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AU Quick Facts
Location ........................................ Aurora, IL
Founded ........................................... 1893
Enrollment ....................................... Approximately 4,000
Nickname ........................................... Spartans
Colors ............................................. Royal blue/white
Conference ...................................... Northern Illinois-Iowa Conference
National Affiliation ............................ NCAA Division III
President ........................................ Dr. Rebecca L. Sherrick
Director of Athletics .......................... Mark Walsh
Head Cross Country Coach ................. James Kluckhohn
Coach's Record ............................... Second Season
Athletics Phone ............................... 630-844-5110
Athletics Fax ................................. 630-844-7809
Athletic Trainer ............................... Stevie Baker-Watson
Sports Information Director ............... Brian Kipley
Sports Info. Phone ......................... 630-844-7575
Sports Info. Fax .................. 630-844-3826
AU Spartan Sports Hotline .............. 630-844-3838
Pressbox Phone ............................... 630-844-7838

The bottom map is an enlargement of the Aurora University area. Parking areas are shown with a circled P.
James Kluckhohn is in his second season as the head coach of Aurora University’s cross country and track and field programs.

Kluckhohn comes to the Spartans from Chicago, where he was the head cross country and assistant track and field coach at North Park University. Prior to his three-year tenure at North Park, Kluckhohn was the interim head track and field coach at Texas Lutheran University, a NCAA Division III institution in Seguin, TX. Kluckhohn was an assistant for three years in cross country and two years in track prior to becoming interim track and field coach. He also served as a cross country assistant at the University of Wisconsin–La Crosse, where he was a part of a national championship in 1996.

Kluckhohn is no stranger when it comes to starting a program from the ground up. While at Texas Lutheran University, Kluckhohn helped as an assistant, to pioneer both the women’s cross country and track and field programs. Overall, the team finished second in the American Southwest Conference in their first season.

As a student athlete, Kluckhohn ran for the University of Wisconsin–La Crosse cross country and track team. The seven-time University of Wisconsin–La Crosse scholar athlete was named cross country team captain in 1993. Kluckhohn received his bachelor’s in physical education from the UW–La Crosse, and master’s in human performance from UW–LaCrosse, as well as C.S.C.S. (strength and conditioning) certification. He is a member of the United States Track Coaches Association, Illinois Track and Cross Country Coaches Association, and National Strength and Conditioning Association. He is married to Kari and has one son, Jacob.

Paul Farnum joins the Aurora cross country program as an assistant coach, following a standout career as a distance athlete at North Park University. The 2004 graduate served as captain of both the cross country and track and field squads his senior season. Farnum completed a bachelors in Psychology while at North Park, and resides in Aurora.
The 2004 Aurora University Women's Cross Country season brings great expectations for the second year of a growing program at AU. The Spartans return four runners from their inaugural campaign. “We return most everybody from last year's squad, and hopefully they can provide the leadership needed to get us to that next level,” Head Coach James Kluckhohn said.

Finishing the 2003 season with a season-best third-place finish at the Northern Illinois-Iowa Conference Meet, the Spartans are looking to build on last year's success, taking bigger strides in early meets and finishing toward the top of the Northern Illinois-Iowa Conference. Seniors Jessie Gonzalez (Aurora, IL/West Aurora HS), Lyndsey Todd (Elgin, IL/Elgin CC), and Cami Loving (Streator, IL/Streator HS) provide veteran leadership for Spartan newcomers, sophomores Fran Sikorski (Lombard, IL/University of St. Francis), Stephanie Carson (Aurora, IL/Waubonsie Valley HS), and Jenn Garlinsky (Sugar Grove, IL/Kaneland HS); and freshman Susan Sawtell (Little Falls, MN/Little Falls HS). Sophomore Margarita Castellanos (Aurora, IL/East Aurora HS) returns to the Spartans in 2004 and looks to build on her performances of last season.

