



2004 CENTRAL COLLEGE
WOMEN'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 Adam Stevens
 Assistant baseball Dan Mason
 Assistant baseball Brent Fridley
 Volunteer assistant Casey Olney
Basketball--Men's Mike Boschee
 Assistant basketball Nic Nelson
 Assistant basketball TBA
Basketball--Women's Natalie Nacic
 Assistant basketball Jerry Nikkel
 Assistant basketball TBA
Cross country--Men's/women's Jeff Bovee
 Assistant cross country Stephen Fyfe
 Assistant cross country Guy Mosher
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
 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 Wares
 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 Eighmy
 Eric Reed
 Kevin Azinger
 Rex Gray
 Jamie Scott
 Matt Diehl

HEAD COACH DIRECTORY

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Women's cross country

2005 schedule

Sept. 3	Central Dutch Inv.	Pella	9:30 a.m.
Sep. 17	St. Olaf Inv.	Northfield, Minn.	11 a.m.
Sept. 23	Brissman-Lundeen Inv.	Rock Island, Ill.	5 p.m.
Oct. 8	Southern Ill.-Edwardsville Inv.	Edwardsville, Ill.	10 a.m.
Oct. 15	Tori Neubauer Inv.	West Salem, Wis.	10:30 a.m.
Oct. 29	Iowa Conference championships	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.

WOMEN'S CROSS COUNTRY QUICK FACTS

2004 Iowa Conference finish: 3rd

Starters lost: 4 (Beth Cunningham, Kari Hunerdosse, Lori Risser, Megan Slater)

Starters returning: 3 (Mackenzie Lauman, Heidi Rathje, Jill Rozendaal)

Letterwinners lost/returning: 7/4

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 eight 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 season results

Sept. 4	Central Dutch Inv.	Pella	1st of 4 teams
Sept. 11	Luther All-American Inv.	Decorah	6th of 14 teams
Sept. 24	Brissman-Lundeen Inv.	Davenport	5th of 30 teams
Oct. 2	Loyola Lakefront Inv.	Chicago, Ill.	6th of 34 teams
Oct. 16	Tori Neubauer Invitational	West Salem, Wis.	7th of 13 teams
Nov. 1	Iowa Conference	Pella	3rd of 9 teams
Nov. 13	NCAA Div. III Central Regional	Waverly	14th of 22 teams

Central Dutch Invitational at Pella

1. Central 17; 2. Simpson 54; 3. Hastings (Neb.) 78; 4. William Penn 90.

Luther All-American Invitational at Decorah

1. Wis.-Stevens Point 17; 2. Luther 75; 3. Macalester (Minn.) 110; 4. Chicago (Ill.) 112; 5. Wartburg 141; 6. Central 144; 7. Grinnell 158; 8. Loras 258; 9. Coe 263; 10. (tie) Saint Ambrose 279, Iowa Central 279; 12. Winona State (Minn.); 13. Cornell 353; 14. Clarke 445.

Augustana Brissman-Lundeen Invitational at Davenport

1. Olivet Nazarene 67; 2. Wheaton 80; 3. North Central 103; 4. Wis.-Parkside 119; 5. Central 181; 6. Carthage 196; 7. Illinois Wesleyan 205; 8. Grinnell 225; 9. St. Norbert 301; 10. Augustana 352; 11. Coe 379; 12. Cornell 396; 13. Saint Ambrose 397; 14. Millikin 432; 15. Elmhurst 440; 16. Simpson 455; 17. Greenville 472; 18. Iowa Central 477; 19. North Park 478; 20. Monmouth 564; 21. Dordt 574; 22. Lincoln 605; 23. Graceland 625; 24. Saint Xavier 669; 25. Principia 687; 26. Knox 714; 27. William Penn 723; 28. Dubuque 786; 29. Clarke 791; 30. Aurora (Ill.) 804.

Loyola Sean Earl Lakefront Invitational at Chicago, Ill.

