

# Men earn best finish since '05

BY LOGAN JACKSON  
Sports Editor

The men's cross country team continued to improve this week at the MIAA Championships at Hays, Kan. The Bulldogs finished fourth out of 10 teams.

It was the best finish in the MIAA meet for Truman since 2005 when the team finished fourth.

"We're happy with the finish," head coach Tim Schwegler said. "It's kind of the same old story. We get four guys to run well and we can't get the other three to run. The coaches' poll had us at eighth, so we're satisfied with the result."

Senior Adam Kell once again led the Bulldogs with a ninth place overall finish with a time of 24:44, less than one minute behind the first place finisher. Kell earned All-MIAA honors for being in the top 10.

Junior Joey Walls and senior John Venner finished 13th and 20th, respectively. Both runners earned All-MIAA honorable mention honors.

Seniors Bob Gorman, 27th, and Zach Chapman, 30th, rounded out the top five for Truman.

"John's always had this in him and he just had to find it out himself," Schwegler said. "He really came through when we needed him. Zach will tell you he didn't run the race that he wanted. It happens and you take what you've got."

Truman finished only three points behind Northwest Missouri State University and 19 points be-

hind second place Missouri Southern State University. The Bulldogs next meet will be the South Central regional Nov. 20 in Warrensburg, Mo. The meet will consist of the MIAA, Lone Star and Heartland conferences.

Last year, Truman placed 16th out of 19 teams. Gorman was first on the team with a 55th overall finish. Kell was fifth on the team and finished 103rd individually. Schwegler said Kell should improve on that placing this season and has a chance to make the national meet.

"If he has the best race of the season, he's got a shot," Schwegler said. "You take out the Central guys and you still have some guys in front of him. But he's on a roll and running well and I wouldn't underestimate him."

On the women's side, the Bulldogs struggled and finished in sixth place out of 10 teams.

Sophomore Karen Grauel led the Bulldogs with a first place overall finish and was named to the All-MIAA team. She became the first women's runner to earn first place honors in the MIAA meet, with a time of 21:18, 14 seconds ahead of the second-place finisher.

Junior Anne Ratermann earned All-MIAA honorable mention accolades after finishing 11th. No other Bulldog finished in the top 30. Sophomore Debbie Boedeker was 33rd, senior Amanda Brown was 47th and freshman Hannah Farnsworth was 48th.

## Finishing Strong

Meet	Adam Kell			Karen Grauel		
	Distance	Time	Overall	Distance	Time	Overall
Les Duke	8K	25:56	2nd	6K	22:53	4th
Brissman	8K	25:15	5th	6K	22:06	6th
Gary Stoner	8K	26:02	4th	5K	18:03	1st
Yellowjacket	8K	26:01	11th	5K	18:29	3rd
MIAA	8K	24:44	9th	6K	21:18	1st

"The fact that Cindy Grauel got sick on the trip out there didn't help things," head coach John Cochrane said. "The fact that other than Karen Grauel and Hannah Farnsworth, nobody engaged themselves where they should have been in the meet. Consequently, Anne Ratermann had to work herself a long ways up to finish three places below where she did last year."

Karen Grauel improved her 6K time by nearly one minute. It was the second individual win for Grauel, as she won the Gary Stoner Invitational earlier this season.

"I knew I wanted to stay with [Northwest Missouri State University's] Angela Adams because she

beat me two weeks ago," Grauel said. "She's a really strong competitor. We're both pretty equal runners. The first mile, I went out at 5:15, which is really fast. I was ahead after the first mile and I ran by myself for most of the race."

Truman finished six points behind Fort Hays State University and 13 points behind fourth-place Southwest Baptist University.

Last year, the Bulldogs placed second in the conference meet. They put four runners in the top 11.

"We just basically fell apart," Cochrane said. "We apparently were not mentally sold on what we could do. The women's race is

a little different than the men's in that you don't have the length of the course to move yourself up. If you don't place yourself at the mile where you should be, you're kind of a gone goose."

