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--Oct. 25, 2006-- **Midwest Conference Cross Country**

**Grinnell Men & Women Try To Extend Title Streaks At 2006 Championships**

RIPON, WIS. -- Grinnell's men's cross country team will look to make it a decade of dominance at the 2006 Midwest Conference Cross Country Championships in Waukesha, Wis., on Saturday, October 14. The Pioneer men will be running for their tenth consecutive conference crown and MWC-record 23rd overall at Minooka Park near the campus of host school, Carroll College. Not to be outdone, the Grinnell women, who own a league-best 13 championship trophies, will also be looking to add to their streak after taking home back-to-back titles in 2004 and 2005.

Carroll's **Erin Kelley** will be vying for a three-peat of her own, as the junior attempts to become the first women's runner in MWC history to win three consecutive conference crowns. A new champion will be crowned on the men's side, as 2005 champ **Dave Billings** from Ripon has graduated.

Beloit's men and women both enjoyed top five finishes a year ago under head coach **Dave Eckburg**. The men will have to replace their top finisher from 2005, but junior **Amanda Hammermeister** returns to lead the women after finishing fourth last year. Senior **Aaron Berdanier** has emerged as Bucs top men's threat this season.

Freshmen **Lauren Rein** and **Michelle Weber** could team with **Erin Kelley** to lead **Shawn Thielitz's** Carroll squad to its first women's title since 2000. Senior **Zachary Andreski** will look to help the Pioneer men improve on last year's ninth-place team standing.

**Will** and **Evelyn Freeman** return a host of talented runners as Grinnell looks to defend both of its respective titles. Junior **Sarah Spencer** owns the women's team's best time this year, despite being surrounded by senior **Sarah Brady**, junior **Erin Sindewald** and senior **Kaitlyn Ryan** who all finished in the top 10 at last year's championship. Junior **Drake Ballew** and freshman **David Montgomery** will lead a Grinnell men's squad that does not return any top 10 finishers from last season's title team.

**Mike Brooks** will look to lead the Illinois College men's and women's programs into the top half of the conference standings in 2006. Sophomores **Kirk Atwater** and **Kie Layne** will be threats to break into top 20 men's finishers, while senior **Chelby Sullivan** should be in the hunt for a top 10 finish and may challenge for the title.

Knox head coach **Chris Pio** welcomes five freshmen on each squad this season as the Prairie Fire look to use their youth movement to improve. Seniors **Erik DeLapp** and **Zoe Berman** will provide experience on the men's and women's teams, respectively.

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--Past MWC Men's Team Champions--

1929	Cornell	1955	Grinnell	1980	Carleton
1930	Monmouth	1956	Carleton	1981	Carleton
1931	Monmouth	1957	Lawrence	1982	Carleton
1932	Carleton	1958	Grinnell	1983	Lawrence
1933	Cornell	1959	St. Olaf	1984	Lawrence
1934	Cornell	1960	Grinnell	1985	Lawrence
1935	Carleton	1961	Cornell	1986	Grinnell
1936	Carleton	1962	Carleton	1987	Grinnell
1937	Cornell	1963	Carleton	1988	Grinnell
1938	Cornell	1964	None	1989	Grinnell
1939	Beloit	1965	Carleton	1990	Grinnell
1940	Coe	1966	Carleton	1991	Grinnell
1941	None	1967	Carleton	1992	Grinnell
1942	None	1968	St. Olaf	1993	Grinnell
1943	None	1969	Carleton	1994	Grinnell
1944	None	1970	St. Olaf	1995	Grinnell
1945	None	1971	St. Olaf	1996	Monmouth
1946	Cornell	1972	St. Olaf	1997	Grinnell
1947	Cornell	1973	St. Olaf	1998	Grinnell
1948	Cornell	1974	Carleton	1999	Grinnell
1949	Lawrence		Lawrence	2000	Grinnell
1950	Lawrence	1975	Carleton	2001	Grinnell
1951	Lawrence	1976	Carleton	2002	Grinnell
1952	Carleton	1977	Carleton	2003	Grinnell
1953	Carleton	1978	Carleton	2004	Grinnell
1954	Carleton	1979	Carleton	2005	Grinnell

--Past MWC Women's Team Champions--

1978	Grinnell	1992	Grinnell
1979	Grinnell	1993	Grinnell
1980	Grinnell	1994	Grinnell
1981	Cornell	1995	Grinnell
1982	Cornell	1996	Carroll
1983	Grinnell	1997	Carroll
1984	St. Norbert	1998	Beloit
1985	Grinnell	1999	Lawrence
1986	St. Norbert	2000	Carroll
1987	Cornell	2001	Lawrence
1988	Cornell	2002	St. Norbert
1989	Grinnell	2003	St. Norbert
1990	Lawrence	2004	Grinnell
1991	Grinnell	2005	Grinnell



First-year Lake Forest head coach **Kelly Parsley** inherits a women's title contender in senior **Katie Snowden**. Snowden finished fifth last year and owns the fourth-best time in the MWC entering this season's event. Senior **Leann Kimmons** and sophomore **Diane Stajszczak** give the Forester women a strong core, while freshman **John Thies** is expected to lead the men's squad.

