



# News Release

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## Tholen and VandeBerg Named Cross Country Athletes of the Week

Jillian Tholen and Austin VandeBerg of Augustana have been named the North Central Conference Cross Country Athletes of the Week by the conference office.

Tholen, a freshman from Tracy, Minn., won the MSU Maverick Open by covering the 4K course in a time of 14:34. It was her third win in three races this season.

VandeBerg, a freshman from Sioux Falls, S.D., was the first collegiate runner to cross the line at the MSU Maverick Open. He toured the 4-mile course in 20:55.

Others nominated: *Male*: Tyler Wetering, South Dakota; James Krajsa, Minnesota State. *Female*: Jenny Hoese, Minnesota State; Kelsey Maloney, South Dakota.

### #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

#### 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