Cross Country

University of Northern Iowa 2006

PANTHERS
2003 MVC
Men’s Cross Country
Champions
GENERAL INFORMATION

CONTENTS

Panther Coaching Staff ........................................... 3
2004 Outlook .......................................................... 3-4
Meet the Panthers .................................................... 5-9
Training Facilities .................................................... 10
Academics ............................................................... 11
2003 Women's Year-in-Review ..................................... 12
2003 Men's Year-in-Review ......................................... 13
This is the Missouri Valley Conference .......................... 14
Panther Records ....................................................... 15-16

QUICK FACTS

Location .............................................................. Cedar Falls, Iowa
Founded ............................................................... 1876
Enrollment ............................................................ 12,824
Nickname ................................................................. Panthers
Colors ................................................................. Purple and Old Gold
President ............................................................. Dr. Robert Koob
Athletics Director .................................................... Rick Hartzell
NCAA Faculty Representative ................................. Ann Woodrick
Head Coach ........................................................... Kyle Kepler (UNI, 1998)

Second Season
Director of Running Programs ............................... Chris Bucknam
Conference .......................................................... Missouri Valley Conference
Home Facility ........................................................ Irv Warren Golf Course
2003 Men's Conference Finish .................................. 1st
2003 Women's Conference Finish ............................... 6th
Cross Country Contact ................................. Kiley Kirkpatrick

MEDIA DIRECTORY

Print
Waterloo-Cedar Falls Courier ........................................... 319-291-1466
Des Moines Register .............................................. 600-532-1455
Cedar Rapids Gazette ............................................ 800-397-8258
Northern Iowa .......................................................... 319-273-2157
Associated Press ....................................................... 800-453-2113

Radio
KCNZ-AM .......................................................... 319-277-1918
KWLO-FM .......................................................... 319-234-2200
KCHR-FM .......................................................... 319-277-0350
KXEL-FM .......................................................... 319-234-2200

Television
KWRL-TV (NBC) .................................................. 319-291-1290
KCRG-TV (ABC) .................................................. 319-398-8391
KGAN-TV (CBS) .................................................. 319-395-9061
KFXA/KFXB-TV (Fox) ............................................ 319-393-2800

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319-273-5931
515-243-1550
319-291-2069
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319-398-8391
319-273-5931
515-243-1550
319-277-5202
319-233-4946
319-833-4866
319-233-4946
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319-398-8391
319-395-9061
319-393-2800
319-291-1233
319-369-8505
319-396-0113
319-557-7101

ATHLETICS MEDIA RELATIONS STAFF

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Internal Director, Nancy Justis .................................. 319-273-6354
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Fax ................................................................. 319-273-3602
Panther Website .................................................... unipanthers.com

Credits
The 2004 University of Northern Iowa Cross Country Media Guide was written by Kiley Kirkpatrick and edited by Athletics Media Relations External Director Josh Lehman. The guide was designed by Aubrey Glynn and Anne Craig from the UNI Office of Marketing and Public Relations and printed by Pioneer Graphics.

On the Cover:
Front: Miles Bern, Randi Burns, Dylan Davis, and Quinn Vermie
Inside Front: 2004 Men's MVC Champions
Inside Back: About UNI
Back: 2003 NCAA Cross Country Nationals at Irv Warren Golf Course
TEAM ROSTERS

WOMEN'S ROSTER

Shayla Houlihan, Randi Burns, Quinn Vermie, Steph Feldman, Staci Ruebel, Traci Hawley.

MEN'S ROSTER

Miles Bern
Jr. Cedar Falls, Iowa/Cedar Falls

Mike Clancy
Fr. Iowa City, Iowa/West

Dylan Davis
So. Adel, Iowa/Adel-DeSoto-Minburn

Tyler Fisher
Fr. West Des Moines, Iowa/Valley

Jon Lamb
Fr. Iowa City, Iowa/City High

Chris Lawson
So. Ankeny, Iowa/Ankeny

Andy Schon
Fr. Waukon, Iowa/Waukon

Nathan White
So. Des Moines, Iowa/Southeast Polk
Now in his second year as head cross country coach, Kyle Kepler has proven himself worthy not only to UNI, but to the Missouri Valley Conference as well. After his first season as head coach, Kepler was named Men's Cross Country Coach of the Year after the Panther men won the 2003 conference title under his supervision.

Kepler assumed his head coach duties in August of 2003 after serving as UNI's assistant men's and women's cross country coach. Prior to his coaching experience, the Webster City, Iowa native earned all-state cross country honors while in high school in addition to being a two-time state champion in the 3200 meters.

In 1993, Kepler became a UNI student-athlete. He finished 10th at the MVC cross country championship meet, earning all-conference honors as a freshman. Kepler continued his success throughout his time as a Panther, finishing in third place both his junior and senior seasons, and earned all-conference honors all four years of his collegiate career. Kepler was also named to the all-district team after finishing 20th at the NCAA Midwest Regional Championship meet in 1995 and 15th in 1997.

On the track, Kepler was a five-time all-conference performer in the 5,000m and 10,000m. As a senior, he captured a runner-up finish at the MVC Outdoor Championships in the 10,000. He currently ranks 4th on the all-time UNI indoor 5K list.

Academically, Kepler was a six-time pick for the conference all-academic team in both track and cross country.

"I know that Kyle will continue to do an outstanding job and bring our distance running and cross country to new levels of excellence," said director of running programs Chris Bucknam. "He will carry on our tradition of outstanding distance running here at UNI."

One name is synonymous with the strong Panther track and field tradition of success: Chris Bucknam. Now in his 22nd season as head coach and second season as Director of Running Programs, Bucknam has helped UNI develop into one of the strongest running schools in the nation.

