2007

FORT HAYS STATE UNIVERSITY
cross country
2007 Season in Review

The 2007 season proved to be a very successful year for both the men's and women's squads.

Both squads placed in the top seven at the South Central Region meet. The women ended the season ranked 24th in NCAA Division II after finishing fourth at the regional meet. The men placed seventh behind two top-20 individual finishes.

The squad was a good mix of veteran and newcomer runners. The men were led by senior Aaron Davidson and junior Dan Yoder. Davidson, the lone senior on the squad, led the Tigers in all meets with the exception of the conference and region meets. Yoder earned his second All-MIAA award with a fourth-place finish at the league meet.

The women were placed by seven underclassmen. All seven varsity runners will return in 2008 to help bolster a team that earned its first national ranking since the 1997 season. A core of 10 Lady Tigers will compete with next year's newcomers for a chance to represent FHSU next season. FHSU defeated several nationally-ranked teams to end the year and will look to qualify for the national meet in 2008.

The Tiger men redshirted three of its top runners in 2007. Aaron Yoder, Elias Diaz and Jay Lindal all took redshirt years in order to add to their national meet chances in 2008. Both the men's and the women's teams exceeded expectations at the end of the 2007 season. The Tigers will return 13-of-14 runners that competed at the regional meet and 18-of-20 runners that competed at the conference meet this past year.

HEAD COACH JASON MCCULLOUGH

Jason McCullough recently completed his third season as the head cross country coach at Fort Hays State University. He helped lead the Tiger squads to top seven region performances during the 2007 cross country season. At this year's 22-team South Central Regional, the women placed fourth while the men were seventh. The Lady Tigers ended the season ranked 24th in the nation, their first national ranking since the 1997 season.

McCullough returned to coach the cross country and track & field squads after a successful running career with the Tiger program from 1996-99. McCullough was an NCAA II All-American and five-time Academic All-American while competing for the Tigers during that span. The four-time national qualifier also earned five all-conference awards while competing in the Rocky Mountain Athletic Conference, known for its national-caliber distance running reputation. He led the Tiger cross country squad to a 10th-place finish at the NCAA II meet in 1997, its highest finish since joining NCAA Division II.

McCullough spent two seasons at Hays' Thomas More Prep-Marian High School as the head cross country/assistant track & field coach from 1999-2001. He served as a volunteer assistant with the FHSU track & field squad during the 2001-02 seasons.

The 1999 FHSU graduate has also been active in the area’s running community, serving as both a race director and running club coordinator since graduating from FHSU.

McCullough also works in the Health and Human Performance department as an instructor. He earned a bachelor's degree from FHSU in English in 1999 and completed a master's degree in Sports Administration in 2001. He completed a second bachelor’s degree in Spanish in May of 2005. He had also spent the previous six years in the FHSU Sports Information Department, where he worked as the head Sports Information Director for three years.

McCullough is just the fourth cross country coach in the 57-year history of the program. McCullough resides in Hays with his wife, the former Karen Kreutzer, and their son, Elijah.

GRADUATE ASSISTANT AMBER STEPHENS

Amber Stephens completed her second season as graduate assistant of the FHSU cross country program. A native of Colby, Kan., Stephens ran at Oklahoma State University and Colby Community College. Stephens was the NJCAA Cross Country Champion in 2000 and was an NJCAA All-American in 1999 and 2000. Stephens completed a bachelor’s degree in Medical Diagnostic Imaging from FHSU in 2005. She is currently working towards a master's degree in sport/movement studies.

STUDENT ASSISTANT TONYA NEWTON

Tonya Newton just completed her first season as a student assistant in the FHSU Cross Country program. The Salina native was a two-year letterwinner for the Lady Tigers from 2005-07. She earned All-MIAA honors in 2007 in the 10,000 meters and was one of the top two runners on the squad in cross country her two seasons with the Tigers. Newton competed for Butler Community College prior to transferring to FHSU in the fall of 2005. She will graduate from FHSU in the spring of 2008 with a degree in Business.

