2005

2005 Cross Country

University of Northern Iowa

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Missouri Valley Conference

Champions

Men

Women
2000
Contents

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Quick Facts

Location................................ Cedar Falls, Iowa
Founded.............................. 1876
Enrollment........................... 12,513
Nickname.............................. Panthers
Colors.................................. Purple and Old Gold
President.............................. Dr. Robert Koob
Athletics Director..................... Rick Hartzell
NCAA Faculty Representative...... Ann Woodrick
Head Coach............................ Chris Bucknam (23rd Year)
Director of Running Programs..... Chris Bucknam
Conference............................ Missouri Valley Conference
Home Facility.......................... Irv Warren Golf Course
2004 Men's Conference Finish...... 7th
2004 Women's Conference Finish.... 9th
Cross Country Contact............ Nicole Justis

Media Directory

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

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

Television
KCRG-TV (ABC)...................... 319-398-8391
KFXA/KFXB-TV (Fox).............. 319-393-2800
KGAN-TV (CBS)................... 319-395-9081
KWVL-TV (NBC).................... 319-291-1290

Fax
515-243-1550
319-398-5861
515-284-8391
319-273-5931
319-291-2069
319-277-5202
319-833-4866
319-233-4946
319-398-8391
319-393-2800
319-395-9081
319-291-1290
319-277-1918
319-277-0350
319-234-2200
319-398-8391
319-393-2800
319-395-9081
319-291-1290

Athletics Media Relations Staff

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for Media Relations.................. Nancy Justis
319-273-6354
Director of Media Relations.......... Josh Lehman
319-273-3642
Fax..................................... 319-273-3602
Panther Website...................... www.unipanthers.com

Credits

The 2005 University of Northern Iowa Cross Country Media Guide was written by Nicole Justis and edited by Assistant Athletics Director for Media Relations Nancy Justis. The guide was designed by Laura Spindler, UNI Office of Marketing and Public Relations and printed by Union-Hoermann Press.
### Women’s Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randi Burns</td>
<td>Sr.</td>
<td>Strawberry Point, Iowa/Starmont</td>
</tr>
<tr>
<td>Val Crutchley</td>
<td>Fr.</td>
<td>Mt. Vernon, Iowa/Marion</td>
</tr>
<tr>
<td>Lauren Erickson</td>
<td>Fr.</td>
<td>Mt. Pleasant, Iowa/Mt. Pleasant</td>
</tr>
<tr>
<td>Traci Hawley</td>
<td>So.</td>
<td>Ames, Iowa/Ames</td>
</tr>
<tr>
<td>Shayla Houlihan</td>
<td>So.</td>
<td>Sioux City, Iowa/East</td>
</tr>
<tr>
<td>Amanda Huling</td>
<td>So.</td>
<td>Hampton, Iowa/Hampton-Dumont</td>
</tr>
<tr>
<td>Whitney Johnson</td>
<td>Fr.</td>
<td>Adel, Iowa/ADM</td>
</tr>
<tr>
<td>Sarah Johnston</td>
<td>Fr.</td>
<td>Packwood, Iowa/Pekin</td>
</tr>
<tr>
<td>Staci Ruebel</td>
<td>So.</td>
<td>Waverly, Iowa/Waverly-Shel Rock</td>
</tr>
<tr>
<td>Caedryn Schrunk</td>
<td>Fr.</td>
<td>Spirit Lake, Iowa/Spirit Lake</td>
</tr>
<tr>
<td>Moa Westman</td>
<td>Fr.</td>
<td>Norrtalje, Sweden/Sollentuna</td>
</tr>
<tr>
<td>Ariana Wolf</td>
<td>Fr.</td>
<td>Ellsworth, Iowa/South Hamilton</td>
</tr>
</tbody>
</table>

### Men’s Roster

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Chris Anderson</td>
<td>Fr.</td>
<td>Colorado Springs, Colo./Harrison</td>
</tr>
<tr>
<td>Miles Bern</td>
<td>Sr.</td>
<td>Cedar Falls, Iowa</td>
</tr>
<tr>
<td>Mike Clancy</td>
<td>So.</td>
<td>Iowa City, Iowa/West</td>
</tr>
<tr>
<td>Ryan Dolan</td>
<td>Fr.</td>
<td>Dubuque, Iowa/Wahlert</td>
</tr>
<tr>
<td>Mike Finnerty</td>
<td>Fr.</td>
<td>Burnsville, Minn/Burnsville</td>
</tr>
<tr>
<td>Tyler Fisher</td>
<td>So.</td>
<td>West Des Moines, Iowa/Valley</td>
</tr>
<tr>
<td>Scott Jedlicka</td>
<td>So.</td>
<td>Tipton, Iowa/Tipton</td>
</tr>
<tr>
<td>Derrick Kresser</td>
<td>Sr.</td>
<td>Waterloo, Iowa/Don Bosco</td>
</tr>
<tr>
<td>Jon Lamb</td>
<td>So.</td>
<td>Iowa City, Iowa/City High</td>
</tr>
<tr>
<td>Chris Lawson</td>
<td>Jr.</td>
<td>Ankeny, Iowa/Ankeny</td>
</tr>
<tr>
<td>Alex May</td>
<td>Sr.</td>
<td>Dubuque, Iowa/Dubuque Senior</td>
</tr>
<tr>
<td>Andy Schon</td>
<td>So.</td>
<td>Waukon, Iowa/Waukon</td>
</tr>
<tr>
<td>Nathan White</td>
<td>Jr.</td>
<td>Des Moines, Iowa/Southeast Polk</td>
</tr>
</tbody>
</table>

