



2008 BIG SKY CROSS COUNTRY

LIMPF SETS A NEW COURSE RECORD AT THE SUNDODGER INVITATIONAL

September 23, 2008

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UPCOMING RACES IN BIG SKY CROSS COUNTRY

<u>Date</u>	<u>Sky Teams Competing</u>	<u>Meet</u>	<u>Location</u>
Sept. 27	Sacramento State	Stanford Invitational	Stanford, Calif.

ACROSS THE SKY

The Idaho State women's cross country team took second place out of eight squads at the Bob Firman Cross Country Invitational at Eagle Island State Park in Boise, and the men's squad finished fifth out of eight teams.

The ISU men's team finished with 122 points on the 8K course at Eagle Island, finishing well ahead of Northwest Nazarene, Treasure Valley and Dixie State. Boise State won the event, scoring just 35 points as a team. Sophomore Ryan Davis had the Bengals' best performance individually, running the course in 26:32.94, just 30 seconds back of the leader to come in eighth place. That marks Davis' best finish of the season.

On the women's side, the Bengals finished as runners-up to BYU, who scored 25 points to Idaho State's 66. Boise State was third with 74, followed by Lewis-Clark State, College of Idaho, Northwest Nazarene and Eastern Oregon. Junior Gemma Maini posted ISU's strongest time, running the 5K race in 18:37.42 to finish fourth overall. Teammate Erica Wendt was just two slots behind, finishing sixth with a time of 18:45.74.

Paul Limpf and Stephanie Dye of the Eastern Washington University cross country teams led the Eagles to finishes of third and seventh, respectively, at the Sundodger Invitational Saturday, Sept. 20, in Seattle, Wash.

Limpf, a senior from Vancouver, Wash., won the men's 8,000-meter race with a time of 23:33. Last season he finished second with a time of 23:46. Teammate Alex Smyth finished fourth with a time of 24:03. Also placing for the Eagles were Kyle King (24th, 24:46), Bowe Ebding (26th, 24:52), Tyler Justice (35th, 25:01), Graham Vaux (46th, 25:18), Cody Barton (64th, 25:56) and Cody Bradwell (88th, 26:52).

In the women's 6,000-meter race, Dye finished 31st with a time of 23:28. She was followed by teammate Amber Nickelson in 32nd with a time of 23:32. Other EWU finishers were Brittney Williams (38th, 23:45), Kelly Downey (64th, 24:27), Lauren Matthews (67th, 24:31) and April Axtell (142nd, 28:39).

Using a slightly younger roster and resting some of the top runners, the University of Northern Colorado women's cross country team was still able to put together a second-place finish at the Colorado College Invitational on Saturday. The Bears finished with 57 points, while host CC won the six-kilometer event with 39 points. The NC men's team finished in fourth place with 100 points.

Brianna Spletstoser led the women, finishing fourth overall and second among collegians with a time of 24:30, while Erin Apsey was seventh among collegians and 12th overall in 25:17. The quartet of Jacqueline Lomax (26:30), Megan Horsch (26:41), Adrienne Larson (26:59) and Rachel Forrest (27:03) all crossed the finish line in order, in 25th through 28th, respectively.

Charles Hillig, running his first race in over a year in an NC uniform, led the men's team with a sixth place finish (fourth among collegians), clocking a 26:38 over the five-mile course. Ben Corchado and Matt Belasco were 38th and 39th in times of 29:43 and 29:50, respectively.

University of Montana senior Allie Brosh was third in the women's three-mile race and redshirt freshman Lynn Reynolds was fifth in the five-mile men's

race at the Montana State Invitational cross country race Saturday morning at the Bridger Creek Golf Course in Bozeman, Mont.

