



2005 CENTRAL COLLEGE

MEN'S CROSS COUNTRY





Founded –1853

Enrollment –1,700

Affiliation –Reformed Church in America

President – Dr. David Roe

Membership – Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year, coeducational, liberal arts college affiliated with the Reformed Church in America. Located 40 minutes southeast of Des Moines, Central offers its 1,700 students learning opportunities not only on the Pella campus, but on branch campuses in Carmarthen, Wales; Colchester and London, England; Eldoret, Kenya; Granada, Spain; Hangzhou, China; Leiden, the Netherlands; Merida, Mexico; Paris, France; and Vienna, Austria. Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

The Kuyper Athletics Complex

The Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), A.N. Kuyper Stadium (1977), the baseball and softball fields (1978), Ryerson Golf Practice Range (2004), tennis courts (1992), soccer field (2005), cross country competition course (2004), and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball, football and soccer football fields. Golf meets are held at the Bos Landen Golf Resort, two miles southwest of the campus on Highway T-15.

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ATHLETICS STAFF

Athletics director Al Dorenkamp
 Special assistant to the athletics director John Edwards
 Director of intramurals and special events Adam Stevens
 Assistant director of intramurals Dan Mason
 Athletics office manager Jeffy Schuring
 Athletics secretary Tara Jordan
 Head athletic trainer Leslie Duinink
 Assistant athletic trainer Greg Gilmore
 Assistant athletic trainer Chris Viesselman
 Strength and conditioning coordinator/
 Ron Schipper Fitness Center director Jake Anderson
 Kuyper Athletic Complex building and grounds manager Randy Shives
 Sports information director Larry Happel

FACULTY ATHLETICS COUNCIL REPRESENTATIVES

Dr. Dennis Doyle, associate professor of communication
 Dr. Lori Witt, assistant professor of history
 Dr. Edmond Willis, professor of psychology

COACHING STAFF

Baseball
 Assistant baseball Adam Stevens
 Assistant baseball Dan Mason
 Volunteer assistant Brent Fridley
 Casey Olney
Basketball--Men's
 Assistant basketball Mike Boschee
 Assistant basketball Nic Nelson
 Assistant basketball TBA
Basketball--Women's
 Assistant basketball Natalie Nakic
 Assistant basketball Jerry Nikkel
 Assistant basketball TBA
Cross country--Men's/women's
 Assistant cross country Jeff Bovee
 Assistant cross country Stephen Fyfe
 Assistant cross country Guy Mosher
Football
 Assistant football Jeff McMartin
 Assistant football Jeff Bollard--tight ends
 Assistant football Dick Bowzer--receivers
 Assistant football Don De Waard--
 def. coordinator/linebackers
 Assistant football Reid Evans--offensive line
 Assistant football Matt Paulsen--def. backs
 Assistant football David Roe--kickers/punters
 Assistant football Jeff Sanger--stingers
 Assistant football Kevin Sanger--defensive line

Assistant football

Assistant football

Golf--Men's

Assistant golf
 Assistant golf
 Volunteer assistant
 Volunteer assistant

Golf--Women's

Soccer--Men's

Assistant soccer
 Assistant soccer
 Assistant soccer

Soccer--Women's

Assistant soccer
 Assistant soccer

Softball

Assistant softball
 Assistant softball
 Assistant softball

Tennis--Men's/women's

Assistant women's
 Assistant men's

Track and field--Men's/women's

Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field

Volleyball

Assistant volleyball
 Assistant volleyball
 Assistant volleyball

Wrestling

Assistant wrestling
 Assistant wrestling
 Assistant wrestling
 Volunteer assistant

