

2005 University of Northern Colorado Cross Country Quick Facts



about the university

Location: Greeley, Colo. (80639)
Enrollment: 12,300
Founded: 1889
Affiliation: NCAA Division I
Nickname: Bears
Colors: Blue & Gold
Conference: Independent
Future Conference: Big Sky (2006-07)
President: Kay Norton (Wellesley College, '73)
Director of Athletics: Jay Hinrichs (Kansas, '80)
Senior Women's Administrator: Sherri Frye
Faculty Athletic Representative: Dr. Bob Heiny
Athletic Department Phone: (970) 351-2534
Athletic Ticket Office Phone: (970) 351-4TIX
Athletic Department Fax: (970) 351-2018
University Web Site: www.unco.edu

about the team

Head Coach: Kevin Galbraith (Loyola Marymount, '81)
Tenure at UNC: 1st season
Office Phone: (970) 351-1721
Email: Kevin.Galbraith@unco.edu

Assistant Coach: Sarah Walker (Michigan State, '04)
Tenure at UNC: 1st season

2004 Conference Finish: n/a
2004 Final National Ranking: n/a
2004 Post Season: none

Runners Returning/Lost: 5/10
Redshirts Eligible: 0
Newcomers: 5

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 Athletic Center
Box 117
Greeley, CO 80639

media information

Newspaper

Greeley Tribune

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

Radio

Newstalk 1310 KFKA

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

UNC's Move to Division I

The 2005 season marks the third year of the four-year reclassification process to Division I for the UNC athletics department. The Bears are ineligible for NCAA postseason play until the 2007-08 season. The Bears will join the Big Sky Conference in 2006-07.

Newspaper

Rocky Mountain News

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

Newspaper

Denver Post

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

2005 University of Northern Colorado Cross Country Roster



<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Amy Brons	Fr.	Denver, Colo.
Lacey Darien	Jr.	Glenwood Springs, Colo. (Concordia University)
Chantelle Erickson	So.	Colorado Springs, Colo. (Coronado H.S.)
Ashley Grams	Fr.-RS	Highlands Ranch, Colo. (Univ. of Montana)
Tara Hettler	Jr.	Colorado Springs, Colo. (Lewis-Palmer H.S.)
Angela Kitchens	Fr.	LaPorte, Colo. (Poudre H.S.)
Kelsey Leonard	Jr.	Fairbanks, Alaska (West Valley H.S.)
Stephanie Marez	Fr.	Loveland, Colo.
Jessica Piccone	Jr.	Lakewood, Colo. (Bear Creek H.S.)
Emily Watz	So.	Colorado Springs, Colo. (Wasson H.S.)

Head Coach: Kevin Galbraith (Loyola Marymount, '81), 1st season

Assistant Coach: Sarah Walker (Michigan State, '04), 1st season

2005 University of Northern Colorado Cross Country Schedule



Sept. 2	Wyoming Invitational	Laramie, Wyo.	5:30 p.m.
Sept. 17	Woody Green/-Nebraska Invite	Lincoln, Neb.	9:00 a.m.
Sept. 24	Colorado College Invitational	Colo. Springs, Colo.	9:00 a.m.
Oct. 1	Rocky Mountain Shootout	Boulder, Colo.	10:15 a.m.
Oct. 8	Fort Hays State Tiger Invite	Hays, Kan.	9:00 a.m.
Oct. 22	Air Force Open	USAF Academy, Colo.	10:00 a.m.
Oct. 29	Div. I Independent Championship	Corpus Christi, Texas	9:00 a.m.

All times are mountain and subject to change.

2004 Northern Colorado Cross Country Results

Wyoming Invitational (4k) - 5th of 5 (104)

12.	Lauren Dunsmoor	15:31
13.	Lacey Darien	15:35
26.	Ashley Grams	16:09
31.	Chantelle Erickson	16:17
32.	Kelsey Leonard	16:29
36.	Amanda Jackson	16:46
42.	Tara Hettler	17:04
46.	Joey Collins	17:20
48.	Sarah Martens	17:32
55.	Megan McKinnie	18:05
59.	Katie Miller	18:21
61.	Becca Millet	18:33
62.	Sierra Binek	20:57

Team Finishes

1.	Wyoming	38
2.	Colorado State	57
3.	Air Force	61
4.	CU-Colorado Springs	102
5.	Northern Colorado	104

Colorado State Open (6k) - 4th of 6 (119)

12.	Lauren Dunsmoor	25:18.5
21.	Lacey Darien	25:44.0
24.	Ashley Grams	26:18.9
29.	Carolyn Brug	26:38.7
30.	Kelsey Leonard	26:43.1
34.	Chantelle Erickson	27:01.7
37.	Tara Hettler	27:23.0
39.	Amanda Jackson	27:56.1
40.	Beth Schlageck	28:28.1
41.	Christine Hertneky	28:34.7
42.	Sarah Martens	28:37.5
46.	Joey Collins	29:15.7
50.	Katie Miller	30:13.8
51.	Becca Millet	30:15.7
54.	Sierra Binek	33:55.5