Brosh returned after more than a year off from cross country competition. She ran unattached in one race for the Grizzlies early last fall, then ended up redshirting. Also returning from a redshirt season and showing no signs of a layoff was junior Kim Tritz. Tritz ran a three-mile career-best 17:49 to place 13th. Brosh and Tritz were followed by sophomore Bridgette Hoenke in 20th (18:08), redshirt freshman Jessica Klier in 29th (18:19), true freshman Aleta Jokisch in 47th (19:04) and junior Leigh Fredrickson in 57th (19:33).

Reynolds was competing for Montana for the first time Saturday. He ran unattached twice as a true freshman in 2007. Montana men's No. 2 through No. 5 runners all finished within 31 seconds of each other. Junior Michael Fisher was 22nd in 25:35, senior Dennis Brands was 23rd in 25:42, senior Eli Hermann was 26th in 25:59 and senior Mac Bloom was 33rd in 26:06.

A pair of Montana State freshmen led their respective cross country squads at the 27th Annual MSU Invitational- one of the oldest meets in the Rocky Mountain Region, Saturday morning at Bridger Creek Golf Course. Bobcat freshman Patrick Casey of Laurel finished 11th overall and first for MSU covering the five-mile course in 25:08. Casey's time ranks 10th all-time for a Bobcat on the Bridger Creek course. Other Bobcat finishers included Devin McDowell, 34th, 26:07; Kelvin Daratha, 37th, 26:19; Forrest Jarvi, 40th, 26:27; Carl Nystuen, 41st, 26:28; Dan Jackson, 49th, 26:46; and Chris Baldus, 52nd, 26:53.

Bobcat newcomer Heather Haug of Livingston placed 21st overall and was MSU's top runner covering the three-mile course in 18:10. She was followed by Morgan Dunley, 25th, 18:14; Kala Jacquet, 30th, 18:20; Rebecca Sorenson, 34th, 18:29; Lauren Kuennen, 40th, 18:39; Katie Gilboy, 71st, 20:49; and Carey Downey, 74th, 21:04. MSU's Elisabeth Driscoll, who has exhausted her cross country eligibility, but will run both indoor and outdoor track this season, ran unattached finishing second overall in 17:17.

Weber State's men's and women's cross country teams each had a big day at the Montana State University Invitational. The men successfully defended their 2007 championship placing four runners in the top ten. The Wildcats scored 20 team points to hold off Utah State (27). Wyoming was third with 34 followed by Montana (40), Utah Valley (44), Montana State (45) and Dickinson State (57). The Wildcats were led by seniors David Olson, who finished fourth, in the five mile race in a time of 24:52.00 and Bryant Jensen who was sixth (24:53.00) It was Olson's first race of the season after missing the Utah State Invitational on August 30.

In the women's three mile race, the Wildcats had three runners in the top ten led by freshman Natalie Haws who placed fifth in a time of 17:26.00. Junior Cassie Olson was sixth in a time of 17:31.00. Weber State won the meet with a total of 44 points, Utah State was second with 60, followed by Wyoming (71), Montana (105), Utah (111), Utah Valley (140), Montana State (144), Carroll College (295), Westminster (296) and MSU-Billings (300).

Paul Limpf and Allie Brosh Named Athletes of the Week



Limpf, a senior from Vancouver, Wash., won the men's 8,000-meter race with a time of 23:33. His time set a new course record and led the Eastern Washington to a third place finish at the Sundodger Invitational in Seattle, Wash. He improved his time by nine seconds from last year's race.



Brosh a senior from Sandpoint, Idaho, finished third overall coming off a redshirt season in the fall of 2007. Montana's top runner for the 17th straight race when competing as an attached athlete. She finished with a time of 17:20 to lead the Montana squad to a fourth place finish at the Montana State Invitational.

Big Sky Cross Country - Sep. 23, 2008

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Athletic Web Sites

Eastern Washington
www.goeags.com

Idaho State
www.isubengals.com

Montana
www.montanagrizzlies.com

Montana State
www.msubobcats.com

Northern Arizona
www.nauathletics.com

Northern Colorado
www.uncbears.com

Portland State
www.goviks.com

Sacramento State
www.hornetsports.com

Weber State
www.weberstatesports.com



The Big Sky Conference has launched
BIGSKYTV.ORG

Log on to watch your favorite Big Sky team in action live via video stream. All football, volleyball and men's and women's basketball games held in Big Sky arenas and stadiums will be available for your viewing pleasure.