Since his arrival in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 30 conference titles in track and field and cross country and have produced 26 all-Americans and two national champs. After being promoted to head coach in 1984, Bucknam has taken the Panther track and field program to new levels. He has produced two national champions and an outstanding 28 all-Americans in the 75 qualifiers he has sent to the NCAA Indoor and Outdoor Championships.

Bucknam's success is evident not only to UNI but to the nation as well. Bucknam was awarded District V Coach of the Year and was a finalist for National Coach of the Year in 1995 after the Panthers won the MVC outdoor championships. He boasts 12 Missouri Valley Coach of the Year awards and was honored as the United States Track Association's Regional Coach of the Year for the third time after the men won their 2004 MVC title. Prior to joining the Valley, Bucknam was named the top coach in the MidContinent Conference seven times.

A native of Beverly, Mass., Bucknam attended Norwich University in Northfield, Vt., where he was a four-time letterwinner in track, specializing in the middle distances. He was elected co-captain his senior year and graduated in 1978 with a bachelor's degree in physical education. He earned his master's in physical education from UNI in 1982.

Bucknam and his wife, Cindy, reside in Cedar Falls with their son, Eric, and daughter, Kate.
2004 SEASON OUTLOOK

"ALWAYS IN THE HUNT FOR THE CONFERENCE CHAMPIONSHIP..."

...is the sentence head coach Kyle Kepler uses to describe his 2004 Panthers. They may not be the most experienced or decorated group of runners, but Kepler is hopeful about the upcoming season. "We need to focus on improvement," commented Kepler. "Not just race-to-race improvements, but day-to-day, week-to-week improvements that will help us become incrementally better. And we have to keep our eye on that conference title. We may not win it every year, but it's always got to be in our sites."

WOMEN

For the women, junior Randi Burns and sophomore Quinn Vermie will be looked upon to lead the young squad as Kepler's "one-two punch."

Burns, a Strawberry Point, Iowa, native, will return as the team's most experienced runner. After battling through injuries in early 2003, she made dramatic improvements during the indoor and outdoor track seasons. "She really developed into a great runner last year and she has the potential to do much greater things," said Kepler. After finishing as one of the top 30 runners in the Missouri Valley Conference last year, Burns will be expected to lead by example. "Randi might be a quiet leader but few kids will ever work harder than her," said Kepler.

Vermie, a sophomore from Runnels, Iowa, is the team's other returning letterwinner. Despite being injured almost her entire senior year in high school, Vermie performed well in 2003. "She had one of the best freshman years anyone could hope for," said Kepler. As the team's vocal leader, Vermie will be expected to help carry the young team. "She will definitely get these ladies where they need to be. She's very mentally tough," commented Kepler. "Randi and Quinn both had tremendous years last year and will do great things this year."

Shayla Houlihan will be another returning runner for the Panthers. The 2003 season marked a learning year for Houlihan, who is expected to make great improvements this year as well. In addition, Steph Feldman, a Carroll native who signed to run track for the Panthers in 2002, will be making her first appearance on the cross country team.

Tracy Hawley and Staci Reubel will round out the women's team as the two Panther freshman. Hawley is no stranger to big-time competition. Hailing from Ames, she was a member of one of the premier cross country teams in the state of Iowa. "She had an outstanding senior year and she will make a good adjustment to Division 1 running," said Kepler. Hawley will add consistency to the diverse group of girls. "She is a hard worker and she will learn and adapt very quickly," Kepler said.

Reubel, a Waverly-Shell Rock native, is one of the team's "greenest" runners. "She just started running a couple years ago and hasn't quite developed yet," said Kepler, "but she is a raw talent and I think she will become a top-notch runner."
MEN

After the loss of several successful seniors and two international runners, the men's team will look to regroup this year, rich with young talent. Miles Bern, Dylan Davis and Chris Lawson will head the 2004 team. The three are expected to finish among the top in the conference.

Bern will return as the team's most experienced member. A native of Cedar Falls, Bern has been plagued by injuries. "When he is healthy he has proven to be one of our best runners," said Kepler. Bern brings the leadership aspect to the team as well. "He is not afraid to step up and lead our guys," Kepler added.

Although they are only sophomores, Davis and Lawson will have to step up to the challenge of leading such a young, inexperienced team.

"Dylan is the definition of competitor," said Kepler. "He gets out there and wants to compete." The Adel, Iowa native is regarded as one of the most reliable members of the squad. "When he steps up to the line you know he is always going to run a good race."

Lawson, an Ankeny, Iowa native, is the team's vocal leader. Lawson started off his freshman season strong until a back injury nearly sidelined him. "The injury really set him back," said Kepler, "but if he can stay healthy, he will battle for one of the top 10 spots in the conference."

Other returnees include Nathan White, who suffered through two years of injuries and will finally be back after a good summer of training. Tyler Fisher also was out last year with injuries. After surgery this summer, he will look to make an impact by the end of the year. John Lamb is a freshman who redshirted in 2003 and is likely be factored into the lineup this year.

The freshman class is one of potential. Mike Clancy, an Iowa City West graduate, has proven to be a consistent runner during his high school career. Although he just started running cross country in the past three years, there is potential there. "He still has a year or so to develop but will be a good runner in the future," said Kepler.

Andy Schon is the other freshman recruit. Schon comes to UNI from Waukon, a school rich in cross country tradition. "You know any runner you get from Waukon is going to be good because they have such a good program," said Kepler. "Andy will bring some great qualities to our team."
RANDI BURNS
Strawberry Point, Iowa (Starmont)
Junior

PERSONAL RECORDS
4K  14:46.38
5K  18:45
6K  22:46.5

2003: Finished ninth at the season-opener, the Redbird Challenge, with her 15:43.83 time... Captured 35th place at the Bradley Open in 18:48, the third-best time for the women's squad... Earned 10th place at the Iowa State Memorial in 14:46.38, her best 4K time of the season... Finished 26th at the MVC championships with her 18:45 time... Managed a 33rd place for her 22:46.5 time at the pre-national meet... Ended the 2003 season at the Midwest Regionals with her 24:09 time, placing her 112th.