“Gonzalez and Garlinsky had great summers training and are in great condition entering the season; add Fran Sikorski to the mix, and we are looking forward to having a successful season,” Kluckhohn stated. Garlinsky ran track last spring and spent the previous two years as a member of the AU women's soccer program. Gonzalez currently holds the Aurora University women's cross country record for a 6K event with a time of 27:27, set at the Northern Illinois-Iowa Conference Meet.

“We are a much stronger and deeper team than a year ago. Our depth and experience will only allow for continued growth and development of a successful cross country program,” Kluckhohn stated.

AU will host the Spartan Classic on September 10 at Oakhurst Forest Preserve. It’s an important step to have the excitement of a home meet and the home course advantage. This is a chance to highlight our program for the community college teams competing and the local high school teams we’ve invited our to watch the meet. They get to see what Spartan Cross Country is all about.
### 2004 Official NCAA Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Ht.</th>
<th>Yr.</th>
<th>Hometown</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarita Castellanos</td>
<td>5’2”</td>
<td>So</td>
<td>Aurora, IL</td>
<td>West Aurora</td>
</tr>
<tr>
<td>Jessie Gonzalez</td>
<td>5’5”</td>
<td>Sr</td>
<td>Aurora, IL</td>
<td>East Aurora</td>
</tr>
<tr>
<td>Cami Loving</td>
<td>5’4”</td>
<td>Sr</td>
<td>Streator, IL</td>
<td>Streator</td>
</tr>
<tr>
<td>Lyndsey Todd</td>
<td>5’3”</td>
<td>Sr</td>
<td>Elgin, IL</td>
<td>Larkin</td>
</tr>
<tr>
<td>Stephanie Carson</td>
<td>5’7”</td>
<td>So</td>
<td>Aurora, IL</td>
<td>Waubonsie Valley</td>
</tr>
<tr>
<td>Jenn Garlinsky</td>
<td>5’5”</td>
<td>Jr</td>
<td>Sugar Grove, IL</td>
<td>Kaneland</td>
</tr>
<tr>
<td>Susan Sawtell</td>
<td>5’5”</td>
<td>Fr</td>
<td>Little Falls, MN</td>
<td>Little Falls</td>
</tr>
<tr>
<td>Fran Sikorski</td>
<td>5’9”</td>
<td>So</td>
<td>Lombard, IL</td>
<td>Driscoll Catholic</td>
</tr>
</tbody>
</table>

**Head Coach:** James Kluckhohn
Meet the Spartans

STEPHANIE CARSON, 5’7”, FR, Aurora, IL/Waubonsie Valley HS
High School: Attended Waubonsie Valley High School. Competed in four years of varsity track and field and was named MVP; she also took fifth at sectionals her freshman year. Personal: Born 4/3/84 in Brooklyn, NY. Family: Maureen Carson. She has one brother, Andrew. Hobbies: Running, playing guitar, singing, reading, writing, and riding bikes. Major: Health Science. Minor: Spanish.

MARGARITA CASTELLANOS, 5’2”, SO, Aurora, IL/East Aurora HS
High School: Attended East Aurora High School. Competed in three years of varsity bowling and was named Upstate Eight Academic All-Conference all three seasons. Personal: Born 9/28/84 in Aurora, IL. Family: Adam and Luz Castellanos. She has three brothers, Jesus, Adam, and Ricardo. Hobbies: Shopping, listening to music, and hanging out with friends. Major: Psychology.

JENNIFER GARLINSKY, 5’5”, JR, Sugar Grove, IL/Kaneland HS
College as a Sophomore (’03): Attended Aurora University and was a member of AU’s women’s soccer and AU Track and Field team. College as a Freshman (’02): Attended Aurora University and was a member of AU’s women’s soccer team. High School: Attended Kaneland High School. Competed in four years of track, three years of soccer, and two years of Lacrosse. Personal: Born 2/25/85 in Bethlehem, PA. Family: Sharon and Joseph Garlinsky. She has two brothers, Joey and Justin. Hobbies: Golfing and hanging out with friends. Major: Mathematics/Secondary education. Minor: Psychology.

