings, Minn.</td>
</tr>
<tr>
<td>Sara Rudesill</td>
<td>5-4</td>
<td>So</td>
<td>River Falls, Wis.</td>
</tr>
<tr>
<td>Gina Schindel</td>
<td>5-10</td>
<td>Sr</td>
<td>Oak Creek, Wis.</td>
</tr>
<tr>
<td>Sarah Schoville</td>
<td>5-4</td>
<td>Fr</td>
<td>Hazelhurst, Wis. (Lakeland Union)</td>
</tr>
<tr>
<td>Amy Schultz</td>
<td>5-10</td>
<td>So</td>
<td>Schofield, Wis. (D.C. Everest)</td>
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<tr>
<td>Katrina Spears</td>
<td>5-7</td>
<td>So</td>
<td>Shell Lake, Wis.</td>
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<tr>
<td>Sarah Thull</td>
<td>5-9</td>
<td>Sr</td>
<td>Weyerhauser, Wis.</td>
</tr>
<tr>
<td>Lisa Traxler</td>
<td>5-6</td>
<td>Sr</td>
<td>Menomonie, Wis.</td>
</tr>
<tr>
<td>Marlene Yaeger</td>
<td>5-7</td>
<td>So</td>
<td>Medina, Minn. (Wayzata)</td>
</tr>
</tbody>
</table>

**Head Coach:** Don Glover  
**Assistant coaches:** Benjamin Mullin
2002 Falcon Women's Cross Country Schedule
as of Nov. 18, 2002

Aug. 31 Alumni, 10 a.m.

Sept. 7 at UM-Duluth
Northern Michigan 23, St. Olaf 76, Michigan Tech 114, Lakehead 137, St. Scholastica 145, UM-Duluth 178, Concordia-St. Paul 180, River Falls 182, Superior 219, Northland 273, Mankato Bethany NTS

Sept. 21 at St. Olaf
Washington 46, St. Olaf 74, Elmhurst 85, St. Thomas 114, MSU-Mankato 164, River Falls 197, Carthage 224, Hamline 237, Winona 238, Stout 259, Bethel 301, Superior 309, Platteville 311, MSU-Moorhead 382, Martin Luther 420, North Central 452, Crown 497

Sept. 28 at Griak Invitational (Minneapolis)

Oct. 4 at Midwest Long, Short Course (at Eau Claire)
Macalester 32, St. Olaf 33, River Falls 43, La Crosse 76, Hamline 96, Stout 122, St. Thomas 126, Winona 128, Minnesota State Mankato 170

Oct. 19 at Winona
River Falls 38, Stout 45, Winona 54, St. Mary's 89, UM-Morris 126

Nov. 2 at WIAC Meet (at Platteville)
La Crosse 45, Stevens Point 72, Oshkosh 88, Eau Claire 101, River Falls 138, Whitewater 164, Stout 179, Superior 197, Platteville 235

Nov. 16 at NCAA Midwest Regional (at St. Louis, Mo.)

Nov. 23 at NCAA Nationals (at Northfield, Minn.), Noon
Falcons Run at NCAA Midwest Regional

Nov. 18, 2002

The Falcon cross country teams competed at the NCAA Div. III Midwest Regional and the women placed 10th of 34 teams and the men finished 19th of 33.

For the women, Marlene Yaeger placed 24th overall in a time of 22:25.37 over the 6,000-meter course. Lisa Traxler was close behind finishing 25th overall in 23:30.93. Lisa Barnes was next to cross the line for the Falcons in 73rd place in 23:29.86. She was followed by Marian Christen, 80th, 23:34.62, Candy Kroells, 107th, 23:59.47, Molly Larson, 178th, 25:57.44 and Sara Rudesill, 185th, 26:16.24. Principia's Steph Hood won the race in 20:57.03.

For the men, Chris Henning was the first across the line in the 8,000-meter race in 27:04.04. He placed 108th. Eric Hanson was a close second in 116th place in 27:13.33. He was followed by Matt Olson, 148th, 28:02.9, Dan Kessenich, 151st, 28:06.16, Adam Puhl, 155th, 28:11.99, Mark Hartwig, 187th, 28:54.77 and Matt Hartwig, 202nd, 29:36. Platteville's Ryan Kleimenhagen won the race in 24:28.9.

Women's Team Results

Men's Team Results

Individual Results
Women
24. Marlene Yaeger, 22:25.37
25. Lisa Traxler, 23:30.93
73. Lisa Barnes, 23:29.86
80. Marian Christen, 23:34.62
107. Candy Kroells, 23:59.47
178. Molly Larson, 25:57.44
185. Sara Rudesill, 26:16.24

Men
108. Chris Henning, 27:04.04
116. Eric Hanson, 27:13.33
148. Matt Olson, 28:02.9
151. Dan Kessenich, 28:06.16
155. Adam Puhl, 28:11.99
187. Mark Hartwig, 28:54.77
202. Matt Hartwig, 29:36

Falcons Run at WIAC Meet

Nov. 2, 2002

The Falcon cross country teams competed at the Wisconsin Intercollegiate Athletic Conference Meet on Saturday at the UW-Platteville Memorial Park. The women placed 5th with 138 points and the men 9th with 273 among the nine conference teams.