Jerry Southmayd--
 running backs

Travis Sterling--
 player development

Charlie Estabrook

Tom Linton

Clint Brown

Jon Hietbrink

Michael Patzia

Jodee Schaben

Garry Laidlaw

TBA

Takis Apostolopoulos

Eric Boeyink

Rick Burns

Russell Goodman

Kathryn Burns

George Ware

Teresa Thompson

Shannon Merkle

Stephanie Anderson

Doug Sturmsma

Rod Braun

TBA

Kevin Sanger

Jeff Bovee

Katie Button

Stephen Fyfe

Clint Larson

Mike Marcinkowski

Guy Mosher

Eric Pingel

Kent Clayberg

Ann Van Hemert

Catie Brand

Sunny Eighthy

Eric Reed

Kevin Azinger

Rex Gray

Jamie Scott

Matt Diehl

HEAD COACH DIRECTORY

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Sports information office	(641) 628-5340

Men's cross country

2005 schedule

Sept. 3	Central Dutch Inv.	Pella	9:30 a.m.
Sept. 17	St. Olaf Inv.	Northfield, Minn.	11 a.m.
Sept. 23	Brissman-Lundeen Inv.	Davenport	5 p.m.
Oct. 8	Southern Ill.-Edwardsville Border States	Edwardsville, Ill.	10 a.m.
Oct. 15	Jim Drews Inv.	West Salem, Wis.	10:30 a.m.
Oct. 29	Iowa Conference	Cedar Rapids	11 a.m.
Nov. 12	NCAA Div. III Central Regional	Waverly	11 a.m.
Nov. 19	NCAA Div. III Championships	Delaware, Ohio	11 a.m.

MEN'S CROSS COUNTRY QUICK FACTS

2004 Iowa Conference finish: 4th

Starters lost: 0

Starters returning: 7 (Brett Dietrich, Bryan George, Joe Jefferson, Michael McLoughlin, Brian Respeilers, T.J. Weiler, Adam Wolf)

Letterwinners lost/returning: 1/9

2005 captains: Bryan George, Michael McLoughlin, Adam Wolf

Jeff Bovee

Head coach

Jeff Bovee is in his third season as head men's and women's cross country coach at Central. Bovee also serves as assistant men's and women's track and field coach.

Bovee was the head men's and women's track and cross country coach at Parkland Junior College (Ill.) from 1996-2000. He was a graduate assistant coach in both sports at Eastern Illinois University in 1995-96. Bovee, a native of Glendale, Ariz., previously was a high school girls' and boys' track and cross country assistant there at Ironwood and Apollo high schools.

A graduate of the University of Arizona, Bovee served as co-captain of the school's track and field team for two seasons. He was a four-time track and field letterwinner and three-time cross country letterwinner for the Wildcats. He was a Pac-10 Conference placewinner in the 800 meters in track and a NCAA national meet participant in cross country.

Bovee received his master's degree from Eastern Illinois and is pursuing a doctoral degree at the University of Illinois.

Stephen Fyfe

Assistant coach

Stephen Fyfe is in his seventh season as assistant men's and women's cross country coach at Central. He's also an assistant for the men's and women's track and field squads. A 1987 Central graduate, Fyfe earned three varsity letters in cross country and four in track and field. He continues to compete in road races and has completed seven marathons. Fyfe received his masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

Guy Mosher

Assistant coach

Guy Mosher is in his third year as assistant men's and women's cross country coach. He's also in his 15th year on the men's and women's track and field staff at Central and his third season as associate head coach.

Previously an assistant track and field coach at Simpson College, Mosher is nationally recognized for his work in the multi-events. Under his direction, Central athletes have won two NCAA Div. III decathlon titles and one heptathlon crown, and have earned all-America honors in the events 18 times.

Mosher also served as coach for decathlete Kip Janvrin in the 2000 Olympics in Australia and he coached two U.S. decathlon finalists at the 1996 U.S. Olympic trials in Atlanta. In 1998, Mosher was selected to serve as a coach for the U.S. national decathlon team at the U.S. vs. Germany Decathlon in Lubbock, Texas. In 1997, he coached the U.S. junior decathlon squad in a meet against Canada.

