



## RELEASE No. 8

FOR IMMEDIATE RELEASE

# Cross Country RELEASE

MENS

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Nick Kornder • Asst. Commissioner for Media Relations • 2999 County Road 42 West • Burnsville, MN 55306 • P: 651.288.4017 • F: 952.378.1694 • [Kornder@northernsun.org](mailto:Kornder@northernsun.org)

### Augustana Wins Fifth Straight NSIC Cross Country Championship

Paul Yak won his third consecutive NSIC individual cross country championship and led the Augustana men's team to their fifth straight team title by placing their five scorers in the overall top six. On top of placing five in the top six overall runners, 10 Vikings earned All-NSIC honors, finishing in the top 20. Head coach Tracy Hellman's men's team title propelled him to NSIC men's coach of the year, the fifth time he has won the award.

#### Team Standings

1 Augustana .....	18
2 Sioux Falls .....	84
3 University of Mary .....	124
4 Minnesota-Duluth .....	126
5 Winona State .....	128
6 Minnesota State .....	132
7 MSU Moorhead .....	138
8 Southwest Minnesota State .....	218
9 Wayne State .....	265
10 Northern State .....	272
11 St. Cloud State .....	313
12 Minot State .....	324
13 Concordia-St. Paul .....	341

#### NSIC First Team All-Conference

1 Yak, Paul	SR	Augustana
2 Karbo, Tom	SR	Augustana
3 Horan, Matt	SO	Sioux Falls
4 Karbo, Harald	SO	Augustana
5 Braun, Adam	JR	Augustana
6 Klecker, John	SO	Augustana
7 Brockmueller, William	JR	Sioux Falls
8 Ball, Jacob	SR	MSU-Mankato
9 Brockmueller, Robert	JR	Sioux Falls
10 Slusser, Jordan	SR	Augustana

#### NSIC Second Team All-Conference

11 Jessop, Chris		Univ of Mary
12 Gleason, TJ	JR	Augustana
13 Hauge, Nathan	SO	Augustana
14 Ellingson, Glen	FR	Augustana
15 Eifert, Billy	JR	Winona State
16 Nielsen, Dan	JR	Minnesota Duluth
17 Dowell, Jason	JR	MSU-Moorhead
18 Carda, Keegan	FR	Augustana
19 Fisher, Mitch	SO	Minnesota Duluth
20 Tabbert, Ethan	SO	Sioux Falls

The NCAA Regional will take place on Saturday, November 9th in again at Yankton Trails in Sioux Falls, S.D. The NCAA DII National Cross Country Championships will be held at Plants Ferry Athletic Complex in Spokane, Wash. on November 23, 2013.

### NSIC Men's Cross Country Athlete of the Meet

Paul Yak (Sr., Storm Lake, Iowa / St. Mary's HS) won his third consecutive NSIC individual cross country championship and led the Augustana men's team to their fifth straight team title by placing their five scorers in the overall top six. Yak, a senior from Storm Lake, Iowa, became the just second three-time champion in the 34-year history of the NSIC (Van Nelson, SCSU 1965-66-67) with a time of 25:07.75 on the 8,000-meter course.

### NSIC Men's Cross Country Newcomer of the Year

Augustana freshman Glen Ellingson (R-Fr., Moorhead, Minn. / Moorhead HS) finished in 14th place to earn NSIC Newcomer of the Year honors, as he was the top finisher competing in his first year of NSIC action. Ellingson finished the race in a time of 25:58.76.

### NSIC Men's Cross Country Coach of the Year

Augustana's Tracy Hellman's men's team title propelled him to NSIC men's coach of the year, the fifth time he has won the award.

### NSIC Team Notes AUGUSTANA

Paul Yak won his third consecutive Northern Sun Intercollegiate Conference individual cross country championship and led the Augustana men's team to their fifth straight team title by placing their five scorers in the overall top six. Yak, a senior from Storm Lake, Iowa, became the just second three-time champion in the 34-year history of the NSIC (Van Nelson, SCSU 1965-66-67) with a time of 25:07.75 on the 8,000-meter course. Following Yak, Tom Karbo out-kicked third place runner Matt Horan of Sioux Falls who edged Harald Karbo by less than 0.4 seconds, handing the younger Karbo a fourth-place finish. Adam Braun and John Klecker quickly followed in fifth and sixth, respectively, assuring the men's team title would stay in Augustana's hands for another year. On top of placing five in the top six overall runners, 10 Vikings earned All-NSIC honors, finishing in the top 20. Head coach Tracy Hellman's men's team title propelled him to NSIC men's coach of the year, the fifth time he has won the award.