JESENIA GONZALEZ, 5’6”, SR, Aurora, IL/West Aurora HS
College as a Junior (’03): Attended Aurora University and was a member of the AU cross country and track and field teams. College as a Sophomore (’02): Attended Aurora University and was a member of the AU softball team. College as a Freshman (’01): Attended Aurora University and was a member of the AU softball team. High School: Attended West Aurora High School. Ran three years of varsity cross country under Coaches Payne and Albright. She played three years of varsity softball under Coach Donna Proctor and was named a scholar athlete. Personal: Born 2/26/83 in Chicago, IL. Family: Robert and Marin Gonzalez. She has two brothers, Bobby and Michael. Major: Physical Education.

CAMI LOVING, 5’4”, SR, Streator, IL/Streator HS
College as a Junior (’03): Attended Aurora University and was a member of the AU cross country and track and field teams. College as a Sophomore (’02): Attended Aurora University. College as a Freshman (’01): Attended Aurora University and was a member of the AU volleyball team. High School: Attended Streator High School. Played four years of varsity volleyball under Coaches Nick and Sarah Swords. Personal: Born 12/10/82 in Streator, IL. Family: Glenn and Beth Loving. She has two sisters, Leara and Casey. Major: Fitness Leadership. Minor: Business.

SUSAN SAWTELL, 5’7”, FR, Little Falls, MN/Little Falls Community HS
Meet the Spartans

FRAN SIKORSKI, ’09, SO, Lombard, IL/Driscoll Catholic HS
College as a Freshmen (’04): Attended St. Francis University. Broke school record in 200-meter hurdles, 400-meter hurdles and the distance medley relay. She also had the record for most points in an outdoor season. High School: Attended Driscoll Catholic High School. Ran two years of cross country under Coach Jim Maggiore. Qualified for Sectionals both years. She also ran three years of track under Coach Mark Morgan, winning the conference in the 300-meter hurdles and qualifying for state in the 300-meter hurdles both her junior and senior year. Personal: Born 7/8/85 in Lombard, IL. Family: John and Donna Sikorski. She has two brothers, Patrick and Joey, and two sisters, Danielle and Mary. Hobbies: Running, bike riding, rollerblading, reading, hanging out with friends, and shopping. Major: Secondary Education.

LYNDSEY TODD, ’04, SR, Elgin, IL/Elgin CC
College as a Junior (’03): Attended Aurora University and was a member of the AU cross country and track and field teams. College as a Sophomore (’02): Attended Elgin Community College and ran cross country. College as a Freshman (’01): Attended Elgin Community College and ran cross country. High School: Attended Larkin High School and ran four years of varsity cross country under Coach Melissa Staude. Was team captain as a senior and also received the team sportsmanship award. As a senior received the Larkin High senior sportsmanship award. Competed in two years of varsity gymnastics, was captain and received the team sportsmanship award. Also ran one year of varsity track as a senior captain and was honored with the team sportsmanship award. Personal: Born 10/5/82 in Hoffman Estates, IL. Family: Robert Todd and Amy Vece. She has one brother, Robert Todd III. Hobbies: Crafts, photography, family, and animals. Major: Elementary Education. Minor: Psychology.

AU Women's Cross Country Records

WOMEN’S 6K SCHOOL RECORD

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>School</th>
<th>Course</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fran Sikorski</td>
<td>2004</td>
<td>Wis. Lutheran</td>
<td>Greenfield Park</td>
<td>25:26</td>
</tr>
</tbody>
</table>

WOMEN’S 6K FRESHMAN RECORD

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>School</th>
<th>Course</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susan Sawtell</td>
<td>2004</td>
<td>Aurora University</td>
<td>Oakhurst Forest Preserve</td>
<td>28:17</td>
</tr>
</tbody>
</table>

Cross Country Facilities

AURORA COUNTRY CLUB
The Aurora Country Club, located a half mile from campus, serves as the training area for Monday afternoon practices throughout the cross country season. The beautiful rolling hills and soft surface of the golf course provide an outstanding training site for our cross country runners. Few collegiate programs in the country can claim to have a better setting to start their training week.

