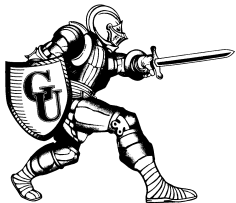
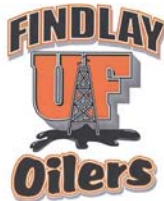


NCAA-II Great Lakes Regional  
**CHAMPIONSHIPS**  
2005

**PROGRAM**



BELLARMINE  
UNIVERSITY



**HOSTED BY**  
**FERRIS STATE UNIVERSITY**

**NOVEMBER 5, 2005 ♦ KATKE GOLF COURSE ♦ BIG RAPIDS, MICHIGAN**  
**WOMEN'S 6K - 11 A.M. (EST) ♦ MEN'S 10K - 12 P.M. (EST)**

**FERRIS STATE UNIVERSITY**

The Ferris State University Athletics Department will host the 2005 NCAA Division II Great Lakes Regional Men's and Women's Cross Country Championships Saturday, Nov. 5, at FSU's Katke Golf Course in Big Rapids, Mich.

The 25th annual women's postseason event and 47th annual men's championships will feature approximately 260 student-athletes and kick off with the women's 6,000-meter (6K) race at 11 a.m. (EST). The men's 10,000-meter (10K) event will follow at 12 p.m. (EST) with the post-race awards ceremony set to begin around 1:30 p.m. (EST). Admission to the event is free of charge and open to the public. Parking is available and located on the property.

"We're excited to host the regional championships at Ferris," said 10th-year FSU head coach Jeff Kavalunas. "We've got a great course for both the student-athletes to run on and for spectators watching the event. It's a tremendous opportunity for us to showcase our facilities and the community."

The regional field will include 23 men's teams and 24 women's squads from the Great Lakes Region, which encompasses all schools located in both the Great Lakes Intercollegiate Athletic Conference (GLIAC) and the Great Lakes Valley Conference (GLVC). The top four team finishers in both the men's and women's divisions as well as the top two individuals not associated with one of the four squads will automatically qualify for the 2005 NCAA-II Championships set for Saturday, Nov. 19, in Pomona, Calif. Seven runners will compete per team in the scoring race with the top seven overall finishers attaining first-team all-region recognition.

"It will be nice for our student-athletes to run on their home course and hopefully it will give us a home-course advantage," Kavalunas said. "While it's a lot of work to put on an event of this magnitude, it also provides us with an opportunity to enhance our sport locally and will be a big boost for our athletes competing."

Katke Golf Course, a university-owned 18-hole golf course situated on the western flank of the Ferris State campus, serves as the home site for all Bulldog cross country along with men's and women's golf events. The course is named after Mr. and Mrs. Marvin L. Katke, whose generous donation influenced campus development and the initial phase of the golf course. Katke, a friend of Ferris and a Mecosta County native, was vice president for manufacturing of the Ford Motor Company and a 1967 recipient of an honorary degree from FSU.

Katke, which opened in 1974, recently played host to the 2003 GLIAC Cross Country Championships and also the 2004 NCAA Division II East Regional Women's Golf Championships. Both the men's and women's races will start and finish on Katke's 18th hole near the clubhouse.

Last season (2004), Grand Valley State captured both the men's and women's crowns at the NCAA-II Great Lakes Regional Championships (Nov. 6), which were hosted by Southern Illinois-Edwardsville at Edwardsville, Ill. The Bulldog women placed fifth while the men were 18th in 2004.

Among the teams to watch in the women's division are GVSU and Northern Michigan, which are ranked second and third, respectively, in the latest (Oct. 24) NCAA Division II Track and Field/Cross Country Coaches Association National Poll. Southern Indiana (6th), Wisconsin-Parkside (12th), host Ferris State (18th) and Hillsdale (20th) are also listed in the women's top 25 while the current men's national rankings include regional members GVSU (5th), Wayne State (7th), Southern Indiana (9th), Saginaw Valley State (16th), Lewis (19th) and Hillsdale (22nd).

The women's race will include Grand Valley State's Mandi Zemba, who won the individual title in the 2005 GLIAC Championships held last Saturday (Oct. 22) at the Al Quaal Recreation Area in Ishpeming, Mich. Also running will be Ferris senior Jenny Irwin (Scottville/Mason County Central), who took runner-up honors at the GLIAC Championships, along with Southern Indiana's Heather Cooksey. Cooksey placed first while Bellarmine's (Ky.) Meghan Crowe was second in the GLVC Championships (Oct. 22) held in Rensselaer, Ind. Irwin had won five-straight individual race titles this season prior to the conference event.

In the men's field, GLVC Champion Andy Tremble of Lewis (Ill.) and runner-up Rey Alvarez of Southern Indiana are among the competitors. The GLIAC's individual champion Nate Peck of Grand Valley State and second-place finisher Chris Hammer of GVSU also will be competing in addition to Ferris sophomore Ray Rollet (South Rockwood/Airport), who has been the Bulldogs' top finisher in all six of the squad's outings this campaign.

Grand Valley State won both the men's and women's GLIAC titles this season, Wisconsin-Parkside earned the GLVC women's crown and Southern Indiana was the top men's team in the GLVC.

Ferris State's women, who fell one spot short of qualifying for the national meet a year ago, captured third place while the Bulldog men took ninth overall at the 2005 GLIAC Championships.

## REGIONAL FACTS

**WHAT:** NCAA-II Great Lakes Cross Country Championships

**WHEN:** Saturday, Nov. 5, 2005

**WHERE:** Katke Golf Course (Big Rapids, Mich.)

**HOST:** Ferris State University

**TIME:** Women (11 a.m.), Men (12 p.m.)

**DISTANCE:** Women (6K), Men (10K)

**QUALIFIERS:** Top four teams & top two individuals not associated with one of the qualifying teams will advance to the NCAA-II Championships Saturday, Nov. 19, in Pomona, Calif. Also, anyone finishing among the top five individuals will also qualify.

**NATIONALLY-RANKED TEAMS:** Women (6), Men (6) - Rankings as of Oct. 24, 2005





**NCAA-II GREAT LAKES REGIONAL CROSS COUNTRY CHAMPIONSHIPS  
\*HOSTED BY FERRIS STATE UNIVERSITY\***

**SATURDAY, Nov. 5, 2005**

**KATKE GOLF COURSE  
BIG RAPIDS, MICH.**

**Schedule of Events**

**Friday, Nov. 4**

*12 p.m. – Final Declarations Due*

*12 p.m. - 6 p.m. – Course Open For Inspection*

*4:30 p.m. – Mandatory Coaches Meeting (Katke Golf Course Clubhouse)*

**Saturday, Nov. 5**

*9 a.m. – Course Open To All Participants*

*10:45 a.m. - Women Called To Starting Line*

*11 a.m. – Start of Women's 6K Race*

*11:45 a.m. – Men Called To Starting Line*

*12 p.m. – Start of Men's 10K Race*

*1:30 p.m. – Presentation of Individual & Team Awards*

*(Will be held outside the Katke Golf Course Clubhouse or moved to FSU's Jim Wink Arena in case of inclement weather)*



**WELCOME TO THE 2005 GREAT LAKES REGIONAL CHAMPIONSHIPS!**

*It is with great pride that I welcome you to Ferris State University for the 2005 NCAA Division II Great Lakes Regional Cross Country Championships! We are pleased to be able to share with you our campus, community, and facilities at this beautiful time of year.*

*The young people competing this weekend, and their coaches, have worked extremely hard to get to this point in the season. Please join us in congratulating them on their efforts and the results they achieve today.*

*Enjoy your time on our campus and good luck to all involved!*

*Tom Kirinovic  
Athletics Director  
Ferris State University*

### Ashland Eagles

Name	Year	Hometown/High School (College)
Mara Lee Albright	Jr.	Norwalk, Ohio/Western Reserve
Jessica Fleming	Sr.	Massillon, Ohio/Jackson
Miranda Forgac	Jr.	Lakewood, Ohio/St. Joseph Academy
Stephanie Helle	Fr.	Millersport, Ohio
Melissa Montagnese	Jr.	Amherst, Ohio/Firelands
Kristin Ricketts	Jr.	Lancaster, Ohio
Shauna Simpson	Fr.	Burton, Ohio/Berkshire
Erin Stauffer	Sr.	Ashland, Ohio
Erin Wilcoxon	Sr.	Concord, Ohio/Riverside
Becky Yoder	Fr.	Millersburg, Ohio/West Holmes

**Head Coach:** Nick Cordes

**Assistant Coaches:** Nate Iler, Leigh Daniel

### Ferris State Bulldogs

Name	Year	Hometown/High School (College)
Kristen Balla	Sr.	Farmington, Mich.
Leticia Carvalho-Pinto	Fr.	Big Rapids, Mich./Morley-Stanwood
Jacquelyn Green	So.	Portage, Mich./Northern
Jenny Irwin	Sr.	Scottville, Mich./Mason County Central
Geneva Jones	Sr.	Detroit, Mich./Cooley
Jenelle Keinath	Fr.	Millington, Mich./Saginaw Valley Lutheran
Ashley Lehmann	Fr.	Grand Rapids, Mich./Grandville
Chandra Robinson	So.	Warren, Mich./Mott
Ashley Sholl	So.	Fort Wayne, Ind./Bishop Luers
Mikinzie Stuart	Fr.	Saginaw, Mich./Nouvel Catholic
Julia Viel	Jr.	Big Rapids, Mich.
Leanna Wolf	Jr.	Fountain, Mich./Mason County Central

**Head Coach:** Jeff Kavalunas

**Assistant Coach:** Lisa Rollefstad

### Findlay Oilers

Name	Year	Hometown/High School (College)
Megan Alcock	Sr.	Columbia City, Ind./Churubusco
Mallory Barfield	So.	Findlay, Ohio/Liberty Benton
Ann Benschoff	Jr.	Ashland, Ohio/Crestview
Kirby Blackley	Jr.	Cincinnati, Ohio/St. Ursula Academy
Kristi Comstock	So.	Kenton, Ohio
Rochelle Croft	So.	Spencerville, Ohio
Ashley Elling	Jr.	Napoleon, Ohio
Kristin Erne	Jr.	Huron, Ohio
Emily Gauger	Jr.	Frewsburg, N.Y./Central
Danielle Grochowalski	Jr.	Bucyrus, Ohio/Wynford
Erika Heiser	Sr.	Fostoria, Ohio
Samantha Herdrich	Fr.	Connersville, Ind.
Jessica Latham	Fr.	Pandora, Ohio/Gilboa
Alana Margaf	Jr.	New Riegler, Ohio
Lisa Ortiz	Fr.	Old Fort, Ohio
Karis Reinhart	So.	Tiffin, Ohio/Hopewell Louden
Christina Ricketts	So.	Saint Louisville, Ohio
Abbie Shook	Jr.	Chandlersville, Ohio/Philo
Kristin Weible	So.	Defiance, Ohio/Ayersville