### CONCORDIA-ST. PAUL

Concordia-St. Paul junior Nic Rudolph led the cross country team at the 2013 NSIC Championships at Yankton Trails Park hosted by Augustana College. Rudolph led the team with a 52nd place finish in a time of 27:19.13 on the 8k course as he improved 36 spots over his finish a year ago.

### UNIVERSITY OF MARY

Surprising the field at the 2013 Northern Sun men's cross country championships, the University of Mary placed third overall, the best finish for the Marauders since joining the conference in 2006. In true team style, U-Mary placed five runners in the top 39 overall. The Marauders previous best finish was fourth, last accomplished in 2011. As he has done all season, Chris Jessop was the top finisher for the Marauders. The sophomore from Corvallis, MT, placed 11th overall with a time of 25:46.26 to earn All-Northern Sun second team honors. While Jessop was the lone Marauders runner to earn conference honors, it was a team effort to finish third. Two seniors grabbed the next two slots for U-Mary. Taylor Thompson placed 22nd in a time of 26:19.44. Close behind was Shaun Henderson in 26th, running the 8K Yankton Trails course in 26:33.41. Rounding out the scoring for the Marauders was sophomore Carter Montgomery and senior Josh Wilson, as the pair finished consecutively in 38th and 39th place with marks of 26:51.49 and 26:52.65, respectively.

### MINNESOTA DULUTH

Minnesota Duluth, placed fourth in the NSIC Championships at Yankton Trails Park on Saturday in Sioux Falls, S.D. UMD, who finished fourth last year in the same event, compiled a team score of 126, just two points out of third (University of Mary). Host Augustana College, the sixth-ranked team in the nation, finished with five runners in the top six en route to their fifth straight NSIC crown. The Bulldogs were led by junior Dan Nielsen, who finished 16th out of 111 runners with an 8K time of 26:01.29, and sophomore Mitch Fisher (19th place; 26:04.95), both of whom received All-NSIC distinction. They were followed by sophomore Drew Johnson (25th; 26:28.30), sophomore Joey Erickson (34th; 26:48.20), junior Mitch Zuidema (46th; 27:04.37), and senior Tyler Stevens (47th; 27:05.65), all of whom finished with season bests.

The NSIC is a 16-team, 18-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.

Augustana College • Bemidji State • Concordia - St. Paul • University of Mary • Minnesota • Crookston • Minnesota Duluth • Minnesota State University, Mankato • MSU Moorhead • Minot State • Northern State • Sioux Falls • Southwest Minnesota State • St. Cloud State • Upper Iowa • Wayne State • Winona State



## MINNESOTA STATE

Buoyed by the eighth-place finish of senior Jacob Ball, Minnesota State claimed a sixth-place result at the 2013 Northern Sun Intercollegiate Conference Men's Cross Country Championship in Sioux Falls Saturday morning. Ball posted a time of 25:40.76 on the 8K course at Yankton Trails Park in finishing as the top Maverick individual. Junior Josiah Swanson was the next Maverick to finish the race, coming in 23rd, with a time of 26:23.05, junior Matt Stocker took 27th with his time of 26:37.16, freshman Ryan Erdman placed 41st (26:57.98), junior Alex Schoneberger was 45th (27:03.61), sophomore Matt Longen placed 66th (27:56.99) and sophomore Dan Kroenke finished 77th (28:23.04)

## MSU MOORHEAD

Jason Dowell (Jr., Wheaton, Ill. / Wheaton HS) paced the Dragon men during the NSIC Championships last weekend in Sioux Falls, S.D. The junior ran an 8K time of 26:04.36 to take 17th overall and earn All-NSIC second team honors. It was the first all-conference honor of Dowell's Dragon career. The Dragons resume action on Nov. 9 at the Central Region meet in Sioux Falls, S.D.

## MINOT STATE

Minot State University's men's cross country team finished with 324 points to end up in 12th place overall at the Northern Sun Intercollegiate Conference Championships Saturday. All four of their top runners were hampered by injuries or sickness. Joel Cartwright (So., Great Falls, Mont.) was the Beavers top runner with a 49th overall finish and a time of 27:08.37. He was up from 92nd a year ago. Brett Szafarski (Sr., Chula Vista, Calif.) was second for the Beavers at 58th and Clay Armstrong (Jr., Missoula, Mont.) was third at 61st. Minot State will travel to the NCAA Central Region Championships also at Sioux Falls Nov. 9.

## NORTHERN STATE

Hunter Kopff was the top finisher for the Wolves at the NSIC Championships as NSU finished tenth. Kopff placed 28th and finished the 8K race with a time of 26:39.66. Jacob Arechigo finished with a time of 27:02.15 and finished 43rd overall. Adam Leach had a solid race for the Wolves, Leach finished in 63rd with a time of 27:47.71.