### Women’s Team

Front row: (l-r) Quinn Vermie, Shayla Houlihan, Randi Burns, Staci Ruebel, Traci Hawley
Back row: (l-r) Val Crutchley, Lauren Erickson, Amanda Huling, Moa Westman, Whitney Johnson, Caedryn Schrunk, Sarah Johnston.

### Men’s Team

Front row: (l-r) Scott Jedlicka, Chris Lawson, Nathan White, Derrick Kresser, Mike Finnerty, Ryan Dolan
Back row: (l-r) Alex May, Jon Lamb, Tyler Fisher, Miles Bern, Mike Clancy, Andy Schon, Chris Anderson
One name is synonymous with the strong Panther track and field tradition of success: Chris Bucknam. Now in his 23rd season as head coach and third 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 32 conference titles in track and field and cross country and have produced 36 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 38 all-Americans in the 88 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 14 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. He also earned Midwest Region Coach of the Year honors in June 2005. Prior to joining the Valley, Bucknam was named the top coach in the Mid-Continent Conference seven times.

A native of Beverly, Mass., Bucknam attended Norwich University in Northfield, Vt., where he was a four-time letter winner 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.
2005 Season Outlook

Women

After a ninth-place Missouri Valley Conference finish in 2004, the UNI women’s team is anxious to prove that it doesn’t belong at the bottom. The Panthers were a young group in 2004, but this season, the women look to climb the ladder with help from their veteran runners and a strong class of incoming freshmen. UNI head coach Chris Bucknam says finishing in the top three is a goal that is well within reach for the 2005 Panthers.

“We’re going to use the month of September to sort things out and see where we’re at — see how good we are,” Bucknam said. “I do know that we’re going to be a lot better than our ninth-place finish last year. That’s our goal every year — to get better. I can’t put a handle right now on where I think we’re going to finish in the Missouri Valley, but I can say this: I know that our top priority on the women’s side is to get in the top three.”

Although it’s a big leap from ninth to third place, Bucknam believes he has the leadership it takes to help propel the Panthers to a higher level. As UNI’s most experienced runners, senior Randi Burns and junior Quinn Vermie are being looked upon to take the reins of this year’s squad.

Burns, out of Strawberry Point, Iowa, is returning after having redshirted the 2005 outdoor track season due to injury. However, Bucknam says she’s now completely healthy and was able to put in a good summer of running in preparation for the fall.

A native of Runnels, Iowa, Vermie is looking to build on last year’s success that earned her a top 20 finish at pre-nationals and two top 10 finishes. Her third place finish at the Redbird Challenge and ninth place finish at the Bradley Open deemed her the top Panther performer in both events.

Also returning for the Panthers is sophomore Traci Hawley of Ames, Iowa. Hawley is coming off of a solid inaugural season in which she managed a 17th-place finish at the MVC Championships, making her the top UNI finisher. She also placed fourth at the Redbird Challenge and made strong impressions at the 2005 Outdoor MVC Track and Field Championships when she earned a top 10 finish in the 10,000 meter run.

“(Hawley) made great strides from cross country to outdoor track,” Bucknam said. “I’m really proud with how she battled and was able to score at that outdoor meet. To me, that is the toughest meet of the year, especially for a freshman.”

The Panthers also return junior Shayla Houlihan and sophomore Staci Ruebel. Houlihan, out of Sioux City, Iowa, placed 17th at the Redbird Challenge in 2004 and competed for a 51st-place finish at the MVC Championships. A native of Waverly, Iowa, Ruebel was the second-highest performing runner during her first season for the Panthers when she placed in the top 50 at the MVC Championships.

The Panthers welcome six freshmen to the team, as well as a sophomore transfer from Luther College, Amanda Huling. However, Bucknam says the success of the squad hinges on the leadership of the returning performers.

“That’s going to be critical for our success,” Bucknam said. “If one of those freshmen can come through for us, then we’ve got the makings of a good, solid Valley team that can really improve on last year’s performance. I know that we were a better team last year than that ninth-place finish, and I know that the ladies are hungry to prove themselves — to prove that they were better than that.”

Men

It looks to be a rebuilding year for the young 2005 Panther men’s team. After placing seventh at last year’s MVC Championships, the men are looking to climb up the ladder. At the head of the pack is junior Chris Lawson, who will be expected to help lead the young squad throughout the fall campaign. UNI most likely will have to compete without junior Dylan Davis, who was the top performer for the Panthers last season.