MANAGER TYLER LAUTERBACH

Tyler Lauterbach just completed his fifth season as the Tigers' team manager. The Wichita native has been an important part of the FHSU Cross Country program during that span. Lauterbach has been responsible for a variety of duties within the program during his three years with the squad. The senior graphic arts major plans to graduate from FHSU during the spring of 2008.
## 2007 Tiger Roster

### WOMEN

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Hometown (Previous School)</th>
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<tbody>
<tr>
<td>Amie Algrim</td>
<td>Fr</td>
<td>Garden City, KS (Garden City HS)</td>
</tr>
<tr>
<td>Faryn Beam</td>
<td>Fr</td>
<td>Kensington, KS (Kensington HS)</td>
</tr>
<tr>
<td>Shannan Herzet</td>
<td>Sr</td>
<td>Potwin, KS (Butler CC)</td>
</tr>
<tr>
<td>Jackie Jamison</td>
<td>Jr</td>
<td>Quinter, KS (Johnson County CC)</td>
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<tr>
<td>Mallory Joseph</td>
<td>So</td>
<td>Oakley, KS (Oakley HS)</td>
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<td>Katie Kersenbrock</td>
<td>Jr</td>
<td>Oakley, KS (Oakley HS)</td>
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<td>Kylene Kirmer</td>
<td>Jr</td>
<td>Great Bend, KS (Great Bend HS)</td>
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<td>Nikki Knowles</td>
<td>Jr</td>
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<td>Ashlee Orr</td>
<td>Jr</td>
<td>North Platte, NE (North Platte HS)</td>
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<td>Daniela Sanchez</td>
<td>Fr</td>
<td>Brush, CO (Brush HS)</td>
</tr>
<tr>
<td>Sharley Schreiner</td>
<td>Fr</td>
<td>Hays, KS (Hays HS)</td>
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### MEN

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<tr>
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<tr>
<td>Tanner Bartholomew</td>
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<td>Kody Cook</td>
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<td>Aaron Davidson</td>
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<td>Fr</td>
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<tr>
<td>Dan Yoder</td>
<td>Jr</td>
<td>Peabody, KS (Hillsboro HS)</td>
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### Final Stats

#### WOMEN--FINAL RECORD: 100 WINS, 31 LOSSES (76.3%)

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<tr>
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#### MEN--FINAL RECORD: 83 WINS, 65 LOSSES (56.1%)

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<tr>
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<td>28:43</td>
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Best times

- Men
  - 8k: 25:39, 10k: 31:58
  - 5k: 19:00, 6k: 22:38
- Women
  - 8k: 25:29, 10k: 32:00
  - 5k: 19:00, 6k: 22:38

### Most Valuable Runner:
- Men - Aaron Davidson, Dan Yoder
- Women - Ashlee Orr, Nikki Knowles

### Most Improved Runner:
- Men - Kody Cook
- Women - Mallory Joseph

### All-Heart Award:
- Men - Matt Goetz
- Women - Ashlee Orr

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**2007 AwardWinners**

**Head Coach:** Jason McCullough (FHSU, 1999)

**Graduate Assistant Coach:** Amber Stephens (FHSU, 2005)

**Student Assistant Coach:** Tonya Newton

**Student Manager:** Tyler Lauterbach

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Amie Algrim  
Freshman - Garden City, KS (Garden City HS)  
**2007 Season:** Posted bests of 19:35 for 5k and 23:36 for 6k. Ran on the varsity seven throughout the entire season. Competed as high as fifth on the squad. Was fifth at the MIAA Championships and South Central Regional Championships. Will focus on the 800 meters through 3000 meters for the Tiger track & field squad this upcoming season.  
ALGRIM'S SEASONAL BESTS  

Kylene Kirmer  
Sophomore - Great Bend, KS (Great Bend HS)  
**2007 Season:** Was one of four Lady Tigers to lead the squad in 2007. Finished 17th at the MIAA Championships to lead FHSU and earn All-MIAA honorable mention honors. Recorded a personal best of 19:25 for 5k despite losing a shoe at the start. Dipped under 23:00 for 6k for the first time in her career. Placed in the top four on the squad in every meet. Will focus on the 3,000 meters and 3,000 meter steeplechase this upcoming season.  
KIRMER'S SEASONAL BESTS  
2M: 13:00  5K: 20:22  6K: 27:11

Mallory Joseph  
Sophomore - Oakley, KS (Oakley HS)  
**2007 Season:** Earned Most-Improved Runner honors for her improvement from the 2006 season. Bettered her 2006 personal best by almost three minutes as a sophomore. Ran fourth through eighth on the squad this season. Ran on the varsity seven throughout the entire season. Com-  
JOSEPH'S SEASONAL BESTS  

Shannan Herzet  
Senior - Potwin, KS (Butler CC)  
**2007 Season:** Earned a spot of the varsity for the MIAA Championships as a senior. Was the lone senior on the squad in 2007. Posted a season-best 25:59 for 6k at the MIAA Championships, where she was seventh on the squad. Recorded a season-best 20:36 at the Tabor Invitational.  
HERZET'S SEASONAL BESTS  

