



UNIVERSITY OF NORTHERN IOWA ATHLETICS MEDIA RELATIONS

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2009 UNI Cross Country Nov. 13 2009 | Release 7

2009 SCHEDULE

Sept. 4	Hawkeye Invitational	Iowa City, Iowa
Sept. 19	Iowa Intercollegiate	Ames, Iowa
Sept. 26	Roy Griak Invitational	Minneapolis, Minn.
Oct. 10	Dan Hutson Invitational	Waverly, Iowa
Oct. 16	Bradley Classic	Peoria, Ill.
Oct. 31	MVC Championships	Peoria, Ill.
Nov. 14	NCAA Midwest Regional	Springfield, Mo.
Nov. 23	NCAA Championships	Terre Haute, Ind.

QUICK FACTS

The University
 Nickname.....Panthers
 Colors.....Purple and Old Gold
 Founded.....1876
 Enrollment.....12,908
 President.....Benjamin Allen (Indiana, '69)
 Director of Athletics.....Troy Dannen (UNI, '89)

The Program
 Head Cross Country Coach.....Dan Steele
 Alma Mater/Year.....Eastern Illinois/1992
 2008 Men's MVC Finish.....7th
 2008 Women's MVC Finish.....5th

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ROSTER

MEN			
Name	Yr.	Hometown (High School)	
Andrew Nelson	Fr.	Geneva, Ill. (Geneva)	
Brett Egan	Fr.	Waukon, Iowa (Waukon)	
Omet Kak	Fr.	Des Moines, Iowa (North)	
Thibault Vandenabeele	Fr.	Waterloo, Belgium	
Aaron Vosberg	So.	Farnhamville, Iowa (Prairie Valley)	
Alex Mark	So.	Cedar Falls, Iowa (Cedar Falls)	
Brady Fritz	So.	Coralville, Iowa (Iowa City West)	
David Nielsen	So.	Cedar Falls, Iowa (NU High)	
Mike Cooper	So.	Dayton, Iowa (Southwest Webster)	
Jason Mitchell	Jr.	Cedar Falls, Iowa (Cedar Falls)	
Stephen Dak	Jr.	Marshalltown, Iowa (Iowa Central)	

WOMEN			
Name	Yr.	Hometown (High School)	
Scotti Schon	Fr.	Waukon, Iowa (Waukon)	
Lindsey Wilkins	Fr.	Spring Grove, Ill. (Richmond Burton)	
Leah Blanchard	Fr.	Cedar Falls, Iowa (Cedar Falls)	
Kate Price	Fr.	Iowa Falls, Iowa (Iowa Falls, Alden)	
Hayley Thomas	Fr.	Rockford, Ill. (Winnebago)	
Hattie Buikema	Fr.	Clinton, Iowa (Clinton)	
April Davidshofer	Fr.	Epworth, Iowa (Epworth, Western Dubuque)	
Amy Bowden	Fr.	Dubuque, Iowa (Dubuque Hempstead)	
Allison Fick	Fr.	Iowa City, Iowa (West)	
Allie Thompson	Fr.	Mt. Vernon, Iowa (Mt. Vernon - Lisbon)	
Jill Lageschulte	So.	Marshalltown, Iowa (Marshalltown)	
Danielle Nowasell	So.	Grinnell, Iowa (Grinnell)	
Carly Olsen	So.	Missouri Valley, Iowa (Logan-Magnolia)	
Mallory Marshall	Jr.	Center Point, Iowa (Center Point - Urbana)	
Holly Tjaden	Jr.	Manchester, Iowa (West Delaware/ICC.C)	
Jessa Schweitzer	Sr.	Aurora, Iowa (East Buchanan)	

THIS WEEK IN PANTHER CROSS COUNTRY

Saturday, Nov. 14 NCAA Midwest Regional Springfield, Mo.