UNI head coach Chris Bucknam doesn’t expect Davis to be in the line-up this fall due to academic and personal issues, but is hopeful that he will return for the spring 2006 track season.

Lawson, an Ankeny, Iowa native, has had to endure numerous injuries during his first two years in the purple and gold, but ended his sophomore season on a high note as UNI’s top performer at the MVC Championships with a top 20 finish. He also ran the second highest time at pre-nationals for the Panthers.

“Chris Lawson is definitely our leader,” Bucknam said. “He is an athlete that has had some injuries over the past two years, and he’s put in a healthy summer running. We really look for Chris’ leadership to help us be a top upper-division team. That’s our goal right now — to be in the top five.”

The other junior joining Lawson is Nathan White of Des Moines, Iowa. White finished his 2004 campaign by posting the second highest time for the Panthers at pre-nationals. Among this year’s sophomore class is Mike Clancy of Iowa City, Iowa. As a freshman, Clancy posted the second best performance for UNI at the Redbird Challenge, as well as earning the second-fastest time at the Bradley Open. Sophomore Jon Lamb also returns after a redshirt freshman season that saw him run the second fastest time for UNI at the Lakefront Invitational. Rounding out the sophomore class is Andy Schon, a native of Waukon, Iowa, and Tyler Fisher of West Des Moines, Iowa.

Coach Bucknam says the key to this year’s season will be challenging the returning runners to perform at their highest level.

“They’re a good group of dedicated runners, and my job is to get them to realize their potential,” Bucknam said. “If we can do that, then there’s not much more we can do. I’ll be happy with a great effort. Sometimes a championship effort means sixth place or fifth place, and I’m looking for a championship attitude.”

Although the loss of Davis is a blow to this year’s team, Bucknam looks forward to a strong incoming class of freshmen and the continued growth of last year’s performers.

“It’s truly an uphill battle losing Dylan — we were thin as it was,” Bucknam said. “I’m looking forward to working with these athletes and making it a real meaningful experience. Sometimes you’ve got to take the place where it comes, but if we get great effort, I’m not going to be displeased.”
2004: Opened her season with a 13th-place finish at the Redbird Challenge with a time of 16:04.34, the third best time for the women's squad ... Earned 21st place at the Bradley Open, finishing in 19:10 ... Captured 83rd place at the pre-national meet, finishing with a time of 23:20.4 ... Concluded her season with a 57th-place finish at the MVC Championships with her time of 20:38.23.

2003: Finished ninth at the season opener, the Redbird Challenge, with a 15:43.83 time ... Earned 35th place at the Bradley Open in 18:46, 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 in the 5K race ... Managed a 33rd place with a 22:46.5 time at the pre-national meet ... Ended the 2003 season at the Midwest Regionals with a 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 ... 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.

2004: Finished fourth at the Redbird Challenge with a time of 15:18.28, the second fastest time for the Panther women ... Also was the second highest UNI finisher at the Bradley Open, placing 12th with a time of 18:39 ... Earned a 55th-place finish at the Lakefront Invitational with a time of 18:45 ... Was the second highest UNI finisher at pre-nationals, earning 34th place with a time of 22:54.1 ... Posted an outstanding performance at the MVC Championships as the top Panther with a time of 18:57.79, earning her 17th place ... Wrapped up the season at the Midwest Regionals with a 70th-place finish and a time of 22:23.90.

High School: Earned four letters each in cross country and track ... Cross country MVP in 2003 and 2004 as well as 2004 captain ... South East Conference cross country champion in 2003 and 2004 ... 2004 district champion ... 2002 team was the 2A state champions ... Was a multiple event track conference champion and multiple event district champion ... 2004 and 2005 track squad named 3A state champion ... Member of the National Honor Society ... Four-year academic award winner ... Named to the State of Iowa Scholar Academic All-State Cross Country team in 2004 ... Member of the 2005 Academic All-State Track and Field team ... Belonged to the Student Council, color guard, band, choir and show choir.

Personal: Born to Bill and Regina Erickson ... Majoring in exercise science-non teaching with a minor in Spanish ... Also recruited by Central, Loras, Luther, Elmhurst and Lewis University ... Chose UNI because of the campus and the great team atmosphere.

2004: Finished fourth at the Redbird Challenge with a time of 15:18.28, the second fastest time for the Panther women ... Also was the second highest UNI finisher at the Bradley Open, placing 12th with a time of 18:39 ... Earned a 55th-place finish at the Lakefront Invitational with a time of 18:45 ... Was the second highest UNI finisher at pre-nationals, earning 34th place with a time of 22:54.1 ... Posted an outstanding performance at the MVC Championships as the top Panther with a time of 18:57.79, earning her 17th place ... Wrapped up the season at the Midwest Regionals with a 70th-place finish and a time of 22:23.90.