Kylie Knowles  
Junior - Garden City, KS (Garden City CC)  
**2007 Season:** Was a big surprise for the Lady Tigers in 2007. Competed as one of the top two runners on the squad in her first season with the Lady Tigers. Improved her 5k personal best by over a minute to 18:47. Was the Tigers’ top finisher at the Southern Stampede and the OSU Cowboy Jamboree. Finished 26th overall at the regional meet. Will focus on the 800 meters through 5,000 meters this upcoming track & field season.  
KNOWLES'S SEASONAL BESTS  

Kylene Kirmer  
Sophomore - Great Bend, KS (Great Bend HS)  
**2007 Season:** Improved to 20:22 as a sophomore in the program. Competed in the top 10 for the majority of the season. Was ninth overall at the Colby Trojan Invitational. Will focus on the middle distance events during the 2008 track & field season.  
KIRMER'S SEASONAL BESTS  
2M: 13:00  5K: 20:22  6K: 27:11

Ashlee Orr  
Junior - North Platte, NE (North Platte HS)  
**2007 Season:** The former collegiate volleyball player was in the top three for all of the 2007 cross country season. She was the top runner at the Open Range Festival, FHSU Tiger Invite and South Central Regional meet. Posted a team-best 22:38 for 6k at the regional meet, where she placed 22nd overall. Was honorable mention All-MIAA at the conference meet. Will compete at 3,000 to 10,000 meters in track & field.  
ORR'S SEASONAL BESTS  
2M: 11:44  5K: 19:00  6K: 22:38

Amie Algrim  
Freshman - Garden City, KS (Garden City HS)  
**2007 Season:** Posted bests of 19:35 for 5k and 23:36 for 6k. Ran on the varsity seven throughout the entire season. Competed as high as fifth on the squad. Was fifth at the MIAA Championships and South Central Regional Championships. Will focus on the 800 meters through 3000 meters for the Tiger track & field squad this upcoming season.  
ALGRIM'S SEASONAL BESTS  

Kylene Kirmer  
Sophomore - Great Bend, KS (Great Bend HS)  
**2007 Season:** Was one of four Lady Tigers to lead the squad in 2007. Finished 17th at the MIAA Championships to lead FHSU and earn All-MIAA honorable mention honors. Recorded a personal best of 19:25 for 5k despite losing a shoe at the start. Dipped under 23:00 for 6k for the first time in her career. Placed in the top four on the squad in every meet. Will focus on the 3,000 meters and 3,000 meter steeplechase this upcoming season.  
MISHLER'S SEASONAL BESTS  

Faryn Beam  
Freshman - Kensington, KS (Kensington HS)  
**2007 Season:** Ran in her first season with the Tiger cross country squad. Posted a best of 21:12 for 5k at the Southern Stampede. Competed in all but the final meet for FHSU. Will focus on the 800 and 1500 meters for the Tiger track & field squad this upcoming track & field season.  
BEAM'S SEASONAL BESTS  
2M: 13:21  5K: 21:12

Jackie Jamison  
Junior - Quinter, KS (Johnson County CC)  
**2007 Season:** Ran anywhere from first to sixth on the squad in her first season with the Lady Tigers. Ran a personal best of 18:58 at the Southern Stampede. Recorded a 23:10 for 6k at the regional meet. Led the Tigers with a course-record 11:39 at the KFC Alumni Run at the start of the season. A very versatile athlete who will compete at 800 meters up to 10,000 meters this upcoming track & field season.  
JAMISON'S SEASONAL BESTS  

Katie Kersenbrock  
Junior - Oakley, KS (Oakley HS)  
**2007 Season:** Ran with the cross country squad as a junior, posting a career-best 20:08 at the Southern Stampede. Was the seventh runner on the squad at the season-opening KFC Alumni Run. Was the top 800 meter runner last season with a 2:21 best. Will focus on the 800 meters again this season in track & field.  
KERSENBROCK'S SEASONAL BESTS  
2M: 12:26  5K: 20:08

Nikki Knowles  
Junior - Garden City, KS (Garden City CC)  
**2007 Season:** Was a big surprise for the Lady Tigers in 2007. Competed as one of the top two runners on the squad in her first season with the Lady Tigers. Improved her 5k personal best by over a minute to 18:47. Was the Tigers’ top finisher at the Southern Stampede and the OSU Cowboy Jamboree. Finished 26th overall at the regional meet. Will focus on the 800 meters through 5,000 meters this upcoming track & field season.  
KNOWLES'S SEASONAL BESTS  

Ashlee Orr  
Junior - North Platte, NE (North Platte HS)  
**2007 Season:** The former collegiate volleyball player was in the top three for all of the 2007 cross country season. She was the top runner at the Open Range Festival, FHSU Tiger Invite and South Central Regional meet. Posted a team-best 22:38 for 6k at the regional meet, where she placed 22nd overall. Was honorable mention All-MIAA at the conference meet. Will compete at 3,000 to 10,000 meters in track & field.  
ORR'S SEASONAL BESTS  
2M: 11:44  5K: 19:00  6K: 22:38
Daniela Sanchez  
Freshman - Brush, CO (Brush HS)

2007 Season: Ran in her first season with the Tiger cross country squad.  
Posted bests of 20:21 for 5k and 27:07 for 6k. Ran in every meet except the regional championships.  
Was sixth overall at the Colby Trojan Invitational.  
Led FHSU in all but two meets.  

