General Information

Name of School .................. Concordia University, Nebraska
City/Zip ........................................ Seward, NE 68434
Founded ........................................ 1894
Enrollment........................................ 1350
Mascot ........................................ Bulldogs
Colors ........................................ Navy and White
Course .................................. Plum Creek Trails/Campus
Affiliation ........................................ NAIA
Conference ..................... Great Plains Athletic (GPAC)
President ........................................ Rev. Dr. Brian Friedrich
Athletic Director ............. Grant Schmidt
Alma Mater, Yr.............. Concordia (NE), 1983
Assistant Athletic Director .......... Jeremy Geidel
Office Secretary ....................... Bev Schluckebier
Athletic Office Phone .......... (402) 643-7328
Athletic Office Fax ................. (402) 643-3966

Sports Information

Sports Information Director ........ Lucas Mohrman
SID Office Phone ..................... (402) 643-7392
SID Cell Phone ......................... (402) 730-1352
SID Home Phone ..................... (402) 470-3551
SID FAX ........................................ (402) 643-4073
SID E-mail ............................... Lucas.Mohrman@cune.edu
SID Mailing Address ............. 800 N. Columbia Ave.
Seward, NE 68434

Coaching Staff

Head Coach .......................... Dr. Kregg Einspahr
Alma Mater(s) ....................... Concordia (NE), 82
........................................ University of Nebraska, 85
........................................ University of Texas, 88
Years at Concordia .................. 14
Cross Country Office Phone .......... (402) 643-7333
Best Time to Call .................... Between 10 a.m. and 12 p.m.
Assistant Coach .................. Suzanne Weeder Einspahr
Head Athletic Trainer ............. Randy Baack
Asst. Athletic Trainer ............... Aaron Madsen
Equipment Manager .............. Stan Schlueter

Team Information

Men

Conference Finish ......................... 2nd
Final Ranking .................................. 8th
Contributers Returning/Lost ............... 7/3

Women

Conference Finish ......................... Tied for 1st
Final Ranking .................................. 11th
Contributers Returning/Lost ............... 6/4
## Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 9</td>
<td>Blue – White Intrasquad Alumni Meet</td>
<td>Seward, Neb.</td>
<td>10:00 a.m.</td>
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<tr>
<td>Sept. 16</td>
<td>Woody Greeno Invitational</td>
<td>Lincoln, Neb.</td>
<td>10:00 a.m.</td>
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<tr>
<td>Sept. 23</td>
<td>Griak Invitational</td>
<td>St. Paul, Minn.</td>
<td>9:45 a.m.</td>
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<tr>
<td>Sept. 30</td>
<td>Hastings Short Course</td>
<td>Hastings, Neb.</td>
<td>10:00 a.m.</td>
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<tr>
<td>Oct. 7</td>
<td>Concordia Invitational</td>
<td>Seward, Neb.</td>
<td>10:30 a.m</td>
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<tr>
<td>Oct. 14</td>
<td>Mount Marty Invitational</td>
<td>Yankton, S.D.</td>
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<tr>
<td>Oct. 21</td>
<td>TBA</td>
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<tr>
<td>Oct. 28</td>
<td>GPAC Conference Championship</td>
<td>Blair, Neb.</td>
<td>10:30 a.m.</td>
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<tr>
<td>Nov. 4</td>
<td>NAIA Region III Championship</td>
<td>TBA</td>
<td>TBA</td>
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<tr>
<td>Nov. 18</td>
<td>NAIA National Championship</td>
<td>Louisville, Ky.</td>
<td>TBA</td>
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All Home Meets in BOLD

All home meets are run on the campus of Concordia University, Nebraska and the Plum Creek Trail in Seward, Neb.
Dr. Kregg Einspahr, enters his 15th season as Concordia University track and cross country coach. He was recognized by the GPAC and NAIA Region III/IV as the 2004 men’s and women’s cross country coach of the year. He was also named the GPAC women’s outdoor track coach of the year in 2005.