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
2004: Started off the 2004 campaign with a 17th-place finish at the Redbird Challenge and a time of 17:07.65. Placed 55th at the Bradley Open with a time of 20:16. She earned a 133rd-place finish at the Lakefront Invitational (19:52) and a 51st-place finish at the MVC Championships with a time of 20:20.06. Her season ended with a 128th-place finish at the Midwest Regionals.

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 at the pre-national meet with a 25:22 time.

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 country all-conference all four years. Member of Student Council and Mayor's Youth Commission.

Personal: Daughter of Bob and Connie Houflan. Majoring in physical education with an emphasis on exercise science and a minor in coaching. Father attended Iowa and mother went to school at Kansas State. Chose UNI because of the excellent business program.

At Luther: Named the 2004 Cross Country Rookie of the Year. Member of the Division III Cross Country National Championship Qualifying Team. Earned fifth place in the 800m run at the Iowa Conference Championships.

High School: Was a three-time state cross country qualifier. 2001 and 2003 North Central Conference cross country champion. Four-time state track qualifier. 2003 800m run Class 2A runner-up. Class Salutatorian. Also a member of concert band, jazz band, SADD and Dan Bowl.


High School: Four-time letter winner in cross country, basketball and track. Cross country state champion in the 1500 in 2003. Placed second in the 800 at state in 2004 and second in the 800 at Drake in 2004. Three-time state medallist in cross country. 13-time district winner. 17-time conference champion in cross country and track. First team all-conference in basketball. Vice President of the National Honor Society. Winner of the Bernie Saggu Award. Also member of the Student Council, Big Brother/Big Sister, chorus, Best Buddies. Peer helper and part of the community musical.


High School: Earned four letters in both cross country and track and two in basketball. Named team captain in all three sports. Four-time all-conference and all-district in cross country. Two-time all-state. Cross country team MVP. 11-time conference champion in track. 12-time district champion. Nine-time state placer. Participated in the Senior All-Star Spotlight Meet. Class Valedictorian. Member of the Honor Roll. State of Iowa Scholar and KTVD Scholar of the Week. Also a member of the student council, speech and drama, Spanish Club and cross-age mentoring.


Personal: Father, Rick, wrestled for UNI and mother. Bonnie, played basketball for Creighton. Majoring in elementary education. Chose UNI because of the impressive educational reputation, campus and cross country team.

University of Northern Iowa
High School: Earned four varsity letters in both cross country and track... Cross country all-conference all four years. Two-time conference individual champion... State team qualifier her freshman year... Four-time state individual qualifier... 3A state champion senior season... Elite all-state and four-year team MVP... Team conference runner-up in track... Two-time team conference champions... Four-year all-conference selection... Three-year district champion... Four-year state qualifier... Two-time state champion in both the 1500 and 3000... Made Honor Roll all four years... ABC Student of the Month... Member of the marching band, concert band, chorus, student government and Fellowship of Christian Athletes.

Personal: Born to Michael and Sharon Schrunk on... Majoring in interior design... Recruited by Iowa, Iowa State and Wartburg.

2004: Had a solid sophomore season as one of UNI's top performers... Placed third at the Redbird Challenge with a time of 15:12.93, the fastest time on the UNI squad... Also was the top finisher for the Panthers at the Bradley Open with a ninth-place finish and a time of 18:32 and at the Lakefront Invitational, placing 48th in a time of 18:30... At pre-nationals, she continued her success with a 19th-place finish in a time of 22:35... Placed 71st at the MVC Championships (21:29.28) and concluded the season with a 53rd-place finish at the Midwest Regionals, clocking at 22:07.98.

2003: Was the top finisher for the Panther squad with her sixth-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 placed 36th in 19:16 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 All Star Track Meet her senior year... Her success in high school went beyond athletics, as a member of the National Honor Society, finishing in the top five percent of her graduating class and earning 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... Majoring in geography... Also recruited by University of Arkansas-Little Rock, South Alabama, University of Houston and University of Nevada.
High School: Member of two-time Class 3A state champion squad and 3A all-state team... Also a 3A individual state champion in cross country. Named to Elite Team All-State... Two-time MVC first team all-conference... Class 3A 4x800 and 1600 medley champion.

Personal: Born to Joe and Margaret... Brother Brendan ran four years at Luther College... Majoring in Accounting... Also recruited by Wartburg and the University of Wisconsin-La Crosse... Chose UNI because of its level of competition and outstanding accounting program.

High School: Earned four letters in track and field and two in cross country... All-conference in cross country as a senior... Cross country team captain one year and two-year track team captain... Track all-state and all-conference three years... Three-time conference champion in the 800... Also a member of TASK (Teaching to Achieve Success for Kids).

Personal: Son of Tony and Linda Finnerty... Major undecided... Also recruited by North Dakota State, Minnesota and Iowa State... Chose UNI because of the track program and the welcoming teammates.

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 reputable track/cross country program.