1. Ferris State (Mich.) 72; 2. Missouri Southern State 114; 3. John Carroll (Ohio) 138; 4. Otterbein (Ohio) 191; 5. Saginaw Valley State 202; 6. Central 230; 7. Northern Kentucky 248; 8. Indianapolis 267; 9. Case Western Reserve (Ohio) 274; 10. Chicago 279; 11. Lake Superior State 299; 12. Carthage (Wis.) 315; 13. Oberlin 322; 14. Augustana (Ill.) 415; 15. Southern Illinois-Edwardsville 434; 16. Marian (Wis.) 436; 17. Albion 462; 18. Coe 469; 19. North Park (Ill.) 513; 20. Kalamazoo (Mich.) 540; 21. Illinois Tech 575; 22. Carroll (Wis.) 582; 23. St. Mary's 590; 24. Trinity Christian 635; 25. Monmouth (Ill.) 651; 26. Wheeling Jesuit (W. Va.) 705; 27. Saint Joseph's 709; 28. Lake Forest (Ill.) 730; 29. Berea 858; 30. Saint Xavier 868; 31. Concordia-St. Paul (Minn.) 885; 32. Knox (Ill.) 940; 33. Harper 1010; 34. Dominican 1096.

Wis.-LaCrosse Tori Neubauer Invitational at West Salem, Wis.

1. Luther 78; 2. Wis-La Crosse 84; 3. North Dakota State 121; 4. Wartburg 123; 5. Iowa State 145; 6. Macalester (Minn.) 161; 7. Central 197; 8. Illinois Wesleyan 216; 9. Nebraska Wesleyan 232; 10. St. Benedict (Minn.) 233; 11. Augsburg (Minn.) 238; 12. Wis.-Eau Claire 252; 13. Hamline (Minn.) 270.

Iowa Conference at Pella

1. Luther 25; 2. Wartburg 50; 3. Central 72; 4. Loras 121; 5. Cornell 154; 6. Coe 157; 7. Simpson 174; 8. Buena Vista 189; 9. Dubuque 255.

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

1. Luther 96; 2. Wartburg 149; 3. Carleton (Minn.) 154; 4. Nebraska Wesleyan 179; 5. St. Thomas (Minn.) 185; 6. St. Olaf (Minn.) 187; 7. Macalester (Minn.) 201; 8. Gustavus Adolphus (Minn.) 228;
9. Augsburg (Minn.) 231; 10. St. Benedict (Minn.) 254; 11. Hamline (Minn.) 279; 12. Grinnell 290;
13. Concordia (Minn.) 303; 14. Central 327; 15. Bethel (Minn.) 346; 16. Loras 377; 17. St. Mary's (Minn.) 445; 18. Coe
474; 19. Cornell 496; 20. St. Catherine (Minn.) 501; 21. Simpson 527; 22. Martin Luther (Minn.) 559.

All-Iowa Conference team

Beth Cunningham
Lori Risser
Jill Rozendaal

Academic All-Iowa Conference team

Andi Baiotto
Kari Hunerdosse
Jill Rozendaal

NCAA Division III All-Central Region team

Beth Cunningham
Jill Rozendaal

NCAA Division III All-American team

Beth Cunningham

2004 team awards

Most Valuable Performer--Beth Cunningham

Most Improved Performer--Jill Rozendaal

Most Valuable Freshman--Katy Fuchtman

2004 captains--Beth Cunningham, Lori Risser

Career-best 6,000 meter times by returning runners

Name	Time	Date	Site
Mackenzie Lauman	24:11	Sept. 4, 2004	Rock Island, Ill.
Heidi Rathje	24:13	Sept. 21, 2002	Grinnell, Iowa
Jill Rozendaal	22:52	Sept. 4, 2004	Rock Island, Ill.
Amanda Wood	25:36	Sept. 4, 2004	Rock Island, Ill.

All-time records

Best two-mile time – 11:19, Lori Nolte, Wis.-La Crosse Inv., La Crosse, Wis.; Oct. 21, 1978

Best 5000-meter time – 17:50, tie, Cam Ratering, AIAW Region VI, Ames, Iowa; Oct. 31, 1980; NCAA
Div. III Central Regional, Davenport.; Nov. 21, 1981

Best 6,000-meter time – 21:53, Beth Cunningham, Augustana Inv., Davenport; Sept. 4, 2004

Central's Iowa Conference championships

1982

1986

2004 women's cross country individual results

(place finish in parentheses)