**Head Coach:** Marc Arce

**Assistant Coach:** Lisa Klingshirm

### Gannon Knights

Name	Year	Hometown/High School (College)
Mandie Britton	So.	Coraopolis, Pa./West Allegheny
Katie Froehlich	Jr.	Erie, Pa./Mercyhurst Prep
Karli Hess	Fr.	Lackawanna, N.Y./Mt. Mercy Academy
Mindy Klavon	So.	South Park, Pa.
Emily Opett	Sr.	Rocky River, Ohio
Sara Santilli	Sr.	Kane, Pa./Kane Area
Julie Snyder	So.	Oakdale, Pa./West Allegheny
Amanda Steeves	Sr.	Grimsby, Ontario
Kim Urbanowicz	Fr.	Hiram, Ohio/Berkshire
Shayna Weir	So.	Chambersburg, Pa./James Buchanan
Alicia Winters	Sr.	Allison Park, Pa./Hampton

**Head Coach:** John Carrig

### Grand Valley State Lakers

Name	Year	Hometown/High School (College)
Laura Aderman	Fr.	Menominee, Mich./Stephenson
Lynsey Ardingo	Fr.	Pinckney, Mich.
Lauren Bader	Jr.	Mt. Vernon, Ind.
Bridgette Beeny	So.	Swartz Creek, Mich.
Rosanna Chapman	So.	Goetzville, Mich./Pickford
Adrian Chouinard	Sr.	Traverse City, Mich.
Kara Egan	Jr.	South Bend, Ind./St. Joseph's
Pam Friday	So.	Muskegon, Mich./Mona Shores
Molly Gavin	Fr.	Northville, Mich.
Kelly Gibbons	Fr.	Livonia, Mich./Stevenson
Samantha Gordon	So.	Hartland, Mich.
Meggie Grube	So.	Glen Elyn, Ill./Glenbard South
Gabby Gutierrez	Fr.	Livonia, Mich./Churchill
Kaitlin Harvey	Jr.	Tekonsha, Mich.
Jacquie Hoeve	Sr.	Three Rivers, Mich.
Sarah Jaquith	Jr.	Petoskey, Mich.
Stacey Kandas	Jr.	Trenton, Mich.
Stephanie Kandas	So.	Trenton, Mich.
Sarah Kulczycki	Fr.	Livonia, Mich./Stevenson
Brandi Murrell	So.	Indianapolis, Ind./Bishop Chatard
Susie Rivard	So.	Brighton, Mich.
Amber Sebasta	Sr.	Kingsley, Mich.
Karlie Singleton	So.	Granger, Ind./Penn
Meghan Soltis	Fr.	Albion, Mich.
Ashley Wharton	So.	Lake Orion, Mich.
Mandi Zemba	Sr.	Menominee, Mich.

**Head Coach:** Jerry Baltus

**Assistant Coach:** Charlie Wolf

### Hillsdale Chargers

Name	Year	Hometown/High School (College)
Hannah Agauas	Jr.	Sterling Heights, Mich./Utica
Danielle Chase	Sr.	Saline, Mich.
Laura Devine	Sr.	Ripon, Wis.
Carrie Douglas	Sr.	Jackson, Mich./East
Mallory Farnum	Fr.	Highland, Mich./Milford
Joanna Grille	Sr.	Wallace, Mich./Stephenson
Jen Gunderson	So.	Dexter, Mich.
Alissa Hall	Jr.	Monroe, Mich./St. Mary's Catholic
Heidi Johnson	Sr.	Ludington, Mich.
Beth Ann Lannen	Jr.	Jackson, Mich.
Beth Scherer	Sr.	Marshall, Mich.
Katie Smith	Jr.	Flint, Mich./Powers Catholic
Rachel Somogie	Jr.	North Andover, Md.
Shannon Stanglewicz	Sr.	St. Louis, Mich.
Lesley Turner	So.	Littleton, Colo.

**Head Coach:** Bill Lundberg

**Assistant Coaches:** Chris Weigandt, Jeff Forino, Joe Weyers



### OFFICIAL RACE STARTER

Al Owens, a longtime supporter of both Great Lakes Intercollegiate Athletic Conference (GLIAC) cross country along with track and field, will serve as the official race starter for the 2005 NCAA-II Great Lakes Regional Championships.

Owens, who has worked a countless number of league events in past years, presently works as a game management assistant for the Grand Valley State University Athletics Department where he is responsible for helping conduct countless events on an annual basis for the Lakers.

In addition to his work with the GLIAC, Owens has also served as an official at several world-class track and field events during his career including the U.S. Olympic Trials.

### Lake Superior State Lakers

Name	Year	Hometown/High School (College)
Kate Baker	Jr.	Royal Oak, Mich./Bishop Foley
Michelle Ballance	Sr.	White Cloud, Mich.
Constance Beausejour	Jr.	Marathon, Ontario
Brooke Brenner	Sr.	Hopkins, Mich.
Mandi DeBlock	So.	Bornholm, Ontario/Mitchell District
Christina Etapa	Jr.	Ontonagon, Mich.
Charlotte Folkersma	Fr.	Rudyard, Mich.
Kathryn Harriger	Fr.	Gaylord, Mich.
Chealsy Riddell	Fr.	South Boardman, Mich.Traverse City Central
Stephanie Riedel	Fr.	Eau Claire, Wis./Memorial
Elise Rouwhorst	Fr.	Muskegon, Mich.
Katie Scott	Fr.	Mitchell, Ontario
Alexandria Sullivan	Fr.	Gladwin, Mich.
Jade Szubelak	Fr.	Fairview, Mich.

**Head Coach:** Steve Eles

### Mercyhurst Lakers

Name	Year	Hometown/High School (College)
Allison Babcock	So.	Fairbanks, Alaska/Lathrop
Victoria Caruso	So.	Pittsburgh, Pa.
Emily Donovan	Fr.	Shinglehouse, Pa./Oswayo Valley
Carrie Franze	Jr.	Pittsburgh, Pa./North Allegheny
Jackie Jackson	So.	West Falls, N.Y./Springville G.I.
Katie Jarocki	Jr.	McKees Rocks, Pa./Sacred Heart
Carrie Karsznia	Sr.	Erie, Pa./Harborcreek
Beth Kenniston	Sr.	Grove City, Pa.
Laura McCarthy	Jr.	Wexford, Pa./North Allegheny
Sara Rex	Fr.	Grand Valley, Pa./Youngsville
Nicole Ruffo	So.	Plainfield, Conn.

**Head Coach:** Kathy Noble-Fraley

### Michigan Tech Huskies

Name	Year	Hometown/High School (College)
Kathleen Bendall	Jr.	Corunna, Mich.
Kaylyn Gaul	Fr.	Midland, Mich.
Kate Hagenbuch	Jr.	Hancock, Mich.
Tara Hansen	Jr.	Swartz Creek, Mich.
Danielle Holmgren	Fr.	Rapid River, Mich.
Karen Jarvey	Fr.	Calumet, Mich.
Laura Kangas	Fr.	Chassell, Mich.
Jenna Klein	Fr.	Ely, Minn.
Nicole Lepinski	Fr.	Maple Grove, Minn.
Britta Lundberg	Fr.	Roseville, Minn.
Andrea Metz	So.	Marathon, Wis.
Melissa Meyer	Fr.	Newport, Mich.
Mindy Miller	Fr.	Pittsburgh, Penn./North Hills
Kristin Moriarty	Fr.	Zimmerman, Minn.
Kristina Owen	Sr.	East Wenatchee, Wash.
Jessica Pontius	Fr.	Saline, Mich.
Elizabeth Quinley	Fr.	Anchorage, Alaska/East
Rachel Robertson	Jr.	Green Bay, Wis.
Cynthia Schafer	So.	New Brighton, Minn.
Stephanie Schiel	Fr.	Midland, Mich.
Kelli Whelan	Fr.	Shaftsburg, Mich./Perry
Lauren Wiza	Fr.	Cedarburg, Wis.

**Head Coach:** Joe Haggemiller

### Northern Michigan Wildcats

Name	Year	Hometown/High School (College)
Kelly Ahern	So.	Breckenridge, Colo.
Brittney Coehoom	So.	Pulaski, Wis.
Laura DeWitt	So.	Rhinebeck, N.Y.
Melissa Engelmeier	Fr.	Saginaw, Mich.
Laura Gajewski	Fr.	Lombard, Ill.
Jacalyn Gross	Fr.	Marine City, Mich.
Megan Hoklas	Fr.	Crystal Lake, Ill.
Stephanie Howe	Sr.	Forest Lake, Minn.
Jessica Kalafut	Jr.	Menominee, Mich.
Tasha Kettula	Fr.	Frederic, Wis.

Tami Kochen	Sr.	Boulder, Colo.
Viktoria Koskenoja	Jr.	Toronto, Ontario
Melissa Ladwig	Fr.	Gillet, Wis.
Amee Loftis	So.	Saint Clair, Mich.
Bibiane Mahy	Fr.	Porcupine, Ontario
Stephanie Mishica	Jr.	Hancock, Mich.
Stephanie Ostrenga	Fr.	Escanaba, Mich.
Judy Pumper	Sr.	Miladore, Wis.
Brooke Rediger	So.	Bloomer, Wis.
Kyle Richards	Fr.	Newberry, Mich.
Morgan Smyth	Jr.	Vernon, Vt.
Danielle Stein	So.	Kalkaska, Mich.
Jane Stieber	So.	Boyne City, Mich.
Maria Stuber	So.	Waukesha, Wis.
Lindsey Weier	Sr.	Gurnee, Ill.
Jennifer Wiedmeyer	Fr.	Waukesha, Wis.
Lindsay Williams	Sr.	Marquette, Mich.
Jennifer Wygant	Sr.	Burnsville, Wis.

