

Dell'Orco, Ratermann ready for nationals

Staying out in front, not getting caught in pack keys to success

BY JACK NICHOLL
Sports Editor

Sophomores Dani Dell'Orco and Anne Ratermann have grown accustomed to top finishes throughout six meets this season.

Dell'Orco has never placed below sixth in any race and Ratermann never finished worse than 12th.

However, the toughest test yet for the duo is the NCAA Div. II Championships this Saturday in Evansville, Ind. The race features 24 teams, as well as individual qualifiers.

"It's going to be what they can get out of themselves racing-wise, and positioning themselves and being tough one more time before they get a little bit of a break," head coach John Cochrane said.

Cochrane said the strategy for each runner is to race with women from No. 2 Missouri Southern State University. He said the national course is a good cross country course, with a 3K loop that repeats itself and four medium-sized hills.

Truman and Southern have competed against each other in each of the last three meets. In previous races, Dell'Orco has tried to run with Southern's Ashley Siler, while Ratermann has finished close to Marlee Tegenkamp.

"I'm really going to try to hunt down Ashley Siler and hang onto her for all it's worth," Dell'Orco said. "One

thing I've been thinking about this last couple weeks is how lucky we are to have as strong of a team as Missouri Southern in our conference, because then it gives us someone to run with."

Ratermann said her strategy is to stay with Dell'Orco for as long as possible, then stick with women from Missouri Southern. The goal of each Truman runner is to finish in the top 40, which is All-American.

"Ideally it would be All-American status, but we haven't looked at too many individuals yet," Ratermann said. "I think Dani and I both have a shot at it. I think it's just whoever has the most incentive and go on race day."

However, achieving that goal might become more difficult if the team cannot find Southern at the beginning of the race because of the increased number of teams. Each team is put into a block prior to the race, and there are four blocks for individual competitors. Cochrane said

teams are randomly assigned to blocks.

Another challenge for the duo is that this season is now their longest ever. After racing all-out at conference and regionals, the runners now have a third test.

Ratermann said she and Dell'Orco have toned down their practices the last two weeks to include less volume, but at the same intensity as the rest of the season.

"I can tell that it's the end of the season, and it's nice that we're able to get a little more rest last week and this week to try to catch up," Ratermann said. "I think



DANI DELL'ORCO



ANNE RATERMANN

Women's Cross Country National Bound

	Dell'Orco	Ratermann
Year:	Sophomore	Sophomore
Top 10s this season:	Six	Five
Place at regionals:	Sixth	Eighth
Time at regionals:	21:53:90	22:00:37

*First-time appearance at nationals for both runners

Design by Sarah Schneider/Index

our bodies are just trying to adjust to the continuation of the season."

Cochrane said the runners are not going to improve dramatically this late in the season, even though both have looked good in practices leading up to the meet.

"You have a number of good individuals, good people on each team, and then you have some average people," Cochrane said. "So you have some really decent people, and it's really competitive to be in the top 40. Then, after you get back about 70, you have more average people or people who don't have good races."

Because of the amount of top-heavy runners, it is difficult to pass after the first mile, Cochrane said. He said

if a runner is 60th after the first mile, she likely won't finish better than 50th.

Ratermann and Dell'Orco combine to make it four years in a row that at least one Truman individual has qualified for nationals. Last year, then-senior Danna Kelly earned All-American status with a 24th-place finish.

Kelly, who qualified twice for nationals, has recently been in contact Dell'Orco and Ratermann.

"She's just told us one thing we shouldn't do is get psyched out because obviously, if we qualified, we deserve to be there," Dell'Orco said. "And we're the same caliber of runner, if not better than the people that are there. So we shouldn't undermine our abilities to do well."

TRUMAN ATHLETICS News and Notes

Women's soccer: Team earns season awards

The women's soccer team finished the season with a 15-4-3 record. The team won the MIAA conference and qualified for the NCAA tournament for the third year in a row.

The Bulldogs also received several individual awards. Senior midfielder Katie Reuck, senior defenders Kelsey Richters and Theresa Bauler, sophomore midfielder Megan Buri and freshman Olivia Hayes all were named to the MIAA all-conference first team. Reuck and Hayes were unanimous selections. The conference also named Hayes Freshman of the Year.