	Central Inv. (5k)	Luther (5k)	Augustana (6k)	Loyola (5k)	Tori Neubauer (6k)	IIAC (6k)	Regional (6k)	National (6k)
Andi Baiotto	22:06 (18)	21:52 (75)	25:28 (150)	22:01 (218)	DNC	DNC		
Crickett Coons	DNC	24:11 (87) JV	27:54 (14)	23:19 (296)	28:51 (220)	30:24 (64) JV		
Aimee Crippen	22:47 (29)	22:36 (38) JV	25:51 (172)	21:50 (203)	26:49 (175)	26:37 (23) JV		
Beth Cunningham	19:14 (1)	19:45 (11)	21:53 (4)	18:43 (7)	22:37 (4)	23:04 (3)	22:54 (6)	22:15 (20)
Katy Fuchtmann	22:14 (21)	22:02 (77)	25:23 (142)	21:44 (194)	26:55 (179)	26:49 (27) JV		
Kari Humerdosse	21:05 (8)	20:56 (45)	24:27 (91)	20:33 (89)	24:16 (57) 24:54 (22)	25:10 (91)		
Mackenzie Lauman	21:40 (11)	22:09 (81)	24:11 (72)	20:25 (78)	25:02 (96) 25:39 (31)	25:36 (107)		
Heidi Rathje	22:29 (24)	22:02 (25) JV	25:34 (153)	21:14 (149)	25:55 (140)	25:54 (35)	26:20 (130)	
Lori Risser	20:26 (3)	20:37 (35)	23:20 (33)	19:53 (49)	24:14 (54) 23:57 (10)	DNF		
Jill Rozendaal	19:48 (2)	19:41 (10)	22:52 (20)	19:06 (16)	23:12 (15) 23:59 (11)	23:08 (11)		
Lisa Slater	22:16 (22)	21:47 (71)	26:16 (198)	DNC	26:19 (160)	26:21 (20) JV		
Megan Slater	21:01 (5)	21:06 (53)	24:08 (68)	20:56 (121)	25:49 (136)	25:17 (26)	25:57 (120)	
Jana Titus	22:04 (17)	22:00 (86)	26:44 (226)	21:46 (198)	27:26 (195)	28:12 (50) JV		
Amanda Wood	23:07 (34)	23:29 (64) JV	25:36 (156)	21:23 (167)	DNC	26:20 (18) JV		

Varsity team scorers in **bold**

Central's team MVPS

1974 – Becky Muhs	1985 – Ingrid Elvebak	1995 – Heather Hoekstra
1975 – Becky Muhs	1986 – Ingrid Elvebak	1996 – Heather Sandholm
1976 – Jan Hunerdosse	1987 – Connie Kemp	1997 – Heather Hoekstra
1977 – Deb Worden	1988 – Teresa Newcomb	1998 – Sara Luse
1978 – Lori Nolte	1989 – Teresa Newcomb	1999 – Jen Osteen
1979 – Lori Nolte, Deb Worden	1990 – Teresa Newcomb	2000 – Steph Paris
1980 – Cam Ratering	1991 – Carey Dieleman	2001 – Suzy Van Wyngarden
1981 – Lori Nolte	1992 – Carey Dieleman	2002 – Beth Cunningham
1982 – Julie Nowlan	1993 – Anita Miller	2003 – Beth Cunningham
1983 – Jean Sedlacek	1994 – Anita Miller	2004 – Beth Cunningham
1984 – Ingrid Elvebak		

Central's cross country all-Americans

1979 – Cam Ratering	1981 – Jackie Schwerts	1981 – Robin Rasmussen
1980 – Cam Ratering	1981 – Jan Sedlacek	2004 – Beth Cunningham
1981 – Cam Ratering	1981 – Lori Nolte	

All-time top 5000 meter runners

Cam Ratering	17:50	1980
Connie Kemp	17:53	1986
Lori Nolte	18:00.5	1981
Jackie Schwerts	18:06	1981
Ingrid Elvebak	18:14	1986
Kim Lehman	18:18	1981
Jean Sedlacek	18:20	1983
Deb Worden	18:35	1980
Julie Nowlan	18:40	1979
Robin Rasmussen	18:42	1979
Beth Cunningham	18:43	2004
Teresa Newcomb	18:43	1990
Jill Katzer	18:49	1983
Teresa Wauters	18:57	2001
Kathy Simon	18:57.2	1981
Paulette Bendixen	18:59	1982
Jan Sedlacek	18:59.4	1981