2004 men's cross country results

Sept. 4	Central Dutch Inv.	Pella	1st of 6 teams
Sept. 11	Luther All-American Inv.	Decorah	10th of 16 teams
Sept. 24	Brissman-Lundeen Inv.	Davenport	10th of 23 teams
Oct. 2	Loyola Lakefront Inv.	Chicago, Ill.	8th of 32 teams
Oct. 16	Jim Drews Inv.	West Salem, Wis.	14th of 21 teams
Nov. 1	Iowa Conference	Pella	4th of 9 teams
Nov. 15	NCAA Central Regional	Waverly	11th of 22 teams

Central Dutch Invitational at Pella

1. Central 32; 2. Dubuque 73; 3. Hastings (Neb.) 74; 4. William Penn 77; 5. Grand View 131; 6. Simpson 138.

Luther All-American Invitational at Decorah

1. Minn. State-Mankato 46; 2. Chicago (Ill.) 67; 3. Augustana (Ill.) 93; 4. Wis.-La Crosse 103; 5. Loras 106; 6. Luther 151; 7. Macalester (Minn.) 156; 8. Wartburg 251; 9. Bethel (Minn.) 268; 10. Central 296; 11. Iowa Central 309; 12. Coe 317; 13. Buena Vista 395; 14. St. Ambrose 424; 15. Cornell 437; 16. Grand View 448.

Augustana Brissman-Lundeen Invitational at Davenport

1. Augustana (Ill.) 58; 2. Greenville (Ill.) 65; 3. Grinnell 90; 4. Carthage (Wis.) 166; 5. Graceland 223; 6. Wheaton (Ill.) 228; 7. Principia (Ill.) 233; 8. Luther 263; 9. Monmouth (Ill.) 289; 10. Central 326; 11. St. Norbert (Wis.) 348; 12. Illinois Wesleyan 377; 13. Lincoln (Ill.) 405; 14. Millikin (Ill.) 411; 15. Dordt 413; 16. Iowa Central 420; 17. Coe 441; 18. Olivet Nazarene (Ill.) 454; 19. William Penn 512; 20. Illinois Central 520; 21. Dubuque 558; 22. St. Ambrose 571; 23. Simpson 627; 24. Knox (Ill.) 653; 25. Cornell 663; 26. North Iowa CC 711; 27. Elgin CC 833; 28. Aurora (Ill.) 844; 29. North Park (Ill.) 896.

Loyola Sean Earl Lakefront Invitational at Chicago, Ill.

1. Wis.-Parkside 57; 2. Carthage (Wis.) 88; 3. Otterbein (Ohio) 105; 4. Lake Superior State (Wis.) 142; 5. Northern Kentucky 154; 6. Indianapolis (Ind.) 225; 7. Monmouth (Ill.) 229; 8. Central 243; 9. St. Joseph's (Ind.) 335; 10. Berea (Ky.) 349; 11. Ferris State (Mich.) 350; 12. John Carroll (Ohio) 368; 13. Case Western Reserve (Ohio) 370; 14. Concordia-St. Paul (Minn.) 382; 15. Coe 387; 16. Marian (Wis.) 429; 17. Oberlin (Ohio) 437; 18. Lake Forest (Ill.) 452; 19. Wheeling Jesuit (W. Va.) 534; 20. Kalamazoo (Mich.) 584; 21. Illinois Tech 588; 22. Olivet Nazarene (Ill.) 625; 23. Universal 656; 24. Harper (Ill.) 714; 25. Knox (Ill.) 724; 26. Moraine Valley (Wis.) 761; 27. Waubonsee (Ill.) 765; 28. St. Clair (Mich.) 770; 29. Oaktown (Ill.) 866; 30. Trinity Christian 867; 31. Elgin (Ill.) 875; 32. Dominican (Ill.) 986.

**Wis.-LaCrosse Jim Drews Invitational
at West Salem, Wis.**

1. Wisconsin 30; 2. Minnesota 40; 3. Iowa State 97; 4. Wis.-La Crosse 151; 5. Haverford (Pa.) 192; 6. Nebraska Wesleyan 200; 7. Wartburg 203; 8. North Dakota State 206; 9. St. Olaf 231; 10. Macalester (Minn.) 311; 11. Wis.-Eau Claire 363; 12. Hamline (Minn.) 369; 13. Saint John's (Minn.) 461; 14. Central 465; 15. Bethel (Minn.) 466; 16. Luther 473; 17. Illinois State 485; 18. Gustavus Adolphus (Minn.) 490; 19. Illinois Wesleyan 493; 20. Concordia-Moorhead (Minn.) 558; 21. Augsburg (Minn.) 608.