Freshman midfielder Kelsey Twellman made the second team and sophomore goalie Jayne Grisham received honorable mention.

Head coach Mike Cannon was named MIAA coach of the year for the eighth time in 11 seasons in the conference.

Women's Basketball: 'Dogs sign four recruits

The women's basketball team signed two guards and two forwards this week for the 2010-11 season.

The two forwards are Nicole Gloor and Bianca Szafarowicz. Gloor is a small forward who averaged 13 points as a junior at Blue Valley High School in Overland Park, Kan. Szafarowicz is from Wheeling, Ill., where she averaged 16 points, six rebounds and four assists during her junior season at Wheeling High School.

Joining the two forwards will be Kayla Klopfenstein and Amaya Williams, who averaged 11 points and four assists per game for Columbia Rock Bridge. Klopfenstein shot 38 percent from three-point range during her junior season at Linn Mar High School in Marion, Iowa, and averaged eight points per game.

Swimming: McCall to miss relays at meet

For the Iowa taper meet, the men's swimming team will be swimming relays with out its top sprint freestyler junior Andrew McCall.

Last year at nationals, McCall was on the All-American 200-yard freestyle team, which also earned their A cut at the fall taper meet last year. Head coach Mark Gole said McCall is the team's top freestyler.

McCall will be in Vienna, Va., as a finalist for the Rhode Scholarships.

"What he is doing is extremely important for his future so its something we are actually very proud of him for being a Rhode scholar finalist, it is just unfortunate that it hits the same weekend of something we have been preparing all fall for," Gole said. "It is a little disheartening, but the team will do well without him and he will be there Day 3 and we will have the conference meet."

The women are going into this meet behind where they were last year. Last year at this time, junior Emily Buss had earned her A cut in the 100-yard breaststroke and Julia Jones earned her A cut in the 1650-yard freestyle. Junior Tanya Sylvester, and seniors Kendra Brunkow and Kate Aherne had earned their A cut in the 400-yard medley relay with then-senior Erika Anderson. The 400-yard medley relay team of freshman Stacey Wymer, Buss, Sylvester and Aherne was only seconds off of an A-cut time at the Missouri State duel meet Nov. 7.

Volleyball: Five earn all-conference honors

Five volleyball players received All-MIAA honors Wednesday. Freshman middle blocker Megan Sharpe and senior right side hitter Lauren Graybeal each received second-team honors.

Junior libero Casey Bruno was selected for the third team. Junior setter Ashley Petak and senior outside hitter Erin Hattey received honorable mention honors. Sharpe was also named the MIAA Freshman of the Year.

This was the first time since 1997 no Bulldogs were selected for the first team.

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For Rent: Property Concepts LLC now renting for 2010-2011 school year. Studios, one-bedroom, and two-bedroom units available. Apartments starting at \$315 with heat, water, trash, electric, cable TV, wireless internet included. Two blocks from campus. On-site laundry. 24 hour maintenance. Pet friendly units available. 660-627-1400. www.kirksvillapartments.com.

For Rent: Behrmann Rentals has available for May 2010 a selection of 2 bedroom homes close to TSU with nice sized yards and off street parking. These homes are well maintained and have forced air heat and central air, washer and dryer, and hardwood floors. Call Jeff Behrmann owner-agent at 660-626-7598 or visit www.housesinkirksville.com.

For Rent: Newer, well maintained, duplex apartments near downtown. 2-bedroom, 1 walk-in closet, washer, dryer, dishwasher, refrigerator, range, central air, garbage disposer, and outside storage included. August availability. Call 660-665-2796 M-F 8-5.

For Rent: 3-BR 2-BA. 604 E. Randolph and 208 E. Pierce available in the spring. Both completely restored inside and loaded with all new appliances including W/D and dishwashers. Hardwoods, new carpet. Located one block from TSU! Great parking. Won't last long. KPM 660-665-6380.

For Rent: Renting for 2010-2011: The "White Apartments" plus other locations. 1, 2, 3, 4, and 5-bedrooms. Call 627-2060 or submit online application at TheWhiteApartments.com.