## SIoux FALLS

The USF men's cross country team competed in the 2013 NSIC Championships on Saturday and came away with a 2nd place team finish. USF had three runners earn NSIC All-Conference First-Team honors with their top ten finishes. Sioux Falls native Matthew Horan (So., Sioux Falls, S.D./Roosevelt HS) led the Cougar men with his third place finish (25:25.77). He was followed by teammates Billy Brockmueller (25:39.70) and Bobby Brockmueller (25:44.56) who finished in 7th and 9th place respectively. Ethan Tabbert also earned NSIC Second Team honors by running a 26:13.29 on his way to a 20th place finish. Rounding out the scoring runners for the Cougars was freshman Cody Herman who finished in 51st place with his time of 27:11.87. The Cougars will compete next on November 9 at the NCAA Central Regional Championships in Sioux Falls, S.D. at Yankton Trail Park.

## SOUTHWEST MINNESOTA STATE

The Southwest Minnesota State University men's cross country team finished in eighth place out of 13 teams at the NSIC championships. Trent Smith led the way for SMSU with a 24th place finish in the 111-person, 8,000-meter race with a time of 26:26. Alejandro Sanchez recorded a 26:44 to finish in 31st, while OJ Ojullu crossed the line in 35th place with a time of 26:49. Alex Solheim finished in 76th place with a time of 28:37, followed by Kelly Fitzsimmons in 81st place with a 28:37, Blake Wooten in 89th at 29:01 and Schuyler Canfield in 90th place with a time of 29:02 to round out SMSU's scores.

## ST. CLOUD STATE

The St. Cloud State University men's cross country team earned an 11th place finish at the 2013 Northern Sun Intercollegiate Conference championships on Saturday, Oct. 26 in Sioux Falls, S.D. The Huskies posted a team total of 313 points to place 11th. SCSU senior Tom Mountain paced the Huskies with a 48th place time of 27:07.57 on the 8K course at Yankton Trails Park in Sioux Falls, S.D. Rookie Johnathan Hess placed 60th for SCSU at 27:38.16 and teammate freshman Ra'shad Harris was 74th at 28:17.59. SCSU's Chris Caron was 79th at 28:28.72 and Paul Maile was 93rd overall at 29:05.51. The Huskies will continue their 2013 season on Nov. 9 with a trip back to Yankton Trails Park for the NCAA Division II Central Regional championship. This meet serves the qualifier for the 2013 NCAA Division II championships.

## WAYNE STATE

The Wayne State College men's cross country team scored 265 points to earn a ninth place finish Saturday afternoon at the NSIC Championships held at Yankton Trails Park in Sioux Falls, South Dakota. The ninth place finish for the Wildcats was a three spot improvement from last year's NSIC finish. Justin Brueggemann, a sophomore from Plattsmouth, was Wayne State's top finisher coming in 40th out of 111 runners in a time of 26:56 on the 8,000 meter course. Senior Greg Tracy was next in 57th place at 27:28 with fellow senior Garang Lual right behind in 59th place in 27:34.

## WINONA STATE

Billy Eifert, Jr., Cambridge, Minn. (Cambridge-Isanti) and Shane Carlson posted top-25 individual finishes as the Winona State men's cross country team placed fifth at the NSIC Championship Saturday in Sioux Falls. Eifert recorded a 15th-place finish to lead the Warriors, posting a time of 26:01. Shane Carlson added a 21st-place showing with a time of 26:14 to bolster the WSU cause. Winona State had six runners finish in the top-50 and four in the top 32. David Lund added a 30th-place showing while Sam Westerberg finished 32nd. Seth Reel finished 44th while Nick Couillard was 50th to help send the Warriors to their strong team showing. The Warriors' average team time of 26:33 tied for the eighth best in school history.

## Past NSIC Men's Cross Country Athletes of the Week

9/10/13: Adam Braun - Augie  
9/17/13: Jason Dowell - MSUM  
9/24/13: Matt Horan - USF  
10/1/13: Paul Yak - Augie  
10/8/13: Paul Yak - Augie (2)  
10/15/13: Devin Allbaugh - MSU

## 2013 PRESEASON NSIC Men's Cross Country COACHES' POLL

	Points
1. Augustana (12) .....	144
2. Minnesota State (1) .....	125
3. Sioux Falls .....	122
4. University of Mary .....	99
Minnesota Duluth .....	99
6. MSU Moorhead .....	91
7. St. Cloud State .....	86
8. Northern State .....	60
9. Winona State .....	53
10. Minot State .....	42
11. Wayne State .....	35
12. Concordia-St. Paul .....	33
13. Southwest Minnesota State .....	25
first place votes in ( )	

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