**Iowa Conference Championships
at Pella**

1. Wartburg 27; 2. Loras 43; 3. Luther 88; 4. Central 108; 5. Coe 145; 6. Buena Vista 186; 7. Dubuque 201; 8. Simpson 207; 9. Cornell 239.

**NCAA Div. III Central Regional
at Waverly**

1. St. Olaf (Minn.) 81; 2. Carleton (Minn.) 85; 3. Wartburg 97; 4. Nebraska Wesleyan 104; 5. Grinnell 123; 6. Loras 154; 7. Macalester (Minn.) 204; 8. Hamline (Minn.) 225; 9. St. John's (Minn.) 258; 10. Univ. of St. Thomas (Minn.) 290; 11. Central 340; 12. Augsburg (Minn.) 341; 13. Luther 343; 14. Gustavus Adolphus (Minn.) 350; 15. Bethel (Minn.) 410; 16. Martin Luther (Minn.) 425; 17. Concordia (Minn.) 429; 18. Dubuque 545; 19. Coe 549; 20. Simpson 565; 21. St. Mary's (Minn.) 632; 22. Buena Vista 679.

Academic all-Iowa Conference

Michael McLoughlin

Chase Unga

2004 team awards

Most Valuable Performer-Adam Wolf

Most Improved Performer-Michael McLoughlin

Most Valuable Freshman-Brett Dietrich

2004 captains-Bryan George, Adam Wolf

2005 captains-Bryan George, Michael McLoughlin, Adam Wolf

All-time records

Best four-mile time – Jerry Fitzsimmons, 19:51, 1977

Best five-mile time – Jerry Fitzsimmons, 24:15:7, 1979

Best six-mile time – Jerry Fitzsimmons, 32:01, 1977

Best 8000 meter time – Pete Anderson, 24:33, 1983

Central's team MVPs

1968 - Stan Smith

1969 - Don Meinsma

1970 - Bob De Young

1971 - Steve Loudon

1972 - Dave Waddle

1973 - Ed Newhard

1974 - Dave Waddle

1975 - Dave Unger

1976 - John Rouse

1977 - Jerry Fitzsimmons

1978 - Jerry Fitzsimmons

1979 - Jerry Fitzsimmons

1980 - Paul Sparks

1981 - Mark Muyskens

1982 - Pete Anderson

1983 - Pete Anderson

1984 - Bruce Merschbrock

1985 - Bruce Merschbrock

1986 - Bruce Merschbrock

1987 - Dave Stout

1988 - Ron Cox

1989 - Ron Cox

1990 - Todd Christensen

1991 - Todd Christensen

1992 - Andy Goodman

1993 - Andy Goodman

1994 - Andy Goodman

1995 - Keith Burke

1996 - Jon Lindaman

1997 - Jon Lindaman

1998 - Jon Lindaman

1999 - Jon Rathje

2000 - Kevin Lindberg

2001 - Seth Comfort

2002 - Seth Comfort

2003 - Adam Wolf

2004 - Adam Wolf

2004 men's cross country individual results

(place finish in parentheses)