For Rent: 4, 5-BR 2-BA. 1003 S. Halliburton, 202 E. Pierce, 601 E. Patterson. Awesome locations one block from TSU! Very spacious. Large bedrooms. Excellent parking. Bring your friends and save money. KPM 660-665-6380.

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For Rent

For Rent: Wagner Enterprises rental properties are available for 2010/2011 lease. New units from one to four bedrooms are all within two blocks of campus! Complete with washer/dryer in each, all electric, central heat and air, private parking, and maintenance staff. For more information call: 660-341-5538.

For Rent: 1-bedroom apartment \$220 per month. 2-bedroom apartment \$350 per month. 4-bedroom apartment \$720 per month. Available in May or January. 660-342-5585.

For Rent: Studios and 1-bedroom apartments for sublease starting in January 2010. Prices start at \$300 with all utilities paid - heat, water, trash, electric, cable tv, wireless internet. Half a block to three blocks away from campus. On-site laundry, off street parking. 24 hour maintenance. www.kirksvillapartments.com 660-627-1400.

For Rent: Several nice 1, 2, and 3-bedroom rentals within walking distance of Truman. These are located at St. James Place, Boardwalk, Park Place, Water Works, States Avenue, and Community Chest. Call Four Horizons Realty Inc at 660-665-3400 or visit our websites at 4Horizonsrealty.com or Trumanrentals.com

For Rent: 3 and 4-bedroom houses for rent. Within walking distance of campus, recently remodeled. Available May 2010. Please call 660-216-3803.

For Rent: 1, 2, 3-bedroom apartments and houses. Most include washer and dryer. Extra nice. Local landlords. Pets welcome upon approval. 660-665-3779.

For Rent: 5-bedroom apartment for rent. Washer and dryer included, 4 blocks from campus, water and trash paid. \$1250 per month plus deposit. 660-216-8608.

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For Rent

For Rent: 3-bedroom house for rent. Dishwasher, laundry, central air, energy efficient furnace. Within walking distance from campus. Very nice inside. Call 970-252-7181 or 815-519-6509. Leave message. Available May 2010.

For Rent: 2-BR, 2-bath house, living room, eat-in kitchen, totally remodeled, TSU 2 blocks. Totally remodeled, refrigerator, dishwasher/disposal, electric stove, new central heat & a/c, roof, siding, insulation, windows. Available 8/1/2010. Pets considered. 314-477-3928. jim@kirksvillarental.com, www.kirksvillarental.com.

For Rent: 3-BR, 1 1/2-bath house, TSU 2 blocks. Available 8/1/2010. Living room, eat-in kitchen, dishwasher/disposal, washer/dryer, central heat A/C, garage. Tenant has room over garage, share 1st floor living quarters. Pets considered. 214-477-3928, jim@kirksvillarental.com, www.kirksvillarental.com.

For Rent: High quality 2 and 3-bedroom apartments available for May, June and August 2010 leases. Oriented for professional students who demand a quiet environment. 626-7695.

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Miscellaneous

Misc: SCEC is sponsoring a stuffed animal drive for the Special Olympics November 30 - December 4. Drop off donations in any of the residence hall main lobbies.

Wanted

Wanted: Roommate for Spring 2010 semester. White Apartments, 2-bedrooms, rent \$250 plus utilities. Very clean, super close to campus, on first floor. Call 719-433-0474.

Wanted: Local bridal shop looking for extra friendly bridal consultant. Part time through the week, must be able to work Saturdays. Professional dress when applying. Stop by Teresa's Bridal Shop, 101 S. Baltimore. No phone calls please.

Wanted: Male roommate needed for Spring 2010. Spacious, close to campus, dishwasher, central heating and air, and guaranteed parking. For information, call 847-308-2220.

Wanted: Local bridal shop looking for runway models to volunteer for runway show. Jan. 24, 31. Must be 5'6" or taller. Stop by Teresa's Bridal Shop, 101 S. Baltimore. No phone calls please.

Wanted: Subleser needed to take over lease. Now until lease ends May 14. Rent \$162.50, utilities low. Close to Hy-vee. 1-bedroom. Call Michelle, leave voicemail. 765-561-7695.