



News Release

Ramkota Hotel, 3200 W. Maple St., Sioux Falls, S.D. 57107
Phone: 605.338.0907 Fax: 605.338.1889
Jon J. Martin, Assistant Commissioner
E-mail: info@northcentralconference.org
Web: www.northcentralconference.org

For Immediate Release: September 25, 2007

Evans and Atkinson Named Cross Country Athletes of the Week

Heidi Evans of North Dakota and Eric Atkinson of Minnesota Duluth have been named the North Central Conference Cross Country Athletes of the Week.

Evans, a senior from Roseau, Minn., won the Dickinson State Invitational and led the Fighting Sioux to the team title. Evans posted a career-best 5K time of 18:36, which was also the best 5K time by a UND woman since 2002.

Atkinson, a senior from Spooner, Wis., won his second straight Blugold Open title when he led the Bulldogs to the team title. He posted a time of 25:54.01 to outpace the 287 runners at the event.

Others nominated: *Male*: Skip Gilson, North Dakota. *Female*: None.

#NCC#

2007 Male Cross Country Honor Roll

Sept. 11 - James Krajsa, Minnesota State
Sept. 18 - James Krajsa, Minnesota State
Sept. 25 - Eric Atkinson, Minnesota Duluth

2007 Female Cross Country Honor Roll

Sept. 11 - Ramsey Kavan, South Dakota
Sept. 18 - Ramsey Kavan, South Dakota
Sept. 25 - Heidi Evans, North Dakota