## Women’s Cross Country 2006-2007

### 2006 Falcon Women's Cross Country Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Hgt. Yr.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lauren Besson</td>
<td>5-1 Fr.</td>
<td>Appleton, WI</td>
</tr>
<tr>
<td>Brook Bruggeman</td>
<td>5-3 Fr.</td>
<td>Moorhead, MN</td>
</tr>
<tr>
<td>Stacy Dekkers</td>
<td>5-6 So.</td>
<td>Fairmont, MN</td>
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<tr>
<td>Carly Eggert</td>
<td>5-8 Fr.</td>
<td>St. Michael, MN/St. Michael-Albertville</td>
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<tr>
<td>Tiffany Gardner</td>
<td>5-4 So.</td>
<td>La Crosse, WI/Central</td>
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<tr>
<td>Alyse Good</td>
<td>5-6 Fr.</td>
<td>South Wayne, WI/Black Hawk</td>
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<tr>
<td>Becca Jordahl</td>
<td>5-4 Fr.</td>
<td>Pocatello, Idaho/Century</td>
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<tr>
<td>Sandra Kirchner</td>
<td>5-7 Fr.</td>
<td>Clintonville, WI</td>
</tr>
<tr>
<td>Leah Korf</td>
<td>5-10 Fr.</td>
<td>Oakdale, MN/Tartan</td>
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<tr>
<td>Amanda Kozicky</td>
<td>5-3 Sr.</td>
<td>Chaska, MN</td>
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<tr>
<td>Molly Larson</td>
<td>5-3 Sr.</td>
<td>Lakeville, MN</td>
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<tr>
<td>Bethany Locke</td>
<td>5-8 So.</td>
<td>Minneapolis, MN/South</td>
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<tr>
<td>Maria Michaud</td>
<td>5-1 Jr.</td>
<td>St. Cloud, MN/Foley</td>
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<tr>
<td>Hannah Miller</td>
<td>5-4 Jr.</td>
<td>Edgar, WI</td>
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<td>Laura Murphy</td>
<td>5-7 Jr.</td>
<td>Woodbury, MN</td>
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<tr>
<td>Johanna Olson</td>
<td>5-9 Sr.</td>
<td>Taylor, WI/Blair-Taylor</td>
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<tr>
<td>Samantha Patterson</td>
<td>5-3 Fr.</td>
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<tr>
<td>Chris Peters</td>
<td>5-4 So.</td>
<td>Red Wing, MN</td>
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<tr>
<td>Sheena Ryan</td>
<td>5-6 Jr.</td>
<td>Prescott, WI</td>
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<tr>
<td>Brittany Schillinger</td>
<td>5-7 Fr.</td>
<td>Glenwood City, WI</td>
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<tr>
<td>Nina Watercott</td>
<td>5-2 Fr.</td>
<td>Pine City, MN</td>
</tr>
<tr>
<td>Amie Wrisky</td>
<td>5-4 Fr.</td>
<td>Prescott, WI</td>
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**Head coach:** Don Glover  
**Assistant coach:** Scott Sekelsky, Pat Lorentz
Brook Bruggeman
5-3, Freshman
Moorhead, Minn.
Moorhead High School

Stacy Dekkers
5-6, Sophomore
Fairmont, Minn.
Fairmont High School

Carly Eggert
5-8, Freshman
St. Michael, Minn.
St. Michael-Albertville High School