2002: Helped the Panther squad by having a consistent year... Finished sixth at the Bulldog Classic in a time of 21:29.77... At the Iowa State Memorial Meet, she ran a 15:33.44 4k time and finished 25th overall... At the Valley meet, she contributed a 30th place finish in 19:30.60.

High School: Was a three-time state qualifier and captain in cross country and track... Two-time all-state in cross country... Was a member of the Northeast Iowa All-Corridor team... Awarded 2003 Starmont Female Athlete of the Year.

Personal: Majoring in counseling with a minor in coaching... Daughter of Kenny and Renee Burns... Has one brother, Brian... Chose UNI because she liked what they had to offer and liked the positive attitude of the coaches.

STEPH FELDMAN
Carroll, Iowa (Northwest Missouri State/Kuemper)
Sophomore

2003: Redshirted.

2002: Redshirted in volleyball at Northwest Missouri State. High School: Three-sport athlete, lettering in track, softball and volleyball... Voted 1st team all-conference and All-Western Iowa team in volleyball... All-conference, all-state and All-Western Iowa in softball... Voted volleyball MVP in 2001... Finished ninth at the state track meet in the 4x400 relay and 10th in the 800 meters.

Personal: Majoring in health promotion and minor in coaching... Daughter of Tom and Rhonda Feldman... Father wrestled and played football for Buena Vista... Also recruited by Northwest Missouri State, South Dakota State, Minnesota State, Moorhead, Creighton and Concordia... Chose UNI because of the great people, great atmosphere and their strong athletic tradition.

TRACI HAWLEY
Ames, Iowa (Ames)
Freshman

High School: Earned academic all-conference in track and cross country... Holds the school record in the 3,000 meters and for most points scored in track... Earned all-state cross country honors as senior... Member of the 2003 Elite All-State cross country team... Four-time state qualifier in track and cross country.

Personal: Majoring in elementary education and psychology... Daughter of Tami and Tom Hawley...
2003: Finished the Redbird Challenge in 17:24.97, placing her 22nd... Recorded her best 4K time, 16:14.08, at the ISU Memorial... Clocked in at 19:58 at the Missouri Valley Conference Championships, earning her 52nd place... Came in 96th place at the pre-national meet with her 25:22 time... Finished the 2003 season with her 150th place finish.

High School: Voted most valuable runner two consecutive years in cross country... Captain of the cross country team as a senior... Voted most valuable distance runner in track two years in a row... State track qualifier her senior year... Cross county all-conference all four years... Member of Student Council and Mayor’s Youth Commission.

Personal: Daughter of Bob and Connie Houlihan... Majoring in business... Father attended Iowa and mother went to school at Kansas... Chose UNI because of the excellent business program.

2003: Was the top finisher for the Panther squad with her 6th place finish at the Redbird Challenge... Captured 46th place at the Bradley Open in 18:59, her best 5K time of the season... Competed in the Iowa State Memorial where she finished 35th with her 15:52.09 time... Was the fourth-best finisher for the Panthers when she received 36th place for her 19:16 time at the MVC championships... Managed a 69th place finish at the pre-national meet... Ended her 2003 season at the Midwest Regional meet by finishing 90th with her 23:37 time.

High School: Four-time state AAU champion and two-time national AAU place winner in cross country... Lettered four times in cross country and track... Participated in the All Star Track Meet her senior year... Her success in high school went beyond athletics, she was a member of the National Honor Society, in the top five percent of her graduating class and academic all-conference every season... Also participated in student council, key club and Spanish club.

Personal: Major is undecided... Daughter of Russ and Vicki Vermie... Chose UNI because of the coaches, the team and because it felt right.
2003: Started off the 2003 season with a first-place finish at the
Redbird Challenge where he ran
an 18:56.96 6K time... Captured
17th place at the Bradley Open in
25:42.18... Had the fourth-best
time for the Panthers at the Roy
Griak Invitational with his 26:03
time.

High School: Senior captain and
two-time letterwinner in cross
country and track ... In 2000, first
team all-state and all-conference in
cross country ... Placed sixth in the
3,200 at the Drake Relays and at
the state track meet his senior year.

Personal: Major is undecided ...
Son of Dan and Tammy Bern

Chose UNI because it was close to home and it had
an excellent running program.

2003: Captured 18th place at the Redbird
Challenge with his 20:00.59 time...
Finished with 15th place at the Iowa State
Memorial meet in 12:28.62, his best 4K
time of the season... Clocked in at 26:51
at the Roy Griak Invitational, ... Earned 29th
place at the Missouri Valley Conference
meet with his 25:21 time ... Crossed the
finish line in 33:23 at the Midwest Regional
meet, earning him 81st place.

High School: A three-time state track
champion in the 1,600 and 3,200 ... In 2003, he was the state track
Champion in the 800, 1,600, and 3,200 ... A two-time state cross
country champion ... Was the 1,600 champion at the Drake Relays his
senior year ... Was an active member in DARE and a SKILLS role model.

Personal: Majoring in business ... Son of Mark Davis and Elise Kraft

Chose UNI because it had an exciting track program.

2003: Redshirted.

High School: Received Elite All-State honors in cross country and
track ... State track champion in the 4x800 ... In 2002, the cross country
captain took eighth place at the state cross country meet ... Member of
the squad that took second at state ... In 4-A competition, he finished
10th in the 3,200 with a time of 9:45 ... Received the National Scholar
Athlete Award with a 4.03 GPA ... Active member in the National
Council for Youth Leadership, National Honor Society, Big Brothers/Big
Sisters, FCA and student council.

Personal: Majoring in biology: biomedical ... Son of Todd and Penny
Fisher ... Has one brother, Austin ...