OAKHURST FOREST PRESERVE
The Oakhurst Forest Preserve is located seven and a half miles from campus. It serves as the training area for Wednesday afternoon practices and is the venue for the Aurora University – Spartan XC Classic held in early September. Oakhurst trails offer ideal training surfaces. The mowed grass, dirt forest, and crushed limestone trails provide AU runners with a scenic setting as they train for competition.

VIRGIL L. GILMAN TRAIL
The Virgil L. Gilman Trail, located a half mile from the Aurora University campus, serves as a regular training site for the cross country teams. The tree-lined asphalt trail has half-mile markers, and runners can either take the west or east trail.

The west route takes runners a mile-and-a-half to the newly constructed bridge over Orchard Road. After crossing Orchard Road, the trail connects to an abandoned railroad right-of-way leading to Bliss Woods and ending at Waubonsee Community College.

The east trail takes runners across the Fox River, ending at Ohio Street. As the trail crosses the Fox River, runners can run the Fox River Trail System, which takes them on a scenic run along the banks of the Fox River.
AU Women's Cross Country

Director of Athletics

Dr. Rebecca L. Sherrick
President
Currently in her fifth year as Aurora University president, Dr. Sherrick is a true Spartan booster and often attends athletic events. She earned her BA from Illinois Wesleyan and PhD from Northwestern University.

Dr. Andrew Manion
Provost
Previously dean of the College of Arts and Sciences from 1998-2000, Dr. Manion earned his BA from Saint Norbert College and his PhD in experimental psychology from Adelphi University.

Michael Moser
Vice President for Student Life
Moser assumed the duties of president for student life in March 2004. He has a BA from North Central College and a Master of Divinity from Garrett-Evangelical Theological Seminary.

Mark Walsh
Director of Athletics
Walsh was named director of athletics in 1998. Previously, Walsh was AU's head baseball coach from 1992-2002 and an assistant coach from 1987-1992. Walsh led the Spartans to nine NIIC Conference Championships and nine NCAA Tournament appearances while posting a 320-85 (.790) won-lost record in 10 seasons. Walsh also served as an assistant football coach at AU from 1986-1996 and was part of the coaching staff that reinstated football after it had been dropped in 1952. Walsh earned both his bachelor's and master's degrees from Aurora University.
Eckhart Hall

Aurora University traces its origins to the 1893 founding of a seminary in the small town of Mendota, IL. Though established initially to prepare graduates for ministry, the institution soon adopted a broader mission and moved to a new campus on the western edge of the nearby community of Aurora. With this change came a different name and a growing enrollment. In 1985, the institution was rechristened Aurora University.

In 1992, the Aurora and George Williams College traditions blended when the two institutions entered into the affiliation agreement that paved the way for a merger eight years later.

Today Aurora University is accredited by the Higher Learning Commission of the North Central Association to award degrees at the baccalaureate, master’s and doctoral levels. The institution enrolls approximately 4,000 degree-seeking students a year on its Illinois and Wisconsin campuses. AU offers its undergraduates a wide range of on- and off-campus learning experiences. Students participate in more than 40 musical, literary, religious, social, and service organizations and play active roles in campus governance. The university also fields 16 NCAA Division III intercollegiate athletic teams. The Spartans boast a winning tradition with 27 conference titles in recent years and 18 regular appearances in national tournaments.

The Alumni Hall of Physical Education features a racquetball court, climbing wall, complete locker-room facilities, training room, weight room, aerobic-activities room, classroom, and coaches' offices.

