



News Release

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Stangler, Kavan and Krajsa Named Cross Country Athletes of the Week

Rachel Stangler of Augustana, Ramsey Kavan of South Dakota and James Krajsa of Minnesota State have been named the North Central Conference Cross Country Athletes of the Week.

Stangler, a senior from Albany, Minn., led Augustana to its first-ever team title at the Roy Griak Invitational in Minneapolis. She crossed the line in 22:41 to finish second individually and the Vikings had a team score of 69 to easily outdistance runner-up Nebraska-Kearney, which had a team score of 145.

Kavan, a sophomore from Yankton, S.D., won the individual title at the Roy Griak Invitational in convincing fashion. She toured the course in a time of 22:08.1 to win her second individual title in three races this season.

Krajsa, a sophomore from Moorhead, Minn., placed second at the Roy Griak Invitational in Minneapolis. He covered the 8k course in 25:59.

Others nominated: *Male:* Kyle Downs, North Dakota; Dan Allen, St. Cloud State; Asle Tjelta, Augustana. *Female:* Heidi Evans, North Dakota; Jenny Hoese, Minnesota State; Emily Winans, St. Cloud State; Kaylen Harris, Nebraska-Omaha

#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
Oct. 2 - James Krajsa, Minnesota State

2007 Female Cross Country Honor Roll

Sept. 11 - Ramsey Kavan, South Dakota
Sept. 18 - Ramsey Kavan, South Dakota
Sept. 25 - Heidi Evans, North Dakota
Oct. 2 - Rachel Stangler, Augustana
Ramsey Kavan, South Dakota