Upcoming games on bigskytv.org:

FOOTBALL

SATURDAY, SEPT. 27

- *Idaho State at Eastern Washington, 12:35 p.m.
- Central Washington at Montana, 1:05 p.m.
- South Dakota at Montana State, 1:05 p.m.
- *Northern Arizona at Northern Colorado, 1:35 p.m.
- *Portland State at Sacramento State, 2:05 p.m.

VOLLEYBALL

THURSDAY, SEPT. 25

- *Montana State at Eastern Washington, 7 p.m.
- *Montana at Portland State, 7 p.m.
- *Sacramento State at Northern Arizona, 7 p.m.
- Friday, 26
- *Idaho State at Weber State, 7 p.m.

SATURDAY, SEPT. 27

- *Montana at Eastern Washington, 7 p.m.
- *Montana State at Portland State, 7 p.m.
- *Sacramento State at Northern Colorado, 7 p.m.

* *Big Sky Conference Game*

Big Sky Conference Weekly Release

The Big Sky Conference media relations department produces a weekly cross country release every Tuesday during the season. Media can receive the releases as a PDF document via email by contacting Tanner Gooch at 801.392.1978 ext.17 or email at tgooch@bigskyconference.org. Standings, statistics and notes are also available on the Big Sky web site at www.bigskyconf.com.

Internet

The official website of the Big Sky Conference can be accessed by visiting www.bigskyconf.com. Weekly game notes, news releases and standings are updated on the website.

2007 Big Sky Cross Country Championship Team Results

Women's Results

1. Northern Arizona	33
2. Weber State	51
3. Montana	89
4. Eastern Washington	119
5. Montana State	129
6. Portland State	175
7. Idaho State	185
Sacramento State	185
9. Northern Colorado	192

Men's Results

1. Northern Arizona	22
2. Weber State	55
3. Montana State	95
4. Idaho State	118
5. Montana	144
Sacramento State	144
7. Eastern Washington	146
8. Portland State	212
9. Northern Colorado	285

Big Sky Men's Results

Colorado College Invite; Colorado Springs, Col. (5 Miles, 10 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Adams State	23
2. Graden City	56
3. Colorado College	78
4. Northern Colorado	100
5. Colby	158
6. Colorado Christian	187
7. University of Denver	194
8. Tabor	201
9. OK Panhandle	273
10. Pratt	276

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Avcencio Martinez - Unattached	25:46.00
2. Tommy Neal - Unattached	26:07.00
3. Florian Theophile - Adams State	26:31.00
4. Mohamed Noor - Garden City	26:35.00
5. Giacomo Butler - Adams State	26:36.00

Northern Colorado - 4th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Charles Hillig	6th	26:38.00	Matt Hernandez	66th	31:06.00
Ben Corchado	38th	29:43.00	Travis Stanford	77th	32:23.00
Matt Belasco	39th	29:50.00	Joe Plummer	78th	32:23.00
Dylan Hedges	42nd	29:55.00			
Joe Slack	45th	29:59.00			

Sundodger Invitational; Seattle, Wash. (8K, 10 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Washington	41
2. Alaska Anchorage	54
3. Eastern Washington	68
4. UC Davis	102
5. Western Washington	159
6. Idaho	165
7. Gonzaga	197
8. St. Mary's (Calif.)	205
9. Seattle Running Club	206
10. Seattle University	318

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Paul Limpf - Eastern Washington	23:33.00
2. Marko Cheseto - Alaska Anchorage	23:45.00
3. Jake Schmitt - Washington	23:48.00
4. Alex Smyth - Eastern Washington	24:03.00
5. Jeremey Mineau - Washington	24:08.00