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Personal: Son of Dean and Sara Jedlicka... Majoring in finance and actuarial science... Father was a gymnast at UNI in the mid-70's... Also recruited by Western Illinois and the University of Missouri-Kansas City... Chose UNI because of its academics and location.

High School: Member of two-time Class 3A state champion squad and 3A all-state team... Also a 3A individual state champion in cross country. Named to Elite Team All-State... Two-time MVC first team all-conference... Class 3A 4x800 and 1600 medley champion.

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High School: Member of two-time Class 3A state champion squad and 3A all-state team... Also a 3A individual state champion in cross country. Named to Elite Team All-State... Two-time MVC first team all-conference... Class 3A 4x800 and 1600 medley champion.

Personal: Born to Joe and Margaret... Brother Brendan ran four years at Luther College... Majoring in Accounting... Also recruited by Wartburg and the University of Wisconsin-La Crosse... Chose UNI because of its level of competition and outstanding accounting program.

High School: Earned four letters in cross country and track... All-conference in cross country and All-EHIC in 2003... Three-time state cross country qualifier... Two-time state qualifier in track... Cross country team MVP in 2002 and 2003... National Merit Scholar and member of the National Honor Society... Also a member of choir, band, student council, speech and theater.

Personal: Son of Dean and Sara Jedlicka... Majoring in finance and actuarial science... Father was a gymnast at UNI in the mid-70's... Also recruited by Western Illinois and the University of Missouri-Kansas City... Chose UNI because of its academics and location.
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. Has one brother, Encho. Chose UNI because of its physics and running programs and because of the size and atmosphere.

High School: 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: biomedical. 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.


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, Phipher 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.

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.

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.

Conditioning

The UNI strength and conditioning program is a blend of science, technology and one-on-one attention to each student-athlete.

Throughout the year, UNI athletes can spend more time working on strength and conditioning than any other aspect of their sport. During the off-season, athletes work on strength improvement, speed, power, agility and conditioning. The in-season program is devoted to the continuation of strength gains and performance-related conditioning.

During and athlete's first year on campus, baseline measures of strength, speed, power, flexibility and endurance are collected. Measures of body composition and weight also are recorded. With this information, goals are set for development and maintenance. Programs are established for each athlete by strength and conditioning coach Jed Smith, who joined the Panther staff in 2005.

Sports Medicine

The UNI sports medicine program features top-rate facilities and the outstanding services of sports and health care professionals.

The sports medicine program focuses on injury prevention. Staff members utilize Merac strength-testing devices, provide dietary analysis, measure physiological capacity and outline programs to improve an athlete's flexibility.

Athletic trainers and physicians work together to design rehabilitation programs for injured athletes. A wide variety of facilities and equipment, not only in the Sports Medicine Lab but in the Wellness and Recreation Center, included swimming pools, Merac equipment, stairmasters and various exercise bicycles. All this helps athletes rehabilitate injuries and minimize the loss of fitness during recuperative time.
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
It was a challenging season for both the 2004 men's and women's cross country teams. Both squads were young and had to battle through bouts of injuries and illness. However, both teams gained valuable experience that has set a strong foundation for the years to come. "It was a challenging season due to the fact that both teams were so young," former UNI head cross country coach Kyle Kepler said.

The 2004 men's team was comprised of freshmen and sophomores and placed seventh at the Missouri Valley Conference Championships.

Leading the pack for the Panthers was sophomore Dylan Davis. Davis was the top performer for the Panthers in every event except for the MVC Championships where he completed the race with only one shoe. He opened up the season by placing ninth at the Redbird Challenge (20:16.05) and 17th at the Bradley Open (25:39:30). He went on to finish 19th at the Lakefront Invitational (25:14) and 28th at pre-nationals with a time of 25:35.2. Although losing one shoe on the course, Davis still managed a 22nd-place finish at the MVC Championships, clocking in at 26:49.49. His season culminated at the Midwest Regionals where he placed 65th with a time of 32:14.72.

Though injuries have been a battle for Chris Lawson throughout his career, he managed to be another one of UNI's top performers last year as a sophomore, competing in three events. He opened up the season with a 19th-place finish at the Redbird Challenge (21:15.43) and was the second-highest Panther finisher at pre-nationals, competing for a 109th-place finish with a time of 26:24.5. He also was the team's highest finisher at the MVC Championships, placing 20th in 26:44.65.

Already making great strides as a freshman, Jon Lamb showed signs of good things to come in the coming years. He kicked off his season placing 17th at the Redbird Challenge with a time of 20:58.12 and earned 52nd place at the Bradley Open with a time of 26:46.71. He was the second-highest UNI performer at the highly competitive Lakefront Invitational, placing 132nd with a time of 27:04. At pre-nationals, Lamb earned a 138th-place finish (27:13.4) and then placed 57th at the MVC Championships with a time of 28:35.80. He wrapped up his season at the Midwest Regionals, placing 135th with a time of 34:31.04.