La Crosse won the women's race with 45 points and Oshkosh was the men's champion with 38.

Lisa Traxler's sixth-place effort in a time of 23:43 lead the women's team, while Marlene Yaeger was just one place shy of a Top 10 conference finish as she was 11th in 24:06. Erik Hanson was the top finisher for the men's team, placing 67th in 28:33.

The women's individual champion was Julia Rudd from La Crosse in 23:20. Ryan Kleimenhagen of Platteville won the men's race in 25:33.

Other top finishers for River Falls were for the women; Lisa Barnes 36th, 25:17; Candace Kroells 49th, 25:53; and Marian Christen, 54th 26:09; and for the men: Tyler Odden 82nd, 29:37; Matt Olson 83rd, 29:43; Kevin McDonough 84th, 29:50 and Chris Henning 85th, 30:00.

Women's Team Results
La Crosse 45, Stevens Point 72, Oshkosh 88, Eau Claire 101, River Falls 138, Whitewater 164, Stout 179, Superior 197, Platteville 235

Men's Team Results
Oshkosh 38, La Crosse 48, Platteville 59, Stevens Point 75, Whitewater 136, Eau Claire 178, Stout 240, Superior 244, River Falls 273

Individual Results
Falcons Run at Midwest Meet

Oct. 4, 2002

The Falcon women placed third of nine teams and the men seventh of nine teams at the Midwest Long & Short Course Meets on Friday afternoon. The women scored 43 points and the men 127.

Marlene Yaeger led the women with a time of 11:20.1 over the 3,000-meter course. Erik Hanson led the men in a time of 17:02.6 over the 5,000-meter race.

The Falcons will next run at the Winona Invitational on Oct. 19.

WOMEN'S TEAM RESULTS
Macalester 32, St. Olaf 33, River Falls 43, La Crosse 76, Hamline 96, Stout 122, St. Thomas 126, Winona 128, Minnesota State Mankato 170

WOMEN'S INDIVIDUAL RESULTS
3 Marlene Yaeger, 11:20.1
4 Lisa Traxler, 11:25.8
15 Lisa Barnes, 12:02.3
21 Molly Larson, 12:08.3
23 Sara Rudesill, 12:15.6
25 Marian Christen, 12:21.2
37 Sarah Schoville, 12:32.5
45 Candy Kroells, 12:41.3
46 Stephanie Jicinsky, 12:42.7
50 Regina Schindel, 12:49.7
53 Dana Martin, 12:55.6
56 Katie Frazer, 13:02.6
58 Amy Schultz, 13:03.5
95 Meghan McGree, 14:33.9
102 Sarah Thull, 15:14.8

MEN'S TEAM RESULTS
St. Thomas 33, Eau Claire 38, Minnesota State Mankato 53, St. Olaf 58, Hamline 61, Macalester 76, River Falls 127, Stout 160, Winona 182

MEN'S INDIVIDUAL RESULTS
27 Erik Hanson, 17:02.6
32 Chris Henning, 17:14.7
33 Tyler Odden, 17:15.8
35 Daniel Kessenich, 17:23.9
44 Jarrod Vonderharr, 17:43.8
45 Kevin McDonough, 17:44.6
55 Matt Olson, 17:50.1
58 Mark Hartwig, 17:54
65 Eric Nordgren, 18:23.1
66 Adam Puhl, 18:24.1
68 Matt Hartwig, 18:34
75 Kory Duerrst, 19:04.2
Falcons Race at U of M Griak Invite

Sept. 28, 2002

UWRF's mens and womens cross country teams competed at the Griak Invitational in St. Paul Minn., on Saturday. The men placed 28th out of 37 teams, while the women tied for sixth with St. Scholastica in the 19-team field. Both schools had 188 points.

The Falcon men's team finished with 848 points, and was led by Erik Hanson in 148th place in 28:14 over the 8,000-meter course. Chris Henning and Tyler Odden were just seconds apart as they finished in 167th, and 169th, respectively. Lisa Traxler spurred on the women's charge with a sixth-place effort in a time of 19:22 over the 5,000-meter course. Other Falcons in the top 50 were Marlene Yaeger in 20th and Lisa Barnes in 43rd.

La Crosse won the men's race with 88 points, followed by Wartburg with 95. Carleton edged out St. Olaf to claim the women's title with 79 points. St. Olaf finished with 81.