**Head Coach:** Sten Fjeldheim

**Assistant Coach:** Jenny Ryan

### Northwood Timberwolves

Name	Year	Hometown/High School (College)
Heather Courtright	So.	Remus, Mich./Sacred Heart
Liz Hoyt	Jr.	Cass City, Mich.
Samantha Messina	Fr.	Ira, Mich./Anchor Bay
Rachel Oberle	So.	Rochester, Mich./Stoney Creek
Pauline Petrich	So.	Crown Point, Ind./Merriville
Syrena Rexroat	Fr.	Lake Leelanau, Mich./St. Mary
Elisa Salcedo	Jr.	El Paso, Texas/Socorro
Amanda Vintevoghel	Fr.	Casco, Mich./Marine City

**Head Coach:** Scott Cook

**Assistant Coach:** Josh Stryker

### Saginaw Valley State Cardinals

Name	Year	Hometown/High School (College)
Jenny Bellsky	Jr.	Frankenmuth, Mich.
Melody Coates	Jr.	Mt. Morris, Mich./E.A. Johnson
Ashley Coppens	Fr.	Saginaw, Mich./Swan Valley
Elayna Dush	Fr.	Sanford, Mich./Meridian
Mandie Gallier	Sr.	Medford, N.J./Shawnee
Ashley Gardynik	Fr.	Howell, Mich.
Kelli Kaiser	So.	Lachine, Mich./Alpena
Courtney Kotewa	So.	Essexville, Mich./Garber
Kelly Meucci	Sr.	St. Charles, Ill./East
Jenny Phelan	So.	Horton, Mich./Hanover-Horton
Becca Rudey	So.	Wixom, Mich./Walled Lake Western
Nicole Schmidt	Fr.	Livonia, Mich./Churchill
Jessica Sweeney	So.	Saginaw, Mich./Heritage

**Head Coach:** Jim Nesbitt

**Assistant Coach:** Melissa Miller

### Wayne State Warriors

Name	Year	Hometown/High School (College)
Jenni Culbertson	Jr.	Clinton Twp., Mich./Dakota
Laura Friedman	Fr.	Canton, Mich./Plymouth Salem
Sarah Kearfott	Jr.	Livonia, Mich./Stevenson (Schoolcraft CC)
Faith Kejbou	Jr.	Warren, Mich./Fitzgerald
Kara Kessler	So.	Ionia, Mich.
Rachelle Malette	Fr.	Windsor, Ontario/Holy Names
Melissa Moncion	Sr.	Washington, Mich./Romeo
Teresa Sabin	Fr.	Lowell, Mich./Saranac
Leah Steinke	Jr.	Windsor, Ontario/Kennedy Collegiate

**Head Coach:** Rick Cummins

**Assistant Coaches:** Joe Verellen, Mike Buslepp

**Bellarmine (Ky.) Knights**

Name	Year	Hometown/High School (College)
Kathryn Bayless	So.	Danville, Ky./Boyle County
Sarah Bell	Fr.	Louisville, Ky./Presentation Academy
Emily Carran	Fr.	Fairfield, Ohio
Kelley Conde	Fr.	Nashville, Tenn./Father Ryan
Meghan Crowe	Sr.	Park Hills, Ky./Notre Dame Academy
Jennifer Dechellis	Fr.	Youngstown, Ohio/Boardman
Rita Dixon	Fr.	Hustonville, Ky./Casey County
Jean Dolan	Fr.	Louisville, Ky./Presentation Academy
Crystal Duffala	Jr.	Hebron, Ind. (Louisville)
Kristen Geiger	Fr.	Villa Hills, Ky./Notre Dame Academy
Kelsey Grizzle	Jr.	Ashland, Ky./Raceland-Worthington
Kathryn Hickey	So.	Cincinnati, Ohio/Ursuline Academy
Jen Hoban	Jr.	Louisville, Ky./Sacred Heart Academy
Natalie Kimberlin	Jr.	Owensboro, Ky./Daviness County
Jamie Rife	Jr.	LaGrange, Ga./Callaway

**Head Coach:** Jim Vargo

**Drury (Mo.) Panthers**

Name	Year	Hometown/High School (College)
Veronica Bible	Jr.	St. Louis, Mo./McCluer North
Emily Grindeland	Sr.	Nashville, Tenn./Francis Howell
Christina Hirt	Jr.	Kingsville, Mo./Holden
Jaimee Hoffman	Jr.	Liberty, Mo.
Elizabeth Hurford	So.	Pittsburg, Kan.
Stephanie Pickett	So.	Liberty, Mo.
Emily Schmittel	So.	Warrenton, Mo./St. Francis Borgia
Jessica Stong	Jr.	Enid, Okla.
Gabrielle Wilson	Jr.	Springfield, Mo./Glendale

**Head Coach:** Jon Van Arkel

**Assistant Coach:** Steffanie Harrold

**Indianapolis Greyhounds**

Name	Year	Hometown/High School (College)
Abra Adragna	So.	Indianapolis, Ind./Southport
Karen Bower	Jr.	Speedway, Ind.
Amy Briggs	Jr.	Cable, Ohio/Triad
Elaine Campbell	Jr.	Needham, Ind./Whiteland
Sarah Chamberlin	So.	Indianapolis, Ind./Franklin Central
Ashley Clifford	Fr.	
Dorothy Fernandez	Jr.	Wawaka, Ind./West Noble
Ashley Flake	Jr.	Mooreville, Ind.
Ashley Huey	So.	Terre Haute, Ind./North
Shay Hyland	Fr.	Danville, Ill.
Rachel Kriese	So.	Indianapolis, Ind./Southport
Mirandy Loney	Jr.	Winchester, Ind.
Tajel Patel	Fr.	Indianapolis, Ind./Ben Davis
Amy Remsberg	Jr.	Lafayette, Ind./ McCutcheon
Jennifer Turner	Fr.	Indianapolis, Ind./Ben Davis
Lyndsey Weller	Sr.	DeWitt, Iowa/Clinton

**Head Coach:** Kathy Casey

**Assistant Coach:** Scott Fangman

**Lewis (Ill.) Flyers**

Name	Year	Hometown/High School (College)
Tenleigh Ayers	Jr.	Tunkhannock, Pa.
Liz Call	Fr.	Shorewood, Ill./Joliet West
Theresa Dextl	So.	Chicago, Ill./Resurrection
Amanda Hammond	Jr.	Lindenhurst, Ill./Antioch
Becky Herbert	So.	Tinley Park, Ill./Andrew
Tiffany Meyers	So.	Romeoville, Ill./Plainfield Central
Juliann Szablewski	Jr.	Naperville, Ill./Benet Academy
Terran Wertz	So.	Williamsburg, Iowa

**Head Coach:** Rick Wemple



**GREAT LAKES VALLEY CONFERENCE**

**NCAA DIVISION II**

**Missouri-Rolla Miners**

Name	Year	Hometown/High School (College)
Jamie Calvert	Fr.	St. Paul, Mo./Fort Zumwalt North
Christina Gramlich	Jr.	Kansas City, Mo. (Metropolitan CC)
Kylee Hyzer	Jr.	Joliet, Ill./Plainfield
Katy MacMann	So.	St. Louis, Mo./Parkway North
Wendy Moore	Jr.	Wellsville, Kan.
Dana Narconis	Fr.	Edwardsville, Ill.
Ashley Rasmussen	So.	Lancaster, Calif./Quartz Hill
Beverly Ruedy	Fr.	Tulsa, Okla./Union
Laura Ruf	Jr.	Florissant, Mo./McCluer North
Katrina Sommers	Fr.	Jefferson City, Mo./Blair Oaks
Aubrey Tuk	So.	Leawood, Kan./Blue Valley

**Head Coach:** Sterling Martin

**Assistant Coach:** Bryan Schiding

**Northern Kentucky Norse**

Name	Year	Hometown/High School (College)
Tracy Carskadon	Sr.	Cincinnati, Ohio/Oak Hills
Lisa Sand	Sr.	Cincinnati, Ohio/Oak Hills
Julianne Hoekzema	So.	Fairfield, Ohio/Badin
Amy Caldwell	So.	Georgetown, Ky./Scott County
Samantha Geiger	So.	Southgate, Ky./Simon Kenton
Rose Jepkirui	So.	Mosoriot, Kenya
Sarah Eggleston	So.	Cincinnati, Ohio/Taylor
Terri Arlinghaus	Fr.	Independence, Ky./Holy Cross
Sara DuPerow	Fr.	Washington Courthouse, Ohio/Miami Trace
Rose Morgan	Fr.	Independence, Ky./Simon Kenton
Lindsey Bendure	Fr.	Richmond, Ky./Madison Central

**Head Coach:** Steve Kruse

**Southern Ill.-Edwardsville Cougars**

Name	Year	Hometown/High School (College)
Stacey Briggs	Fr.	Argenta, Ill./Argenta-Oreana
Sam Christie	So.	Washington, Ill./Eureka
Katelyn Davis	Fr.	Williamsville, Ill.
Kelly Flounders	So.	Homer Glen, Ill./Lockport
Betsy Hall	Jr.	Charleston, Ill.
Hannah Malik	Fr.	Edwardsville, Ill.
Michelle Meador	Fr.	Bower, Ill./Southeastern
Chelsey Patterson	Fr.	Sherman, Ill./Williamsville
Alicia Riggs	Fr.	Hanover Park Ill./Glenbard North
Elizabeth Williams	Fr.	Mt. Vernon, Ill.
Heather Zipparro	Sr.	Mount Prospect, Ill.

**Head Coach:** Eileen McAllister



# GLVC

## GREAT LAKES VALLEY CONFERENCE

### NCAA DIVISION II

#### **Southern Indiana Screaming Eagles**

Name	Year	Hometown/High School (College)
Sarah Baysden	Fr.	Shelbyville, Ind.
Melissa Burgin	Jr.	Sellersburg, Ind./New Albany
Holly Clevenger	So.	Winchester, Ind.
Heather Cooksey	Sr.	Brownsburg, Ind.
Christy Dixon	Fr.	Owensboro, Ky./Catholic
Jennifer Finch	Sr.	Warsaw, Ind.
Lydia Flora	Sr.	North Manchester, Ind./Manchester
Kathy Goebel	Fr.	Evansville, Ind./Mater Dei
Ashly Hendrickson	Fr.	Anderson, Ind./Highland
Alicia Hendrickson	Fr.	Anderson, Ind./Highland
Erin Kutcosky	Jr.	West Frankfort, Ill./Benton
Carrie Leimberger	Jr.	Indianapolis, Ind./Franklin Central
Lyndsay Overton	Fr.	Sellersburg, Ind./New Albany
Kate Powell	Fr.	Columbus, Ind./North
Meagan Scheidler	So.	Terre Haute, Ind./South Vigo
Stephanie Schilling	So.	Moores Hill, Ind./South Dearborn
Casey Schneider	Sr.	New Salisbury, Ind./North Harrison
Allison Shafer	Fr.	Plainville, Ind./North Daviess
Amy Shoemaker	Jr.	Boonville, Ind.
Brittany Stellhorn	So.	Kokomo, Ind./Western
Samantha Stratton	So.	Brownsburg, Ind.
Marcia Weflen	Fr.	Rossville, Ind.