Eastern Washington - 3rd

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Paul Limpf	1st	23:33.00	Graham Vaux	46th	25:18.00
Alex Smyth	4th	24:03.00	Cody Barton	64th	25:56.00
Kyle King	24th	24:46.00	Cody Bradwell	88th	26:52.00
Bowe Ebding	26th	24:52.00			
Tyler Justice	35th	25:01.00			

Bob Firman Invitational; Boise, Idaho (8K, 8 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Boise State	38
2. Lewis & Clark State	48
3. Idaho College	141
4. Eastern Oregon	153
5. Idaho State	164
6. Northwest Nazarene	263
7. Treasure Valley	228
8. Dixie State	241

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Brian Pierre - Boise State	26:02.67
2. Adrian Ramirez - Lewis & Clark State	26:10.24
3. Matt Stark - Unattached	26:19.71
4. Kevin Higgs - Boise State	26:22.11
5. Eric Tuwei - Lewis & Clark State	26:27.41

Idaho State - 5th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Ryan Davis	8th	26:34.92	Eric Strand	44th	28:33.99
Logan Torgison	15th	26:48.11	Kyle Sauer	48th	28:46.24
Chaz Anestos	40th	28:29.63	Scott Pearson	60th	29:08.50
Aaron Wolfe	43rd	28:33.51	Erik Solberg	72nd	30:24.30

Montana State Invitational; Bozeman, Mont. (5 Mile, 7 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Weber State	43
2. Utah State	54
3. Univeristy of Wyoming	55
4. University of Montana	107
5. Utah Valley	114
6. Montana State	151
7. Dickinson State	213

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Mark Korir - Wyoming	24:28.00
2. Ben Kessen - Utah State	24:36.00
3. Michael Huntington - Wyoming	24:44.00
4. David Olson - Weber State	24:52.00
5. Lynn Reynolds - Montana	24:52.00

Weber State - 1st

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
David Olson	4th	24:52.00	Chris Burnett	17th	25:23.00
Bryant Jensen	6th	24:53.00	Trevor Ricks	19th	25:27.00
Mike Hardy	7th	25:55.00	Jace Nye	20th	25:29.00
Bob Lambert	9th	24:58.00	Todd Gilbert	31st	26:05.00

Montana - 4th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Lynn Reynolds	5th	24:52.00	Taylor Nepon	43rd	26:39.00
Michael Fisher	22nd	25:35.00	Colin O'Neill	46th	26:44.00
Dennis Brands	23rd	25:42.00	Sean Clark	47th	26:45.00
Eli Hermann	26th	25:59.00	Greg Lindstrom	68th	27:51.00
Mac Bloom	33rd	26:06.00	Michael O'Casey	92nd	29:29.00

Montana State - 6th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Patrick Casey	11th	25:08.00	Carl Nystuen	41st	26:28.00
Devin McDowell	34th	26:07.00	Dan Jackson	49th	26:46.00
Kelvin Daratha	37th	26:19.00	Chris Baldus	52nd	26:53.00
Forrest Jarvi	40th	26:27.00			

Big Sky Women's Results

Colorado College Invite; Colorado Springs, Col. (6K, 8 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Colorado College	39
2. Northern Colorado	57
3. Colby	95
4. Garden City	128
5. Tabor	133
6. Colorado Christian	141
7. OK Panhandle	179
8. Univeristy of Denver	186

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Ashley Birger - Unattached	23:46.00
2. Tonya Nero - Colby	23:46.00
3. Adrian Chouinard - Unattached	23:55.00
4. Brianna Spletstose - UNC	24:30.00
5. Vanessa Roy - Adams State	24:38.00

Northern Colorado - 2nd

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Brianna Spletstoser	4th	24:30.00	Adrienne Larson	27th	26:59.00
Erin Apsey	12th	25:17.00	Rachel Forrest	28th	27:03.00
Jacqueline Lomax	25th	26:30.00	Lisa Drew	36th	27:55.00
Megan Horsch	26th	26:41.00	Sari Little	40th	28:31.00