SANCHEZ' SEASONAL BESTS  

Tanner Bartholomew  
Freshman - Mankato, KS (Rock Hills HS)

2007 Season: Sat out the 2007 season as a redshirt freshman but competed in several meets unattached.  
Finished eighth at the Colby Trojan Invitational and 13th at the McPherson Bulldog Invitational.  
Will compete for the Tigers in track & field this upcoming season.  

BARTHOLOMEW'S SEASONAL BESTS  
4M: 23:16  8K: 29:21  

Aaron Davidson  
Senior - Salina, KS (Salina South HS)

2007 Season: Competed as one of the top two runners on the squad during the 2007 season.  
Posted bests of 25:29 for 8k and 32:00 for 10k as a senior.  
Was the lone senior on the squad who did not redshirt the season.  
Placed a career-best 18th at the regional meet. Was 14th at the Tiger Invitational. Led FHSU in all but two meets.  
Will compete at 5,000 and 10,000 meters this spring.  

DAVIDSON'S SEASONAL BESTS  
4M: 20:58  8K: 25:29  10K: 32:00  

Cole Ginther  
Freshman - Hays, KS [Thomas More Prep-Marian HS]

2007 Season: Completed his first cross country season after getting a medical redshirt as a true freshman. Was hampered by injury and illness for much of the season before ending the year as the Tigers’ fourth runner.  
Recorded a career-best 33:58 for 10k at the regional meet to help the Tigers to a seventh-place finish.  
Was the Tigers’ top 5,000 meter runner last spring. Will compete from 800 meters through 10,000 meters this year.  

GINThER'S SEASONAL BESTS  
8K: 27:58  10K: 33:58  

James Horesky  
Sophomore - Almena, KS (Northern Valley HS)

2007 Season: Trained and competed on the cross country squad while preparing for the 2008 track & field campaign.  
Improved his 8k time by over three minutes throughout the course of the season.  
Will compete at 800 meters this upcoming season.  

HORESKY'S SEASONAL BESTS  
4M: 26:40  8K: 32:19  

Sharley Schreiner  
Freshman - Hays, KS [Hays HS]

2007 Season: Provided a great boost to the 2007 squad as a true freshman. Finished third on the squad at the season-ending regional meet, where he ran a career-best 33:44 for 10k.  
Placed in the top six on the squad in every meet during the 2007 season.  
Will compete in the 5,000 meters and 10,000 meters during the upcoming track & field season.  

SCHREINER'S SEASONAL BESTS  

Matt Goetz  
Junior - Hoisington, KS [Hoisington HS]

2007 Season: Redshirted the season in order to prepare for the 2008 season. Competed at two meets as an unattached runner. Recorded a 21st-place finish at the FHSU Tiger Open and a sixth-place finish at the KFC Alumni Run.  
Will redshirt the 2008 track & field campaign but will still compete unattached in the 3,000 meter steeplechase and at 5,000 meters.  

GOETZ' SEASONAL BESTS  

Mitch Hunter  
Freshman - Garden City, KS [Garden City HS]

2007 Season: Trained and competed for the FHSU cross country squad in order to prepare for the track & field season.  
Ran a career-best 31:11 for 8k at the McPherson Bulldog Invitational.  
Will specialize in the 400 and 800 meters this upcoming track & field season.  

HUNTER'S SEASONAL BESTS  
4M: 25:11  8K: 31:11  

Elias Diaz  
Senior - Garden City, KS [Hutchinson CC]

2007 Season: Was sixth overall at the Colby Trojan Invitational. Led FHSU in all but two meets.  
Will compete at 800 meters through 3,000 meters this spring.  

DIAZ' SEASONAL BESTS  

Tiger Runners
**Fort Hays State University**

**Cross Country**

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**Tiger Runners**

**Miguel Macias**
Sophomore - Lexington, NE [Lexington HS]

- **2007 Season:** Redshirted the 2007 season but ran in several meets as an unattached athlete. Recorded a personal best of 28:01 at the Southern Stampede. Will compete at 1,500 meters through 5,000 meters during the track & field campaign.

