

GIVING BACK

Feed My Starving Children Volunteering



Out of the Darkness Walk

Hope Inc. Adaptive Track Meet



**Congrats to our
new Cobber Track & Field and Cross
Country Hall of
Fame Inductees!**

**Micah Benson '00
Doug Perry '65
Cobber Track & Field
Coach, 1984-1991**

LETTER FROM THE COACHES

Dear Cobber Track & Field/ Cross Country Alumni,

Happy New Year! We hope you've all had a wonderful holiday season. We always love hearing about what's new in your lives, whether it's through a holiday card, a phone call, social media, or stopping by to say hello in person. We appreciate you staying connected with us and supporting our teams.

Alumni support is a critical part of our teams' success, and we invite you to be a key supporter of Cobber track & field and cross country by giving to our programs. Your gifts would be used in a variety of ways that meaningfully impact our team, including team-building activities like our fall cross country camp and our spring break track & field trip, as well as helping us attend big meets like The Griak in cross country season or traveling to the Drake Relays and NCAA Final Qualifier track & field meets in the spring.

Your support makes a day-to-day difference in our current Cobber athletes' experience, so **THANK YOU.**

Give to our teams at: **ConcordiaCollege.edu/SupportAthletics**. If you're ever in town, stop by to say hi — we'd love to catch up.

Roll Cobbs!
Garrick, Marv, and Maddie



CONCORDIA COLLEGE

TRACK & FIELD

CROSS COUNTRY



WADE
RHONEMUS

EMILY
RENGO

PEYTON
SELLE

JENNA
KALEVIK

COOPER
FOLKESTAD



COBBER CROSS COUNTRY

2024 Men's Cross County

8th place at MIAC Championships

Brady Goss (Sophomore, Devils Lake, N.D.) MIAC All-Conference Honorable Mention, 20th (25:55).

Tyler Goss (Sophomore, Devils Lake, N.D.) just missed MIAC All-Conference Honorable Mention (top 25), 27th place (26:05), NCAA North Region Meet (25:56).

7 of top 9 ran lifetime PRs this season (**Brady Goss, Tyler Goss, Carter Ferber, Brady Andrews, Noah Bloch, Brody Black, Jonah Vandervort**) and 6 of top 9 were first-years or sophomores.

2024 Women's Cross County

8th place at MIAC Championships

Seniors **Drew Frolek** (Lidgerwood, N.D.) and **Airial Johnson** (Harwood, N.D.) ended their college MIAC careers with best MIAC finishes ever. First-Year **Ashley Nelson** (Rice, Minn.) highest first-year finisher in many years, MIAC Athlete of the Week Honors, first time for Cobber Women since 2018.

Frolek (28th) and **Nelson** (32nd) just missed All-Conference Honorable Mention (top 25).

7 of top 9 ran lifetime PRs this season (**Drew Frolek, Ashley Nelson, Kelyn Henry-Perlich, Londyn Ames, Ava Chevalier, Abbi Lemelin, Addie Dahl**) and 6 of top 9 were first-years or sophomores.

Coaches

Garrick Larson, Head Coach, Men's Track & Field
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Marv Roeske, Head Coach, Women's Track & Field
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Maddie Van Beek, Head Coach, Cross Country
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COBBER WOMEN'S TRACK & FIELD

2024 MIAC Indoor Championship, 6th
2024 MIAC Outdoor Championship, 6th

Peyton Selle (Junior, Dickinson, N.D.)
3x NCAA National Qualifier (Pentathlon and Heptathlon)
5x MIAC Pentathlon/Heptathlon Champion
2024 MIAC Indoor Pentathlon Champion, 3,291 points
60 Hurdles, 9.24, #2 Cobber All-Time

Jenna Kalevik (Junior, Rogers, Minn.)
Indoor School Record, 60 Hurdles, 9.21
2024 MIAC 100 Hurdles Runner-Up, 14.68, #2 Cobber All-Time
2024 MIAC Outdoor High Jump Champion, 5'2.25"

Emily Rengo (Sophomore, Esko, Minn.)
Tied Indoor School Record, 60 Meter, 7.95
5x Cobber All-Time Top 5 - Indoor 200 Meter, 26.47, #3
Outdoor 100 Meter, 12.45, #4; Outdoor 200 Meter, 25.10, #2
Outdoor 400 Meter, 57.42, #3

Genevieve Gruba (First-Year, Enderlin, N.D.)
2024 MIAC Javelin Champion, 130'7"
2024 Drake Outdoor Relays, 131'11", Ranked #28 NCAA

Kyla Nygaard (Sophomore, Maple Grove, Minn.)
Indoor 400 Meter, 58.81; #5 Cobber All-Time

Relay Success

Andy Sandman (First-Year, Moorhead, Minn.), **Emily Rengo**, **Piper Osborne** (First-Year, Foley, Minn.), and **Kyla Nygaard** combined for three relay school records.

4x100m Relay, 48.64; **4x200m Relay** (Indoor), 1:46.69; **4x200m Relay** (Outdoor), 1:43.20

MIAC 4x400m Relay Indoor Runner-Up, **Kyla Nygaard, Meg Shercliffe** (Alexandria, Minn.), **Drew Frolek, Emily Rengo**, 4:03.67

COBBER MEN'S TRACK & FIELD

2024 MIAC Indoor Championship, 6th
2024 MIAC Outdoor Championship, 6th

Cooper Folkestad (Junior, Wadena, Minn.)
4x NCAA Shot Put Qualifier, 1x NCAA Discus Qualifier
2x Shot Put All-American
6x MIAC Shot Put Champion
2024 MIAC Indoor Shot Put Champion, 52'5.25"
2024 MIAC Outdoor Shot Put Champion, 56'0", #2 Cobber All-Time
Discus, 170'5", #2 Cobber All-Time

Wade Rhonemus (Senior, Foley, Minn.)
4x NCAA National Qualifier (Heptathlon & Decathlon)
2x Second-Team All-American (Heptathlon & Decathlon)
NCAA Indoor National Heptathlon, 15th, 4,692 points
NCAA Outdoor National Decathlon, 15th, 6,467 points
MIAC Indoor Heptathlon Champion & School Record, 4,967 points

Brady Goss (First-Year, Devils Lake, N.D.)
Indoor Mile, 4:18.42, #3 Cobber All-Time
MIAC Outdoor Steeplechase, 3rd, 10:12.94, #3 Cobber All-Time

Eli Hayes (First-Year, Fargo, N.D.)
MIAC Outdoor Javelin Champion, 186'1"
Javelin School Record, 194'5", Ranked #26 NCAA

Peyton Johnsrud (Junior, Minnewaska, Minn.)
MIAC Indoor High Jump Champion, 6'5"

Anthony Marsh (Junior, Sauk Centre, Minn.)
MIAC Outdoor High Jump Runner-up, 6'8.25", #4 Cobber All-Time

Ben Peterson (Junior, Benson, Minn.)
MIAC Outdoor Long Jump Runner-Up, 22'11", #2 Cobber All-Time

Relay Success

Distance Medley Relay Indoor School Record: (**Tanner Olson** (Senior, Detroit Lake, Minn.), **Dawson Schaffer** (Junior, Kindred, N.D.), **Gavin Groshelle** (Junior, Great Falls, Mont.), **Brady Goss**), 10:12.35