Chose UNI because of the campus size, the biology program and the track/cross
country program.
2003: Redshirted.

**High School:** Named Mississippi Valley Conference Athlete of the Year his senior year. Ran varsity in both track and cross country. Was an involved member of the National Honor Society and Boy Scouts.

**Personal:** Majoring in physics. Son of Ken and Cathy Lamb. One brother, Encho. Chose UNI because of its physics and running programs and because of the size and atmosphere.

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**CHRISS LAWSON**

Ankeny, Iowa (Ankeny)

Sophomore

**Personal Records**

4K: 12:32.98  
6K: 19:33.75  
8K: 25:58

2003: Opened the 2003 season with a 10th place finish with his 19:33.75 time at the Redbird Challenge. Finished 51st at the Bradley Open with his 26:24.54 time in the 8K race. Clocked in at 12:32.98 at the ISU Memorial, earning him 18th place. Helped the men's team to first place at the MVC Championships meet by placing 50th with his 25:58 time. Recorded a 26:05.7 time at the pre-national meet. Captured 134th place at the Midwest Regional meet with his 36:14 time.

**High School:** Earned the title of three-time Elite All State in cross country. In 2002, he finished fifth and his team finished third. A three time Drake Relays qualifier and four time state qualifier. In 2003, he finished second in the 3200 and third in the 1600. Along with his athletic success he was a member of the National Honor Society, Business Professionals of America, student council, and SADD.

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**JON LAMB**

Iowa City, Iowa (City High)

Freshman

2003: Opened the 2003 season with a 10th place finish with his 19:33.75 time at the Redbird Challenge. Finished 51st at the Bradley Open with his 26:24.54 time in the 8K race. Clocked in at 12:32.98 at the ISU Memorial, earning him 18th place. Helped the men's team to first place at the MVC Championships meet by placing 50th with his 25:58 time. Recorded a 26:05.7 time at the pre-national meet. Captured 134th place at the Midwest Regional meet with his 36:14 time.

**High School:** Earned the title of three-time Elite All State in cross country. In 2002, he finished fifth and his team finished third. A three time Drake Relays qualifier and four time state qualifier. In 2003, he finished second in the 3200 and third in the 1600. Along with his athletic success he was a member of the National Honor Society, Business Professionals of America, student council, and SADD.

**Personal:** Majoring in biology. Son of Dave and Lori Lawson. Has siblings Brad and Andy. Chose UNI because he saw a bright team future in which he could make a positive contribution.

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**ANDY SCHON**

Waukon, Iowa (Waukon)

Freshman

**High School:** Four-time letterwinner in track and cross country. Voted all-conference all four years in cross country. Member of the all-state cross country team and all-state track team in the 3,200 and 1,600. Elected to the senior all-star meet in the 3,200. Won the team championships in cross country his senior year. Ran at the state cross country meet all four years of his high school career.

**Personal:** Son of Jeff and Janet Schon. Major is undecided. Born also recruited by Iowa, Iowa State and Wartburg. Chose UNI because of the size of the school and the cross country team.

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**NATHAN WHITE**

Des Moines, Iowa (Southeast Polk)

Sophomore

**Personal Records**

4K: 13:09.48  
6K: 19:50.47  
8K: 27:31


**High School:** Holds the school record in the 1,600 and the 3,200. Conference champ as a senior in the 1,600 and the 3,200. Named to the Elite All-State team in the 1,600. A member of the all-state cross country team as a senior. Lettered in cross country, track and swimming. Four-time state qualifier in swimming.

**Personal:** Majoring in physical education. Son of Larry and Diane White.

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unipanthers.com
TRAINING IN THE CEDAR VALLEY

A major part of UNI's strong cross country tradition is its training facilities. While the UNI-Dome and the outdoor track complex are the most well-known and visible running facilities, it is the 60-plus miles of trailways that attract runners and exercise enthusiasts alike. The trailways meander through George Wyth State Park, Katoski Greenbelt Trailway, Birdsall Park, Phifer Park and the Cedar River to connect the cities of Cedar Falls and Waterloo. Trails are a combination of grass, dirt, gravel, blacktop and cement.

"We enjoy an outstanding variety of trails to run on here at UNI. We use all the different variations to the student-athlete's advantage regardless of the type of workout we are doing. The trails provide a focused area of which to get our work done. They also provide great scenery and a relaxing atmosphere for lighter training days," said head cross country coach Kyle Kepler.

UNI also has access to two spectacular golf courses. Irv Warren Golf Course and Byrnes Park served as host to the 2003 NCAA Division I Men's and Women's Cross Country Championships. It also has been the site for several other NCAA regional and conference level championship meets hosted by UNI. The cross country course traditionally has been fast due to exceptional footing. However, its rolling hills provide a deceiving challenge to those who run it.

"What else needs to be said? We've hosted the NCAA Championships on it. I can't think of any higher honor or praise for a facility. We are extremely fortunate to have such an incredible place to run en lieu of our other facilities, parks and trails," said Kepler.

Pheasant Ridge Golf Course and Birdsall Park combine to create an all-grass workout area where the Panthers can often be found during the latter weeks of the season. Whether it's an easy run or workout around the 1K Pond Loop, the Panthers have an all access pass to a 100 percent grass route that is less than two miles from campus.

"We have everything a distance runner could hope to have in terms of training facilities and places to run. The quality and variety of places to train is truly outstanding," concluded Kepler.
One of the most important aspects of a future productive life is your education. Fortunately, this education period comes early in life while you have the time and energies necessary to accomplish this very worthwhile goal. Obtaining a college education and ultimately a degree is the student-athlete’s responsibility. The education process means managing your time wisely so that the educational, athletic and social aspects of your life have an appropriate share of time.

At given times, students may find it necessary to ask for help in accomplishing an educational task. At UNI, the following services are available to students for obtaining guidelines and/or specific help.