The University of Northern Iowa cross country team will take a select few individuals to the NCAA Midwest Regional Cross Country Championships Saturday hosted by Missouri State in Springfield, Mo. Competing for the Panthers on the men's side will be Alex Mark, Brett Egan and Thibault Vandenabeele while Danielle Nowasell, Carly Olsen, Leah Blanchard and Lindsey Wilkins will represent the Panther women.

PANTHER MEN TAKE FOURTH, WOMEN SEVENTH

The University of Northern Iowa men's cross country team brought home a fourth place finish at the 2009 State Farm Missouri Valley Conference Championships Oct. 31 at the Newman Golf Course in Peoria, Ill. The Panther women finished in seventh place.

Thibault Vandenabeele led the way for the Panthers taking 15th place in an 8k time of 27:06. On the women's side, Danielle Nowasell led the Panthers with a 14th place finish.

MARK LANDS SPOT ON MVC SCHOLAR-ATHLETE TEAM

Sophomore Alex Mark landed a spot on the MVC scholar-athlete team after his performance at the MVC Championships. Mark, a native of Cedar Falls, Iowa, finished 17th overall at the 2009 State Farm MVC Cross Country Championships last weekend helping the Panthers to a fourth place finish overall. Mark currently holds a 3.82 grade-point average in biology.

VANDENABEELE EARNS MVC ATHLETE OF THE WEEK HONORS

Freshman Thibault Vandenabeele earned a share of Missouri Valley Conference Athlete of the Week honors after his performance at the Bradley Classic the league announced. Mohamed Mohamed of Southern Illinois was also recognized for his performance.

Vandenabeele took the top spot in the men's 8k race at the Bradley Classic, clocking in a season-best time of 24:48. Vandenabeele's time is currently seventh-best in the MVC this season.

VANDENABEELE TAKES THE TOP SPOT

Freshman Thibault Vandenabeele put in a season-best performance at the Bradley Classic, taking home the top spot in a season-best 8k time of 24:48, just a second ahead of Dave Wetson of the University of Windsor.

SEASON BEST PERFORMANCE BY ALL

Four out the five men's cross country runners recorded season-best times at the Bradley Classic. Thibault Vandenabeele, Alex Mark, Brady Fritz and Brett Egan all clocked in their best times of 2009.

On the women's side seven Panther runners recorded season-best times including; Carly Olsen, Danielle Nowasell, Leah Blanchard, Lindsey Wilkins, Jill Lageschulte, Scotti Schon and Hattie Buikema.

HEAD COACH DAN STEELE

1st Season

Dan Steele has been named the Head Men's and Women's Track and Field/Cross Country Coach at the University of Northern Iowa, as announced by UNI Director of Athletics Troy Dannen.

Steele, a native of Moline, Ill., recently finished his seventh season at the University of Oregon. Steele was instrumental in leading the combined men's and women's teams to unprecedented success in 2009, where the Duck men won the NCAA Indoor title, the Pac-10 Conference title and finished second at NCAA Outdoor meet. Not to be outdone, the Duck women won the 2009 Pac-10 Conference title and finished second at the NCAA Outdoor meet. Steele made history at the 2009 NCAA Outdoor Championships by coaching Ashton Eaton to his second Decathlon title and Brienne Theisen to her first Heptathlon title. This is the first time in NCAA history both multis winners came from the same school. For his efforts, Steele was voted the 2009 Indoor NCAA Coach of the Year.

"My extraordinary experience at Oregon has prepared me well to take over the program at the University of Northern Iowa," Steele said. "I had the great pleasure of working for and learning from two of the most brilliant head coaches in the business, Vin Lananna and Martin Smith. In that time, I have also enjoyed coaching some of the finest track and field athletes in America.

"Northern Iowa and I are a great fit. Originally from the Quad Cities, I also know Cedar Falls/Waterloo is the perfect place for raising a family. UNI's proud and impressive tradition of athletic and academic excellence falls in line with my professional standards and expectations. Coaching is teaching; I am a passionate teacher. With my modern vision and leadership, UNI will remain relevant at the NCAA level and be a perennial Missouri Valley Conference championship-caliber team."