	Central Inv.	Luther Inv. (4 mile)	Augustana Inv.	Loyola Inv.	Jim Drews Inv.	IIAC	NCAA Regional
Brett Dietrich	30:25 (28)	24:36 (112)	DNC	28:26 (133)	28:36.3 (219)	28:21 (11 JV)	28:27 (109)
Joe Eagleson	31:26 (33)	24:04 (84 JV)	28:38 (200)	29:28 (190)	29:29.3 (249)	29:19 (23 JV)	
Kyle Fleener	DNC	DNC	DNC	DNC	30:05.1 (270)	31:07 (39 JV)	
Bryan George	29:24 (14)	22:23 (71)	26:50 (83)	27:03 (44)	27:21.9 (119)	27:28 (18)	27:13 (62)
Andy Green	31:54 (37)	23:30 (63 JV)	28:10 (175)	29:16 (176)	28:57.2 (229)	30:08 (33 JV)	
Matt Hagewood	DNC	DNC	DNC	DNC	DNC	DNC	
Micah Holan	DNC	DNC	DNC	DNC	DNC	DNC	
Joe Jefferson	28:43 (3)	22:23 (70)	27:02 (94)	27:10 (51)	27:12.2 (109)	27:29 (19)	27:13 (61)
Brett Jones	29:04 (10)	22:25 (73)	26:41 (73)	28:49 (154)	27:57.4 (179)	28:41 (33)	
Michael McLoughlin	28:53 (9)	22:30 (77)	27:09 (105)	27:57 (102)	27:48.0 (167)	27:48 (26)	28:31 (111)
Brian Respellers	29:13 (11)	22:49 (83)	27:40 (143)	27:47 (94)	28:18.7 (199)	27:53 (6 JV)	27:57 (96)
Eric Sink	29:29 (17)	22:54 (86)	27:39 (139)	28:30 (137)	DNC	DNC	
Chase Urugs	DNC	22:00 (49)	27:13 (109)	27:19 (61)	27:39.3 (152)	28:54 (35)	
T.J. Weiler	28:52 (8)	22:37 (79)	27:04 (98)	27:32 (77)	28:06.8 (189)	27:59 (29)	27:30 (77)
Adam Wolf	27:56 (2)	21:56 (45)	25:58 (30)	26:17 (19)	26:34.9 (78)	27:24 (16)	26:49 (44)
Team Finish	1st of 6	10th of 16	10th of 29	8th of 32	14th of 21	4th of 9	11th of 22
Points	32	296	326	243	465	108	340
Spread	1:08	:30	1:06	1:15	1:13	:36	1:08

Varsity team scorers in **bold**

Central's Iowa Conference MVPs

1978 – Jerry Fitzsimmons 1992 – Andy Goodman
1979 – Jerry Fitzsimmons 1994 – Andy Goodman
1981 – Mark Muyskens

Central's cross-country all-Americans

1979 - Jerry Fitzsimmons
1994 - Andy Goodman

All-time top-10 runners

*Jerry Fitzsimmons	24:14.7	1979
Pete Anderson	24:33	1983
Paul Sparks	24:40.2	1980
Mark Muyskens	24:48	1981
Marley Wubbena	24:52.9	1980
*Brian Hantsbarger	25:03	1977
*Bruce Merschbrock	25:20	1986
Andy Goodman	25:23	1994
John Rouse	25:26	1976

*five miles; others are 8,000 meters

Career-best 8,000 times by returning runners

Name	Time	Date	Site
Adam Wolf	25:58	Sept. 24, 2004	Davenport
Brett Jones	26:41	Sept. 24, 2004	Davenport
Bryan George	26:50	Sept. 24, 2004	Davenport
T.J. Weiler	26:54	Nov. 15, 2003	Grinnell
Joe Jefferson	27:02	Sept. 24, 2004	Davenport
Michael McLoughlin	27:09	Sept. 24, 2004	Davenport
Brian Respeliers	27:35	Nov. 15, 2003	Grinnell
Eric Sink	27:39	Sept. 24, 2004	Davenport
Andy Green	28:10	Sept. 24, 2004	Davenport
Brett Dietrich	28:26	Oct. 2, 2004	Chicago, Ill.
Kyle Fleener	28:47	Sept. 27, 2002	Davenport