Tiffany Gardner
5-4, Sophomore
La Crosse, Wis.
Central High School

Alyse Good
5-6, Freshman
South Wayne, Wis.
Black Hawk High School

Becca Jordahl
5-4, Freshman
Pocatello, Idaho
Century High School

Sandra Kirchner
5-7, Freshman
Clintonville, Wis.
Clintonville High School

Leah Korf
5-10, Freshman
Oakdale, Minn.
Tartan High School

Amanda Kozicky
5-3, Senior
Chaska, Minn.
Chaska High School

Molly Larson
5-3, Senior
Lakeville, Minn.
Lakeville High School

Bethany Locke
5-8, Sophomore
Minneapolis, Minn.
South High School

Maria Michaud
5-1, Junior
St. Cloud, Minn.
Foley High School
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<tr>
<th>Name</th>
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<td>Kathryn Oberg</td>
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<td>Minnetonka High School</td>
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<tr>
<td>Johanna Olson</td>
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<td>Senior</td>
<td>Taylor, Wis.</td>
<td>Blair-Taylor High School</td>
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<td>Samantha Patterson</td>
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<td>Tomah, Wis.</td>
<td>Tomah High School</td>
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<td>Christine Peters</td>
<td>5-4</td>
<td>Sophomore</td>
<td>Red Wing, Minn.</td>
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<td>Sheena Ryan</td>
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<td>Junior</td>
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<td>Prescott High School</td>
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<tr>
<td>Brittany Schillinger</td>
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<td>Freshman</td>
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<tr>
<td>Nina Watercott</td>
<td>5-2</td>
<td>Freshman</td>
<td>Pine City, Wis.</td>
<td>Pine City High School</td>
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<tr>
<td>Amie Wrisky</td>
<td>5-4</td>
<td>Freshman</td>
<td>Prescott, Wis.</td>
<td>Prescott High School</td>
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</table>
2006 Falcon Women's Cross Country Schedule

Sept. 2 UWRF Time Trial
No team scores kept.

Sept. 9 UW-RF Invitational
St. Thomas 34, Gustavus Adolphus 50, River Falls 59, Winona 94, Augsburg 146

Sept. 16 at St. Olaf Invitational
Carleton 55, Macalester 99, St. Olaf 121, Duluth 129, St. Benedict 129, Gustavus 149, Mankato 208, Wartburg 214, St. Mary's 266, Moorhead 277, Hamline 308, St. Catherine 316, Winona 327, River Falls 342, Coe 373, Martin Luther 462, North Central 513, Northwestern 513, Augsburg 540

Sept. 23 at Gried Invitational

Sept. 29 at Blugold Open
La Crosse 40, St. Thomas 82, Eau Claire 103, Minnesota 110, River Falls 166, Stout 185, UM-Duluth 218, Bethel 228, St. Catherine 278, Franklin 319, Winona 329, Oshkosh 359, St. Olaf 374, Martin Luther 423, North Central 458, Augsburg 545

Oct. 14 at Tori Neubauer Invitational
South Dakota State 81, Northern Iowa 85, La Crosse 93, Luther 184, Eau Claire 191, Platteville 232, Nebraska Wesleyan 238, Wartburg 303, St. Olaf 314, Carleton 325, Macalester 325, Minnesota 352, UM-Duluth 361, Gustavus 390, RF 414, Whitewater 421, Stout 444, Rhodes 485, Hamline 544, St. Mary's 555, Simpson 556, North Dakota State 567, Central 654, St. Catherine 686, Illinois Wesleyan 768, Aurora 802, Winona 816, Martin Luther 1047

Oct. 28 at WIAC Meet (at La Crosse)
La Crosse 47, Eau Claire 52, Oshkosh 103, Platteville 105, Whitewater 143, River Falls 151, Stout 153, Stevens Point 180, Superior 261

Nov. 11 at NCAA Midwest Regional (Davenport, Iowa)

Nov. 18 at NCAA Div. III Nationals (Wilmington, Ohio), 11 a.m. (CT)

2006 Falcon Women's Cross Country Individual Results

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<thead>
<tr>
<th>Name</th>
<th>RFI</th>
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<th>BO</th>
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<td>Bethany Locke</td>
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<td>28:11</td>
<td>DNR</td>
<td>DNR</td>
<td>DNR DNR</td>
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Fl - River Falls Invitational (Sept. 9)
SI - St. Olaf Invitational (Sept. 16)
GI - Gried Invitational Sept. 23
BO - Blugold Open (Sept. 29)
TNI - Tori Neubauer Invitational (Oct. 14)
WIAC - WIAC Meet (Oct. 28)
NCAA Regional - NCAA Regional (Nov. 11)
Falcon News
Jordahl Finishes 19th at NCAA Meet; Earns All-American Honors
Nov. 18, 2006
Becca Jordahl placed 19th overall at the NCAA Div. III national cross country championships held Saturday in Wilmington, Ohio. Jordahl earned All-American honors for her 19th place finish. She is the first Falcon women's cross country runner to earn NCAA All-American recognition.