**Head Coach:** Mike Hillyard  
**Assistant Coach:** Miles Krieger

#### **Wisconsin-Parkside Rangers**

Name	Year	Hometown/High School (College)
Heidi Andersen	Fr.	Racine, Wis./Park
Tiffany Belongia	Jr.	Gillett, Wis.
Amanda Bergeron	Sr.	Poland, Maine
Michelle Boldon	Sr.	Waukesha, Wis./South
Naomi Bong	Fr.	Hartland, Wis./Arrowhead
Becky Coutley	Fr.	Waukesha, Wis./North
Lauren Davis	So.	Zion, Ill./Zion-Benton
Becky Degener	Fr.	Kenosha, Wis./Bradford
Amanda Faker	Fr.	South Milwaukee, Wis.
Emily Farrell	Fr.	Gillett, Wis.
Anne Favolise	Sr.	Columbia, Maine/Narragausgus
Kim Gorman	So.	Kenosha, Wis./Bradford
Erica Hawkins	So.	Cudahy, Wis./Cudahy
LaToya Henry	So.	New Rochelle, N.Y./New Rochelle
Emily Junion	So.	Green Bay, Wis./East
Valerie Kelly	Fr.	Brookwood, Wis./Norwalk
Jessica Lamp	Fr.	Westosha, Wis.
Kyle McGahee	Jr.	Milwaukee, Wis./Brown Deer
Susie Potthast	So.	Brillion, Wis./Manitowoc Lutheran
Jill Winkler	So.	Neenah, Wis.

**Head Coach:** Mike DeWitt

#### **INDEPENDENT SCHOOL**

#### **Tiffin (Ohio) Dragons**

Name	Year	Hometown/High School (College)
Andrea Boehm	Sr.	Mason, Ohio
Jessica Butzin	Sr.	Ypsilanti, Mich.
Teri Dill	Fr.	Buchanon, Mich.
Rachel Elliot	So.	Racine, Ohio
Nathalie Hutchins	So.	Columbus, Ohio
Nancy Lamuth	Sr.	North Ridgeville, Ohio
Christina Nell	So.	Ashland, Ohio
Lindsey Ruhl	Sr.	Barberton, Ohio
Katlin Zvansky	So.	Sunbury, Ohio

**Head Coach:** Jeremy Croy

#### **KATKE GOLF COURSE**

The Katke Golf Course, a university-owned 18-hole golf course situated on the western flank of the Ferris State campus, will serve as the host site for the 2005 NCAA Division II Great Lakes Regional Men's and Women's Cross Country Championships.



The course, which also serves as the site of all home Bulldog cross country along with men's and women's golf events, is named after Mr. and Mrs. Marvin L. Katke, whose generous donation influenced campus development and the initial phase of the golf course. Katke, a friend of Ferris and a Mecosta County native, was vice president for manufacturing of the Ford Motor Company and a 1967 recipient of an honorary degree from FSU.

The Katke Golf Course, which opened in 1974, recently hosted the 2003 Great Lakes Intercollegiate Athletic Conference (GLIAC) Men's and Women's Cross Country Championships along with the 2004 NCAA-II East Regional Women's Golf Championships.

A new clubhouse, which was added in the summer of 1999, houses the Professional Golf Management (PGM) Learning Center at Ferris State. The PGM program, which is designed for the individual who is interested in a career as a golf professional, has over 300 students and is a source of national recognition and a revenue producer for the university. Established in 1975, the PGM program was the first of its kind in the nation sanctioned by the prestigious Professional Golfers' Association of America (PGA).

Both the building and course also serve as a recreational resource for the entire community and surrounding area.

The regional championship races will both start and finish on Katke's 18th hole near the clubhouse.

### Ashland Eagles

Name	Year	Hometown/High School (College)
Brandon Bauer	So.	Reynoldsburg, Ohio
Anthony Beggrow	So.	Westerville, Ohio/DeSales
Derek Daughters	Fr.	Madison, Ohio
Ricky Featheringill	Fr.	Willard, Ohio
Scott Lasch	Fr.	Huron, Ohio
Nick McQuillen	Fr.	Galion, Ohio/Colonel Crawford
Hunter Nichols	So.	Pickerington, Ohio/Central
Jason Oswalt	Jr.	Ashland, Ohio
Curtis Peattie	Fr.	Hiram, Ohio/Berkshire
Jason Quellhorst	Jr.	Reynoldsburg, Ohio
Nick Rohlck	So.	Reynoldsburg, Ohio
Bryan Ropp	So.	Bellefontaine, Ohio
Mike Schultz	Sr.	Amherst, Ohio/Firelands
Evan Thomas	Jr.	Lancaster, Ohio
Jeremy Trein	Fr.	Reynoldsburg, Ohio
Zak Wilburn	Fr.	Amherst, Ohio/Steele
Ryan Wilson	Jr.	Cambridge, Ohio/John Glenn

**Head Coach:** Nick Cordes

**Assistant Coaches:** Nate Iler, Leigh Daniel

### Ferris State Bulldogs

Name	Year	Hometown/High School (College)
Justin Barts	Sr.	Richland, Mich./Gull Lake
Curtis Begley	Fr.	Ann Arbor, Mich./Saline
Michael Carson	Fr.	Jenison, Mich.
Dan DeLeeuw	Jr.	Midland, Mich./Dow
Barrington Dykes	Jr.	Greenville, Mich./Central Montcalm
Chase Gibson	Jr.	Big Rapids, Mich.
Matt Jozwiak	Fr.	Berkley, Mich.
Jared Kesh	So.	Chippewa Lake, Mich./Chippewa Hills
Mike Mangieri	Fr.	Big Rapids, Mich.
Nate Penny	So.	Zeeland, Mich.
Beau Poquette	Jr.	Iron Mountain, Mich./Kingsford
Corey Reinke	Jr.	Big Rapids, Mich.
Ray Rollet	So.	South Rockwood, Mich./Airport

**Head Coach:** Jeff Kavalunas

**Assistant Coach:** Lisa Rollefstad

### Findlay Oilers

Name	Year	Hometown/High School (College)
Michael Andreski	Fr.	Malvern, Ohio
Cale Breerton	Sr.	Brooklyn, N.Y./Thomas Jefferson
Tom Brown	So.	Wauseon, Ohio
Rayshawn Eastman	Jr.	Cincinnati, Ohio/Princeton
Shimron Eccleston	Sr.	Brooklyn, N.Y./Thomas Jefferson
John Homan	Jr.	Delphos, Ohio/Spencerville
Kevin Kramer	So.	Delphos, Ohio/St. John's
Gary Labonte	So.	Thompson, Conn./Tourtellotte
Sanchaze Ross	Sr.	Brooklyn, N.Y./Thomas Jefferson
David Saltz	Fr.	Mansfield, Ohio/Ontario
Jacob Schlosser	Fr.	Wauseon, Ohio
Christopher Seamon	Fr.	Tiffin, Ohio/Columbian
Aaron Weber	Sr.	Wauseon, Ohio

**Head Coach:** Marc Arce

**Assistant Coach:** Lisa Klingshirn

### Gannon Knights

Name	Year	Hometown/High School (College)
Neil Anderson	Sr.	Arcade, N.Y./Pioneer
Matt Bauer	So.	West Middlesex, Pa.
Brandon Chambers	Fr.	Jessup, Md./Mount Saint Joseph
Michael Eller	Jr.	Erie, Pa./Northwest Collegiate Academy
Johnny Evankovich	Jr.	Karns City, Pa.
Adam Green	Fr.	Atlantic, Pa./Conneaut Lake
Mike Hardesty	Fr.	Jackson Center, Pa./Lakeview
Andrew Jones	So.	Greenville, Pa.
Mike Mion	So.	Medina, Ohio/St. Vincent-St. Mary
Aaron Nicka	Jr.	Kingsville, Ohio/Edgewood

Ben Shannon Fr. Columbus, Ohio/Grandview Heights  
**Head Coach:** John Carrig

### Grand Valley State Lakers

Name	Year	Hometown/High School (College)
Casey Abston	Jr.	Indianapolis, Ind./Lawrence North
Matt Anderson	Jr.	Munising, Mich.
Curtis Barclay	Fr.	Hale, Mich.
Mike Bigney	Fr.	Cedar Springs, Mich.
Bryan Boeve	So.	Forest Hills, Mich./Northern
Tom Clippard	Fr.	Troy, Mich./Athens
John Collins	So.	East Kentwood, Mich.
Tim Dalton	Fr.	Northville, Mich.
Christopher Davis	Fr.	Gladstone, Mich.
Stephen Derico	Fr.	Rochester, Mich./Notre Dame Prep
Andy Duemling	Sr.	Minden City, Mich./Ublly
Ross Faasse	Fr.	Grand Rapids, Mich./Forest Hills Northern
Grant Fall	So.	West Lafayette, Ind./Lafayette Harrison
Jeffery Fujioka	Jr.	Madison Heights, Mich./Lamphere
Nathan Fujioka	Jr.	Madison Heights, Mich./Lamphere
James Gale	Jr.	Westland, Mich. (Saginaw Valley State)
Nic Gatlin	Jr.	Swartz Creek, Mich.
Johnathon Giarmo	Fr.	Monroe, Mich.
Chris Hammer	Fr.	Troy, Mich./Athens
David Harvey	Sr.	Munising, Mich.
Ryan Holm	Jr.	Wakefield, Mich.
Brad Hunter	So.	Pickford, Mich.
Adam Kennedy	Fr.	Battle Creek, Mich./Lakeview
Derek Marr	Fr.	Hale, Mich.
Benjamin McCune	Fr.	Elgin, Ill./Larkin
Christopher Pabst	Jr.	Marengo, Ohio/Highland
David Paul	Jr.	Gladstone, Mich.
Nate Peck	So.	Marne, Mich./Coopersville
Nick Polk	So.	Indianapolis, Ind./Perry Meridian
Jason Prowant	Sr.	Thompson, Mich./Reeths Puffer
Gary Rajh	Fr.	Lakeview, Mich.
Derek Sundberg	Fr.	Negaunee, Mich.
Blake Terhune	Sr.	Traverse City, Mich.
Mark Terpstra	Jr.	Charlotte, Mich.
Mark VanderMeer	So.	Wyoming, Mich./Park
Matt Wish	Jr.	Rockford, Mich. (Hillsdale)
Anthony Wolbert	Fr.	Flushing, Mich.
Robbie Young	So.	Wayland, Mich.