Junior Derrick Kresser, competing for the first time in cross-country, earned valuable experience in 2004, as did sophomore Nathan White and freshmen Mike Clancy, Andy Schon and Scott Jedlicka. All are expected to play an important role in the 2005 season.

"However, I think we made great strides. The future looks bright for the UNI cross country teams. These student-athletes just need some time to develop and learn how to run at the Division I level. I have full confidence that these kids will continue to mature through the track season and step up to the challenge. They will be important contributors to our program very soon."

<table>
<thead>
<tr>
<th>Redbird Challenge - Sept. 4 - 3rd</th>
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<tbody>
<tr>
<td>Dylan Davis</td>
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<td>Andy Schon</td>
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<td>Mike Clancy</td>
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<td>Nathan White</td>
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<tr>
<td>Jon Lamb</td>
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<td>Derrick Kresser</td>
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<tr>
<th>Bradley Open – Sept. 10 – 7th</th>
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<tbody>
<tr>
<td>Dylan Davis</td>
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<td>Mike Clancy</td>
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<td>Jon Lamb</td>
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<td>Nathan White</td>
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<td>Scott Jedlicka</td>
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<td>Andy Schon</td>
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<td>Derrick Kresser</td>
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<tr>
<th>Lakefront Invitational – Oct. 2 – 22nd</th>
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<tbody>
<tr>
<td>Dylan Davis</td>
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<tr>
<td>Jon Lamb</td>
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<td>Scott Jedlicka</td>
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<td>Nathan White</td>
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<td>Mike Clancy</td>
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<td>Derrick Kresser</td>
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<td>Andy Schon</td>
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<tr>
<th>Pre-Nationals – Oct. 16 – 8th (8K Open)</th>
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<tbody>
<tr>
<td>Dylan Davis</td>
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<tr>
<td>Chris Lawson</td>
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<tr>
<td>Nathan White</td>
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<tr>
<td>Jon Lamb</td>
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<td>Scott Jedlicka</td>
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<td>Mike Clancy</td>
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<tr>
<td>Derrick Kresser</td>
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<tr>
<td>Andy Schon</td>
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<table>
<thead>
<tr>
<th>MVC Championships – Oct. 30 – 7th</th>
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</thead>
<tbody>
<tr>
<td>Chris Lawson</td>
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<tr>
<td>Dylan Davis</td>
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<tr>
<td>Mike Clancy</td>
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<td>Scott Jedlicka</td>
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<tr>
<td>Jon Lamb</td>
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<tr>
<td>Derrick Kresser</td>
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<tr>
<th>Midwest Regionals – Nov. 13</th>
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<tbody>
<tr>
<td>Dylan Davis</td>
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<tr>
<td>Mike Clancy</td>
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2004 also was a year of growth for the Panther women. Without any seniors on the team, the young squad was expecting to endure some growing pains, but some injuries along the way made the season a little more challenging than expected. Some unexpected blows also came at the Missouri Valley Conference Championships, where UNI placed ninth.

Junior Randi Burns suffered a minor injury during the summer of 2004, which held back her progress entering the campaign. However, she was able to open the season with a strong performance at the Redbird Challenge, placing 13th overall. She was the third Panther to finish the race. She also was the third UNI finisher at the Bradley Open when she placed 21st with a time of 19:10. She placed 83rd at the Lakefront Invitational with a 19:02 time and 63rd at the pre-nationals, finishing at 23:20:4. At the MVC Championships, she concluded her season when she took a fall in the final 500 meters, placing 57th with a time of 20:38.23.

Sophomore Quinn Vermie made a strong impression early on and was the top runner for the UNI women throughout the 2004 campaign. In her season opener at the Redbird Challenge, she managed a third-place finish overall and was the first Panther finisher with a time of 15:12.93. She then went on to place ninth at the Bradley Open, the first Panther to cross the finish line, clocking in at 18:32. Vermie posted another strong performance at the Lakefront Invitational when she once again was the top UNI performer, placing 46th in 18:30. She placed 19th at the pre-nationals with a time of 22:35.4, but suffered a setback at the MVC Championships. After leading the pack of UNI women throughout the race, Vermie collapsed near the end and finished the meet in 71st place with a time of 21:29.28. She bounced back at the Midwest Regionals, posting the strongest Panther performance at 53rd with her 22:07.98 time.

Freshman Traci Hawley was a bright spot for the UNI squad. Consistently performing at the top of the pack, she opened the season with a fourth-place finish at the Redbird Challenge with a time of 15:18.28, the second Panther to cross the finish line. She again was the second-best performer for UNI when she placed 12th at the Bradley Open with a time of 18:39. Also the second-best Panther performer at the Lakefront Invitational, she placed 55th, clocking in at 18:45. At pre-nationals, she finished 34th with her 22:54.1 time. Hawley rounded out the season with a 17th-place finish at the MVC Championships (18:57.79) and a 70th-place finish at Midwest Regionals (22:23.90).