**MACIAS' SEASONAL BESTS**

- 4M: 23:46
- 8K: 28:01

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**Jay Lindal**
Junior - Clearwater, KS [Butler CC]

- **2007 Season:** Redshirted the 2007 season in order to recover from a foot injury. Recorded a 21:02 for four miles at the KFC Alumni Run as an unattached athlete, which would have been second on the squad. A talented athlete who will compete from 800 meters to 5,000 meters during the track & field season.

**LINDAL'S SEASONAL BEST**

- 4M: 21:02

---

**Justin McAlpin**
Freshman - Tulsa, OK [Bishop Kelley HS]

- **2007 Season:** Improved throughout the season. Earned a spot on the varsity for much of the latter half of the year. Was in the Tiger varsity at the MIAA Championships and earned a spot on the regional travelling squad as a true freshman. Will compete in the middle distances for the Tigers during the 2008 track & field season.

**MCALPIN'S SEASONAL BESTS**

- 4M: 24:07
- 8K: 28:43

---

**Brendan Ptacek**
Junior - Wilson, KS [Ellsworth HS]

- **2007 Season:** Ran for the Tigers in 2007 after redshirting the 2006 campaign. Was third through seventh on the squad during his junior season. Placed third on the squad at the Southern Stampede, where he ran a season-best 27:00. May redshirt the track & field campaign, but will compete in the middle distances for FHSU.

**PTACEK'S SEASONAL BESTS**

- 4M: 23:03
- 8K: 27:00
- 10K: 34:42

---

**Kegan Radcliff**
Sophomore - Andale, KS [Southwestern]

- **2007 Season:** Ran for the Tigers after transferring from Southwestern College last season. Recorded a season-best 30:00 at the Tabor Invitational. Will specialize at 400 meters and 800 meters during the track & field campaign.

**RADCLIFF'S SEASONAL BESTS**

- 4M: 24:03
- 8K: 30:00

---

**Kevin Sander**
Freshman - Hays, KS [Thomas More Prep-Marian HS]

- **2007 Season:** Redshirted the 2007 season in order to prepare for the 2008 campaign. Won the Colby Trojan Invitational and Tabor College Invitational as a redshirt. Led all FHSU runners at the Southern Stampede and FHSU Tiger Invitational. Will compete for FHSU at 1,500 meters through 10,000 meters this upcoming season.

**SANDER'S SEASONAL BESTS**

- 4M: 24:06
- 8K: 29:23

---

**Scott Smelser**
Junior - McClouth, KS [McClouth HS]

- **2007 Season:** Recorded a season-best 30:16 at the McPherson Bulldog Invitational as a junior. Has run for the Tigers three years. Will compete for FHSU in the longer distances as a junior on the track & field squad.

**SMELSERS' SEASONAL BESTS**

- 4M: 23:56
- 8K: 30:16

---

**Jordan Stroup**
Freshman - Benkelman, NE [Dundy County HS]

- **2007 Season:** Redshirted the 2007 season but ran in several meets as an unattached athlete. Recorded a personal best of 28:01 at the Southern Stampede. Will compete for the Tigers in the longer distances during the 2008 track & field season.

**STROUP'S SEASONAL BESTS**

- 4M: 22:21
- 8K: 27:20
- 10K: 34:38

---

**Aaron Yoder**
Senior - Peabody, KS [Hillsboro HS]

- **2007 Season:** Redshirted the 2007 season in order to prepare for the 2008 campaign. Still competed in several events as an unattached runner. Won the Colby Trojan Invitational and Tabor College Invitational as a redshirt. Led all FHSU runners at the Southern Stampede and FHSU Tiger Invitational. Will compete for FHSU at 1,500 meters through 10,000 meters this upcoming season.

**YODER'S SEASONAL BESTS**

- 4M: 21:18
- 8K: 25:18

---

**Dan Yoder**
Junior - Peabody, KS [Hillsboro HS]

- **2007 Season:** Led FHSU at the MIAA Championships and SC Regional Championships as a junior. Earned second All-MIAA award with a fourth-place finish at the meet. Recorded a personal-best 31:58 for 10k to place 17th at the regional meet. Has qualified for the national meet in track & field in the 800 meters, 1,500 meters and the mile.

**YODER'S SEASONAL BESTS**

- 4M: 21:06
- 8K: 25:39
- 10K: 31:58

---

**SMELSER'S SEASONAL BESTS**

- 4M: 23:56
- 8K: 30:16

---

**2007 Season:** Recorded a season-best 30:16 at the McPherson Bulldog Invitational as a junior. Has run for the Tigers three years. Will compete for FHSU in the longer distances as a junior on the track & field squad.