**Head Coach:** Jerry Baltés

**Assistant Coach:** Charlie Wolf

### Hillsdale Chargers

Name	Year	Hometown/High School (College)
Charles-Michael Berg	Sr.	Colorado Springs, Colo./Palmer
Lewis Butler	Jr.	Defiance, Ohio
Doug Goodman	Fr.	West Bloomfield, Mich./Southfield Christian
Scott Kallgren	Sr.	Trenton, Mich.
Nick Liversedge	Sr.	Ada, Mich./Forest Hills Central
David Lowe	So.	Lampasas, Texas
Sean O'Donnell	Jr.	Raleigh, N.C./Cardinal Gibbons
Luke Preus	So.	Plymouth, Minn./Wayzata
Tim Sayers	Jr.	Ocean Springs, Miss.
Alex Schmidtendorff	Jr.	Three Rivers, Mich.
Peter Sercer	Jr.	Fort Scott, Kan.
Nate Thompson	Fr.	Fort Calhoun, Neb./Omaha Christian

**Head Coach:** Bill Lundberg

**Assistant Coaches:** Jeff Forino, Chris Wiegandt, Joe Weyers

### Lake Superior State Lakers

Name	Year	Hometown/High School (College)
Luke Allen	Fr.	Manistee, Mich./Onekama
Dale Burnham	So.	Plainwell, Mich.
Jason Ferguson	So.	Newton, Iowa
Matt Fleming	Jr.	Sault Ste. Marie, Ontario
Scott Hosie	Jr.	Flint, Mich./Fenton
Charles Johnson	So.	Gaylord, Mich.
Kevin Macomber	So.	Gregory, Mich./Stockbridge
Ross Malatinsky	Sr.	Holt, Mich.
Matt Merian	Jr.	Rochester Hills, Mich.
Emory Nelkie	So.	West Branch, Mich./Ogemaw Heights
Chris Olds	So.	Elmira, Mich./Gaylord
Anthony Pavicic	Sr.	Sterling Heights, Mich.
Brian Richards	Fr.	Newberry, Mich.
Richard Stein	Jr.	Dorr, Mich./Hopkins
Benjamin Tarbutton	So.	Gaylord, Mich./St. Mary's
Tom Thornton	So.	Sand Lake, Mich./Cedar Springs
Eric Vanmeerbeck	So.	Alba, Mich./St. Mary's
Evan Williams	Fr.	Plainwell, Mich.
Brad Winkler	Fr.	

Head Coach: Steve Eles

### Mercyhurst Lakers

Name	Year	Hometown/High School (College)
Kurtis Billig	Fr.	Titusville, Pa.
Matt Deragon	Jr.	Corning, N.Y./East
Kenneth Foster	So.	Brookville, Pa.
Caleb Gnage	Fr.	Warren, Pa.
Derek Hoerner	Fr.	North Tonawanda, N.Y. (Niagara-Wheatfield)
Mike Humphrey	Fr.	Middlefield, Ohio/Cardinal
Neal Hutchison	Sr.	Lakewood, Ohio/St. Edward
Jon Lyons	Jr.	Murrysville, Pa./Franklin Regional
Nate Smith	Jr.	Greenville, Pa.
Kevin Szczupanski	So.	West Seneca, N.Y./St. Francis

Head Coach: Mike Fraley

### Michigan Tech Huskies

Name	Year	Hometown/High School (College)
Adam Airoldi	So.	Everson, Wash.
Michael Aschinger	Sr.	Walled Lake, Mich.
Benjamin Beard	So.	St. Cloud, Minn/Technical
Scott Bergeson	So.	Novi, Mich.
Richard Bobholz	Fr.	Baraboo, Wis.
Michael Cavalli	So.	Bloomfield Hills, Mich./Andover
Timothy Ciarkowski	Jr.	Rogers City, Mich.
Thomas Cory	Fr.	Marquette, Mich.
Justin Crosswhite	So.	Coleman, Mich.
Aaron Ditty	Jr.	Brooklyn Park, Minn./Park Center Senior
Bryan Garfoot	Fr.	Mt. Horeb, Wis.
James Hart	So.	Saline, Mich.
Christopher Harvey	So.	Eden Prairie, Minn.
Kevin Heglund	So.	Andover, Minn./Anoka
Andrew Joda	So.	Nashotah, Wis./Arrowhead
Eric Joseph	So.	Novi, Mich.
Cody Juntikka	Fr.	Atlantic Mine, Mich./Jeffers
Samuel Kilpela	So.	Atlantic Mine, Mich./Jeffers
Tom King	So.	Cedar, Mich./Glen Lake
Owen Kingstedt	Fr.	Plymouth, Minn.
Stuart Kramer	So.	Marquette, Mich.
Ryan Kruger	Jr.	Negaunee, Mich.
Jesse Lang	Fr.	St. Louis Park, Minn.
Scott Latusek	Jr.	Grayling, Mich.
Steven Lichon	Fr.	Green Bay, Wis.
John Lyrenmann	Fr.	Elk River, Minn.
Chris Miller	So.	Gaylord, Mich.
Erik Mundahl	Fr.	Winona, Minn.
Eric Olson	Jr.	Mora, Minn.
Steve Pribyl	Fr.	Stillwater, Minn.
Brian Primozich	So.	Duluth, Minn./Central
Nicholas Roth	Fr.	Coldwater, Mich.
Andrew Schafer	Fr.	St. John's, Mich.

David Siegfried So. Mendota Heights, Minn.  
 Timothy Wilkens Fr. Highland, Mich./Milford  
 Head Coach: Joe Haggemiller

### Northwood Timberwolves

Name	Year	Hometown/High School (College)
Michael Bean	Jr.	Chatham, Ontario/John McGregor
Drew Charbonneau	Fr.	Macomb, Mich./L'anse Creuse
Jon Hodge	Jr.	Grosse Ile, Mich.
Jessup Hoyt	Fr.	Cass City, Mich.
Justin Gulseth	Sr.	Traverse City, Mich./West
Josh Jerome	Fr.	Mt. Pleasant, Mich./Shepherd
Matthew Kanfer	Fr.	Cumming, Ga./North Forsyth
Keith Kniaz	Fr.	East China, Mich./St. Clair
Derek Kraus	Fr.	Holland, Mich./West Ottawa
Ben Love	So.	Bloomington, Ill./Normal
Kurtis Marlowe	Jr.	Richland, Mich. (North Carolina State)
Larz McElroy	Jr.	East China, Mich./St. Clair
Ryan McIntyre	Jr.	Cumming, Ga./North Forsyth
Kyle Nagel	Sr.	Midland, Mich.
David Neely	So.	Pittsburg, Pa./Shaler
Zakary Noles	Fr.	Pickney, Mich.
Sam Watson	Fr.	Rochester, Mich.

Head Coach: Scott Cook

Assistant Coach: Josh Stryker

### Saginaw Valley State Cardinals

Name	Year	Hometown/High School (College)
Ryan Clapp	Sr.	Fenton, Mich./Lake Fenton
Mario Cornejo	So.	Bay City, Mich./Central
Steve Czymbor	So.	Hemlock, Mich.
Josh Emmons	Fr.	Belding, Mich.
Justin Grow	Jr.	Hanover, Mich./Hanover-Horton
Brandon Johnson	Sr.	Owosso, Mich.
Paul Jozwiak	Sr.	Berkley, Mich.
Kris Kalbfleisch	Fr.	South Branch, Mich./Hale
Nick Krus	Jr.	St. Clair Shores, Mich./Lakeview
Eric LaCross	So.	Cheboygan, Mich.
Jerome Recker	Sr.	Kimball, Mich./Port Huron
Ben Richards	Fr.	Goodrich, Mich.
Adam Roach	Sr.	Port Huron, Mich.
Jacob Schlaegel	Fr.	North Street, Mich./Port Huron Northern
Greg Schmit	Jr.	Leslie, Mich.
Jacob Schultz	Sr.	Frankenmuth, Mich.

Head Coach: Jim Nesbitt

Assistant Coach: Melissa Miller

### Wayne State Warriors

Name	Year	Hometown/High School (College)
Kevin Christensen	So.	Battle Creek, Mich./Pennfield
Mike Delaney	Fr.	Williamston, Mich.
Matt Fecht	Sr/	Warren, Mich./Mott (Macomb CC)
Lance Jones	Jr.	Saranac, Mich.
Justin Kessler	Sr.	Ionia, Mich.
Dave Lucas	So.	Dearborn, Mich./Detroit Catholic Central
Chris Mehay	Jr.	New Baltimore, Mich./Anchor Bay (Macomb CC)
Abdullah Saleh	Fr.	Dearborn, Mich./Fordson
Louis Verellen	Fr.	

