



# 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](mailto:info@northcentralconference.org)  
Web: [www.northcentralconference.org](http://www.northcentralconference.org)

For Immediate Release: September 19, 2006

## Mertes and Krajsa Named Cross Country Athletes of the Week

Kelli Mertes of Nebraska-Omaha and James Krajsa of Minnesota State have been named the North Central Conference Cross Country Athletes of the Week by the conference office.

Mertes, a junior from Omaha, Neb., won the college division of the Woody Greeno/Nebraska Invitational Saturday in Lincoln, Neb. with a 6K time of 23:20.65. UNO finished third in the 22-team meet.

Krajsa, a sophomore from Moorhead, Minn., posted a personal-best 8K time of 26:10 at the St. Olaf Invitational to place second in the field of 224 competitors. MSU scored 65 points to finish second in the 23-team field.

Others nominated: *Male*: Eric Atkinson, Minnesota Duluth. *Female*: Jenny Hoese, Minnesota State; Liz Palkie, Minnesota Duluth.

### #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

#### 2006 Female Cross Country Honor Roll

Sept. 6 - Tianna Hurtado, South Dakota  
Sept. 12 - Tianna Hurtado, South Dakota  
Sept. 19 - Kelli Mertes, Nebraska-Omaha