Previously, he was honored as NAIA Regions III and IV indoor track coach of the year in 2001-02. In 1999-2000, Einspahr was named NAIA Regions III/IV men’s track coach of the year after his team finished in fifth place at the national NAIA championships. The United States Track Coaches Association named Einspahr as NAIA national women’s cross country coach of the year in the fall of 1999.

A 1982 graduate of Concordia, Einspahr continued his education at the University of Nebraska where he earned his master’s degree in biology in 1985. He received a doctorate degree in biochemistry and cell physiology from the University of Texas in 1988. Einspahr also completed a post-doctoral fellowship at the Mayo Clinic. In addition to coaching he serves as a professor of biology.

While competing at Concordia he was a six-time NAIA national champion, winning the indoor mile once, and the two mile twice. In the steeplechase he was a three-time national champion. He also ran professionally and was ranked in the United States and world while competing in three Olympic trials.

He and his wife, Suzanne, reside in Seward.

Suzanne Weeder Einspahr
Assistant Coach

Suzanne continues to assist her husband with the cross country program at Concordia.

Collegiately she was a two-time NAIA national champion, winning the indoor mile and outdoor 3000 in 1994. She continues to compete avidly throughout the world, running in Beijing, China with the Women’s Ekiden Team in 2004. In addition she competes close to home running in various road races and open track meets around the region.

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Season Outlook
Youth Abundant For Bulldogs

After another dominating year in 2005 one word can sum up the 2006 Concordia University, Nebraska cross country teams. Youth. The men’s squad is dominated by freshman and sophomores, with only six juniors or seniors on the team. The situation on the women’s side is similar with 14 of the runners being underclassmen. Despite the lack of upperclassmen the Bulldogs do have a handful of experienced runners returning, including sophomore Luka Thor, an NAIA All-American in 2005. For the women a strong core group is back including Kalya Engel, a sophomore that emerged in 2005, and senior Angela Matthews.

For the men this season’s young team will try and match the success of the 2005 squad that finished runner-up at both the 2005 GPAC and NAIA Region III championships. In addition last year’s squad finished a tremendous ninth place at the 2005 NAIA National Championships.

Thor figures to pace the Bulldogs after taking sixth place at the NAIA meet last year. For the men it was the sixth year in row, and eight out of the last ten, that they participated at the NAIA Championships. Thor’s finish tied the best by a Bulldog runner at the NAIA Championship meet in school history. In addition, he is the first male freshman to earn cross country All-America honors for Concordia.

Seniors Chris Mizel and Jake Schmidt should also contribute and will provide valuable leadership and experi-

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tence for the younger runners. A number of sophomores could bolster the top seven including Jordan Tucker, Bryan Felker, Craig Dannehl and Ben Harms. Among the newcomers to the squad look for Zach Baedke, David Goeglein, Jon Grotefendt, Kyle Ross and Keegan Bloomfield to potentially make major contributions to the team this season.

The Bulldogs have a clear front runner in Thor and despite a lack of experience, should have considerable depth. According to Head Coach Dr. Kregg Einspahr the development of the middle runners could determine how much success the Bulldogs have.

“The real question for the men will be how strong the team becomes at the number two and number three runners,” said Einspahr. “That will be a key to the season.”

On the women’s side of the course the Concordia women’s cross country team has looks to continue their run of appearances at the NAIA National Championships. The Bulldogs have finished in the top 20 at the NAIA National Championships a remarkable twelve years in a row, including four National Runner-Up finishes in the last six years and a sixth place finish in 2005.

The Concordia women have a strong nucleus of runners returning, but according to Coach Einspahr the season is “...filled with more question marks than any other year in recent memory.” A number of junior and senior runners look to play an important role as team leaders including junior Emily Hartmann and seniors Jamie Hansen and Hilary Powell. A strong group of sophomores including Engel, an all-GPAC performer, Michelle Griedl, Jacque Wiseman, and Katie Swanson will look to improve on last year’s performances and add to the strength of the team.