Head Coach: Rick Cummins

Assistant Coaches: Joe Verellen, Nick Allen, Mike Buslepp

### Bellarmine (Ky.) Knights

Name	Year	Hometown/High School (College)
Joe Bazler	Jr.	London, Ky./South Laurel
Jason Beyer	Sr.	Louisville, Ky./St. Xavier
Chad Bowling	Fr.	Louisville, Ky./Holy Cross
Terrell Brown	Fr.	LaGrange, Ky./Callaway
Adam Dye	Jr.	Champaign, Ill. (Parkland)
Andrew Knott	So.	Owensboro, Ky./Catholic
Shane Logsdon	Fr.	Louisville, Ky./Trinity
Joe Nason	Jr.	Louisville, Ky./Holy Cross
Daniel Petrik	Fr.	Baldwinsville, N.Y.
Ryan Reed	Jr.	Louisville, Ky./Trinity
Greg Robinson	Fr.	Union, Ky./St. Henry
Darrell Schnieders	Sr.	Cincinnati, Ohio/Elder
Tony Shaw	Sr.	Louisville, Ky./Trinity
Josh Thompson	Jr.	Louisville, Ky./Male
Jason Thornsberry	Fr.	Louisville, Ky./Butler

**Head Coach:** Jim Vargo

**Assistant Coaches:** Gene Weis, Kris Horton, Emily Heberlein, Brenda Holland

### Drury (Mo.) Panthers

Name	Year	Hometown/High School (College)
Nathan Freijo	So.	Springfield, Mo./Glendale
Chad Jolliff	So.	West Plains, Mo.
Chad Limberg	Sr.	Owensville, Mo.
Ross MacDonald	Jr.	Poplar Bluff, Mo.
Ryan Mee	Sr.	Wentzville, Mo./St. Dominic
Anthony Million	Sr.	Springfield, Mo./Parkview
Nathan Poindexter	Sr.	Bolivar, Mo.
Josh Roberts	Sr.	Couch, Mo./William Penn (Iowa)
John Schraft	Jr.	Springfield, Mo./Glendale
Avery Snelson	Jr.	Kimberling City, Mo./Reeds Spring
Matt Van Arkel	So.	Springfield, Mo./Parkview
Clinton Wombles	Jr.	Pittsfield, Ill. (Lincoln)
Kevin Zimmerman	Jr.	High Ridge, Mo./Northwest

**Head Coach:** Jon Van Arkel

**Assistant Coach:** Steffanie Harrold

### Indianapolis Greyhounds

Name	Year	Hometown/High School (College)
Brandon Byers	Sr.	Mooresville, Ind.
Josh Daugherty	Sr.	Winamac, Ind.
Ron Frederick	Sr.	Indianapolis, Ind./Southport
Charles Grace	Jr.	Indianapolis, Ind./Decatur Central
Ryan McMaster	So.	Indianapolis, Ind./Ben Davis
Michael Moore	So.	Indianapolis, Ind./Decatur Central
Loren New	So.	Shelbyville, Ind.
Brad Robinson	Fr.	Indianapolis, Ind./Franklin Central (Ohio State)
Randy Rud	So.	Greencastle, Ind.
David Sabo	Fr.	Goshen, Ind.
Adam Settle	Fr.	Indianapolis, Ind./Franklin Central
Derrick Speer	Fr.	Indianapolis, Ind./Franklin Central
Kenny Stumpf	Fr.	Indianapolis, Ind./Decatur Central
Dennis Weaver	So.	Camby, Ind./Decatur Central
Matthew Wells	Fr.	

**Head Coach:** Kathy Casey

**Assistant Coach:** Scott Fangman

### Lewis (Ill.) Flyers

Name	Year	Hometown/High School (College)
Larry Anzalone	Jr.	Bensenville, Ill./Fenton
John Archer	Sr.	Carol Stream, Ill./Driscoll
Emory Burdette	So.	Ottawa, Ill.
Phil DeSantis	So.	Elmhurst, Ill./York
Mike Eck	Jr.	Maple Park, Ill./Kaneland
Albert Escanilla	Fr.	Cicero, Ill./Morton East
Chris Foley	Sr.	Jacksonville, Fla./Wolfson
Sinan Khamo	So.	Des Plaines, Ill./Maine West
Jared Lauer	So.	Batavia, Ill.
Dustin Long	Jr.	Sugar Grove, Ill./Kaneland
Adrian Myers	Jr.	Oregon, Ill.

Alex Nemeth	Sr.	Western Springs, Ill./Lyons
Andrew Northrup	So.	Elmwood, Ill.
Darren Orange	Sr.	Floyds Knobs, Ind./Neuqua Valley
Jeff Ritzema	Fr.	Des Plaines, Ill./Maine West
Evan Sather	So.	Joliet, Ill./Catholic
Ryan Sather	Fr.	Joliet, Ill./Catholic
Adam Singleton	Fr.	Mount Morris, Ill./Oregon
Ryan Stephenson	Fr.	Des Plaines, Ill./Maine West
Josh Thompson	Sr.	Carol Stream, Ill./Steinmetz
Andy Tremble	Jr.	Oregon, Ill.
Alberto Villa	So.	Berwyn, Ill./St. Patrick

**Head Coach:** Rick Wemple

### Missouri-Rolla Miners

Name	Year	Hometown/High School (College)
Josh Bird	Fr.	St. Joseph, Mo./Benton
Gary Black	Jr.	St. Joseph, Mo./Bishop LeBlond
Andrew Conrad	Jr.	St. Louis, Mo./Oakville
Thomas Green	Fr.	Camdenton, Mo.
Charlie Hawkins	Sr.	Ozark, Mo.
Nathaniel Hay	Fr.	Springfield, Mo.
Joffroi Holcombe	So.	Alexandria, La./Holy Savior Menard
Josh Hurford	Fr.	Glen Carbon, Ill./Edwardsville
Tim Jensen	Fr.	Leinfelden, Germany
Michael Knickerbocker	So.	Emporia, Kan.
Daniel Mangrum	Fr.	O'Fallon, Mo./Fort Zumwalt North
Daniel Maxwell	Fr.	Tulsa, Okla./Jenks
Kevin Mennel	So.	St. Louis, Mo./Oakville
Chris Murray	Fr.	Wilmington, Mass.
Sam Patterson	Sr.	Potosi, Mo./Potosi
Matt Russell	So.	Clark, Mo./Harrisburg
Kurt Schauwecker	Fr.	Columbia, Mo./Hickman
Adam Schuerman	Sr.	Plainfield, Ill.
Mike Serniak	Sr.	Manchester, Mo./Parkway South
Chris Thielker	Fr.	Florissant, Mo./Hazelwood West
Justin White	Sr.	Lee's Summit, Mo. (Texas)

**Head Coach:** Sterling Martin

**Assistant Coach:** Bryan Schiding

### Northern Kentucky Norse

Name	Year	Hometown/High School (College)
Denny Kramer	Sr.	Alexandria, Ky./Campbell County
Graham Niemer	Sr.	Ft. Thomas, Ky./Newport Catholic
Justin Clark	Sr.	Southgate, Ky./Highlands
Allen Pettigrew	Jr.	Batavia, Ohio/CNE
Keith Knapp	So.	Florence, Ky./Lloyd
Adam Stoppelwerth	So.	Erlanger, Ky./Dixie Heights
Brad Bullock	So.	Cincinnati, Ohio/Winton Woods
Greg Lemmon	So.	Milford, Ohio
Eric Granacher	So.	Florence, Ky./Boone County
Matt Frondorf	Fr.	Lakeside Park, Ky./Covington Catholic
Zach Koehler	Fr.	Union, Ky./Ryle
Matt Shoulta	Fr.	Paducah, Ky./St. Mary's
Keenan Kruskamp	Fr.	Erlanger, Ky./Lloyd

**Head Coach:** Steve Kruse



# GREAT LAKES VALLEY CONFERENCE

## NCAA DIVISION II



# 2005 NCAA-II GREAT LAKES REGIONAL CHAMPIONSHIPS

## MEN'S ROSTERS (GLVC SCHOOLS/INDEPENDENT)

### Southern Ill.-Edwardsville Cougars

Name	Year	Hometown/High School (College)
Joshua Bozue	Jr.	Fairborne, Ohio
Kyle Cameron	Fr.	East Moline, Ill./United Township
Trae Cotner	Sr.	Springfield, Ill.
Martin Copeland	Fr.	Alton, Ill.
Marc Corcoran	Fr.	Rockford, Ill./Jefferson
Justin Crain	Sr.	McLeansboro, Ill./Hamilton County
Brian Getz	So.	East Moline, Ill./United Township
Blake Marcum	So.	Centralia, Ill.
Bart Smith	So.	Benton, Ill.
Erik Steffens	So.	Moline, Ill.
Brian Taghon	Sr.	East Moline, Ill.
Steve Werths	Fr.	Granite City, Ill.

Head Coach: Eileen McAllister



### INDEPENDENT SCHOOL

### Tiffin (Ohio) Dragons

### Southern Indiana Screaming Eagles

Name	Year	Hometown/High School (College)
Rey Alvarez	Jr.	Danville, Ill. (Rend Lake CC)
Jesse Davis	Sr.	Bloomington, Ind./South (Ball State)
Bryan Emerson	Jr.	Georgetown, Ind./Floyd Central
Jake England	Sr.	Valparaiso, Ind./Wheeler
Richard Ferber	Fr.	Hebron, Ind.
Jason Gansman	Fr.	Boonville, Ind.
Robert Garwood	Sr.	Columbus, Ind./East
Samuel Gebreselassie	Fr.	Avon, Ind.
Doug Higgins	Fr.	Indianapolis, Ind./Roncalli
Chadwick Horthy	Fr.	Indianapolis, Ind./Roncalli
Andrew Jellema	Fr.	Dyer, Ind./Illiana Christian
Paul Jellema	So.	Dyer, Ind./Illiana Christian (S. Suburban)
Brandon Jones	Fr.	Fort Wayne, Ind./Concordia
Tristan Mannix	Jr.	Crothersville, Ind./Graceland Christian (Ind.-S.E.)
Joe Morrison	Sr.	Shoals, Ind.
Joe Rayman	Fr.	West Lafayette, Ind.
Cory Reffett	Fr.	Evansville, Ind./Memorial
Robert Roads	Fr.	Terre Haute, Ind./North
Alan Schulze	Sr.	Owensville, Ind./Gibson Southern
Taylor Sellers	Fr.	Mt. Vernon, Ind.
Tim Sirbek	Fr.	Hammond, Ind./Oliver Morton
Justin Thomas	So.	Indianapolis, Ind./Carmel
David Tyler	Sr.	Evansville, Ind./Harrison
Ben Werling	Fr.	Indianapolis, Ind./Pike
Wes Werner	Jr.	Mt. Vernon, Ind.

