



News Release

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Palkie and Atkinson Named Cross Country Athletes of the Week

Liz Palkie and Eric Atkinson of Minnesota Duluth have been named the North Central Conference Cross Country Athletes of the Week by the conference office.

Palkie, a freshmen from Carleton, Minn., finished 16th out of 431 runners at the Jim Drews/Tori Neubauer Invitational in LaCrosse, Wis. She had a season-best time of 22:45.41 for the 6K course.

Atkinson, a junior from Spooner, Wis., was 19th out of 450 finishers at the same meet with a career-best time of 24:59.13 on the 8K course. He was the third non-Division I finisher.

Others nominated: *Male*: None. *Female*: None.

#NCC#

2006 Male Cross Country Honor Roll

Sept. 6 - Tyler Wetering, South Dakota
Sept. 12 - Tyler Wetering, South Dakota
Sept. 19 - James Krajsa, Minnesota State
Sept. 26 - Tyler Wetering, South Dakota
Oct. 3 - James Krajsa, Minnesota State
Eric Atkinson, Minnesota Duluth
Oct. 9 - Austin VandeBerg, Augustana
Oct. 17 - Eric Atkinson, Minnesota Duluth

2006 Female Cross Country Honor Roll

Sept. 6 - Tianna Hurtado, South Dakota
Sept. 12 - Tianna Hurtado, South Dakota
Sept. 19 - Kelli Mertes, Nebraska-Omaha
Sept. 26 - Liz Palkie, Minnesota Duluth
Oct. 3 - Jillian Tholen, Augustana
Oct. 9 - Jillian Tholen, Augustana
Oct. 17 - Liz Palkie, Minnesota Duluth