

# Meet gives hope for season

**Cross country meet shows bright future for the mens and womens season**

**KIRK SCHLUETER**  
Staff Reporter

Near-perfect weather presented itself during Truman State's mens and womens cross country teams' first meet of the season at the Les Duke Invitational in Grinnell, Iowa. Runners from both teams turned in performances that gave their coaches a hopeful outlook for the season, even if the teams' overall finishes were less than ideal.

Seniors Karen and Cindy Grauel led the way for the women with fifth and ninth place finishes with 6:09.34 and 6:17.39, respectively. The women took third during the meet behind Wartburg and Grinnell, missing second place by three points.

"It kind of bothers me to get beat by Grinnell, because I don't think they're that great," head coach John Cochran said. "We run against them again in a couple of weeks and we'll see what happens there. Hopefully we'll have some of our things worked out."

Karen said something she will try to work out during the course of her senior season is her mental approach during races. Saturday she said she was with a pack of runners competing for second place with about 4,000 meters left during the race, but mentally fell out of the race resulting with her fifth-place finish.

Another area for the womens team to improve will be closing the gap between their runners, the top five of whom contribute points toward the team score, Karen said. After the Grauels' top 10 finishes and junior Katie Hirsch's 12th place finish, the next highest Truman runners were junior Abby Palm and junior Hannah Farnsworth, who finished 29th and 32nd.

Cochrane said the women will be helped

by the return of sophomore Emma Burditt, who sat out the Les Duke Invitational because of an injury.

"Between Abby and Hannah, I think they've maybe run five cross country races since they've been here," Cochran said. "They both ran in this meet long ago and they both did a pretty good job Saturday. They dropped their times down."

For the mens side, Truman took eighth during the meet, led by a 24th place finish from sophomore Brad Hart, with a performance that dropped 75 seconds off his time from last year.

"Our biggest problem is we lack depth," assistant coach Tim Schwegler said. "You take the team you've got and you try to improve them and they're improving ... I'm not happy with the place obviously, but there's only so much you can do. I'm happy with the guys."

Schwegler said for many of the teams at the meet, the Les Duke Invitational was their second or third meet of the year, with some teams having built up to the 8,000 meter run with smaller meets ahead of time, a luxury Truman doesn't have. He said another challenge during the race is the difficulty of the course due to the number of hills, a statement echoed by Hart, who said the Grinnell course is the hardest course the runners see all fall.

"If you can get a decent time on that course, you know you'll have a pretty good year to follow," Hart said.

Hart said he hoped his and his teammates' performances would inspire them to continue dropping their times during workouts for a season which includes only three meets before the MIAA championships Oct. 20 at Northwest Missouri State University.

Although Bulldog cross country has not recently seen much success as a team, Hart said he felt optimistic about the season, because it was the healthiest the team has been during the last two years.



Calli Lowry/Index

**Freshman Katie Steiger, left, and senior Deborah Boedeker, right, run during practice Sept. 11 at Stokes Stadium. The cross country team will compete next at the Brissman-Lundeen Invitational Sept. 21.**

The next meet for the men and the women is the Brissman-Lundeen Invitational Sept. 21 at Augustana College in Rock Island, Ill. Schwegler said he has no goals for the team other than for

them to keep improving their times from last year, but one Bulldog has a specific outcome in mind for the race — Karen Grauel won the race last year, and she said she'd like to keep her title.

## Women shutout two regional opponents

**BY MEREDITH KUSKY**  
Staff Reporter

Before leaving for their first regular season road trip, head coach Mike Cannon told the Truman State womens soccer team road trips can be fun, but for that to happen they have to come back with results.

Results are what the team brought back with them after they traveled to Sioux Falls, S.D., and recorded back to back shutouts against regional opponents.

Truman shutout the University of Sioux Falls with a final of 3-0 and then Augustana College with a 1-0 victory.

The Bulldogs competed against Sioux Falls last Sunday and wasted no time before scoring. The first to score was junior forward Trisha Shoemaker, who made her fourth goal of the season within the first five minutes of the match.

It took two more minutes for the 'Dogs to go ahead 2-0 with senior forward Kelsey Twellman's first goal of the season. Senior forward Olivia Hayes was the next to score after Twellman's goal. With the assist from freshman midfielder Megan Frkovic, Hayes scored her second of the season.