Head Coach: Mike Hillyard

Assistant Coaches: Miles Krieger, Nathan Christianson

Name	Year	Hometown/High School (College)
Josh Aker	Fr.	Piqua, Ohio
J.J. Averweg	Sr.	Olmsted Falls, Ohio
Mike Barhorst	So.	Russia Ohio
Andrew Belzer	Jr.	Strongsville, Ohio
Chad Bender	Fr.	New Lexington, Ohio
Thomas Buxton	Fr.	Worthington, Ohio
Corey Chick	Fr.	East Palestine, Ohio
Josh Cline	Jr.	Logan, Ohio
Vincent Freedman	Fr.	Warren, Ohio
Shafer Jordan	Fr.	Columbus Grove, Ohio
Shawn Kunkle	Fr.	Cortland, Ohio
William Kytte	So.	North Baltimore, Ohio
Michael Lossick	Sr.	Hilliard, Ohio
Kendon Luscher	Jr.	Barberton, Ohio
Adam Miller	So.	Castalia, Ohio
Josh Montenero	Jr.	Powell, Ohio
Adam Nunns	Fr.	Streetsboro, Ohio
Kurt Olson	Jr.	Hanover, Mich.
Trevor Popielec	So.	Leavittsburg, Ohio
Doug Ramey	Sr.	Marengo, Ohio
Chad Roberts	So.	Tiffin Ohio
Philip Self	Fr.	Junction City, Ohio
Justin Setty	Jr.	Austintow, Ohio
Marc Small	Sr.	Akron, Ohio
Jimmy Sosinski	Sr.	Amherst, Ohio
Randy Terrell	Fr.	Cincinnati, Ohio
Trevor Vaughan	Sr.	Botkins, Ohio

Head Coach: Jeremy Croy

### Wisconsin-Parkside Rangers

Name	Year	Hometown/High School (College)
Jason Aho	So.	Superior, Wis.
Efrain Avila	Fr.	Lake Geneva, Wis./Badger
Jonathan Chasse	Sr.	Readfield, Maine/Maranacook
Theodore Fancher	Jr.	Milwaukee, Wis./Riverside
Paul Gutman	Jr.	Sussex, Wis./Hamilton
Rob Hansen	Fr.	Racine, Wis./Horlick
Chad Hendricks	Jr.	Cudahy, Wis.
Dan Henning	Sr.	Milwaukee, Wis./Lincoln
Daniel Henning	Sr.	Wisconsin Rapids, Wis./Lincoln
Brian Hernandez	Jr.	Milwaukee, Wis.
Brendan Kelly	Sr.	Brookfield, Wis./West Bend West
Chris King	Jr.	Greenville, Wis./Hortonville
Steve Ludwig	Fr.	Kenosha, Wis./Bradford
Jason Matousek	Sr.	South Milwaukee, Wis.
Tom Obenauf	Jr.	Salem, Wis./Westosha
Chris Orvold	So.	Sussex, Wis.
Steve Robe	Sr.	Milwaukee, Wis./Oak Creek
DiLusha Rosa	Fr.	Kenosha, Wis./Bradford
Jerrett Santori	Fr.	Dwight, Ill.
Eric Schultz	Jr.	Kenosha, Wis./Westosha
Mark Snodgrass	Jr.	Kenosha, Wis./Bradford
Michael Tarantino	Sr.	Pennfield, N.Y.
Travis Zaremba	Jr.	East Troy, Wis.

Head Coach: Lucian Rosa



**Ferris State  
Event Staff**

**Athletics Director**  
Tom Kirinovic

**Associate Athletics  
Director**  
Brian Kegler

**Event Manager**  
Michael Haggerty

**Meet Director**  
Jeff Kavalunas

**Assistant Meet  
Director**  
Lisa Rollefstad

**Official Starter**  
Al Owens

**Clerk**  
Nancy Burmeister

**Athletics Trainer**  
Michael Blackburn, ATC

**Athletics  
Communications**  
Rob Bentley

**Equipment Manager**  
Ben Mumah

**Results/Scoring**  
Gault Race Management

**Public Address  
Announcer**  
Dale Wilhelm



**2004 NCAA-II GREAT LAKES REGIONAL CROSS COUNTRY CHAMPIONSHIPS  
HOSTED BY SOUTHERN ILLINOIS-EDWARDSVILLE**

Edwardsville, Ill.  
Nov. 6, 2004

**2004 GREAT LAKES REGIONAL RESULTS**

**Women's Team Scores**

1.	Grand Valley State	31
2.	Northern Michigan	98
3.	Ashland	113
4.	Wisconsin-Parkside	163
5.	Ferris State	166
6.	Hillsdale	169
7.	Bellarmine (Ky.)	171
8.	Wayne State	187
9.	Mercyhurst	233
10.	Indianapolis	289
11.	Lake Superior State	295
12.	Southern Indiana	303
13.	Saginaw Valley State	347
14.	Findlay	389
15.	Michigan Tech	419
16.	Lewis (Ill.)	450
17.	Northern Kentucky	468
18.	SIU-Edwardsville	495
19.	Tiffin (Ohio)	516
20.	Gannon	529
21.	Northwood	639
22.	Saint Joseph's (Ind.)	650

**Men's Team Scores**

1.	Grand Valley State	65
2.	Hillsdale	86
3.	Wayne State	105
4.	Saginaw Valley State	140
5.	Lewis (Ill.)	152
T6.	Ashland	173
T6.	Tiffin (Ohio)	173
8.	Southern Indiana	198
9.	Wisconsin-Parkside	263
10.	Lake Superior State	265
11.	Northern Kentucky	313
12.	SIU-Edwardsville	346
13.	Northwood	361
14.	Bellarmine (Ky.)	382
15.	Indianapolis	387
16.	Mercyhurst	415
17.	Michigan Tech	454
18.	Ferris State	471
19.	Saint Joseph's (Ind.)	477

**2004 INDIVIDUAL TOP 20 RESULTS**

**Women's Results**

1.	Heather Cooksey, USI	22:00.23
2.	Mandi Zemba, GVSU	22:05.28
3.	Stephanie Howe, NMU	22:09.51
4.	Michelle Boldon, UWP	22:19.67
5.	Krista O'Dell, GVSU	22:32.84
6.	Diana Painter, GVSU	22:36.52
7.	Jenny Irwin, FSU	22:39.94
8.	Karlie Singleton, GVSU	22:40.77
9.	Erin Stauffer, AU	22:43.09
10.	Adrain Chouinard, GVSU	22:43.83
11.	Tracy Carskadon, NKU	22:44.95
12.	Shannon Morton, MC	22:54.15
13.	Rachel Cox, FSU	22:54.75
14.	Molly Wallace, BU	22:55.42
15.	Meghan Crowe, BU	22:55.95
16.	Sarah Jaquith, GVSU	23:00.78
17.	Miranda Forgac, AU	23:01.29
18.	Jenni Culbertson, WSU	23:02.08
19.	Jessica Fleming, AU	23:04.87
20.	Stephanie Carroll, HC	23:06.00

**Men's Results**

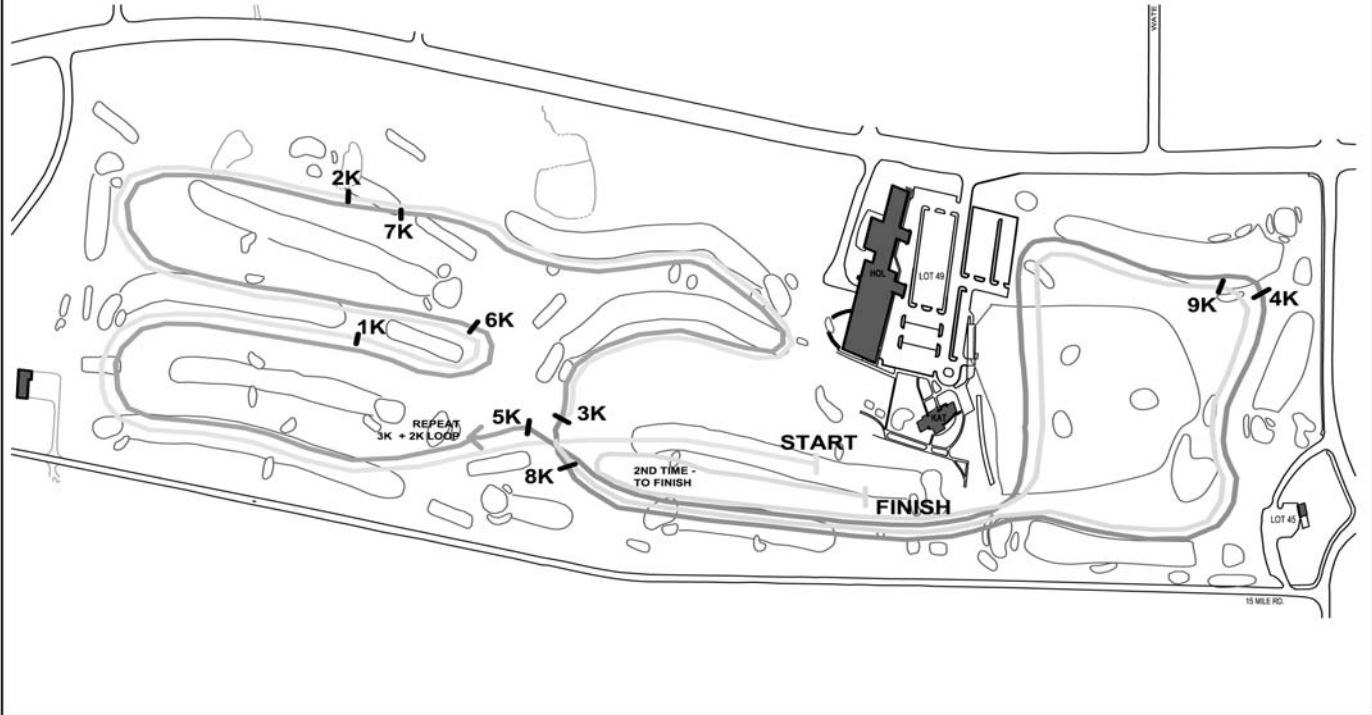
1.	Nate Peck, GVSU	32:01.81
2.	Ryan Cole, GVSU	32:07.11
3.	Todd Casey, Tiffin	32:08.68
4.	Nate Iler, AU	32:09.73
5.	Kyle Fujimoto, HC	32:11.26
6.	Cal Kromm, UWP	32:14.50
7.	Michael Nikkila, HC	32:29.16
8.	Doug Schwartz, USI	32:31.51
9.	Larry Anzalone, LU	32:33.29
10.	Justin Kessler, WSU	32:41.19
11.	Matt Fecht, WSU	32:42.37
12.	Eric Hamner, Tiffin	32:48.70
13.	Evan Thomas, AU	32:49.94
14.	David Sayers, HC	32:53.46
15.	Ryan Holm, GVSU	32:54.61
16.	James Gale, SVSU	32:55.94
17.	Chris Pabst, GVSU	32:57.32
18.	Jesse Davis, USI	33:01.61
19.	Jason Matousek, UWP	33:04.67
20.	Andy Tremble, LU	33:08.72