As the Associate Director of Track and Field at Oregon, Steele was responsible for running the daily operations of the men's and women's track and field team. Overseeing the sprinters, hurdlers, pole vaulters, decathletes and heptathletes, Steele has coached eight NCAA champions, 13 Pac-10 champions, 30 All-Americans and helped Oregon student-athletes establish 22 new school records.

As an athlete, Steele competed as the brakeman on the Olympic bronze medal four-man bobsled team for the United States at the 2002 Games.

Steele earned a bachelor's degree in sociology from Eastern Illinois in 1992. As a collegiate student-athlete at EIU, Steele captured the 400-hurdles NCAA title as a senior, was a two-time All-American and two-time Drake Relays champion for the Panthers. He was inducted into the EIU Athletics Hall of Fame in 2001.

He and his wife, Dusky, have two sons, Xander and Blake.

PICKING UP RIGHT WHERE SHE LEFT OFF

In her freshman season, Carly Olsen was a consistent top-two finisher for the Panthers. In her sophomore campaign Olsen shows no signs of slowing down, recording the Panthers top finish at the Hawkeye Invitational, Iowa Intercollegiate, Roy Griak Invitational and the Bradley Classic.

FRESHMEN POWER

The freshmen women showed their power early in the season, counting for four of the Panthers five scorers at the Iowa Intercollegiate. Lindsey Wilkins, Leah Blanchard, Allison Fick and Scott Schon all scored points for the Panthers, helping them to a second place finish.

MAKING THEIR COLLEGIATE DEBUT

At the Hawkeye Invitational six freshmen competed in their first collegiate cross country meet for the Panther women. On the men's side, Both Brett Egan and Andrew Nelson ran their first college races, finishing as the first and third runners for the Panthers.

UNI CROSS COUNTRY ON THE INTERNET

The latest information on the UNI cross country program and all 18 Panther teams can be found at the official Web site of UNI Athletics, www.UNI-Panthers.com. Along with live streaming audio and video, fans and media can access updated schedules, results, news, statistics, video and profiles of student-athletes at the site, which is updated daily by UNI Athletics Media Relations.

State Farm MVC Championship Results - Men

1. Indiana State	32 points
2. Southern Illinois	33 points
3. Illinois State	74 points
4. UNI	120 points
5. Bradley	142 points
6. Drake	163 points
7. Wichita State	213 points
8. Evansville	213 points
9. Creighton	256 points

State Farm MVC Championship Results - Women

1. Wichita State	43 points
2. Illinois State	86 points
3. Bradley	93 points
4. Indiana State	96 points
5. Missouri State	101 points
6. Southern Illinois	121 points
7. UNI	166 points
8. Drake	186 points
9. Creighton	247 points
10. Evansville	303 points

UNI CROSS COUNTRY RECORD BOOK

2009 MEN'S RESULTS

Date	Event	Team	Top Finishers (Place)
9/4	Hawkeye Invite	No Score	Brett Egan (8) Alex Mark (11)
9/26	Griak Invitational	16th	T. Vandenabeele (55) Alex Mark (89)
10/10	Huston Invitational	7th	Brett Egan (22) Aaron Vosberg (30)
10/16	Bradley Classic	6th	T. Vandenabeele (1) Alex Mark (7)
10/31	MVC Championships	4th	T. Vandenabeele (15) Alex Mark (17)

TOP TIMES FROM 2009

3K			
Name	Time	Place	Date
Brett Egan	19:42.77	8th	9/4
Alex Mark	20:00.42	11th	9/4
Andrew Nelson	20:14.12	12th	9/4
Aaron Vosberg	20:53.05	13th	9/4
8K			
T. Vandenabeele	24:48.00	1st	10/16
Alex Mark	25:30.00	7th	10/16
Brady Fritz	26:15.00	28th	10/16
Brett Egan	26:20.00	32nd	10/16
Aaron Vosberg	26:55.00	30th	10/10
David Nielsen	27:05.00	66th	10/16
Brendan Thompson	27:12.00	75th	10/16