**ACADEMIC COUNSELING**

An advisor has been assigned responsibilities across the athletics department and will assist you in:
- Scheduling
- Choice of major
- Selection of a major advisor
- Tutorial services
- Maintain satisfactory progress toward a degree

The athletics academic advisor works closely with the university’s academic advising services to provide a variety of services to help students achieve their personal, career and academic goals.

**Professional and peer advisors help students...**
- Prioritize life/professional goals
- Utilize university resources
- Select appropriate courses
- Resolve academic difficulties
- Interpret institutional academic requirements

The reading/learning strategies program provides many services for students, including free four-week courses in:
- Speed-reading—double your reading rate
- Effective study strategies—practice techniques for learning, managing time and preparing for exams
- Study reading—open to students referred by the teacher education program

**EDUCATIONAL OPPORTUNITY PROGRAM**

The mission of the educational opportunity program is to provide supportive services which are essential for the identification, recruitment, retention and graduation of minority and educationally disadvantaged students who traditionally have not had equal access to higher educational institutions. Services provided to participants include:
- Academic and career counseling
- Tutorial services
- Financial aid counseling and advising
- Personal counseling
- Course selection and registration
- Educational planning

In order to be an EOP participant, the student must be a minority student or be educationally disadvantaged, as evidenced by having an ACT score of 15 or less and/or placing in the bottom half of his/her high school graduating class.

**CENTER FOR ACADEMIC ACHIEVEMENT**

The Center for academic achievement is a student service organization. Its goal is to provide all students with the assistance necessary to develop or polish the academic skills essential to the pursuit of a college degree. The services are threefold:
- Reading
- Writing
- Mathematics

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**MEN’S ACADEMIC ALL-CONFERENCE**

(Since 1987)

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**WOMEN’S ACADEMIC ALL-CONFERENCE**

(Since 1992)

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<td>Thilges, Teresa Grothus, Rita Fiala</td>
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<tr>
<td>2002</td>
<td>Elly Glass, Wendy Shaw</td>
</tr>
</tbody>
</table>
Men’s 2003 Year in Review

The 2003 men's cross country team enjoyed tremendous success. "Everything seemed to come together at the right time," said head coach Kyle Kepler. The men won their fourth Missouri Valley Conference crown after five Panthers placed among the top 20 runners. In addition to their conference win, the men boasted three meet champions, as well as three runner-ups.

It was an important year for the cross country teams, as they hosted the NCAA pre-national and national meets. On October 18, the pre-national meet was held at Irv Warren golf course. Velibor Radojevic barely missed qualifying for nationals when he finished 72th with his 24:45 time for the 8K race. Roberto Moreno was the second Panther to cross the finish line for the fifth consecutive race when he came in 81st. Tibor Vegh finished 149th while Crain came in 178th. In the 8K Open, Dylan Davis managed a 73rd place finish, followed by Nathan White (101st) and Derrick Kresser (109th).

But it was the Missouri Valley Conference championships that turned out to be the highlight of the men’s season. The Panthers captured the conference title for the fourth time since entering into the Missouri Valley Conference. Radojevic was the top finisher for the Panthers when he claimed the runner-up position with his 24:20 time. Josh Crain and Roberto Moreno also earned all-conference honors. Crain finished eighth with his 24:39 time, while Moreno captured ninth in 24:42.

The 2003 Panthers had a solid base of both upper and lower class talent. Seniors Crain, Moreno, Trent Graham and Tad Stolley, sophomore Miles Bern and newcomers Radojevic and Vegh led the squad.

Crain, a Marshalltown native, started off his senior season by finishing 169th at the highly competitive Roy Griak Invitational. He followed that performance with an even better finish at the Iowa State Memorial in which he took home ninth place for his 12:20.22 time. On November 1st, Crain was honored with all-conference honors after his eighth place finish at the conference championships where he helped the men to the conference title. Crain finished out his successful cross country career after capturing 73rd place at the NCAA Midwest Regional Championships.

Moreno was another strong senior leader for the Panthers. He began his final season as a Panther when he captured second place at the Redbird Invitational. At the Bradley Invitational, Roberto finished 16th behind Radojevic with his 25:25.27 time. Moreno completed the next meets, the Roy Griak Invitational, the Iowa State Memorial and the pre-national meet as the second Panther to cross the finish line in all three races. He took a 10th at the Roy Griak Invitational, a second place at the Iowa State Memorial for his 11:59.62 mark, his best 4K time of the season, and 81st at the pre-national meet in 24:53.5. Moreno earned all-conference honors when he finished ninth at the MVC championships for his 24:42 time, and finished out his season at the NCAA Midwest Regional Championships where he finished 83rd.

Stolley finished his last season in 2003, leaving early for graduation, but helped the Panthers by having a consistent year. He finished sixth at the season-opening Redbird Invitational. He followed his performance by placing 16th at the Bradley Open for his 25:40.06 time. Stolley also had an impressive showing at the Iowa State Memorial, where he finished 12th. At the pre-national meet, Stolley took home a 185th place for his 25:54 time and finished out his season after finishing 19th at the Missouri Valley Conference championships.

Graham was another who finished out his cross country career in 2003. Graham started out his final cross country season with a fourth-place finish at the Redbird Open, followed by a 28th-place at the Bradley Open on September 12. He ran his best 8K time, 25:54, at the Roy Griak Invitational where he placed 128th. Graham continued his success when he captured 11th place at the Iowa State Memorial and finished 200th at the pre-national meet. Graham finished out his season by helping the men to their conference crown after finishing 27th in 25:20.

“We were led by such a great group of seniors,” said Kepler. “They did so much for our program, I can’t say enough about these guys.”

