



Great Plains Athletic Conference

BRIAR CLIFF CONCORDIA DAKOTA WESLEYAN DANA DOANE DORDT HASTINGS MIDLAND LUTHERAN
MORNINGSIDE MOUNT MARTY NEBRASKA WESLEYAN NORTHWESTERN SIOUX FALLS

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TO: Select Nebraska, South Dakota & Iowa Media
FR: Corey Westra, GPAC Commissioner
RE: 2004 GPAC Cross Country All-Conference Team and Honors
RELEASE DATE: Tuesday, November 2, 2004

GPAC Cross Country All-Conference Team and Honors Announced

Engel Headlines GPAC Women's Cross Country All-Conference Team

(Sioux City, Iowa) – Molly Engel from Concordia has been named the Hauff Mid-America/GPAC Cross Country runner-of-the-year. It is the third year in a row that Engel has received this honor. Molly is one of seven Bulldog runners to receive all-conference honors.

Concordia coach Kregg Einspahr, who has led the Bulldogs to a #2 NAIA rating, has been named the Hauff Mid-America/GPAC coach-of-the-year.

2004 GPAC Women's Cross Country All-Conference Team

Molly Engel	Concordia	Senior	Columbus, Nebraska
Jennifer Nikkila	Concordia	Senior	Kearney, Nebraska
Kelly Waterman	Concordia	Senior	St. Louis, Missouri
Jacquelyn Dibbern	Concordia	Freshman	York, Nebraska
Michelle Quinlan	Concordia	Senior	Denver, Colorado
Micah Dubbs	Concordia	Junior	Wood River, Nebraska
Kami Long	Nebraska Wesleyan	Senior	Amherst, Nebraska
Melissa Schmidt	Mount Marty	Senior	Columbus, Nebraska
Amber Brandenburger	Nebraska Wesleyan	Freshman	Columbus, Nebraska
Mary Fouberg	Sioux Falls	Senior	Mitchell, South Dakota
Mary Kummerfeld	Northwestern	Senior	Sutherland, Iowa
Anne Dreyer	Doane	Junior	Rushville, Nebraska
Dru McMillan	Dana	Junior	Gillete, Wyoming
Melissa Klein	Dordt	Sophomore	Sioux Center, Iowa
Hilary Powell	Concordia	Sophomore	Columbus, Nebraska

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Walquist Headlines GPAC Men's Cross Country All-Conference Team

(Sioux City, Iowa) - For the second straight year Andrew Walquist from Concordia has been named the Hauff Mid-America/GPAC Cross Country runner-of-the-year. Walquist won the GPAC championship and led the Concordia team to a first place finish. There are 10 seniors on the all-conference team.

Concordia coach Kregg Einspahr, who had led the Bulldog men to a #5 NAIA ranking, has also been honored as the Hauff Mid-America/GPAC men's Cross Country coach-of-the-year.

2004 GPAC Men's Cross Country All-Conference Team

Andrew Walquist	Concordia	Junior	Albuquerque, New Mexico
Craig Dye	Nebraska Wesleyan	Junior	Hebron, Nebraska
Aaron Dye	Nebraska Wesleyan	Junior	Hebron, Nebraska
Sam Malmberg	Doane	Senior	Pender, Nebraska
Chris Dunker	Nebraska Wesleyan	Freshman	Beatrice, Nebraska
Curtis Wilson	Concordia	Senior	Gladstone, Missouri
Jeremy Koch	Concordia	Senior	Cozad, Nebraska
Robin Witte	Doane	Senior	Omaha, Nebraska
Matt Maxon	Dakota Wesleyan	Senior	Chamberlain, South Dakota
Dan Van Engen	Dordt	Senior	Orange City, Iowa
Matt Haden	Concordia	Senior	Aurora, Nebraska
Jeremiah Danga	Morningside	Freshman	Des Moines, Iowa
Ian Latella	Dana	Senior	Red Oak, Iowa
Heath Trampe	Concordia	Senior	Kearney, Nebraska
Guy McLaughlin	Nebraska Wesleyan	Senior	Sutton, Nebraska

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