Another freshman that showed great promise early on was Staci Ruebel. She began her Panther career with a 14th-place finish at the Redbird Challenge in a time of 16:20.27. Other bright spots during her freshman year included a 37th-place finish at the Bradley Open (19:42) and a 41st-place finish at the MVC Championships (19:52.50).

Sophomore Shayla Houlihan also competed for the Panthers, highlighting her season at the Redbird Challenge with a 17th-place finish (17:07.65) and a 51st-place finish at the MVC Championships (20:20.06).
The Missouri Valley Conference continues to lead by example as one of college athletics' most progressive conferences. Now in its 99th year of existence, the Missouri Valley Conference emphasizes the importance of the student-athlete and is aggressive in its approach to provide opportunities for its member institutions.

Since its inception in 1907, the Missouri Valley Conference has been regarded as a leader by its peers among today's collegiate athletic conferences.

Based in St. Louis since 1985, the league is assertive in its approach to playing host to NCAA basketball championship events, producing a revenue-producing in-house television network, bidding the right to play host to sport championships and landing title sponsorships for those events.

And while the Missouri Valley Conference has been progressive in pursuing NCAA events, it has continued to be a national leader in the athletic arena. The oldest conference west of the Mississippi River, the Valley has had numerous successes in its storied history, which includes a myriad of accomplishments since the turn of the century.

The seeds for this vision were planted by eight administrators representing five institutions, who met at the Midland Hotel in Kansas City, Mo., on Jan. 12, 1907. The five schools which formed the Missouri Valley Intercollegiate Athletic Association were Washington University of St. Louis, and the state universities of Iowa, Kansas, Missouri and Nebraska. Two months after the initial meeting, two more schools -- Drake University and Iowa State College -- were admitted.

In the fall of 1907, basketball became the first competitive sport. Today, the Missouri Valley Conference sponsors the following sports: baseball, men's and women's basketball, men's and women's cross country and track (indoor and outdoor), men's and women's golf, men's and women's soccer, softball, women's swimming and diving, men's and women's tennis, and women's volleyball.

From its early beginning to its current standing on the map of college athletics, The Valley will always continue to be proactive in its approach.

League members include Bradley University, Creighton University, Drake University, University of Evansville, Illinois State University, Indiana State University, University of Northern Iowa, Southern Illinois University, Missouri State University, and Wichita State University.

**MVC STAFF**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Doug Elgin</td>
<td>Commissioner</td>
</tr>
<tr>
<td>Patty Viverito</td>
<td>Senior Associate Commissioner</td>
</tr>
<tr>
<td>Joe Mitch</td>
<td>Associate Commissioner</td>
</tr>
<tr>
<td>Jack Watkins</td>
<td>Associate Commissioner/</td>
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<tr>
<td></td>
<td>Marketing and Television</td>
</tr>
<tr>
<td>Mike Kern</td>
<td>Associate Commissioner/</td>
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<td></td>
<td>Communications</td>
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<tr>
<td>Matt Marchal</td>
<td>Assistant Commissioner/</td>
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<td></td>
<td>Corporate Relations</td>
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<tr>
<td>Erica Fricke</td>
<td>Director of Communications</td>
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<tr>
<td>Ashley O'Connor</td>
<td>Director of Operations</td>
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<tr>
<td>Mary Mulvenna</td>
<td>Director of Compliance and</td>
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<td></td>
<td>Community Relations</td>
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<tr>
<td>Rich Steed</td>
<td>Chief Financial Officer</td>
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<tr>
<td>Dave Biancamano</td>
<td>Assistant Director of</td>
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<td></td>
<td>Communications</td>
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<tr>
<td>Carla Fight</td>
<td>Assistant to the Commissioner</td>
</tr>
<tr>
<td>Maxine Day</td>
<td>Executive Assistant</td>
</tr>
<tr>
<td>SuMeyko Jones</td>
<td>Secretary/Receptionist</td>
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Doug Elgin

Patty Viverito

Joe Mitch

David Biancamano
### Men's Top 8,000 Meter Performances

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Todd Goode II</td>
<td>'85</td>
<td>24:22</td>
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<tr>
<td>2</td>
<td>Bill Castle</td>
<td>'85</td>
<td>24:24</td>
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<tr>
<td>3</td>
<td>Todd Goode II</td>
<td>'86</td>
<td>24:24</td>
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<td>4</td>
<td>Bill Castle</td>
<td>'86</td>
<td>24:24</td>
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<tr>
<td>5</td>
<td>Todd Goode II</td>
<td>'87</td>
<td>24:24</td>
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<tr>
<td>6</td>
<td>Bill Castle</td>
<td>'87</td>
<td>24:24</td>
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### Best Times

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<tr>
<th>Rank</th>
<th>Name</th>
<th>Year</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Jeff Joiner</td>
<td>'90</td>
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<tr>
<td>2</td>
<td>Jeff Joiner</td>
<td>'91</td>
<td>24:05</td>
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<tr>
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<td>Jeff Joiner</td>
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<tr>
<td>6</td>
<td>Jeff Joiner</td>
<td>'95</td>
<td>24:05</td>
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### 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