---

**2007 Season:** Ran for the Tigers in 2007 after redshirting the 2006 campaign. Was third through seventh on the squad during his junior season. Placed third on the squad at the Southern Stampede, where he ran a season-best 27:00. May redshirt the track & field campaign, but will compete in the middle distances for FHSU.
### Men - Team Finishes

**Cross Country**

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### All-Americans

- **1956** Bill Dunlap
- **1956** Carl Sucht
- **1957** Bill Dunlap
- **1958** Richard Lottin
- **1961** Robert Mohler
- **1961** John Rose
- **1962** Lowell Smith
- **1963** Lowell Smith
- **1963** Jerry Hertel
- **1963** Don Lakin
- **1964** Charlie Rose
- **1965** Don Lakin
- **1965** Al Penka
- **1967** Al Penka
- **1967** Tom Bradrick
- **1967** Tom Bradrick
- **1968** John Mason
- **1968** John Mason
- **1969** Jeth Fouts
- **1970** John Mason
- **1970** Garry Sigle
- **1971** Garry Sigle
- **1972** Fred Torneden
- **1972** Curt Shelman
- **1972** J.C. Worchester
- **1978** Jiya Uppala
- **1979** Jiya Uppala
- **1980** Jiya Uppala
- **1980** Jiya Uppala
- **1981** Jiya Uppala
- **1982** Jiya Uppala
- **1983** Jiya Uppala
- **1984** Jiya Uppala
- **1985** Jiya Uppala
- **1986** Jiya Uppala
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- **2003** Jiya Uppala
- **2004** Jiya Uppala
- **2005** Jiya Uppala
- **2006** Jiya Uppala
- **2007** Jiya Uppala

### NCAA II Academic All-Americans

- **1992** Jiya Uppala
- **1993** Jiya Uppala
- **1994** Jiya Uppala
- **1995** Jiya Uppala
- **1996** Jiya Uppala
- **1997** Jiya Uppala
- **1998** Jiya Uppala
- **1999** Jiya Uppala
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- **2003** Jiya Uppala
- **2004** Jiya Uppala
- **2005** Jiya Uppala
- **2006** Jiya Uppala
- **2007** Jiya Uppala

### Women - Team Finishes

**Women - Team Finishes**

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### NCAA II All-Conference

- **1992** Krista Adams 7th
- **1993** Stacy Weatherman 10th
- **2006** Bridget Brown 4th

### NCAA II All-Region

- **1992** Carol Hartig 14th
- **1993** Basha Roemer 14th
- **1994** Carol Hartig 15th
- **2006** Bridget Brown 5th

### All-Americans

- **1993** Mark Pohlman
- **1993** Jesse Schreuder
- **1993** Scott Wichael
- **1994** Jason Shanahan
- **1994** T.J. Trout
- **1994** Scott Wichael
- **1995** Jason Shanahan
- **1996** Jason McCullough
- **1996** Jason Shanahan
- **1996** T.J. Trout
- **1997** Jeth Fouts
- **1997** Jason McCullough
- **1997** T.J. Trout
- **2000** Matt Fouts
- **2001** Adam Moos
- **2001** Anthony Nicholl
- **2001** Daryn Parker
- **2001** Todd Worchester
- **2001** Daryn Parker
- **2002** Todd Worchester
- **2002** Dale Dexter
- **2002** Matt Fouts
- **2002** Jason McCullough
- **2003** Adam Moos
- **2003** Daryn Parker
- **2003** Todd Worchester
- **2003** Daryn Parker
- **2004** Todd Worchester
- **2004** Todd Worchester
- **2005** Aaron Yoder
- **2005** Aaron Davidson
- **2006** Dan Yoder
- **2006** Aaron Davidson
- **2006** Dan Yoder
- **2007** Aaron Davidson

### NCAA II Academic All-Americans

- **1992** Krista Adams
- **1993** Jennifer West
- **1994** Jennifer West
- **1995** Jennifer West
- **1996** Jennifer West
- **1997** Stacy Weatherman
- **2001** Lisa Sullivan
- **2002** Lisa Sullivan
- **2003** Bridget Brown
- **2004** Bridget Brown
- **2006** Ashley Orr
- **2007** Ashley Orr
- **2007** Nikki Knowles
- **2007** Ali Mishler
- **2007** Jackie Jamison
2007 Results

Alumni Run - Hays, KS (September 1)