Lawrence's women finished second last season and the junior trio of **Catherine Frazier**, **Joy Manweiler** and **Clare Shinnors** will make the Vikings contenders in **Jen Jacobsen**'s first season as head coach. Manweiler finished tenth at the 2005 championships. Senior **Phillip Keith** has been the top runner for Lawrence on the men's side this season.

After a second-place finish last year, the Monmouth men will again challenge for the league title under head coach **Roger Haynes**. Junior **Scott Heiar** and senior **Kel Bond** both return after top 10 finishes a year ago, while freshman **Clay Staley** has been the Scots top runner this season. Freshman **Katie Staab** will pace the Monmouth women, who finished seventh as a team in 2005.

**Robert Duley** and the Ripon Red Hawks featured a men's individual champion last season and will have contenders in both races this year. Junior **Brittany Dick** enters this season's event with the fifth-best time in the conference, while junior **Rebecca Duley** and freshman **Jessica Davey** both have top 20 potential. Junior **Bryan Schneider** has the team's best men's time this season, but junior **Jim Hein** is also back after finishing tenth last year.

Both St. Norbert teams finished fifth at the 2005 MWC Championships and look poised to improve in 2006 under head coaches **Joe Dunham** and **Nancy Griff**. Junior **Jeff Pentek**, who enters as a favorite after recording the MWC's best 8K time this season, will team with freshmen **Aaron Roden** and **Jonathan O'Brien** to make the Green Knights team title contenders. Junior **Katie Jenewein** returns after finishing sixth at last year's championship, while senior **Trina Bower** owns a top 20 regular-season time.

--MWC--

--Past MWC Women's Individual Champions--

Year	Champion, School	Year	Champion, School
2005	Erin Kelley, Carroll	1991	Rose Nguyen, Knox
2004	Erin Kelley, Carroll	1990	Marja Sankelo, Beloit
2003	Kristin Igielski, Carroll	1989	Lori Stitch, Ripon
2002	Julie Deyo, St. Norbert	1988	Christine Thorburn, Grinnell
2001	Julie Deyo, St. Norbert	1987	Monica Zimmerman, Cornell
2000	Kristin Igielski, Carroll	1986	Angie Hickerson, Monmouth
1999	Marni Lynn, Carroll	1985	Shavaun Adams, Grinnell
1998	Julie Liebich, Lawrence	1984	Shavaun Adams, Grinnell
1997	Bridget Wiedl, Beloit	1983	Michele Belvitch, Beloit
1996	Cheri Lichtensteiger, Carroll	1982	Becky DeLozier, Cornell
1995	Holly Killmer, Grinnell	1981	Annette Andresen, Knox
1994	Stephanie Hitztaler, Grinnell	1980	Jackie Clark, Cornell
1993	Kelly Lear, Cornell	1979	Julia Carver, Grinnell
1992	Jenny Meyers, Cornell	1978	Shirley Heiman, Grinnell

--Past MWC Men's Individual Champions--

Year	Champion, School	Year	Champion, School
2005	Dave Billings, Ripon	1969	Bob Reddick, Carleton
2004	Zach Barr, Monmouth	1968	Mike Steiner, Carleton
2003	Adam Booth, Grinnell	1967	Mike Steiner, Carleton
2002	Adam Booth, Grinnell	1966	Mike Steiner, Carleton
2001	Adam Booth, Grinnell	1965	Mike Hartman, Beloit
2000	John Aerni, Grinnell	1964	Mike Hartman, Beloit
1999	Adam Broten, Carroll	1963	Rod Brown, Grinnell
1998	Zac Freudenberg, Beloit	1962	Bill Dressel, Cornell
1997	Rob Park, Grinnell	1961	Bill Dressel, Cornell
1996	Jamie Verstraete, Monmouth	1960	David Wee, St. Olaf
1995	Josh Ward, Grinnell	1959	Tad Pinkerton, Lawrence
1994	Chris Mills, Grinnell	1958	Dave Peele, Beloit
1993	Mike Nawrocki, Grinnell	1957	Tad Pinkerton, Lawrence
1992	Dan Schisler, Monmouth	1956	Wilbur Olson, Carleton
1991	Chris Garman, Grinnell	1955	Wilbur Olson, Carleton
1990	Tony Every, Cornell	1954	John McCamant, Carleton
1989	Chris Nauman, Lawrence	1953	John McCamant, Carleton
1988	Greg Evans, Grinnell	1952	Hal Higdon, Carleton
1987	Greg Evans, Grinnell	1951	Robert Zimmerman/ James Hoel, Lawrence
1986	Greg Evans, Grinnell	1950	Carroll Schumacher, Beloit
1985	Eric Griffin, Lawrence	1949	Carroll Schumacher, Beloit
1984	Eric Griffin, Lawrence	1948	Ben McAdams, Cornell
1983	Matt Trimble, Cornell	1947	Ralph Harris, Cornell
1982	Ross Johnson, Carleton	1946	Bill Larson, Lawrence
1981	Mike Axinn, Chicago	1941-45	None
1980	Mike Axinn, Chicago	1940	Neumann Sell, Grinnell
1979	Mike Axinn, Chicago	1939	Schwake, Beloit
1978	Jim Miller, Lawrence	1938	None
1977	Dale Kramer, Carleton	1937	Roy McAuley, Cornell
1976	Dale Kramer, Carleton	1936	Frank Schubert, Lawrence
1975	Dale Kramer, Carleton	1933-35	None
1974	Roger Johnston, Carleton	1932	Roscoe Pullen, Knox
1973	James Muus, St. Olaf	1931	None
1972	James Muus, St. Olaf	1930	Earl King, Monmouth
1971	Chuck McGrath, Grinnell	1929	Robert Swaney, Cornell
1970	Gary Olmstead, St. Olaf		