Although newcomers, all-conference performers Vegh and Radojevic made their decisions to leave UNI due to family issues. Radojevic was the top finisher for the Panthers in every race he participated in. He finished 17th at the Midwest Regionals and helped the men win their conference title after placing second. Vegh was also a stand-out performer for the Panthers, finishing 29th at Midwest Regionals and 15th at the MVC championships.

Sophomore Bern started off the season strong at the Redbird Open where he took the meet title with his 18:56.95 time. However, several injuries hindered Bern’s success. He finished 17th at the Bradley Open and 147th at the Roy Griak Invitational, but sat out the remainder of the season. If he can stay healthy, Bern will be looked upon to lead the 2004 team.

Freshman Dylan Davis, Chris Lawson and Nathan White all gained valuable experience running with seniors Moreno, Crain, Stolley and Graham. Lawson battled a back injury throughout the season, while Davis and White ran in preparation for the 2004 season. Davis and Lawson are expected to be two of the 2004 squad’s leaders due to their running experience.

RED BIRD OPEN, SEPT. 6, 3rd

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<tr>
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<tbody>
<tr>
<td>Miles Bern</td>
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<td>Tad Stolley</td>
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BRADLEY OPEN, SEPT. 12, 2nd

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ROY GRIAK INVITE, SEPT. 27

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IOWA STATE MEMORIAL, OCT. 3

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PRE-NATIONALS, OCT. 18 - (8K Gold)

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8K OPEN

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MVC CHAMPIONSHIPS, NOV. 1, 1st

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MIDWEST REGIONALS, NOV. 15, 10th

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<td>Chris Lawson</td>
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</tbody>
</table>

University of Northern Iowa
Expectations were high for the 2003 women's cross country team. But a few injuries sidetracked its goals and left the women with a disappointing sixth place finish at the Missouri Valley Conference championships.

"Things didn't end up quite the way we wanted, but we had a great group of girls and I think everyone really learned a lot," said Kepler.

Elly Glass was the team's lone senior. After coming off an injury-plagued season in 2001, Glass started her final season as a Panther at the Bradley Open, where she was the second Panther to cross the finish line, coming in 31st place with her 18:42 time. Glass was also one of only three Panthers to attend the Roy Griak Invitational where she once again finished behind junior Emily Shoopman, placing 177th at the competition-rich meet. At the Iowa State Memorial, Glass was the first Panther to finish when she captured ninth place in 14:45.83, her best 4K time of the season. Glass came back strong to finish out her collegiate cross country career when she managed a 24th-place finish at the Missouri Valley Conference championships.

Junior Emily Shoopman enjoyed one of the most successful seasons, although it would turn out to be her last. She started the season out strong at the Bradley Open where she was the first Panther to cross the finish line, coming in 18th place. At the Roy Griak Invitational she was once again the first Panther to finish, leaving with 155th place. After sitting out the Iowa State Memorial due to injuries, Shoopman was back in full force, finishing 32nd at the pre-national meet with her 22:46.4 time, the sixth best 6,000 meter time in the history of UNI. Shoopman continued to run strong, finishing 19th for the Panthers at the MVC meet. After her final race at the Midwest Regionals where she placed 110th, Shoopman made the decision to graduate early, making 2003 her final season.

Sophomore Randi Burns and freshman Quinn Vermie both finished out the season as better runners. Said Kepler, "They both learned a lot this past year, and I am looking forward to them leading the team in 2004."

Burns enjoyed a successful season. She finished behind freshman Vermie at the Redbird Open with a ninth-place finish, and 35th at the Bradley Open. Burns was also one of the three to participate at the Roy Griak Invitational where she captured 189th place. She showed definite signs of improvement and growth at the Iowa State Memorial when she crossed the finish line in 10th place, behind senior leader Elly Glass. Burns was the second finisher for the women at the pre-national meet when she finished with 33rd place for her 22:46.5 time, her best 6K of the season. Burns captured 26th place at the Missouri Valley Conference championships and finished out her sophomore year with a 116th place finish at the Midwest Regional meet. Burns will resume the leadership role in 2004 as the team's most experienced runner.

Vermie opened her collegiate cross country career in a big way when she finished sixth place at the Redbird Open in 15:20.17, the top time for the Panther squad. Vermie finished 46th at the Bradley Open. At the Iowa State Memorial she finished 35th. Vermie finished 69th at the pre-national meet and helped the team to their sixth place finish when she came in 36th at the conference meet. At the NCAA Midwest Regional meet, Vermie ended the season with a 94th place. "Quinn will be our vocal leader for 2004," said Kepler. "Even though she is a sophomore, we will look to her and Randi to lead our girls and get the job done."

Freshman Shayla Houlihan gained valuable experience in 2003, and will be the sole returnee in 2004. "Shayla made huge strides last year and will really be expected to make the big jump this year," commented Kepler.
Since its beginning in 1907, the Missouri Valley Conference has been progressive in its thinking and aggressive in capitalizing on its opportunities.

Now in its 94th year of existence, the Valley has become a leader among today's collegiate athletic conferences.

Based in St. Louis since 1985, the conference has been aggressive in the approach to playing host to NCAA basketball championship events, producing a revenue-generating in-house television network, bidding out the right to play host to several sport championships and landing title sponsorships for those events.

Athletic accomplishments on the men's side include four national basketball championships, 17 trips to the NCAA Men's Basketball Final Four and a 1989 national baseball championship. During the 1992-93 academic year, though, women's athletics were added under the MVC umbrella, and the relationship has been mutually beneficial for both.

Valley teams boast a proud, rich tradition in track and field and cross country, and have produced numerous all-Americans over the years. In terms of individual performances, a number of MVC student-athletes annually represent the league at the NCAA Championships.

National champions and all-Americans are nothing new for Missouri Valley student-athletes. In the decade of the '90s, 85 MVC athletes earned all-America honors with 13 of those winning a national championship. Included in the national champions are Northern Iowa's Joey Woody, who captured the 400-meter hurdles title at the 1997 NCAA Outdoor Championships in Bloomington, Ind.