At AU, we believe that the educational needs of students are served best through the formation of strategic partnerships with institutions of like vision, mission, and values. Such collaborations also enhance the well being of the communities around our campus. For example, our innovative partnership with the West Aurora School District is recognized nationally as a model for educational reform. AU will soon break ground for the $13 million facility that will house this growing collaboration and the students and faculty it nurtures. Our George Williams Campus at Lake Geneva, WI, is also the scene for important collaborative efforts. Earlier this year, the residential, conference, and academic facility, developed in partnership with Children's Oncology Services Inc., opened. In the years ahead, the new building will serve as the home to the One Step at a Time Camp program for children with cancer and the university's rapidly growing academic program.

Aurora University is located in west Aurora, within an hour’s drive of Chicago and at the western end of the Illinois Research and Development Corridor. It is accessible via Interstate 88 at the Orchard Road exit.
# Aurora University Spartans
## 2004 Women's Cross Country Schedule

Head Coach: James Kluckhohn

<table>
<thead>
<tr>
<th>Date/Day</th>
<th>Meet</th>
<th>Time</th>
<th>Distance</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 3, Fr</td>
<td>Chuck Carroll Invitational</td>
<td>M: 6:00 p.m.</td>
<td>5 mi</td>
<td>Naperville, IL</td>
</tr>
<tr>
<td></td>
<td>North Central College</td>
<td></td>
<td></td>
<td>DuPage River Park</td>
</tr>
<tr>
<td>Sept. 10, Fr</td>
<td>Spartan Classic</td>
<td>M: 5:45 p.m.</td>
<td>8k</td>
<td>Aurora, IL</td>
</tr>
<tr>
<td></td>
<td>Aurora University</td>
<td></td>
<td></td>
<td>Oakhurst Forest</td>
</tr>
<tr>
<td>Sept. 24, Fr</td>
<td>Brissman/Lundeen Invite</td>
<td>M: 6:00 p.m.</td>
<td>8k</td>
<td>Rock Island, IL</td>
</tr>
<tr>
<td></td>
<td>Augustana College</td>
<td></td>
<td></td>
<td>Credit Island Park</td>
</tr>
<tr>
<td>Oct. 2, Sa</td>
<td>Warrior Invitational</td>
<td>M: 6:00 p.m.</td>
<td>8k</td>
<td>West Allis, WI</td>
</tr>
<tr>
<td></td>
<td>Wisconsin Lutheran Coll.</td>
<td>M: 11:45 a.m.</td>
<td>8k</td>
<td>Greenfield Park</td>
</tr>
<tr>
<td>Oct. 8, Fr</td>
<td>Eagle Invitational</td>
<td>M: 4:15 p.m.</td>
<td>8k</td>
<td>Lisle, IL</td>
</tr>
<tr>
<td></td>
<td>Benedictine University</td>
<td></td>
<td></td>
<td>Community Park</td>
</tr>
<tr>
<td>Oct. 15, Fr</td>
<td>Millikin Classic</td>
<td>M: 4:45 p.m.</td>
<td>8k</td>
<td>Forsyth, IL</td>
</tr>
<tr>
<td></td>
<td>Millikin University</td>
<td></td>
<td></td>
<td>Hickory Point Golf Club</td>
</tr>
<tr>
<td>Oct. 30, Sa</td>
<td>NIIC Championships</td>
<td>M: 4:45 p.m.</td>
<td>8k</td>
<td>Dubuque, IA</td>
</tr>
<tr>
<td></td>
<td>Clarke College</td>
<td>M: 11:15 a.m.</td>
<td>8K</td>
<td>Dubuque Soccer Complex</td>
</tr>
<tr>
<td>Nov. 13, Sa</td>
<td>NCAA Regional Championship</td>
<td>M: 12:00 p.m.</td>
<td>8K</td>
<td>Rock Island, IL</td>
</tr>
<tr>
<td></td>
<td>Augustana College</td>
<td></td>
<td></td>
<td>Credit Island Park</td>
</tr>
</tbody>
</table>

All home matches in **BOLD**