2006 Midwest Conference Top Regular-Season Times

--Men's Top Performances - 8,000 Meter Top Times--

Rnk	Ath/Yr/School	Time	Date	Meet
1	Jeff Pentek, Jr., SNC	25:24.23	10/14/06	UW-Oshkosh
2	Drake Ballew, Jr., GC	25:49.00	9/9/06	Les Duke Invite
3	Clayton Staley, MC	25:53.00	9/22/06	Augustana
4	Kel Bond, Jr., MC	25:54.00	10/13/06	Millikin
5	David Montgomery, Fr., GC	26:16.00	9/9/06	Les Duke Invite
6	Charles Knuth, Jr., GC	26:23.00	9/9/06	Les Duke Invite
7	Aaron Etienne, Sr., MC	26:26.00	10/13/06	Millikin
8	Bryan Schneider, Jr., RC	26:37.00	9/22/06	Augustana
9	Aaron Roden, Fr., SNC	26:43.00	10/14/06	UW-Oshkosh
10	Darrin VanNattan, So., MC	26:47.00	10/13/06	Millikin
11	Jonathan O'Brien, SNC	27:04.00	10/14/06	UW-Oshkosh
12	Scott Heiar, Sr., MC	27:09.00	9/9/06	Carroll Invite
13	Henry Reich, So., GC	27:12.00	9/9/06	Les Duke Invite
14	Bradley Begyn, MC	27:22.00	9/22/06	Augustana
15	Josh Penkwitz, Sr., SNC	27:22.17	10/14/06	UW-Oshkosh
16	Adam Rodriguez, Sr., MC	27:24.00	10/13/06	Millikin
17	Samuel Calisch, Fr., GC	27:27.00	9/9/06	Les Duke Invite
18	Mackenzie Laska, Fr., SNC	27:34.00	9/9/06	Carroll Invite
19	John Barrett, Fr., SNC	27:36.41	10/14/06	UW-Oshkosh
20	Michael Horrell, So., GC	27:38.00	9/9/06	Les Duke Invite

--Women's Top Performances - 5,000 Meter Top Times--

Rnk	Ath/Yr/School	Time	Date	Meet
1	Erin Kelley, Jr., CC	18:41.00	9/30/06	Sean Earl
2	Sarah Spencer, Jr., GC	18:55.00	9/1/06	Elmhurst
3	Sara Brady, Sr., GC	18:57.00	10/14/06	Knox
4	Katie Snowden, Sr., LFC	19:04.00	10/14/06	Lake Forest
5	Brittany Dick, Jr., RC	19:06.00	10/14/06	Wis. Privates
6	Leann Kimmons, Sr., LFC	19:25.00	10/14/06	Knox
7	Erin Sindewald, Jr., GC	19:39.00	10/14/06	Knox
8	Kaitlyn Ryan, Sr., GC	19:48.00	10/14/06	Knox
t9	Michelle Quade, Fr., BC	19:49.00	9/30/06	Sean Earl
t9	Rebecca Bessinger, So., GC	19:49.00	10/14/06	Knox
11	Cheby Sullivan, Sr., IC	20:07.00	9/30/06	Carl Sandburg
12	Catherine Frazier, Jr., LU	20:09.00	9/30/06	Sean Earl
13	Katie Jenewein, Jr., SNC	20:11.00	9/2/06	Tom Barry
14	Joy Manweiler, Jr., LU	20:19.00	9/30/06	Sean Earl
15	Diane Stajszczak, So., LFC	20:21.00	10/14/06	Lake Forest
16	Trina Bower, Sr., SNC	20:34.00	9/16/06	UW-Parkside
17	Erin Booth, Sr., GC	20:35.00	10/14/06	Knox
18	Katie Staab, Fr., MC	20:41.00	9/9/06	Carroll Invite
19	Lisa Booth, Sr., BC	20:43.00	9/30/06	Sean Earl
t20	Zoe Berman, Sr., KC	20:50.00	10/14/06	Knox
t20	Rebecca Duley, Jr., RC	20:50.00	9/9/06	Carroll Invite



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