With many new faces playing important roles for the Bulldogs how the team will stack up is a question mark.

“Just where this group fits into the conference and national picture may depend considerably on the development of a number of freshman runners,” Einspahr said. “I look for freshman Rebecca Mol, Ann Hershberger, Taylor Felix and MaryLou Andrews to play a role in the new mix.”

A number of other freshman could also develop into major contributors including Hannah Ferry and Renee Pobanz. In addition other returnees and new runners will look to develop into conference level runners this season.

The women’s squad is very young, and in some respects very similar to the men’s team. Matthews looks as if she could emerge as the top runner, but the key to the season will be the development of strong runners at the number two and three positions. Depending on this development Coach Einspahr feels the women could make another trip to nationals.

“If a number of the women runners can improve and fill these positions effectively we should have a formidable team,” Einspahr added. “The women could be looking at another trip to the National Championships in November.”

Both squads kick off the season on Sept. 9 with the Blue-White Intrasquad Alumni Meet at 10:00 a.m. The first competitive meet of the season is the Woody Greeno Invitational held in Lincoln, Neb., on Sept. 16 at 10:00 a.m. The Bulldogs host the Concordia Invitational on Oct. 7 with a starting time of 10:30 a.m.
**Men’s Region III Coach of the Year**  
*Dr. Kregg Einspahr*

**NAIA Scholar-Athletes**
The list of 2005 NAIA Scholar-Athletes included the following:

- Micah Dubbs, Wood River, Neb., Senior
- Jennifer Henderson, Anaheim, Calif., Senior
- Hilary Powell, Columbus, Neb., Junior
- Kyle Johnson, Seward, Neb., Junior
- Jake Schmidt, Hickman, Neb., Junior
- Andrew Walquist, Albuquerque, N.M., Senior

**NAIA All-Americans**

- Luka Thor, Lincoln, Neb., Freshman
- Andrew Walquist, Albuquerque, N.M., Senior

**GPAC Honors**

**Women’s Coach of the Year**  
*Dr. Kregg Einspahr*

**All-Conference Honors**

- Jacquelyn Dibbern
- Micah Dubbs
- Renae Fowler
- Angela Matthews
- Kayla Engel
- Mattie Clark
- Curtis Wilson
- Andrew Walquist
- Luka Thor
- Brett Kapels
- Matt Luevano

**NAIA Scholar-Teams**
The women’s team finished with the 12th best GPA in the nation (3.44). On the men’s side the team had a GPA of 3.52, which was fourth best in the NAIA and only .01 away from third place.

**NAIA National Championships**
Both the men’s and women’s cross country squads fared well at the 2005 NAIA Cross Country National Championships. The women finished in sixth place overall and the men were 11th. Two Concordia runners, Luka Thor and Andrew Walquist earned All-America honors.

Thor crossed the finish line in sixth place overall, with a time of 24:49.05 while Walquist placed 12th.

It was the 12th consecutive year that the women’s team has competed at the NAIA Cross Country Championships. During that span they have finished no lower than 18th as a team and have had four national runner-up finishes.

**GPAC Meet**
Concordia and Nebraska Wesleyan, tied at 31 team points each, shared the women’s team title at the 2005 GPAC Cross Country Championships in Mitchell, S.D. The men ran second overall, finishing behind the men’s team from Nebraska Wesleyan. Senior Micah Dubbs led the Bulldog pack that finished 2-3-4. For the men senior Andrew Walquist, defending GPAC Runner of the Year, fell 21 seconds short in his bid for another title finishing as the individual runner-up despite competing with the flu.

**NAIA Region III Meet**
Concordia’s cross country teams each took second place at the NAIA Region III meet held Saturday at Prairie Green Golf Course in Sioux Falls, S.D. Black Hills State won both team titles. Luka Thor and Andrew Walquist finished 1-2 for the Bulldogs.

**NAIA Final Rankings**
The women’s team finished with 11th in the final NAIA poll. The men were eight.