Jordahl finished the 6,000-meter course in 23:36. The individual winner was Sarah Zerzan of Willamette who finished in 22:31. Only one other WIAC runner was faster than Jordahl in the meet - Platteville's Marcia Taddy finished one second ahead of the Falcon runner.

Jordahl was the team’s top finisher at last weekend’s NCAA Midwest Regional. She placed 12th overall in 22:01. At the WIAC meet, she was the team’s top runner finishing third overall in 22:11.

Middlebury won the NCAA women’s team title. UW-Eau Claire was the top WIAC team finisher - they placed 12th overall. Calvin won the men’s team title and Oshkosh was the top WIAC team finisher - they placed ninth.

Jordahl Qualifies For NCAA Cross Country Championship Meet
Nov. 13, 2006
Becca Jordahl ran her best race of the year on Saturday during the NCAA Midwest Regional cross country meet and has qualified for the NCAA National meet which will be run on Saturday in Ohio.

Jordahl’s time of 22:01 was only two seconds away from matching the UWRF record of 21:59 held by Marlene Yaeger set last year at the Regional meet. Jordahl's performance earned her All-Region honors. Yaeger ran in the 2005 NCAA Div. III championships held in Delaware, Ohio. Teammate Amanda Kozicky also earned All-Region honors after placing 35th in 22:40.

While she finished 12th overall in the race. The NCAA takes the top seven runners from each region who were not part of an advancing team and awards them individual advancement.

Leading the Falcon women is nothing new for Jordahl as she has been one of the elite runners for the Falcons all season. While she is only a freshman Jordahl has had her share of success this season as she led the way for the women in every meet she ran. Not only did Jordahl lead the women in most meets she also finished third overall at the WIAC Championships fending off stiff competition from two schools in particular, La Crosse and Eau Claire, who both finished in the top five at the regional. "She ran her best at the big meet," Coach Don Glover said of Jordahl's performance.

The NCAA Div. III Championship meet will be held at Wilmington College in Ohio. The women’s race will be held at Voice of America Park in West Chester, Ohio and will begin at 11 a.m. central time.

Phillippi and Jordahl Lead The Way For Cross Country Men and Women
Nov. 11, 2006
Becca Jordahl and Jason Phillippi led the way once again for the Falcons at the NCAA Midwest Regional Cross Country Meet at Augustana College.

Jordahl’s time of 22:01 was good enough to earn her a bid to Nationals, to be held November 18th in Ohio. Jordahl finished 12th overall in the field of 268. That time was good enough to earn Jordahl yet another spot on the Falcon’s Top 20 as she was two seconds away from setting a school record. Also finishing well were Senior Amanda Koizicky and Junior Maria Michaud. Koizicky registered a time of 22:40 and Michaud finished in 23:14 as they finished 35th and 58th respectively. Jordahl and Koizicky both earned All-Region honors at the meet.

Coach Don Glover said that he was impressed with the women’s performance, in addition to Jordahl, Koizicky, and Michaud Glover mentioned Leah Korf and Carly Eggert registered their best times of the year. The Falcons finished 11th overall out of 38 teams in the race won by Washington.

The Falcon men finished 15th overall in the field of 37 teams. "This was the best placement since I’ve been here by our men’s team, best in at least 20 years," Glover said of his men’s team performance. Phillippi finished with a time of 26:00, good enough to earn him 53rd in the field of 264. Freshman Chad Ernst and Senior Justin Youngblood finished one right after the other to earn them 81st and 82nd place respectively. Ernst finished with a time of 26:24 and Youngblood registered a time of 26:25.

Falcon Women Finish 6th; Men Finish 7th At WIAC Conference Championships
Oct. 28, 2006
Becca Jordahl set a UWRF record and finished third overall while Jason Phillippi led the men finishing 29th overall at the WIAC cross country championships in La Crosse on Saturday.