The women will also head to the South Central regional on Nov. 20. The Bulldogs nearly advanced to the national meet as a team, after finishing third place in the regional last year.

"Well, hopefully we get our crap together," Cochrane said. "We haven't even really talked. Hopefully we can get our focus together as to what we're doing and to how we're going to race."

## ATHLETE OF THE WEEK

**Karen Grauel**

Sport	Year	Hometown
Cross Country	Sophomore	Macon, MO

## Grauel earns second career All-MIAA honor

BY LOGAN JACKSON  
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One would think sophomore Karen Grauel had been running cross country courses her entire life. After becoming the first women's runner in Truman history to win the MIAA conference meet, it's hard to believe that this is only her second year running cross country.

Grauel ran track in high school in hometown Macon, Mo. She joined Truman's cross country team last year and has steadily improved in every meet she's raced in.

"It was difficult freshman year," Grauel said. "I had never done weightlifting before. Most of my workouts in high school had been by myself. However, being thrown in with a bunch of people is great because it allows you to go a littler faster. But after those first two weeks of training, I was dead."

Grauel has two individual meet wins this season. The first came in the Gary Stoner Invitational, the third meet of the season. Grauel finished the 5K invitational with a time of 18:03.

The second occurred last weekend as Grauel led the Bulldogs to a sixth place finish in the MIAA Championships. Her time of 21:18 in the six-kilometer race was 14 seconds ahead of the second-place finisher. The finish also gave Grauel her second All-MIAA honor.

It was Grauel's fastest career 6K time.

"We had sat down and talked [last] Tuesday about how she wanted to run this race and she said she wanted to win," head coach John Cochrane said. "We were talking about getting

through one mile and then going. We got through one mile and she took off. Apparently she felt good that day and she ran really well."

Toward the end of last season Grauel showed signs of her potential. She finished third on the team in the last four meets and was top 10 overall in three of those meets.

Last year in the South Central regional, she missed out on the NCAA Championships by seven seconds. Then sophomore Anne Ratermann finished in eighth place and Grauel finished in ninth.

Even with early success, Grauel said she was still learning about how cross country worked.

"The training is different, the courses are different," Grauel said. "You have to do hills and turns and I was used to going one way on the track. In track, you want to do an even pace for the entire race. In cross country, you want to go fast at first and push the last mile."

This season, Grauel has never finished lower than second on the team. She has been in the top 10 in all five meets this season. Grauel has also improved her time with every race.

In her first six-kilometer meet of the season, Grauel finished with a time of 22:53. Two weeks later, she ran a 22:06, and at the MIAA Championships, Grauel improved her time by 48 seconds.

"My kick is still pretty weak," Grauel said. "I really

need to work on gunning it during the last mile. Since I've been up these last couple of meets, I haven't had to push as hard. Working on making my middle miles a little faster is also something I'm doing."

The Bulldogs next meet is the South Central regional Nov. 20 in Warrensburg, Mo.

The top two teams in the meet advance to the NCAA Championships. The top five individuals advance as well. If all five runners in the top five are on those top two team, the runners with the highest placing, that are not on those top two teams, advance on.

Grauel has a chance to advance to the NCAA meet as the South Central regional is made up of the MIAA conference, the Lone Star conference and the Heartland conference.

The fastest time in the Heartland conference meet this year was 22:09 by Dallas Baptist University senior Tabbitha Ashford. In the Lone Star conference, the women ran only a 4.5-kilometer race.

"[Grauel] works hard and cross country is something that she really likes," Cochrane said. "I think we thought she would get a lot better. She did OK in high school, but her time wasn't super fast. There are a lot of people who came into the conference at the same time that had faster track two-mile times. But she's continued to get better."



File Photo

Grauel runs at practice earlier this season. She's improved her 6K time at each meet.

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