Women's Cross Country
2005
Getting to AU Media Guide

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AU Quick Facts

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

On the cover:
Seniors Jessie Gonzalez (No. 442) and Cami Loving (No. 443).
Junior Fran Sikorski (inset).

The bottom map is an enlargement of the Aurora University area.
Parking areas are shown with a circled P.
James Kluckhohn is in his third season as Head Coach of Aurora University's cross country and track programs. Kluckhohn has pioneered the newest additions to AU’s intercollegiate offerings.

Kluckhohn comes to the Spartans from Chicago's North Park University, where he was the Head Cross Country and Assistant Track and Field Coach. Prior to his three-year term at North Park, Kluckhohn was the Interim Head Track and Field Coach at Texas Lutheran University, a NCAA Division III institution in Seguin, Texas. 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 University of Wisconsin La Crosse, where he was part of a National Championship in 1996.

Kluckhohn is no stranger to starting a program from the ground up. While at Texas Lutheran University, Kluckhohn assisted in pioneering 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 a B.S. in physical education from the University of Wisconsin-La Crosse, M.S. in human performance from University of Wisconsin-LaCrosse and C.S.C.S. (strength and conditioning) certification. He is a member of the United States Track Coaches Association and National Strength and Conditioning Association.

He is married to Kari and has one son, Jacob.

Elaine Canchola enters her first season as a member of the Aurora University Cross Country and Track and Field Coaching staff and her first season as a collegiate coach. Canchola comes to AU upon completion of her running career at University of Wisconsin-Madison after transferring from UCLA in 2001. Canchola graduated from University of Wisconsin-Madison with a bachelor's degree in Spanish in the summer of 2003. As a student-athlete, Canchola was selected as team captain at both UCLA and UW-Madison.

As a freshman at UCLA, she helped lead the Bruins to the NCAA Division I Championship for the first time since 1988. In her first track season with the Badgers (2001) she placed second in the mile at the Indoor Big 10 Championships. Canchola serves as CHAMPS/Life Skills Coordinator and Assistant Advisor for the Student Athletic Advisory Committee.

All requests for interviews should be made through Brian Kipley, Director of Sports Information, at 630-844-7575. Media should call in advance, as seating in the press area is limited.
The 2005 Aurora University women's cross country season brings great expectations for the third-year program. Coming off a school-best second-place finish at last year's Northern Illinois-Iowa Conference meet, the Spartans will attempt to raise the bar in the coming year.

"To reach our goals, the women will need to develop a stronger and tighter race pack this year. Our depth one through seven should be one of our strengths. And as always, we will need to stay healthy and be racing our best at conference and regionals," Head Coach James Kluckhohn said.

AU returns a solid core of runners for the 2005 season, including seniors Jessie Gonzalez (Aurora, Ill./West Aurora HS), Cami Loving (Streator, Ill./Streator HS) and Jenn Garlinsky (Sugar Grove, Ill./Kaneland HS). Juniors Fran Sikorski (Lombard, Ill./University of St. Francis), a NIIC All-Conference selection in 2004, and Stephanie Carson (Aurora, Ill./Waubonsie Valley HS) return to lead the AU runners on a team with high expectations.

"Fran Sikorski was our top runner in 2004 and had a great summer of training. I expect she will lead our team in that respect again this season. Jenn Garlinsky will have a big impact on this year's team after an illness slowed her at the finish of the 2004 season. And Stephanie Carson, a surprise No. 2 runner at conference last year, should be another strong competitor by season's end," Kluckhohn stated.

Freshmen Kristen Renninger (Aurora, Ill./Aurora Christian HS) and Christian Rodriguez (Beardstown, Ill./Beardstown HS) join the AU program with aspirations of making an instant impact.

"Freshman Kristen Renninger and Christian Rodriguez are expected to be part of a stronger running pack as they gain racing experience at the 6k distance," Kluckhohn said.

A big step in enhancing the image of the program was hosting the Spartan Classic in September at Oakhurst Forest Preserve. "It's important to have a home meet and have the home-course advantage," Kluckhohn said.

Raising the Bar
2005 Official NCAA Roster

Name          Ht.  Yr.  Hometown     High School
Osha Bledsoe  5'4"  Jr  Freeport, Ill.  Freeport
Stephanie Carson  5'7"  Jr  Aurora, Ill.  Waubonsie Valley
Jenn Garlinsky  5'4"  Sr  Sugar Grove, Ill.  Kaneland
Jesenia Gonzalez  5'5"  Sr  Aurora, Ill.  East Aurora
Cami Loving  5'4"  Sr  Streator, Ill.  Streator
Kristen Renninger  5'4"  Fr  Aurora, Ill.  Aurora Christian
Christian Rodriguez  5'4"  Fr.  Beardstown, Ill.  Beardstown
Frances Sikorski  5'9"  Jr  Lombard, Ill.  Driscoll Catholic

Head Coach: James Kluckhohn
Assistant Coach: Elaine Canchola

Meet the Spartans

OSHA BLEDSOE, 5'4", Jr,
Freeport, Ill./Freeport HS
College as a Sophomore ('04): Attended Aurora University and was a member of the track and field teams. College as a Freshman ('03): Attended Aurora University and was a member of the track and field team.
High School: Attended Freeport Senior High School. Ran four years of track under coach Dave Roloff.
Personal: Born 3/24/85 in Freeport, Ill. Family: Elaine Kates and Oscar Bledsoe. She has two brothers, Kandras and Dominic, and two sisters, Porcha and Tanisha. Major: Nursing.
Why I chose AU...I chose Aurora University because it was a smaller school and I could get more personal help and attention easier than I could at a larger university.