Jordahl finished with a time of 22:11 in the 6,000-meter course while Amanda Koizicky also ran a strong race finishing 17th overall with a time of 23:15. Both Jordahl and Koizicky earned another spot on the Falcon Top 20 times list as they led the way for the Falcons on Saturday.

Phillippi covered the 8,000-meter course in 26:53 earning him yet another spot on the Falcon Top 20 times list while leading the Falcons. Justin Youngblood also registered a Top 20 time and finished 33rd overall, registering a time of 26:56. Jose Rojas also had a strong performance finishing with a time of 27:15 and finished 3rd for the Falcons.
While both the men and the women turned in impressive performances on Saturday they were up against the best of the WIAC including the La Crosse men and women teams who both finished first overall in their respective races.

**Jordahl and Rojas Lead Falcons at Tori Neubauer/Jim Drews Invitational**

**Oct. 14, 2006**

Becca Jordahl and Jose Rojas both finished with the fastest times for the Falcons at the Tori Neubauer/Jim Drews Invitational held at Maple Grove Country Club in La Crosse, Wis..

The men finished 22nd overall in the field of 31 teams and the women finished 15th in the 28 team race.

Jordahl finished 14th overall, finishing the 6,000-meter race with a time of 22:40. Maria Michaud and Amanda Kozicky also ran strong individual races finishing with times of 23:24 and 23:26 respectively. Jordahl's time was a personal record and also earned her another spot on the Falcons' Top 20 times list, this time finishing with the 4th fastest time ever registered by a Falcon runner.

Rojas and teammate Jason Phillippi both finished with sub-27:00 times. Rojas covered the 8,000-meter course in 26:44, finishing 107th overall and Phillippi finished with a time of 26:51 good enough to finish 111th overall. Both Rojas and Phillippi earned another spot on the Falcons' Top 20 times list and Rojas nearly broke his own personal record of 26:29 set earlier this year.

Both the men and women have a two week break before they return to La Crosse for the WIAC meet. The WIAC meet is being held October 28, 2006 and will begin at 11 a.m.

**Cross Country Teams Place Fifth at Blugold Open**

**Sept. 29, 2006**

Becca Jordahl led the women and Jose Rojas the men at the Blugold Open held Friday afternoon at the Whitetail Golf Course.

Both teams finished high in the final team standings - both squads finished fifth.

Jordahl covered the 6,000-meter course in 23:21.08 and she placed seventh overall. Her time was the ninth best in Falcon history. Maria Michaud placed 30th overall in 24:09.56. Her time tied for 16th fastest in Falcon history. Amanda Kozicky was the third Falcon to cross the finish line, she finished 35th overall, in 24:28.27.

Five Falcon men all ran under 27-minutes. Rojas covered the 8,000-meter course in 26:29.34. He placed 20th overall. That is the fastest time by a Falcon runner this year and is the ninth best time ever recorded by a Falcon. Chad Ernst was just behind Rojas in 26:29.66 and that is the 10th fastest time ever recorded by a Falcon. Scott Degner placed 31st overall in 26:46.79; Jason Phillippi finished 33rd in 26:47.83 and Justin Youngblom was 41st in 26:57.37.

The Falcons will take a week off before running at the Tori Neubauer/Jim Drews Invitationals in La Crosse on Oct. 14.

**Jordahl Finishes 13th Overall; Ernst Records Fastest Time for Men**

**Sept. 24, 2006**

Becca Jordahl finished first for the Falcons, while Chad Ernst led the Falcons at the Griak Invitational in Minneapolis, MN on Saturday.

Becca Jordahl led the Falcons to a 12th place finish in the field of 32 teams on Saturday. Jordahl's time (23:58) was enough to earn her yet another spot on the Falcon's Top 20 times list, this time recording the 11th fastest time ever for a Falcon. Amanda Kozicky also ran her second impressive race in as many weeks, finishing 2nd for the Falcons and 35th overall, recording a time of 24:37. Maria Michaud also had a strong race finishing just 10 seconds after Kozicky and placing 43rd overall.

Freshman Chad Ernst recorded a time of 27:31 which was good enough to earn him an overall finish of 94th on Saturday finishing just 18 seconds faster than Falcon's star Jason Phillippi who finished at 27:49, enough to earn him an overall finish of 109th. Both Ernst and Phillippi led the Falcons to a 19th place finish in the field of 52 teams which was comprised of both Division III schools as well as Division II schools, which made the finish that much more impressive.