2009 WOMEN'S RESULTS

Date	Event	Team	Top Finishers (Place)
9/4	Hawkeye Invite	No Score	Carly Olsen (11) Holly Hjadén (15)
9/19	Iowa Intercollegiate	2nd of 10	Carly Olsen (3) Lindsey Wilkins (11)
9/26	Griak Invitational	No Team Score	Carly Olsen (23) Danielle Nowasell (53)
10/10	Huston Invitational	4th	Leah Blanchard (14) Lindsey Wilkins (24)
10/16	Bradley Classic	8th	Carly Olsen (13) Danielle Nowasell (27)
10/31	MVC Championship	7th	Danielle Nowasell (14) Lindsey Wilkins (28)

TOP TIMES FROM 2009

3K			
Name	Time	Place	Date
Carly Olsen	10:50.78	11th	9/4
Holly Tjaden	11:06.06	15th	9/4
Lindsey Wilkins	11:10.64	16th	9/4
Jill Lageschulte	11:23.69	19th	9/4
Leah Blanchard	11:27.76	20th	9/4
5K			
Carly Olsen	18:46.00	3rd	9/19
Danielle Nowasell	19:30.00	14th	10/31
Lindsey Wilkins	19:37.00	11th	9/19
Leah Blanchard	19:44.01	15th	9/19
Allison Fick	20:17.00	25th	9/19
April Davidshofer	20:37.00	44th	10/31
Jill Lageschulte	20:38.00	46th	10/31
Scotti Schon	20:42.00	35th	9/19

6K			
Name	Time	Place	Date
Carly Olsen	22:09.09	13th	10/16
Danielle Nowasell	22:35.00	27th	10/16
Leah Blanchard	23:05.00	45th	10/16
Lindsey Wilkins	23:07.00	49th	10/16
Jill Lageschulte	23:45.00	73rd	10/16
Scotti Schon	24:05.00	8th	10/16
Hattie Buikema	24:16.00	100th	10/16
Allison Fick	25:21.30	153rd	9/26

TOP MEN'S PERFORMANCES

8,000 Meters			
1.	Balazs Csillag	'01	24:20
	Velibor Radojevic	'03	24:20
3.	Oliver Bodor	'01	24:22
4.	Kyle Kepler	'97	24:25
5.	Jay Brock	'96	24:27
	Chris Leonard	'82	24:27
7.	Marty Greene	'92	24:28
8.	Levente Timar	'99	24:33
9.	Mate Nemeth	'00	24:35
10.	Josh Crain	'03	24:39
11.	Rob Brock	'97	24:40
	Dan Fick	'84	24:40
13.	Jay Brock	'97	24:41
14.	Roberto Moreno	'03	24:42
15.	Dan Hostager	'88	24:43
16.	Dorian Ulrey	'07	24:43:63
17.	Jason Meyer	'92	24:45
18.	Rob Semelroth	'97	24:52
19.	Jeff Joiner	'92	24:53
	Carl Burrell	'84	24:53
21.	Doug Nelson	'81	24:54
	Dorian Ulrey	'06	24:54
23.	Dorian Ulrey	'07	24:55
24.	Dan Winder	'02	25:01
25.	Chad Flynn	'91	25:03
26.	Steve Gearhart	'84	25:04
27.	Tibor Vegh	'03	25:05
28.	Carlos Valdez	'82	25:07
	Tad Stolley	'03	25:07
30.	Dorian Ulrey	'06	25:07.05