"In the second game we were able to connect a lot," junior midfielder Annie Skornia said. "We were wanting to score more than just one or two goals and I think it was really good for us to come out and get three goals really quick in the first half to just get on top and really solidify that we were there and that we were there to win."

The three goals posted by the Bulldogs ensured the team's third straight shutout.

Junior goal keeper Emily Boz-



Sam Gorden/Index

**Junior Suzanne Pelley crosses the ball at practice Sept. 11. The womens soccer team will play next Friday at home against Missouri Western State University.**

deck played all 90 minutes in the goal for the 'Dogs and made two saves during the day. Her goals-against average is now .50.

During the away match, Truman outshot Sioux Falls 12-7, nine of which were on target.

The first team the Bulldogs defeated during their Sioux Falls trip was Augustana College. Augustana played the 'Dogs into overtime but Cannon's squad finished 1-0.

During the third minute of the overtime period Shoemaker headed in the sole goal after junior defender Sally Smith crossed over the ball, it was Smith's first assist of the season.

"We never really gave up," Skornia said. "We kept fighting the whole time and the conditions

weren't necessarily ideal so we sometimes got frustrated but we were able to pull together and not give up and get a win."

Bozdeck made three saves during the day. The squad outshot Augustana 13-7, making the opposing goalie come up with two saves.

"Three shutouts gives us a great deal of confidence going into any game, especially MIAA play," Twellman said.

The team plays at 4 p.m. Friday at home against conference opponent Missouri Western State University. Truman defeated Western last year during conference play with a 1-0 victory.

"It doesn't matter what a team's record is," Cannon said. "Every game is a battle."

## Men earn two weekend wins

**MEREDITH KUSKY**  
Staff Reporter

This past weekend Truman State's mens soccer team scored eight goals during two matches on its way to two victories.

Last Sunday the Bulldogs faced Lindenwood University-Belleville defeating them by a final score of 5-1. The 'Dogs also defeated Westminster College 3-1 last Friday at home.

The success was shared last Sunday as all five goals were scored by five different Bulldogs. Redshirt freshman midfielder Nicolas Tolmais let three minutes pass before recording the first goal of the game, which also was the first of his career. Five minutes later the 'Dogs were up 2-0 after sophomore forward Nick Franta's goal.

"Once we find [the net] early in the game it keeps us going ... once you see the ball go in it's a lot easier to score from there on out," junior midfielder Dylan Carter said.

During the second half, Carter scored the third goal for the Bulldogs. Following Carter, junior defender Matt Langely also scored. It was his third of the season. The fifth and final goal was scored by senior forward Andy Chapman during the 86th minute of the match.

"It seems like we've been improving from game to game, from practice to practice even," junior goalkeeper Nick Wallner said. "Both offensively and defensively we've been improving and working the ball to the midfield better and possessing better. I think we're going to continue to improve and hopefully put a product on the field that is just good from top to bottom, as a cohesive unit from the defense to the midfield to the forwards, just be

a good, solid team."

The five goals scored by five different men marks the most goals scored by the team during a single game since October 2010 when Truman defeated Upper Iowa University 5-0.

Wallner played all 90 minutes of the match and recorded four saves during the day. Truman outshot the Lions 22-18. This game marked Truman's first away win of the season.

Before leaving for the trip to Lindenwood, the Bulldogs faced Westminster in Kirksville. The Bulldogs finished with a 3-1 victory.

Wallner had three saves for the day and kept the Blue Jays scoreless the entire first half.

"I think [the defense has] been doing really well working together and just working on our communication," Wallner said. "I think talk is probably the most important thing for us to focus on and I think we've been doing a good job of improving that from game to game."

Langely had the first goal for Truman, assisted by redshirt senior Charlie Backus. The Blue Jays mis-played the ball twice during the first period, resulting in two extra goals for the Bulldogs. Westminster's mistakes gave the Bulldogs a solid 3-0 lead going into the second half.

Truman earned two corner kicks, while Westminster earned one. The Bulldogs placed nine shots on goal while the Blue Jays shot only three on target.

"It's always good to get a few wins on your record and to get back to .500 is kind of a fresh start going into conference play," Backus said. "It's definitely a booster for us."

The team travels to compete Upper Iowa University tomorrow. The match will start MIAA play for the Bulldogs.

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