Additionally, Valley athletes have gone on to compete in the Olympic Games or World Championships on 55 occasions. Woody also is included among that group, having competed at the World Championships.

Since joining the MVC in 1991, Northern Iowa's men's program has been one of the most consistent forces in the league. In fact, in the first ten years since UNI's membership began, the Panther men have the second-best composite record in the conference.

Seeds for the creation of the Missouri Valley Conference were planted by eight administrators representing five institutions who gathered at the Midland Hotel in Kansas City, Mo., on January 12, 1907. Basketball became the first competitive sport and served as the initial step in establishing the MVC as one of the most respected leagues in the nation.

In addition to track and field and cross country, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's golf, men's soccer, softball, men's and women's swimming, men's and women's tennis and women's volleyball.

Members of the Missouri Valley Conference include: Bradley University, Creighton University, Drake University, the University of Evansville, Illinois State University, Indiana State University, the University of Northern Iowa, Southern Illinois University, Southwest Missouri State University and Wichita State University.

### 2004 Women’s Cross Country Preseason Poll

1. SMS, 100
2. Southern Illinois, 87
3. Illinois State, 74
4. Indiana State, 63
5. Wichita State, 60
6. Bradley, 57
7. UNI, 44
8. Creighton, 27
9. Drake, 22
10. Evansville, 16

### 2004 Men’s Cross Country Preseason Poll

1. UNI, 84
2. Drake, 74
3. Southern Illinois, 68
4. Illinois State, 58
5. SMS, 58
6. Indiana State, 53
7. Wichita State, 45
8. Evansville, 25
9. Bradley, 21
10. Creighton, 9
Men's Top 10,000 Meter Performances

1. Dan Nick '83 30:27
2. Jeff Joiner '84 30:29
3. Trent Timmons '88 30:31
4. Dan Hostager '88 30:45
5. Todd Goodell '88 30:50
6. Kyle Kepler '89 30:57
7. Todd Goodell '90 30:58
8. Bob Jirele '90 30:59
9. Steve Gearhart '90 31:00
10. Dan Hostager '91 31:00
11. Trent Timmons '91 31:02
12. Kyle Kepler '92 31:04
13. Bob Jirele '92 31:04
14. Dave Swanson '92 31:10
15. Todd Goodell '92 31:10
16. Trent Timmons '92 31:14
17. Kyle Kepler '93 31:17
18. Dan Hostager '93 31:17
19. Trent Timmons '93 31:20
20. Kyle Kepler '94 31:20
22. Trent Timmons '94 31:24
23. Kyle Kepler '95 31:27
24. Trent Timmons '95 31:27
25. Kyle Kepler '96 32:00
26. Jeff Joiner '96 32:00
27. Kyle Kepler '97 32:02
28. Jeff Joiner '97 32:02
29. Trent Timmons '97 32:04
30. Kyle Kepler '97 32:04

Irv Warren G.C. – Men's 10,000 Meter

Best Times

1. Kyle Kepler '03 31:30
2. Trent Timmons '03 31:32
3. Kyle Kepler '04 31:32
4. Trent Timmons '04 31:34
5. Kyle Kepler '05 31:36
6. Trent Timmons '05 31:37
7. Kyle Kepler '06 31:37
8. Trent Timmons '06 31:37
9. Kyle Kepler '07 31:37
10. Trent Timmons '07 31:37

Team Conference Championships

1982 Mid-Continent
1983 Mid-Continent
1984 Mid-Continent
1985 Mid-Continent
1986 Mid-Continent
1987 Mid-Continent
1988 Mid-Continent
1989 Mid-Continent
1990 Mid-Continent
1991 Mid-Continent
1992 Mid-Continent
1993 Mid-Continent
1994 Mid-Continent
1995 Mid-Continent
1996 Mid-Continent
1997 Mid-Continent
1998 Mid-Continent
1999 Mid-Continent
2000 Mid-Continent
2001 Mid-Continent
2002 Mid-Continent
2003 Mid-Continent

Individual Conference Champs

1979, '81 Doug Nelson Mid-Continent
1986, '88 Dan Hostager Mid-Continent
1989 Bill Castle Mid-Continent
2000 Mate Nemeth Missouri Valley
2001 Balazs Csillag Missouri Valley

Top District Performers

1980 Chris Leonard 31:37
1981 Doug Nelson 31:41
1982 Bill Castle 32:14
1983 Dan Nick 32:14
1984 Bill Castle 32:14
1985 Steve Gearhart 32:12
1986 Dan Hostager 32:25
1987 Dan Hostager 32:27
1988 Dan Hostager 32:30

NCAA Division I Qualifiers

1999 Levant Timar
2000 Oliver Bodor
2001 Balazs Csillag

NCAA Division II All-Americans

1970-73 Rich Tweed
1973-74 Ron Peters
1979 Jim Errede
Kim Spain
### Women's Top Performances

#### Top 4,000 Meter Performances

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<td>Randi Burns '03</td>
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<td>3</td>
<td>Wendy Shaw '02</td>
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<td>4</td>
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<td>Emily Shoopman</td>
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#### Top 5,000 Meter Performances

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<td>27</td>
<td>Suzie Scheer '84</td>
<td>18:33</td>
</tr>
<tr>
<td>28</td>
<td>Mary Pound</td>
<td>18:34</td>
</tr>
<tr>
<td>29</td>
<td>Heather Mullenberg '97</td>
<td>18:35</td>
</tr>
</tbody>
</table>