MENS INDIVIDUAL RESULTS

148. Erik Hanson, 28:14.3
167. Chris Henning, 28:59.6
169. Tyler Odden, 29:01.5
181. Matt Hartwig, 29:23.4
183. Kevin McDonough, 29:31.2
189. Daniel Kessenich, 29:44.1
203. Mark Hartwig, 30:16.4
265. Eric Nordgren, 30:36.8
274. Matt Olson, 31:00.3
287. BJ Poore, 31:55.5

MENS TEAM RESULTS


WOMENS INDIVIDUAL RESULTS

20. Marlene Yaeger, 19:56.4
43. Lisa Barnes, 20:39.8
52. Molly Larson, 20:54.1
67. Marian Christen, 21:23.1
71. Candace Kroells, 21:29.7
80. Sarah Schoville, 21:48.6
124. Steph Jicinsky, 21:58.7
127. Sara Rudesill, 22:02.9
130. Katie Frazer, 22:06.4
135. Gina Schindel, 22:14.5
155. Colleen Cantlon, 22:41.3
170. Jill Laber, 22:58.6
180. Amy Shultz, 23:15.0

WOMENS TEAM RESULTS

Carleton 79, St. Olaf 81, Eau Claire 103, Macalester 128, Gustavus Adolphus 172, River Falls 188, St. Scholastica 188, Carroll 215, Whitewater 225, Hamline 243, Superior 299, Northwestern 302, Bethel 330, Stevens Point 424, Northland 469, North Central 485, MSOE 510, St. Catherine 521, Crown 553

UWRF Harriers Run at St. Olaf Invitational

Sept. 21, 2002

The Falcon men's and women's cross country teams placed 12th and sixth respectively at the St. Olaf Invitational held Saturday in Northfield, Minn.

For the women, Lisa Traxler paced the Falcons with a time of 23:31 over the 5,000-meter course. Marlene Yaeger was close behind with a 17th place finish in 23:47. Washington University won the team title with 46 points followed by St. Olaf with 74. UWRF finished with 197.

For the men, Erik Hanson led the Falcons placing 57th overall in 27:41 over the 8,000-meter course. Tyler Odden was next in 74th place in 28:17. North Central won the team title with 27 points followed by Stevens Point with 79. UWRF finished with 383. The Falcons will next run at the Griak Invitational, hosted by the University of Minnesota, on Saturday.

Women's Individual Results

12. Lisa Traxler, 23:31
17. Marlene Yaeger, 23:47
33. Lisa Barnes, 24:43
66. Candy Kroells, 26:00
69. Marian Christen, 26:04
70. Dana Martin, 26:06
Women's Team Scores
Washington 46, St. Olaf 74, Elmhurst 85, St. Thomas 114, MSU-Mankato 164, River Falls 197, Carthage 224, Hamline 237, Winona 238, Stout 259, Bethel 301, Superior 309, Platteville 311, MSU-Moorhead 382, Martin Luther 420, North Central 452, Crown 497

Men's Team Scores
North Central 27, Stevens Point 79, MIT 100, Platteville 113, St. Olaf 148, Elmhurst 155, Washington 166, Carthage 200, St. Thomas 316, Stout 338, Superior 358, River Falls 383, Martin Luther 403, MSU-Moorhead 418, Vermillion CC 450, North Central 467, Winona 505, Crown 552

Men's Individual Results
57. Erik Hanson, 27:41
74. Tyler Odden, 28:17
78. Adam Puhl, 28:36
86. Daniel Kessenich, 29:15
88. Matt Hartwig, 29:18
90. Matt Olson, 29:20
91. Chris Henning, 29:22
158. Mark Hartwig, 29:31
167. Kevin McDonough, 29:47
178. Eric Nordgren, 30:07
191. Jarrod Vanderharr, 30:36
197. B.J. Poore, 31:23
225. Kory Duerst, 34:29

Women's Individual Results
21. Marlene Yaeger
24. Lisa Traxel
40. Molly Larson
48. Sara Rudesill
49. Candace Kroells
54. Marian Christen
55. Dana Martin

UWRF Harriers Run at UMD
Sept. 7, 2002

The Falcon men's and women's cross country seasons are off and running as they raced to 4th and 8th place finishes, respectively, at the Lester Park Invitational held Saturday at UMD-Duluth.

Senior Erik Hanson led the way for the men placing an impressive 9th overall with a time of 28:16 over the 8,000-meter course. Next across the line for the Falcons was senior captain Matt Hartwig in 26th place, followed closely by junior Adam Puhl in 27th. Coach Don Glover was extremely surprised yet pleased with the men's performance, as freshman Matt Olson crossed the line next in 29th place.

Michigan Tech won the meet with 37 points, just barely squeaking by UMD who finished second with 41. They were followed by Concordia-St. Paul 105 and UWRF 122.

The Falcon women were paced by sophomore veteran Marlene Yaeger in a time of 20:44, good for 21st place, over the 5,000-meter course. Also breaking the 21 minute mark was senior Lisa Traxler with a time of 20:55 and placing 24th. Another freshmen surprise hit for Glover was Molly Larson, in 40th place. On her heels were Sara Rudesill and Candace Kroells, finishing 48th and 49th, respectively. Glover is impressed with the depth of the women's team and is expecting only improvement as the season progresses.

Northern Michigan easily outdistanced the field to take the women's title with 23 points. St. Olaf was second with 76, followed by Michigan Tech 114. The Falcons were just mere points behind UMD (178) and Concordia-St. Paul (180) as they finished with 182.

The Falcons will next run at the St. Olaf Invitational on Sept. 21