Up next for the Falcons is the Blugold Open, hosted by the University of Wisconsin Eau Claire on September 29th, the race begins at 3:00 PM.

**Cavanaugh Leads Falcon Men; Kozicky Posts Fastest Time for Women**

**Sept. 16, 2006**

Jake Cavanaugh finished with the fastest time for the Falcons and Amanda Kozicky led the way for the women at the St. Olaf Invitational in Northfield, MN on Saturday.

Cavanaugh's time (28:39) was nearly a minute faster than his nearest teammate, Adam Casillas (29:24), as he finished 86th overall. The Falcons finished 14th in the 23 team invitational as the pace was dominated by the men's squad from La Crosse as all five of their scoring runners posted 27 minute times or lower in the 8,000 meter race.

Amanda Kozicky finished 18th overall with her time of 24:16 which qualifies as the 11th best time in Falcon history. Surprisingly it was not her personal best as she posted a 22:50 two years ago which is the third fastest time ever posted by a Falcon runner. Leah Korf and Stacy Dekkers also made the list of top 20 times in Falcon history with times of 25:46 and 25:58 respectively. The team finished 14th in the field of 19 teams with a total time of 2:13:17 and 342 points. Carleton College walked away with the win led by Karen Campbell who finished with a time of 23:37 in the 6,000 meter race.

Both the men and women will travel to Minneapolis for the Griak Invitational next weekend which is being hosted at Les Bolstad Golf Course at the University of Minnesota.
Rojas Wins UW-RF Men's Race; Jordahl Places Fourth in Women's Race

Sept. 9, 2006

Jose Rojas led the men and Becca Jordahl the women at the UW-River Falls cross country Invitational held Saturday morning on the UW-RF course.

Rojas won the men's 8,000-meter race in 27:01.4. The freshman's time is the 16th fastest in UW-RF history. Jordahl, a sophomore, finished the women's 6,000-meter race in 23:11 and that is the fourth fastest time in Falcon history.

The men ran well together with the team claiming five of the top seven places. Scott Degner placed fourth overall in 27:27.6 followed by Justin Younbloom, fifth, 27:28.5, Chad Ernst, sixth, 27:30.5 and Nick Zeien, seventh, 27:32.2. The men won the team title scoring 23 points.

Maria Michaud placed eighth overall in 23:48.1. Her time is the 10th fastest in Falcon history. Amanda Kozicky placed 13th overall in 24:13.1 and her time is the 12th fastest at UW-RF. Leah Korf ran her first collegiate race and finished in 24:54.8 and in 16th place. Her time is the 15th fastest in Falcon history. Brittany Schillinger also ran her first collegiate race and finished 18th in 25:06.6. Her time is the 17th fastest at UW-RF. The women placed third in the team standings. Winning the women's race was Gustavus Adolphus' Hailey Harren in 21:37.7. Harren won the NCAA Div. III National Championship in 2005.

Cross Country Team Holds Time Trials

Sept. 2, 2006

The Falcon men's and women's cross country teams ran time trials Saturday morning on the UW-RF course. The men ran 8,000-meters and the women 5,000.

The men's team ran the time trials to determine the final roster. The women's roster was set before the time trials.

For the men, Jose Rojas ran the race in 28:13 to finish first. Nicholas Zeien, Scott Degner and Justin Youngbloom all finished in 28:27. Those five ran most of the race in a pack and Rojas was able to break away over the last part of the race.

Maria Michaud led the women with a time of 20:30. Becca Jordahl was next in 20:31 and Amanda Kozicky was third in 20:37. The women did not push during this race.

The top 17 men's finishers, along with Cary Cardinal, Chris Wenig, Bobby Hanson, Jason Quarford, Ben Kirmse, Jacob Cavanaugh and Jason Phillippi, make of the 2006 men's roster.
Syverson Named Falcon Head Cross Country Coach

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.

Sekelsky Named Falcon Co-Head Women's Cross Country Coach

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.