

2004 University of Northern Colorado Cross Country Quick Facts



about the university

Location: Greeley, Colo. (80639)
 Enrollment: 11,855
 Founded: 1889
 Affiliation: NCAA Division I
 Nickname: Bears
 Colors: Blue & Gold
 Conference: Independent
 President: Kay Norton (Wellesley College, '73)
 Director of Athletics: Jay Hinrichs (Kansas, '80)
 Senior Women's Administrator: Linda Spradley
 Faculty Athletic Representative: Dr. Bob Heiny
 Athletic Department Phone: (970) 351-2534
 Athletic Ticket Office Phone: (970) 351-2327
 Athletic Department Fax: (970) 351-2018
 University Web Site: www.unco.edu

about the team

Head Coach: Paul Quere' (Luther College, '85)
 Tenure at UNC: 1st season
 Office Phone: (970) 351-1721
 Email: Paul.Quere@unco.edu
 Assistant Coach: Kathy Zehrbach (Humboldt State, '02)
 Tenure at UNC: 2nd season
 Home Course: TBA
 2004 Conference Finish: n/a
 2004 Final National Ranking: n/a
 2004 Post Season: none
 Runners Returning/Lost: 11/3
 Redshirts Eligible: 1
 Newcomers: 7

athletic media relations

Asst. A.D. Media Relations: Colin McDonough
 Office Phone: (970) 351-1065
 Home Phone: (970) 506-1899
 Email: Colin.McDonough@unco.edu
 M.R. Coordinator/Cross Country Contact: Kyle Schwartz
 Office Phone: (970) 351-2522
 Home Phone: (970) 506-9817
 Cell Phone: (970) 978-0950
 Email: Kyle.Schwartz@unco.edu
 Athletic Web Site: www.UNCBears.com
 Media Relations Fax: (970) 351-1995

Mailing Address

251 Butler-Hancock Hall
 Box 117
 Greeley, CO 80639

media information

Newspaper

Greeley Tribune

Contact: Sam Mustari
 Phone: (970) 352-0211
 Fax: (970) 356-5780
 gtsports@greeleytrib.com

Newspaper

Rocky Mountain News

Phone: (303) 892-5214
 Fax: (303) 892-2602
 sports@rockymountainnews.com

Radio

Newstalk 1310 KFKA

Contact: Troy Coverdale
 Phone: (970) 356-1310
 Fax: (970) 356-1314
 Troy@1310kfk.com

Newspaper

Denver Post

Phone: (303) 820-1578
 Fax: (303) 866-9004
 sports@denverpost.com

UNC' s Move to Division I

The 2004 season marks the second year of the four-year reclassification process to Division I for the UNC athletics department. This year the Bears are a Division I "counter" and are mandated to play a schedule that is primarily made up of Division I teams. The Bears are still ineligible for NCAA postseason play until the 2007-08 season.

2004 University of Northern Colorado Cross Country Roster



Name	Yr.	Hometown (Last School)
Sierra Binek	Sr.	Volcano, Hawaii (Waiakea H.S.)
Carolyn Brug	Sr.	Lakewood, Colo. (University of Colorado)
Katie Callahan	Sr.	Highlands Ranch, Colo. (Fort Lewis)
Joey Collins	Fr.	Loveland, Colo. (Loveland H.S.)
Lacey Darien	Jr.	Glenwood Springs, Colo. (Concordia University)
Lauren Dunsmoor	So.	Pueblo, Colo. (University of New Mexico)
Amy Engbretson	Jr.	Morrison, Colo. (Colorado State Univ.)
Chantelle Erickson	So.	Colorado Springs, Colo. (Coronado H.S.)
Ashley Grams	Fr.-RS	Highlands Ranch, Colo. (Univ. of Montana)
Christine Hertneky	So.	Greeley, Colo. (Greeley Central H.S.)
Tara Hettler	Jr.	Colorado Springs, Colo. (Lewis-Palmer H.S.)
Amanda Jackson	Fr.	Longmont, Colo. (Longmont H.S.)
Shannon Kellogg	Jr.	Loveland, Colo. (Loveland H.S.)
Kelsey Leonard	Jr.	Fairbanks, Alaska (West Valley H.S.)
Sarah Martens	Jr.	Loveland, Colo. (Loveland H.S.)
Megan McKinnie	So.	Glenwood Springs, Colo. (Glenwood Springs H.S.)
Katie Miller	Jr.	Windsor, Colo. (Windsor H.S.)
Becca Millet	So.	Highlands Ranch, Colo. (ThunderRidge H.S.)
Beth Schlageck	Jr.	Grand Junction, Colo. (Fruita Monument H.S.)

Head Coach: Paul Quere' (Luther College, '86), 1st season

Assistant Coach: Kathy Zehrbach (Humboldt State, '02) 2nd season.