10,000 Meters

1.	Dan Fick	'83	30:27
2.	Chris Leonard	'83	30:28
3.	Dan Hostager	'88	30:45
4.	Oliver Bodor	'00	30:50
5.	Levente Timar	'99	30:55
6.	Todd Goodell	'85	30:58
7.	Kyle Kepler	'97	31:02
8.	Tom Penningroth	'88	31:21
9.	Steve Gearhart	'83	31:23
	Bill Castle	'88	31:23
11.	Rob Semelroth	'97	31:25
	Balazs Csillag	'00	31:25
13.	Greg Skopec	'83	31:26
14.	Brian Glassmaker	'83	31:32
15.	Trent Graham	'02	31:37
	Mate Nemeth	'00	31:37
	Bob Jirele	'85	31:37
18.	Jay Brock	'97	31:38
19.	Doug Nelson	'81	31:41
	Velibor Radojevic	'03	31:41
21.	Todd Peverill	'80	31:54
22.	Dorian Ulrey	'06	31:54.79
23.	Dave Swanson	'85	32:01
24.	Trent Timson	'88	32:04
25.	Jeff Joiner	'92	32:05
26.	Marty Greene	'92	32:07
28.	Rob Brock	'97	32:10
28.	Roberto Moreno	'02	32:12
29.	Miles Bern	'02	32:14
30.	Jason Meyer	'92	32:17
	Trent Graham	'00	32:17

TOP WOMEN'S PERFORMANCES

4,000 Meters			
1.	Traci Hawley	'07	14:13.52
2.	Caedryn Schrunck	'07	14:15.56
3.	Elly Glass	'02	14:40
4.	Traci Hawley	'06	14:46
5.	Randi Burns	'03	14:46.38
	Randi Burns	'04	14:46.38
6.	Wendy Shaw	'02	14:49
7.	Caedryn Schrunck	'06	14:56
8.	Andrea Wacker	'07	15:01.32
9.	Rita Fiala	'02	15:07
10.	Andrea Wacker	'06	15:09

5,000 Meters

1.	Traci Hawley	'07	17:20.40
2.	Emily Montgomery	'94	17:27
3.	Sandy Elsberry	'82	17:35
4.	Caedryn Schrunck	'07	17:43:51
5.	Traci Hawley	'06	17:51.70
6.	J'ne Day	'82	17:55
	Caedryn Schrunck	'08	17:55
8.	Jenny Jackson	'98	17:56
9.	Danielle Nowasell	'08	17:57
10.	Caedryn Schrunck	'07	17:58
11.	Traci Hawley	'07	18:01
12.	Paulette Nemmers	'92	18:03
13.	Caedryn Schrunck	'07	18:04
14.	Cindra Schelling	'94	18:06
15.	Sue Holtkamp	'99	18:07
14.	Traci Hawley	'06	18:07
16.	Andrea Wacker	'07	18:08.12
17.	Rita Fiala	'99	18:10
18.	Evette Iverson	'99	18:11
19.	Kari Thilges	'00	18:12
	Caedryn Schrunck	'06	18:13.40
21.	Karla Federspeil	'82	18:16
22.	Laura Little	'95	18:17
	Jenny Owens	'89	18:17
	Traci Hawley	'07	18:17
25.	Stacy Roberts	'80	18:19
	Emily Shoopman	'03	18:19
27.	Elly Glass	'02	18:21
	Julie Mazzitelli	'92	18:21
29.	Quinn Vermie	'06	18:22.15
30.	Traci Hawley	'06	18:22.72
31.	Kris Skov	'81	18:25
32.	Caedryn Schrunck	'06	18:25.55
33.	Michelle Wing	'93	18:27
34.	Barb Clark	'87	18:28
35.	Teresa Grothus	'99	18:29

6,000 Meters

1.	Traci Hawley	'07	20:56
2.	Traci Hawley	'07	20:57
3.	Caedryn Schrunck	'07	21:18
4.	Kari Thilges	'00	21:25
5.	Caedryn Schrunck	'07	21:51
6.	Caedryn Schrunck	'06	21:57
7.	Traci Hawley	'06	21:58
8.	Wendy Shaw	'00	22:02
9.	Rita Fiala	'00	22:06
10.	Quinn Vermie	'04	22:07.98