### 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 Chris Leonard 32:31
- 1984 Dan Fick 31:51
- 1985 Steve Gearhart 33:12
- 1986 Dan Hostager 32:24
- 1987 Dan Hostager 33:17
- 1988 Dan Hostager 31:11

### NCAA Division I Qualifiers

- 1999 Levente Timar
- 2000 Oliver Bodor
- 2001 Balazs Csillag

### NCAA Division II All-Americans

- 1970-73 Rich Tweedt
- 1973-74 Ron Peters
- 1979 Jim Erredige
- 1981 Kim Spain
Top 4,000 Meter Performances

1. Elly Glass '02 14:40
2. Randi Burns '03 14:41
3. Wendy Shaw '02 14:49
4. Rita Fiala '02 15:07
5. Quinn Vermie '04 15:20
6. Emily Shopman '02 15:41
7. Molly Meng '02 16:01
8. Wendy Shaw '02 14:49
9. Quinie Vermie '04 15:19
10. Elly Glass '02 15:41

Top 5,000 Meter Performances

1. Emily Montgomery '94 17:27
2. Sandy Elsberry '82 17:35
3. J'ne Day '82 17:55
4. Jenny Jackson '82 17:56
5. Paulette Nemmers '82 18:03
6. Cindra Scholling '84 18:06
7. Sue Holtkamp '99 18:07
8. Rita Fiala '99 18:10
9. Evette Iverson '99 18:11
10. Karla Federsepi '02 18:12
11. Laura Little '95 18:13
12. Jenny Owens '89 18:17
13. Stacy Roberts '80 18:19
14. Emily Shopman '03 18:19
15. Elly Glass '02 18:21
16. Julie Mazzitelli '92 18:21
17. Kris Skov '81 18:25
18. Michelle Wing '93 18:27
20. Teresa Grothus '99 18:29
21. Elly Glass '00 18:30
22. Cherie Fisher '87 18:32
23. Quinn Vermie '04 18:33
24. Kari Clevenger '94 18:33
25. Kary Kleber '83 18:31
27. Stacie Winter '94 18:32
28. Suzie Scher '84 18:33
29. Mary Pound '82 18:34

Top 6,000 Meter Performances

1. Kari Thilges '00 21:25
2. Wendy Shaw '00 22:02
3. Rita Fiala '00 22:06
4. Quinn Vermie '04 22:07
5. Wendy Shaw '02 22:13
6. Elly Glass '00 22:20
7. Traci Hawley '04 22:23
8. Teresa Grothus '00 22:35
9. Emily Shopman '03 22:46
10. Randi Burns '03 22:46

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

1. Shalane Flanagan '03 N. Carolina 19:29.5
2. Alicia Graig '03 Stanford 19:52.6
3. Sara Bei '03 Stanford 19:52.8
4. Michaela Mannova '03 BYU 20:01.7
5. Ida Nilsson '03 N. Arizona 20:05.8
6. Megan Mcatraf '03 W. Virginia 20:10.6
7. Carol Henry '03 N. Carolina 20:12.1
8. Arianna Lanie '03 Stanford 20:13.6
9. Treniere Clement '03 Georgetown 20:14.1
10. Julia Lucas '03 N. Carolina State 20:17.3

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 Cherie Fisher 19:26
1987 Cherie Fisher 18:51
1998 Jenny Owens 19:00
1999 Kathy Allen 19:04
2001 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

All-Conference Performers

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

Team Conference Championships

2000 Missouri Valley
2001 Joanna Montgomery (9)
2002 Joanna Montgomery (7)
2003 Joanna Montgomery (1)

Top 6,000 Meter Performances

1. Kari Thilges '00 21:25
2. Wendy Shaw '00 22:02
3. Rita Fiala '00 22:06
4. Quinn Vermie '04 22:07
5. Wendy Shaw '02 22:13
6. Elly Glass '00 22:20
7. Traci Hawley '04 22:23
8. Teresa Grothus '00 22:35
9. Emily Shopman '03 22:46
10. Randi Burns '03 22:46
• 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 Association to Advance 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 achieved its 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.
2005 MEN’S AND WOMEN’S SCHEDULE

Sept. 2, 2005  Iowa Open  Iowa City, Iowa  6:00 p.m.
Sept. 9, 2005  Iowa State Open  Ames, Iowa  5:30 p.m.
Oct. 1, 2005  South Dakota State Invitational  Brookings, S.D.  12:00 p.m.
Oct. 14, 2005  Bradley Classic  Peoria, Ill.  4:15 p.m.
Oct. 29, 2005  State Farm MVC Championship  Evansville, Ind.  10:30 a.m.
Nov. 12, 2005  NCAA Midwest Regionals  Iowa City, Iowa  11:00 a.m.
Nov. 21, 2005  NCAA Championships  Terre Haute, Ind.  11:30 a.m.

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