Team

Most consecutive meet championships – 6, 1985

Most meet championships, season – tie, 6, 1981, 1985

2005 preseason roster

Name	Yr.	Hometown	High school
Hannah Anderson	Fr.	Goodell, Iowa	Garner-Hayfield
Amy Boesenberg	Fr.	Cedar Rapids, Iowa	Alburnett
Jessica Clark	Fr.	Port Byron, Ill.	Riverdale
Kari Hutchinson	So.	Charles City, Iowa	Charles City
***Mackenzie Lauman	Sr.	Coin, Iowa	Shenandoah-Essex
Chantelle MacVey	Fr.	Newton, Iowa	Newton
Jamie Maxwell	Fr.	Union, Iowa	BCLUW
Amy Morrison	Jr.	Middle Amana, Iowa	Iowa Valley
Amanda Petro	Fr.	Naples, Fla.	Barron Collier
Lucinda Rasmussen	Fr.	Ankeny, Iowa	Ankeny
***Heidi Rathje	Sr.	Atkins, Iowa	Benton

***Jill Rozendaal	Sr.	Grinnell, Iowa	Lynnville-Sully
Nicki Thomas	Fr.	Omaha, Neb.	Millard North
Brittany Whitsell	Fr.	Marion, Iowa	Linn-Mar
***Amanda Wood	Sr.	Pocahontas, Iowa	Pocahontas

*letters earned

Outlook

Only three of last year's top seven runners return, but women's cross country coach Jeff Bovee thinks Central can again have a presence on the national stage.

Graduated senior Beth Cunningham became Central's first women's cross country All-America honoree in 20 years last fall, and was the program's first NCAA Division III meet qualifier since 1990.

Cunningham made dramatic improvement between her junior and senior seasons, providing a blueprint that Bovee now wants others to follow. The most likely candidate is senior Jill Rozendaal, who finished in 11th at the NCAA Division III Central Regional last season, just five spots behind Cunningham. Rozendaal flashed even more potential last spring during track and field season.

"I expect Jill to be among a handful of maybe three or four other runners to have a chance at the Iowa Conference title," Bovee said. "I know that's what she's shooting for. We'll see how the season progresses, but I think she's got a shot at going to the NCAA meet, too."

Also back from last year's varsity seven are seniors Heidi Rathje and Mackenzie Lauman. Rozendaal was 11th at the conference meet, with Lauman 31st and Rathje 35th.

Lauman won the conference indoor 1,000 meter title, but suffered an injury during the outdoor campaign. Rathje also has some catching up to do after spending the spring semester in London through Central's international studies program.

"Mackenzie had a great indoor season," Bovee said. "She's definitely training hard and taking good care of herself."

Bovee is confident in Rathje as well.

"We need Heidi to have a pretty big year and I think she will," he said.

Senior Amanda Wood is another returning three-time letterwinner but seniors Andi Baiotto and Lisa Slater and junior Jana Titus are studying overseas and will miss the fall season. That leaves Central with no juniors and just one sophomore on the preseason roster.

Consequently the Dutch need significant help from the freshmen class and Bovee thinks they'll get it. Nicki Thomas of Omaha, Neb., Hannah Anderson of Goodell, Amy Boesenberg of Alburnett and Jessica Clark of Port Byron, Ill. are among those newcomers who could push for varsity spots.

"It's a pretty good freshman group," Bovee said. "It's probably the best freshman class we've had in quite a few years. I think Nicki Thomas could be one of our top three or four runners. She was one of the top milers in the state of Nebraska last year. I think Hannah Anderson could make a big impact as well."

With so many runners making the transition from high school to the longer 6,000-meter collegiate races, Bovee said he's taking a patient approach to the season.

"Early in the season I just want us to work on building team chemistry, bringing the freshmen along and challenging the seniors to step up and lead the team like last year's seniors did," he said. "But as the freshmen get some experience under their belts, I think we really could be very good by the end of the year."

Wartburg is the likely league favorite, Bovee said. Defending champ Luther and Loras both have new coaches this season, but will likely place near the front of the pack again. Central was third in the conference last season and 14th in the 22-team regional meet. Despite the inexperience, Bovee said those finishes are within reach again.

"We didn't have a good regional meet last year," he said. "I think the top 12 is pretty realistic this year. I'm excited. As the season goes along, I think these runners will start to realize how much potential they have."