2005 preseason roster

Name	Yr.	Hometown	High school
Alex Billings	Fr.	Dallas Center, Iowa	Dallas Center-Grimes
Jaron Byrum	Fr.	Mount Union, Iowa	New London
Teddy Clark	Fr.	Montgomery, Ill.	Oswego
*Brett Dietrich	So.	Williamsburg, Iowa	Williamsburg
*Kyle Fleener	Sr.	Lisbon, Iowa	Lisbon
***Bryan George	Sr.	Pella, Iowa	Pella
Andy Green	So.	Cherokee, Iowa	Cherokee
**Joe Jefferson	Jr.	Decorah, Iowa	Decorah
**Brett Jones	Jr.	Knoxville, Iowa	Knoxville
Tyler Keller	Fr.	Anna, Ill.	Anna-Jonesboro
***Michael McLoughlin	Sr.	Ft. Dodge, Iowa	St. Edmond
**Brian Respeliers	Jr.	Council Bluffs, Iowa	St. Albert
Tyler Schipper	Fr.	Ankeny, Iowa	Ankeny
Eric Sink	So.	Corning, Iowa	Corning
***T.J. Weiler	Sr.	Ankeny, Iowa	Ankeny
**Adam Wolf	Jr.	Corning, Iowa	Corning

*letters earned

Outlook

Coach Jeff Bovee's game plan for turning the Central College men's cross country program into a championship contender is on schedule.

Fourth in the Iowa Conference last season and 11th in the NCAA Division III Central Region, the Dutch return nine letterwinners, including all seven varsity runners from the final 2004 meet.

"I think finishing in the top three at conference is realistic and second place is possible," Bovee said. "That's what we're shooting for."

Central has more than experience. Bovee thinks the Dutch can make some noise individually as well. Junior Adam Wolf was 16th at the Iowa Conference meet last year and 44th at the regional meet, and Bovee is expecting him to improve on both of those finishes this fall.

"I think Adam Wolf is ready to step up and make that jump to be a top-20 runner in the region," Bovee said.

Also poised for a big season is senior Bryan George, who was 18th in the conference and 62nd at the regional meet. Junior Joe Jefferson was at George's side, placing 19th in the league and 61st in the region. Seniors Michael McLoughlin and T.J. Weiler, juniors Brett Jones and Brian Respeliers and sophomore Brett Dietrich have varsity experience as well.

The only veteran missing is junior Chase Ungs, who is spending the fall semester in Europe through Central's international studies program. He was in the team's top seven much of the year, but not at the regional meet.

Sophomore Eric Sink, a highly regarded recruit a year ago, could squeeze into the top seven after an injury-plagued rookie season.

"If he can stay healthy, he could make an impact later in the year," Bovee said.

Central has a small but capable freshman class, headed by Jaron Byrum of Mount Union, Teddy Clark of Montgomery, Ill. and Tyler Schipper of Ankeny as well as Alex Billings of Dallas Center and Tyler Keller of Anna, Ill. But Bovee takes comfort in knowing his squad is no longer dependent on immediate contributions from newcomers.

"The team is at a point where it's pretty challenging for a freshman to make a big impact before the end of the year," he said.

Bovee wants the Dutch to attract attention from the opening gun, and that means making an inspired effort at the season-opening Central Dutch Invitational on the college's new on-campus course Sept. 3.

"We've got a lot of returning runners so it's important that we have some success early and go from there," he said. "We can't have a slow start like we did last year."

Cracking the logjam among the traditional Iowa Conference contenders is no easy assignment. Wartburg, Luther and Loras will be favored to retain their positions near the top. But the Central Region teams' strong showing at the NCAA Division III national meet produced dividends. The top five teams in this year's regional meet will be awarded national berths.

"I think we can finish in the top eight and our goal is the top five," Bovee said.

He also sees Wolf as a possible individual national qualifier.

"I think he would need to be in the top 20 in the region to snag one of those spots," he said. "But I think Adam has a shot at that."

That's unfamiliar territory for Central cross country in recent years. Central's most recent individual national qualifier was Andy Goodman in 1994. And only once have the Dutch earned a team berth, placing 20th in the elite 29-team national field in 1980.

While Bovee is excited, he also knows that much work remains.

"We need everyone to step up and improve," he said. "We're definitely not in a position to be complacent. We're just scratching the surface of what we need to do."