Sundodger Open; Seattle, Wash. (6K, 13 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Alaska Anchorage	40
2. Western Washington	63
3. Simor Fraser	91
4. British Columbia	143
5. Eastside Runners	183
6. Seattle Pacific	186
7. Eastern Washington	193
8. Evergreen State	199
9. St. Martin's	214
10. Puget Sound	219

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Sarah Porter - Western Washington	20:50.00
2. Elizabe Chepkosgei - Alaska Anchorage	21:34.00
3. Jessica Smith - Unattached	21:51.00
4. Gwen Greiner - Seattle Running	21:56.00
5. Laura Carr - Alaska Anchorage	21:59.00

Eastern Washington - 7th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Stephanie Dye	31st	23:28.00	Kelly Downey	64th	24:27.00
Amber Nickelson	32nd	23:32.00	Lauren Matthews	67th	24:31.00
Brittney Williams	38th	23:45.00	April Axtell	48th	28:39.00

Bob Firman Invitational; Boise, Idaho (5K, 7 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. BYU	23
2. Idaho State	63
3. Boise State	82
4. Lewis & Clark State	112
5. Idaho College	133
6. Northwest Nazarene	150
7. Eastern Oregon	190

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Angela Wagner -BYU	18:19.70
2. Katie Andrews - BYU	18:29.12
3. Stephanie Helm- College of Idaho	18:34.19
4. Gemma Maini - Idaho State	18:37.42
5. Stacy Slight - BYU	18:45.36

Idaho State - 2nd

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Gemma Maini	4th	18:37.42	Mandy Janowitz	35th	19:58.11
Erica Wendt	6th	18:45.74	Chealse Miller	42nd	20:17.72
Kerynn Davis	18th	19:26.86	Cyndey Jacobson	48th	20:38.76
Kris Thomasburg	19th	19:27.59	Brandi Hutchinson	52nd	20:56.17
Parris Hodges	32nd	19:44.71	Candida Rowen	73rd	21:51.88

Montana State Invitational; Bozeman, Mont. (3 Mile, 13 teams) - Sept. 20, 2008

Top Team Finishers

<u>Team Name</u>	<u>Points</u>
1. Weber State	44
2. Utah State	60
3. Wyoming	71
4. Montana	105
5. Utah	111
6. Utah Valley	140
7. Montana State	144

Top Individual Finishers

<u>Name</u>	<u>Time</u>
1. Emily Higgins - Wyoming	17:13.00
2. Elisabeth Driscoll - Unattached	17:17.00
3. Allie Brosh - Montana	17:20.00
4. Chelsea Digrazia - University of Utah	17:21.00
5. Natalie Haws - Weber State	17:26.00

Weber State - 1st

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Natalie Haws	5th	17:26.00	Laken Skidmore	14th	17:57.00
Cassie Olson	6th	17:31.00	Haley Reeves	25th	18:14.00
Amy Cook	8th	17:40.00	Loren Storey	42nd	18:52.00
Katie Thompson	13th	17:51.00			

Montana - 4th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Allie Brosh	3rd	17:20.00	Jessica Klier	29th	18:19.00
Kim Tritz	13th	17:49.00	Aleta Jokisch	47th	19:04.00
Bridgette Hoenke	20th	18:08.00	Leigh Fredrickson	57th	19:33.00

Montana State - 7th

<u>Name</u>	<u>Finish</u>	<u>Time</u>	<u>Name</u>	<u>Finish</u>	<u>Time</u>
Heather Haug	21st	18:10.00	Lauren Kuennen	40th	18:39.00
Morgan Dunley	25th	18:14.00	Katie Gilboy	71st	20:49.00
Kala Jacquet	30th	18:20.00	Carey Downey	74th	21:04.00
Rebecca Sorenson	34th	18:29.00			