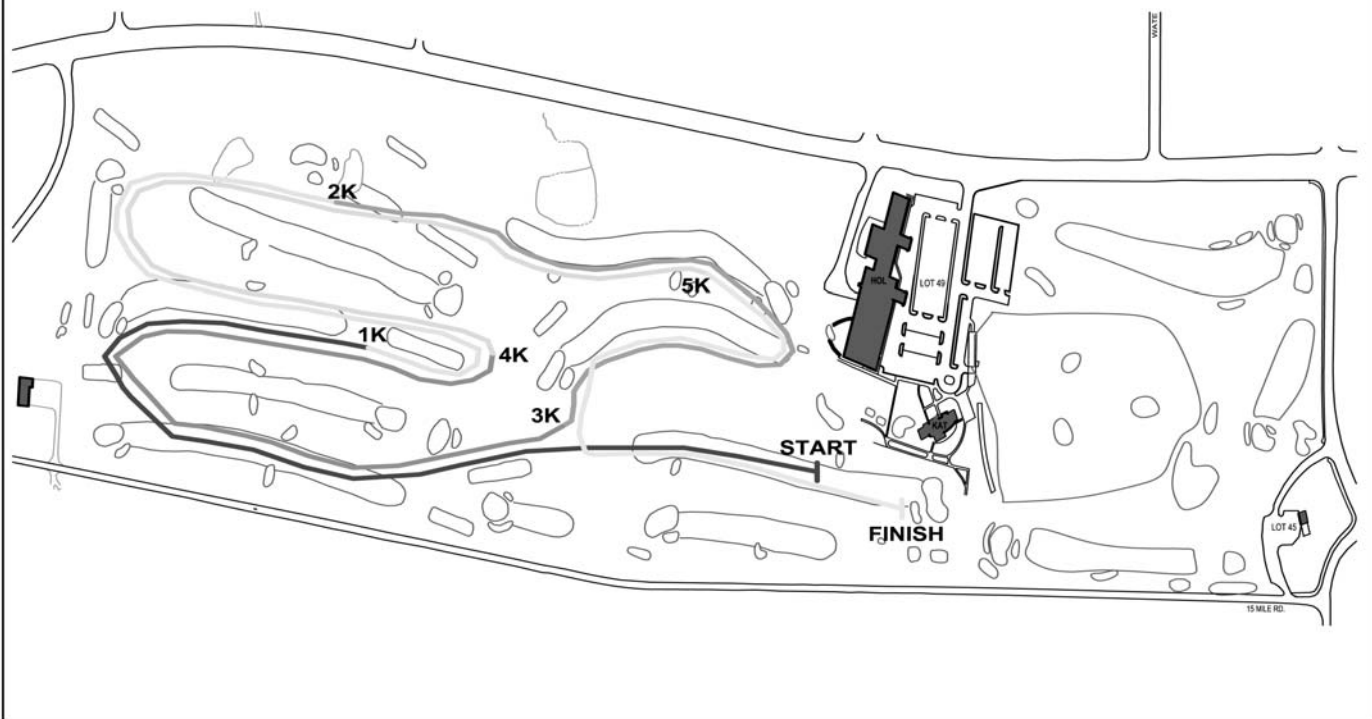
**MEN'S 10,000 METER COURSE**

2 X 3K LOOP + 2K LOOP



**WOMEN'S 6000 METER COURSE**

2 X 3K LOOP



[www.ferris.edu](http://www.ferris.edu)

Ferris State University continues to build and remodel a number of campus buildings, including numerous athletic facilities. The result is high-quality facilities which benefit athletes, students and the Big Rapids community.

Encompassed among the many projects on campus was the renovation of the Health and Physical Education (HPE) Building, resulting in the creation of the state-of-the-art Student Recreation Center. Construction, which began in March 1998 and was completed in January 1999, resulted in four multi-use courts, a four-lane elevated track, two aerobic studios, a six-lane, 25-yard pool, a 13-person whirlpool, 40-foot climbing wall, fitness center, free weight room, locker rooms, class rooms and administrative offices.

Figures provided by University Recreation show that more than 1,000 students use the facility daily.

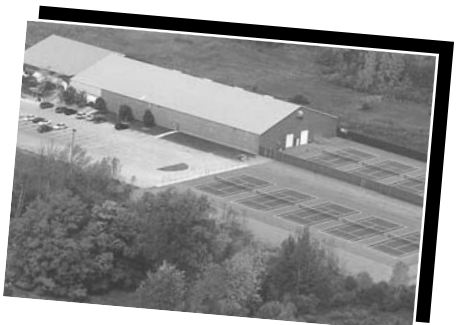
The closure of Jim Wink Arena with the HPE Building meant a move for the varsity men's and women's basketball programs. The result was the 2,400-seat Sports and Convocation Complex, which shares an expanded lobby with the Ewingleben Ice Arena. Construction on the complex was completed in the fall of 1999.

In addition to the new lobby, concessions, pro shop and rest rooms, the Ewingleben Ice Arena features a 4,580 square-foot addition which serves as the home for Bulldog hockey. The locker room, constructed with university funding and money raised by the Bulldog Hockey Pride Committee, includes a student-athlete's lounge, film study room, equipment room, training room, coaches' offices and sauna.

Other Ewingleben Ice Arena improvements at the time included an expanded press box and a hockey locker room for Big Rapids High School.

Katke Golf Course, a university-owned 18-hole course situated on the western side of the Ferris campus, opened a new three-hole practice facility in the spring of 1999. Suggested by the Professional Golfers' Association of America to benefit FSU's Professional Golf Management program, the facility includes an expanded driving range, six target greens and a chipping green with bunkers. Also, a new golf clubhouse was constructed and opened in the summer of 2000.

The many new facilities, supplemented with existing ones such as Ferris State's Racquet and Fitness Center, allow athletes to train and enhance their performance capabilities in the best facilities possible.



Ferris State University is in its second century as one of the nation's premier technical and professional universities. Ferris provides practical, "hands-on" education necessary to make its graduates immediately employable in a diverse array of fields.

The institution was founded Nov. 4, 1884 by Woodbridge N. Ferris, a former Governor of Michigan and a U.S. Senator. His intent was to provide a practical education for any person with the motivation and potential to benefit.

Today, Ferris State continues to teach technical skills and applications focused on solving real problems, and produces a career-oriented work force that is prepared to meet the world of high technology.

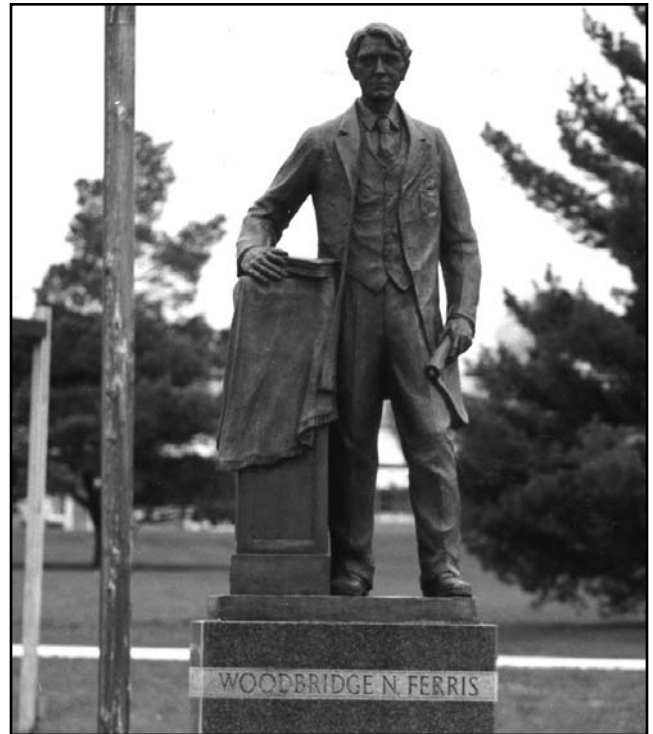
The University offers more than 150 educational programs through the colleges of Allied Health Sciences, Arts and Sciences, Business, Education and Human Services, Kendall College of Art and Design, Michigan College of Optometry, Pharmacy and Technology. The programs are designed to respond to the changing needs of manufacturing, business, health care and other industries and professions which are critical to Michigan's economy.

With a student-to-faculty ratio of approximately 16-1, students at FSU receive the individual attention necessary to prepare them for their careers. Additionally, Ferris boasts a placement rate for graduates of 98 percent, one of the best in Michigan.

Students also have the opportunity to join nearly 200 student organizations on campus plus club, intramural and intercollegiate sports.

The scenic Big Rapids campus is located along the banks of the Muskegon River in the gentle rolling hills of west central Michigan.

Initially, Ferris was known as the Ferris Industrial School, but in 1899 the title was changed to Ferris Institute. It was privately owned and operated until 1931 when it became a non-profit, non-stock education corporation. In 1949, Ferris became a state college, and the school was officially re-named Ferris State College in 1963 and Ferris State University in 1987.



**"Education is life. It involves growth, development and training."  
— Woodbridge N. Ferris**

**FERRIS STATE QUICK FACTS**

- ▼ Ferris has the largest undergraduate Surveying Engineering program in the U.S. and the only one in Michigan. The program has a 100% placement rate and a starting salary range of \$32-55K
- ▼ The Ferris Pharmacy program is one of 83 nationally and the largest school in Michigan. The job placement rate is 100% with a starting salary range of \$75-95K
- ▼ FSU's Television Production is the only program of its kind in Michigan with an emphasis on professional television. Job placement is 100% with a starting salary range of \$26-30K.
- ▼ Medical Records Administration is the only program of its kind in Michigan. Students consistently exceed the national average on the national boards. Job placement is 100% with 3 to 6 offers per graduate.
- ▼ Ferris' two-year welding technology program is ranked best in the nation with 100% placement and a starting salary range of \$32-40K.
- ▼ In printing management, Ferris has a 100% job placement rate with 15 offers per graduate. Starting salary ranges from \$28,000 to \$40,000.
- ▼ The criminal justice program is one of the largest in Michigan and has a 96% placement rate with a starting salary range of \$30-35+K. Upon graduation, students are certifiable in the state of Michigan.
- ▼ The professional tennis management program, which features a 100% placement rate with a starting salary range of \$30-35K, is one of four in the nation. Upon graduation, students receive a BS in Business Marketing and are USPTA Certified tennis professionals.
- ▼ The Heating, Ventilation, Air Conditioning and Refrigeration (HVACR) Technology program is the only four-year program in Michigan and is one of two nationally. The program boasts a 100% job placement rate with 25 offers per graduate and a starting salary range of \$41-71K. The HVACR, which will open in the fall of 2003, will triple the current facilities size.

**MISSION STATEMENT**

**Ferris State University will be a national leader in providing opportunities for innovative teaching and learning in career-oriented, technological and professional education.**



***VISIT THE LINK BELOW FOR COMPLETE  
RESULTS OF THE 2005 GREAT LAKES  
REGIONAL CHAMPIONSHIPS AFTER THE RACE:***

***[www.ferris.edu/sports/mcc/05region/](http://www.ferris.edu/sports/mcc/05region/)***