2004 University of Northern Colorado Cross Country Schedule



Sept. 4	Wyoming Invitational (4k)	Laramie, Wyo.	5:00 p.m.
Sept. 11	Colorado College Invite (5k)	Colorado Springs, Colo.	9:00 a.m.
Sept. 18	Woody Greeno-Nebraska Invite (6k)	Lincoln, Neb.	10:00 a.m.
Oct. 2	Rocky Mountain Shootout (6k)	Boulder, Colo.	10:00 a.m.
Oct. 9	Fort Hays State Invite (5k)	Hays, Kan.	9:00 a.m.
Oct. 16	Dan Libera Memorial (5k)	Granby, Colo.	TBA
Oct. 30	Div. I Independent Championship (5k)	Corpus Christi, Texas	TBA

Home meets in bold.

All times are mountain and subject to change.

2003 UNC Cross Country Results

2003 results		
Date	Opponent	Time/Result
9/5	Wyoming Invitational (4k)	4th (131)
9/13	Colorado College Autumn Invite (5k)	4th (123)
9/20	Woody Greeno Nebraska Invite (6k)	5th (130)
10/4	Rocky Mountain Shootout (6k)	2nd (54)
10/11	Dan Libera Memorial (5k)	5th (126)
11/1	Div. I Independent Championship (6k)	3rd (92)
11/8	Air Force/Colorado (5k)	NTS

Rocky Mountain Shootout (5.8k) - 2nd of 3

22.	Lacey Darien	23:35
45.	Mandy Bedosky	24:05
48.	Katie Callahan	24:16
56.	Tara Hettler	24:45
63.	Chantelle Erickson	25:03
68.	Christine Hertneky	25:22
75.	Beth Schlageck	25:50
80.	Shannon Kellogg	26:01
87.	Kelsey Leonard	26:30

Wyoming 4K Invitational - 4th of 4

17.	Lacey Darien	15:20
27.	Shannon Kellogg	15:49
28.	Chantelle Erickson	15:55
34.	Katie Callahan	16:11
35.	Mandy Bedosky	16:15
37.	Tara Hettler	16:28
39.	Beth Schlageck	16:51
40.	Chelsea Lyons	16:52
43.	Kelsey Leonard	17:14
46.	Megan Stenbeck	17:17
47.	Christine Hertneky	17:26
48.	Becca Millet	17:34
51.	Amy Engretson	18:04
52.	Carolyn Brug	18:42

Dan Libera Memorial (5k) - 5th of 10

17.	Lacey Darien	19:55
23.	Mandy Bedosky	20:07
34.	Katie Callahan	20:26
37.	Chantelle Erickson	20:32
38.	Tara Hettler	20:33
39.	Chelsea Lyons	20:35
51.	Kelsey Leonard	20:55
52.	Beth Schlageck	20:56
53.	Shannon Kellogg	20:57
56.	Christine Hertneky	21:12
72.	Becca Millet	22:07
73.	Tiffany Fields	22:13
77.	Amy Engbretson	22:28
85.	Carolyn Brug	24:05

Colorado College Invite (5k) - 4th of 10

18.	Lacey Darien	19:39.52
30.	Chantelle Erickson	20:24.31
33.	Mandy Bedosky	20:35.52
35.	Shannon Kellogg	20:44.62
47.	Beth Schlageck	21:25.40
48.	Tara Hettler	21:28.84
49.	Chelsea Lyons	21:29.56
52.	Kelsey Leonard	21:38.43
53.	Christine Hertneky	21:45.18
59.	Becca Millet	22:17.72
74.	Carolyn Brug	23:43.28

D-I Independent Champ. (6k) - 3rd of 4

15.	Mandy Bedosky	19:13
17.	Katie Callahan	19:16
20.	Lacey Darien	19:26
23.	Chantelle Erickson	19:49
25.	Christine Hertneky	20:01
26.	Tara Hettler	20:03
31.	Kelsey Leonard	20:21
32.	Chelsea Lyons	20:23
34.	Beth Schlageck	20:40

Nebraska Woody Greeno Invite (6k) - 5th of 5

22.	Lacey Darien	23:41.00
33.	Katie Callahan	24:36.00
37.	Mandy Bedosky	24:47.00
42.	Shannon Kellogg	25:16.00
43.	Chantelle Erickson	25:16.00
45.	Tara Hettler	25:29.00
46.	Chelsea Lyons	25:39.00
47.	Beth Schlageck	25:43.00
48.	Kelsey Leonard	25:49.00
49.	Christine Hertneky	26:04.00
51.	Becca Millet	26:25.00

Air Force/CU Meet (5k) - No Team Score

2.	Lacey Darien	19:27
5.	Mandy Bedosky	19:59
8.	Katie Callahan	20:19
9.	Chantelle Erickson	20:24
14.	Tara Hettler	20:58
16.	Beth Schlageck	21:20
18.	Christine Hertneky	21:27
20.	Kelsey Leonard	21:54
21.	Becca Millet	21:57
22.	Amy Engbretson	22:14
23.	Carolyn Brug	22:49