

2013 NEBRASKA CROSS COUNTRY

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Media Information

All student-athlete and coaching staff interviews must be arranged through Gage Peake in the Nebraska Media Relations Office at least one day in advance. The best time to interview student-athletes and coaches is before or after weekday practices. Generally, the Huskers will practice from 3:45 to 6 p.m. on weekdays. The best time to reach Head Coach David Harris for interviews during the week is before Noon in his office. Previews will be provided each week the Huskers compete. Rosters, releases and results will be available at Huskers.com.

Notice of NCAA Probation

From 2007 to 2010 the University of Nebraska unintentionally reimbursed student-athletes for recommended textbooks as well as required textbooks through a failure to properly administer and monitor book scholarships. Only reimbursement for required books is permissible under NCAA rules. As a result, the NCAA placed the University of Nebraska on two-year probation, beginning in January of 2012. The NCAA did not impose additional penalties such as loss of scholarships, forfeiture of games, or a ban on postseason play. Rather, as a condition of probation, Nebraska will continue to educate student-athletes and staff thoroughly on NCAA bylaws and will notify prospective student-athletes of its probationary status.



Nebraska's Most Valuable Runner in 2012, senior co-captain Jarren Heng returns to lead a more experienced group of Husker runners in 2013.

2013 Cross Country Media Guide Credits

The 2013 University of Nebraska Cross Country Media Guide was written and edited by Media Relations student assistant Gage Peake. Cover design by Design Coordinator Annie Wood. Editing assistance was provided by Director of Media Relations Operations Jeff Griesch. Photography by Athletic Department Photographers Scott Bruhn and BreAnna Haessler. The guide was produced in Adobe InDesign CS4 and printed at University of Nebraska Printing Services. The cost of the 2013 Nebraska Cross Country Media Guide is \$3.

University of Nebraska Board of Regents

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Athletic Department Mission Statement

The mission of the University of Nebraska Athletic Department is to serve our student-athletes, coaches, staff and fans by:

Displaying **"Integrity"** in every decision and action; Building and maintaining **"Trust"** with others; Giving **"Respect"** to each person we encounter; Pursuing unity of purpose through **"Teamwork"**; Maintaining **"Loyalty"** to student-athletes, co-workers, fans and the University of Nebraska.

NEBRASKA

Integrity ▣ Trust ▣ Respect ▣ Teamwork ▣ Loyalty



2013 NEBRASKA ROSTER

Husker Women

Name	Class	Hometown (Previous School)
Isabel Andrade**	Sr.	Tiburon, Calif. (Petaluma)
Hannah Edwards**	Jr.	Whittier, Calif. (La Serna)
Kat Howard	Sr.	Tucson, Ariz. (Arizona/Ironwood Ridge)
Tess Keller*	So.	Netcong, N.J. (Pope John XXIII)
Sarah Larson**	Jr.	Lincoln, Neb. (Lincoln Northeast)
Megan Lush	So.	Plymouth, Minn. (Wayzata)
Anna Minnick	Sr.	Omaha, Neb. (Omaha Burke)
Kristiana Oslund	Fr.	Highlands Ranch, Colo. (Highlands Ranch)
Anna Peer	Fr.	Bettendorf, Iowa (Bettendorf)
Sarah Plambeck**	Sr.	Lincoln, Neb. (Lincoln Christian)
Shawnice Williams	Jr.	Paramount, Calif (West Los Angeles College)
Jessica Wright*	Jr.	Bellevue, Neb. (Marquette/Bellevue West)