Team Finishes

1.	Colorado State	25
2.	Wyoming	46
3.	Western State	70
4.	Northern Colorado	119
5.	Colorado College	155
6.	Cloud County CC	219

Woody Greeno/Nebraska Invite (6k) - 9th of 28 (237)

23.	Lacey Darien	24:11
24.	Lauren Dunsmoor	24:11
47.	Ashley Grams	24:52
69.	Kelsey Leonard	25:28
79.	Chantelle Erickson	25:36
87.	Tara Hettler	25:44
95.	Amanda Jackson	25:56
146.	Beth Schlageck	26:58
204.	Carolyn Brug	28:28

Team Finishes

1.	Concorida University	76
2.	Wartburg College	127
3.	Colorado Mines	136
4.	Central Missouri St.	160
5.	CU-Colorado Springs	168
9.	Northern Colorado	237

CU Rocky Mt. Shootout (5.8k) - 3rd of 3 (80)

18.	Lauren Dunsmoor	22:53
39.	Ashley Grams	24:18
47.	Chantelle Erickson	24:50
53.	Carolyn Brug	25:17
55.	Tara Hettler	25:23
57.	Kelsey Leonard	25:28
58.	Amanda Jackson	25:28
71.	Joey Collins	26:30
72.	Sarah Martens	26:31
75.	Christine Hertneky	26:38
75.	Beth Schlageck	27:28
87.	Megan McKinnie	27:59
92.	Katie Miller	28:50
96.	Sierra Binek	29:29

Team Finishes (Div. I teams only)

1.	Colorado	16
2.	Wyoming	44
3.	Northern Colorado	80

Fort Hays State Invite (5k) - 2nd of 7 (52)

2.	Lauren Dunsmoor	18:43
6.	Lacey Darien	19:23
15.	Ashley Grams	19:52
17.	Carolyn Brug	19:59
18.	Kelsey Leonard	20:02
24.	Tara Hettler	20:29
26.	Beth Schlageck	20:33
30.	Amanda Jackson	20:37
32.	Chantelle Erickson	20:41
33.	Sarah Martens	20:48
38.	Joey Collins	21:06

Team Finishes

1.	Air Force	43
2.	Northern Colorado	52
3.	Colorado College	70
4.	Colorado J.V.	100
5.	Fort Hays State	106
6.	Hutchinson College	134
7.	Oklahoma Panhandle	211

Dan Libera Memorial (5k) - 1st of 6 (27)

1.	Lauren Dunsmoor	19:40
2.	Lacey Darien	20:12
5.	Ashley Grams	20:49
7.	Chantelle Erickson	20:55
12.	Carolyn Brug	21:01
15.	Kelsey Leonard	21:14
19.	Tara Hettler	21:14
20.	Beth Schlageck	21:24
22.	Amanda Jackson	21:29
23.	Sarah Martens	21:33
30.	Joey Collins	22:24
31.	Amy Engbretson	22:34
35.	Megan McKinnie	22:56

Team Finishes

1.	Northern Colorado	27
2.	Regis	49
3.	Colorado College	72
4.	Colorado Northwestern	117
5.	Mesa State	119
6.	Adams State	161

D-I Independent Championship (5k) - 7th of 7 (148)

5.	Lauren Dunsmoor	17:24
30.	Lacey Darien	18:43
39.	Carolyn Brug	19:16
40.	Chantelle Erickson	19:21
41.	Kelsey Leonard	19:23
45.	Ashley Grams	19:32
46.	Tara Hettler	19:33
52.	Beth Schlageck	20:39
53.	Amanda Jackson	20:49

Team Finishes

1.	UC Davis	52
2.	Tx. A&M-Corpus Christi	55
3.	North Dakota State	87
4.	Utah Valley State	97
5.	South Dakota State	105
6.	Texas-Pan American	143
7.	Northern Colorado	148

2004 results

<u>Date</u>	<u>Opponent</u>	<u>Time/Result</u>
9/3	Wyoming Invitational (4k)	5th of 5 (104)
9/11	Colorado State Open (6k)	4th of 6 (119)
9/18	Woody Greeno/Nebraska Invite (6k)	9th of 28 (237)
10/2	Rocky Mountain Shootout (5.8k)	3rd of 3 (80)
10/9	Fort Hays State Invitational (5k)	2nd of 7 (52)
10/16	Dan Libera Memorial Invitational (5k)	1st of 6 (27)
10/30	Div. I Independent Championship (5k)	7th of 7 (148)

Home Meets in Bold and held in Greeley, Colo.All Times Mountain and Subject to Change