#### Top 6,000 Meter Performances

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kari Thilges '00</td>
<td>21:25</td>
</tr>
<tr>
<td>2</td>
<td>Wendy Shaw '00</td>
<td>22:02</td>
</tr>
<tr>
<td>3</td>
<td>Rita Fiala '00</td>
<td>22:06</td>
</tr>
<tr>
<td>4</td>
<td>Wendy Shaw '02</td>
<td>22:13</td>
</tr>
<tr>
<td>5</td>
<td>Elly Glass '00</td>
<td>22:20</td>
</tr>
<tr>
<td>6</td>
<td>Teresa Grothus '00</td>
<td>22:35</td>
</tr>
<tr>
<td>7</td>
<td>Emily Shoopman '03</td>
<td>22:46</td>
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<tr>
<td>8</td>
<td>Randi Burns '03</td>
<td>22:46</td>
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<td>9</td>
<td>Wendy Shaw '02</td>
<td>22:47</td>
</tr>
<tr>
<td>10</td>
<td>Rita Fiala '02</td>
<td>23:01</td>
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<td>11</td>
<td>Elly Glass '03</td>
<td>23:15</td>
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<td>12</td>
<td>Randi Burns '02</td>
<td>23:42</td>
</tr>
<tr>
<td>13</td>
<td>Quinn Vernie '03</td>
<td>23:51</td>
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</table>

### Irv Warren G.C. - 6,000 Meter Best Times

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shalane Flanagan '03</td>
<td>N. Carolina 19:29.5</td>
</tr>
<tr>
<td>2</td>
<td>Alicia Craig '03</td>
<td>Stanford 19:52.6</td>
</tr>
<tr>
<td>3</td>
<td>Sara Be '03</td>
<td>Stanford 19:52.8</td>
</tr>
<tr>
<td>4</td>
<td>Michaela Mannova '03</td>
<td>Bringham Yng. 20:01.7</td>
</tr>
<tr>
<td>5</td>
<td>Ida Nilsson '03</td>
<td>N. Arizona 20:05.8</td>
</tr>
<tr>
<td>6</td>
<td>Megan Metcalfe '03</td>
<td>W. Virginia 20:10.6</td>
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<tr>
<td>7</td>
<td>Carol Henry '03</td>
<td>N. Carolina 20:12.1</td>
</tr>
<tr>
<td>8</td>
<td>Arianna Lambie '03</td>
<td>Stanford 20:13.6</td>
</tr>
<tr>
<td>9</td>
<td>Treniere Clement '03</td>
<td>Georgetown 20:14.1</td>
</tr>
<tr>
<td>10</td>
<td>Julia Lucas '03</td>
<td>N. Carolina State 20:17.3</td>
</tr>
</tbody>
</table>

#### Team Conference Championships

2000 Missouri Valley

#### All-Conference Performers

1982 J'ne Day (9)
1984 Sandy Elsberry (5)
1989 Jenny Owens (3)
1992 Paulette Nemmers (10)
1993 Emily Montgomery (3)
1995 Emily Montgomery (7)
1996 Jenny Jackson (7)
1998 Jenny Jackson (6)
1999 Rita Fiala (9)
2000 Kari Thilges (2), Rita Fiala (4), Elly Glass (5)
2002 Elly Glass (7)
2003 Emily Shoopman (1)

#### Top District Performances

1980 Stacy Roberts* 19:37
1981 Kris Skov* 18:56
1982 Sandy Elsberry 18:29
1983 Sandy Elsberry 18:49
1984 Sandra Elsberry 17:54
1986 Cherrie Fisher 19:26
1987 Cherrie Fisher 18:51
1988 Jenny Owens 19:00
1990 Kathy Allen 19:04
1991 Heidi Heiar 19:31
1992 Paulette Nemmers 18:48
1993 Paulette Nemmers 20:03
1994 Emily Montgomery 18:40
1995 Emily Montgomery 18:33
1996 Jenny Jackson 18:45
1997 Kari Thilges 19:22
1998 Sue Holtkamp 18:39
1999 Rita Fiala 18:10
2000 Kari Thilges (6K) 21:25
• - 1980-81 AIAW District
- UNI is ranked among the nation’s top 50 values in public colleges by Kiplinger’s Personal Finance Magazine.

- UNI’s accounting program is among the best in the nation for percentage of accounting graduates passing the CPA exam.

- About 75 percent of UNI graduates get their first jobs in Iowa.

- The College of Business Administration is one of only 340 college and university programs accredited by the American Assembly of Collegiate Schools of Business (AACSB), the International Association for Management Education.

- The UNI Overseas Teacher Recruiting Fair is the oldest and largest in the world.

- The UNI Foundation’s “Students First” campaign has a goal of $100 million for scholarships, academic program support and facilities, including the McLeod Center, a multi-purpose sports arena for basketball, volleyball and wrestling.

- UNI is home to the Global Health Corps and the National Program for Playground Safety.

- UNI has produced more bachelor’s degree chemistry graduates than any other Iowa college or university in the last 13 years.

- UNI’s School of Music has the largest undergraduate program in music education in the state.
MEN’S & WOMEN’S
SCHEDULE 2004

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 4</td>
<td>Redbird Challenge</td>
<td>Normal, IL</td>
<td>9:30 am</td>
</tr>
<tr>
<td>September 10</td>
<td>Bradley Open</td>
<td>Peoria, IL</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>October 2</td>
<td>Lakefront Invitational</td>
<td>Chicago, IL</td>
<td>10:00 am</td>
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<tr>
<td>October 16</td>
<td>Iowa State Memorial</td>
<td>Ames, IA</td>
<td>10:00 am</td>
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<tr>
<td>October 30</td>
<td>MVC Championships</td>
<td>Carbondale, IL</td>
<td>10:30 am</td>
</tr>
<tr>
<td>November 13</td>
<td>NCAA Regionals</td>
<td>Peoria, IL</td>
<td>10:30 am</td>
</tr>
<tr>
<td>November 22</td>
<td>NCAA Championships</td>
<td>Terre Haute, IN</td>
<td>11:30 am</td>
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