Husker Men

Name	Class	Hometown (Previous School)
Jackson Barbour	Fr.	Shawnee, Kan. (Shawnee Mission Northwest)
Matt Bloch*	So.	Valley Village, Calif. (Notre Dame)
Nolan Border	So.	Lincoln, Neb. (Pius X)
Connor Gibson*	Jr.	Blair, Neb. (Blair)
Matt Gilbert*	So.	Fenton, Mich. (Fenton)
Joseph Harter	Fr.	Omaha, Neb. (Millard West)
London Hawk	So.	South Holland, Ill. (Thornwood)
Clayton Henderson	Fr.	Shawnee, Kan (Shawnee Mission Northwest)
Jarren Heng**	Sr.	Norfolk, Neb. (Catholic)
Jonah Heng*	So.	Overland Park, Kan. (Shawnee Mission West)
Jacob Holtmeier	Fr.	Lincoln, Neb. (Pius X)
Lucas Keifer	Fr.	Lincoln, Neb. (Southwest)
Pat Letz	Fr.	Palos Park, Ill. (Carl Sandberg)
Sidney Madlock	Jr.	Lincoln, Neb. (Lincoln North Star)
Christian Martin	Fr.	Littleton, Colo. (Heritage)
Nicholas Matysek	Fr.	Algonquin, Ill. (H.D. Jacobs)
Jacob Olson*	So.	Kearney, Neb. (Kearney)
Daniel Otto	Fr.	Lincoln, Neb. (Northeast)
Peter Spinks	Fr.	Layton, N.J. (Pope John XXIII)
Alney Tobias	Jr.	Troy, N.Y. (Lansingburgh)
Trevor Vidlak**	Sr.	Lincoln, Neb. (Lincoln Northeast)

Bold - 2013 captains; * - letters earned

Pronunciation Guide

Isabel Andrade - On-DRAH-day
 Matt Bloch - BLOCK
 Jarren Heng - JAIR-en
 Alney Tobias - AL-nee
 Trevor Vidlak - VID-lack
 Nicholas Matysek - Mah-TEE-Seck

2013 NEBRASKA SCHEDULE

Date	Meet	Location	Time
Friday, Sept. 6	Augustana Twilight	at Sioux Falls, S.D.	8 p.m.
Saturday, Sept. 21	Woody Greeno/Nebraska Invite	Pioneers Park (Lincoln, Neb.)	10 a.m.
Saturday, Sept. 28	Roy Griak Invite	at Minneapolis, Minn.	Noon
Saturday, Oct. 19	South Dakota Invite	at Vermillion, S.D.	10 a.m.
Sunday, Nov. 3	Big Ten Championships	at West Lafayette, Ind.	10:45 a.m.
Friday, Nov. 15	NCAA Midwest Regional	at Ames, Iowa	11 a.m.
Saturday, Nov. 23	NCAA Championships	at Terre Haute, Ind.	11 a.m.

University Quick Facts

Location.....	Lincoln, Neb. 68588-0123
Population	264,401
Founded	1869
Enrollment.....	24,445
Nickname	Cornhuskers, Huskers
Colors	Scarlet & Cream
Conference	Big Ten
Home Course.....	Pioneers Park

University Personnel

Chancellor	Harvey S. Perlman, J.D.
Institutional Rep.....	Josephine Potuto, J.D.
Director of Athletics	Shawn Eichorst
Athletic Director Emeritus.....	Tom Osborne
Senior Woman Administrator.....	Pat Logsdon

Administration

President	James B. Milliken, J.D.
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Cross Country Coaching Staff

Head Coach	David Harris (Truman State)
e-mail	dharris@huskers.com

Women's Team Facts

2012 Big Ten/Regional Finish	12th/23rd
2012 NCAA Finish	No Team Score
2012 Letterwinners Returning/Lost	6/1

Men's Team Facts

2012 Big Ten/Regional Finish.....	11th/27th
2012 NCAA Finish	No Team Score
2012 Letterwinners Returning/Lost	5/4

Directory

Nebraska Athletic Department...	(402) 472-4224
Cross Country Office.....	(402) 472-6461
Cross Country Office Fax	(402) 472-9361

Media Relations

Assistant A.D./Media Relations	Keith Mann
Cross Country Contact.....	Gage Peake
Office Phone	(402) 472-0694 (Peake)
Cell Phone	(402) 560-0627 (Peake)
E-mail.....	gpeake@huskers.com
Media Relations Office	(402) 472-2263
Media Relations Fax	(402) 472-2005
Shipping Address.....	One Memorial Stadium
.....	Lincoln, NE 68588-0123
Website	Huskers.com