Women's Results
2 Mile
Jackie Jamison 1st 11:39
Ashlee Orr 2nd 11:44
Nikki Knowles 4th 11:52
Ali Mishler 5th 12:01
Sharley Schreiner 6th 12:15
Amie Algrim 7th 12:21
Katie Kersenbrock 8th 12:26
Mallory Joseph 9th 12:32
Shannan Herzet 10th 12:41
Daniela Sanchez 13th 12:59

Men's Results
4 Mile
Aaron Davidson 2nd 20:58
Jay Lindal (Una) 3rd 21:02
Dan Yoder 4th 21:06
Aaron Yoder (Una) 5th 21:18
Elias Diaz (Una) 6th 21:53
Kody Cook 7th 22:17
Jordan Stroup 9th 22:21
Matt Goetz 10th 22:29
Brendan Ptacek 14th 23:03
Tanner Bartholomew (Una) 16th 23:16
Miguel Macias (Una) 18th 23:46
Scott Smelser 20th 23:56
Kegan Radcliff (Una) 21st 24:03
Kevin Sander 23rd 24:06
Justin McAlpin 24th 24:07
Mitch Hunter 27th 25:11
Edwin Kiptoo (Una) 29th 25:30
James Horesky 32nd 26:40

Men's Results
5 Mile
Aaron Yoder (Una) 1st 25:53
Miguel Macias (Una) 19th 28:24
Edwin Kiptoo (Una) 39th 29:27
Kegan Radcliff 51st 30:00
Scott Smelser 61st 30:25
Mitch Hunter 62nd 30:26
James Horesky 86th 32:19

Southern Stampede - Joplin, MO (September 15)

Women's Results
5K
Nikki Knowles 49th 18:47
Jackie Jamison 56th 18:58
Ashlee Orr 59th 19:00
Ali Mishler 93rd 19:25
Sharley Schreiner 106th 19:35
Amie Algrim 108th 19:37
Mallory Joseph 114th 19:39
Katie Kersenbrock 152nd 20:08
Daniela Sanchez 168th 20:21
Kylene Kimes 171st 20:22
Faryn Beam 215th 21:12

Men's Results
8K
Aaron Davidson 26th 30:36
Katie Kersenbrock 28th 30:41

Men's Results
8K
Kegan Radcliff 1st 23:03
Tanner Bartholomew (Una) 8th 21:58
Kevin Sander 14th 21:29
Edwin Kiptoo (Una) 16th 21:36
Scott Smelser 20th 21:40
Kegan Radcliff 21st 21:43
Kevin Sander 23rd 21:46
Justin McAlpin 24th 21:47
Mitch Hunter 27th 21:51
Edwin Kiptoo (Una) 29th 21:53
James Horesky 32nd 22:01

Trojan Invitational - Colby, KS (September 7)

Women's Results
4K
Mallory Joseph 5th 16:14
Daniela Sanchez 6th 16:15
Shannan Herzet 7th 16:37
Kylene Kimes 9th 16:54
Faryn Beam 12th 17:49

Men's Results
6K
Aaron Yoder (Una) 1st 20:03
Tanner Bartholomew (Una) 8th 21:58
Kevin Sander 11th 22:19
Scott Smelser 12th 22:23
Justin McAlpin 14th 22:28
Mitch Hunter 17th 22:38
Kegan Radcliff (Una) 21st 22:59
James Horesky 31st 23:49

Men's Results
8K
Cole Ginther 5th 27:58
Justin McAlpin 9th 28:55
Tanner Bartholomew (Una) 13th 29:21
Kevin Sander 14th 29:23
Edwin Kiptoo (Una) 27th 30:13
Scott Smelser 28th 30:16
Kegan Radcliff 29th 30:21
Mitch Hunter 41st 31:11
James Horesky 63rd 34:11

Bulldog Invitational - McPherson, KS (September 15)

Men's Results
8K
Cole Ginther 5th 27:58
Justin McAlpin 9th 28:55
Tanner Bartholomew (Una) 13th 29:21
Kevin Sander 14th 29:23
Edwin Kiptoo (Una) 27th 30:13
Scott Smelser 28th 30:16
Kegan Radcliff 29th 30:21
Mitch Hunter 41st 31:11
James Horesky 63rd 34:11

Tabor Invitational - Hillsboro, KS (September 22)

Women's Results
5K
Shannan Herzet 26th 20:36
Katie Kersenbrock 28th 20:41

Men's Results
8K
Kegan Radcliff 1st 25:53
Miguel Macias (Una) 19th 28:24
Edwin Kiptoo (Una) 39th 29:27
Kegan Radcliff 51st 30:00
Scott Smelser 61st 30:25
Mitch Hunter 62nd 30:26
James Horesky 86th 32:19

Fort Hays State University
Cross Country
### OSU Cowboy Jamboree - Stillwater, OK (September 29)

**Women's Results**

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**Men's Results**

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### Tiger Open - Hays, KS (October 7)

**Women's Results**

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### MIAA Championships - Kirksville, MO (October 20)

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**Men's Results**

<table>
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### NCAA II SC Regional - Joplin, MO (November 3)

**Women's Results**

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<tr>
<td>6K</td>
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<td>22:54</td>
</tr>
<tr>
<td>6K</td>
<td>40th</td>
<td>23:10</td>
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<td>51st</td>
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<td>6K</td>
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**Men's Results**

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<td>10K</td>
<td>18th</td>
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<tr>
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<tr>
<td>10K</td>
<td>66th</td>
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<tr>
<td>10K</td>
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<tr>
<td>10K</td>
<td>86th</td>
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<tr>
<td>10K</td>
<td>89th</td>
<td>34:42</td>
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The only four-time All-American for FHSU, **John Mason** was a two-time national champion harrier. Mason went undefeated as a junior and senior.

**Don Lakin** was a three-time All-American for the Tigers from 1963-1965.

**Larbi Oukada** was a member of both the 1968 and 1969 NAIA championship teams. He narrowly missed the individual title in 1969.

**The 1963 Cross Country Squad** was the first Fort Hays State University team to win a national championship, in any sport.

**Linda Roger** helped the Lady Tigers to a fifth-place NAIA finish with her All-America performance. She went on to break nine school records while at FHSU.

Martha Martin became FHSU's first-ever female cross country runner in 1977. She finished in the top ten in her first three meets.

**Patty Bergmeier** was an NAIA All-American for the Lady Tigers in 1985.

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**Patty Bergmeier** was an NAIA All-American for the Lady Tigers in 1985.

Still the only two-time All-American for the Lady Tigers, **Carol Hartig** was a member of the only two teams to finish in the top ten at the national meet.

A 1972 All-American for FHSU, **Jim Birnbaum**, would later win a national title in the steeplechase.

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Still the only two-time All-American for the Lady Tigers, **Carol Hartig** was a member of the only two teams to finish in the top ten at the national meet.
Two-time NAIA All-American Garry Sigle led the Tigers to two third-place finishes at the NAIA meet.

Although he would later go on to become one of the top marathoners in the country, Fred Torneffon earned NAIA All-America honors for the Tigers in 1978.

Two-time All-American J.P. Worcester was a member of three CSIC championship teams.

Lonnie Gee’s breakout 1980 season earned him All-America honors. He helped the Tigers to a fourth-place finish at the NAIA meet.

Mark Pohiman led the Tiger harriers in the early ‘90s. He garnered All-America honors in 1992.

Krista Adams has placed higher at the RMAC Championships than any other Lady Tiger.

Joan Jilka earned All-America honors for the Lady Tigers in 1982. She still holds many of FHSU’s track records.

Stacy Weatherman is one of only two RMAC All-Conference performers at FHSU. She was a two-time national qualifier for FHSU and holds several track records.

Daryn Parker and Dale Dexter combined for four All-American performances for the Tigers from 2002-03.

Bridget Brown earned All-MIAA and All-South Central Region honors in route to qualifying for the NCAA Championships in 2006.

Stacy Weatherman

Bridget Brown
## 2007-08 Track & Field Schedule

### Indoor

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
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<tbody>
<tr>
<td>Dec 8</td>
<td>KSU Open</td>
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<td>Dec 14</td>
<td>UNK Pre-Holiday Open</td>
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<tr>
<td>Jan 25</td>
<td>Jayhawk Invitational</td>
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<tr>
<td>Jan 26</td>
<td>Charlie Foster Open</td>
</tr>
<tr>
<td>Feb 1-2</td>
<td>University of Oklahoma</td>
</tr>
<tr>
<td>Feb 15</td>
<td>UNK All-Comer</td>
</tr>
<tr>
<td>Mar 29/30</td>
<td>MIAA Championships</td>
</tr>
<tr>
<td>Mar 14-15</td>
<td>NCAA II Championships</td>
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### Outdoor

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<tr>
<th>Date</th>
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<td>Mar 12</td>
<td>Emporia State Twilight</td>
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<tr>
<td>Mar 28</td>
<td>Rock 'n Roll Classic</td>
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<td>Mar 29</td>
<td>Alex Francis Invitational</td>
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<td>Apr 5</td>
<td>FHSU Triangular</td>
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<tr>
<td>Apr 10-11</td>
<td>DII Challenge Meet</td>
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<td>Apr 17-19</td>
<td>Kansas Relays</td>
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<td>May 3-4</td>
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<td>Kansas Relays</td>
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***Schedule Subject to Change***