STEPHANIE CARSON, 5'7", Jr,
Aurora, Ill./ Waubonsie Valley HS
College as a sophomore ('04): Attended Aurora University and was a member of the AU cross country team. Named Northern Illinois-Iowa Conference All-Conference.
High School: Attended Waubonsie Valley High School. Competed in four years of varsity track and field and was named MVP. She also placed fifth at sectionals her senior year.
Personal: Born 4/3/84 in Brooklyn, N.Y. Family: Maureen Carson. She has one brother, Adam.
Why I chose AU...I chose AU because it's a small school where I can get one-on-one attention. I like being able to recognize students and professors across campus, because it creates an atmosphere that larger universities just can't compete with.

JENN GARLINSKY, 5'4", Sr,
Sugar Grove, Ill./Kaneland HS
College as a Junior ('04): Attended Aurora University and was a member of the AU women's cross country team.
College as a Sophomore ('03): Attended Aurora University and was a member of AU's women's soccer 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.
Why I chose AU...The small class size and small campus. The faculty and staff are nice and approachable.
JESSIE GONZALEZ, 5’5”, Sr,
Aurora, Ill./West Aurora HS
College as a Senior (’04): Attended Aurora University and was a member of the AU cross country and track and field teams. 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 12/10/82 in Denver, Colorado. Family: Robert and Marit Gonzalez. She has two brothers, Bobby and Michael. Major: Physical Education.

CHRISTIAN G. RODRIGUEZ, 5’4”, Fr,
Beardstown, Ill./Beardstown HS
High School: Attended Beardstown High School and ran four years of cross country under John Gutmann. Received most dedicated and most improved freshman and sophomore years and was named MVP both junior and senior years. Ran three years of track and field under John Gutmann. Was named most improved her freshman year. Personal: Born on 8/11/87 in Aurora, Ill. Family: Josefina Miranda. She has one brother, Jorge Rodriguez. Hobbies: Running. Major: Undecided.

Why I chose AU… I chose to attend AU because a friend had previously attended AU and she told me about it, and Aurora sounded like a good school. I also liked that it was close to my relatives.

FRANCES SIKORSKI, 5’9”, Jr,
Lombard, Ill./Driscoll Catholic HS
College as a Sophomore (’04): Attended Aurora University and was a member of the AU cross country team. She was named Northern Illinois-Iowa Conference All-Conference and team MVP. College as a Freshman (’03): Attended St. Francis University. Broke school record in 200 hurdles, 400 hurdles and the distance medley relay. She also had the record for most points in and outdoor season, leading her to the newcomer of the year award. 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 conference in the 300m hurdles and qualifying for state in the 300m hurdles both her junior and senior years. Personal: Born 7/8/85 in Lombard, Ill. 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.

Why I chose AU… I chose Aurora University because of its small atmosphere, which allows me to be able to get the help I need from teachers and participate in the cross country and track and field programs. It also has my major.

Why I chose AU… On my first visit, everyone I met was friendly and very helpful. I felt like AU was a place where I could succeed!

CAMILLE LOVING, 5’4”, Sr,
Streator, Ill./Streator HS
College as a Senior (’04): Attended Aurora University and was a member of the AU cross country and track and field teams. 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, Ill. Family: Glenn and Beth Loving. She has two sisters, Kara and Casey. Majors: Fitness Leadership and Health Promotion. Minor: Business.

Why I chose AU… I was impressed with how the staff really worked to keep me updated with my admission status, as well as how many people went out of their way to make me feel welcome.

KRISTEN RENNINGER, 5’4”, Fr,
Aurora, Ill./Aurora Christian
High School: Attended Aurora Christian High School and ran three years of cross country under Priscilla Copple. Played two years of varsity basketball under Dan Stone and was a captain. She ran one year of track under Jeff Schuette. She also played three years of varsity softball under Amanda Leonhardt and was a captain. Personal: Born on 12/28/86 in Aurora, Ill. Family: Kim and Jerry Renninger. She has one brother, Bryce. Hobbies: Reading, listening to music, playing sports and hanging out with friends and family. Major: Athletic Training.

Why I chose AU… Close to home, good scholarship and smaller classes. This allows me to be able to become friends with more people and build closer friendships.

Meet the Spartans
AU Women’s Cross Country Records

WOMEN’S 6K SCHOOL RECORD
Name: Fran Sikorski Year: 2004 School: Wis. Lutheran Course: Greenfield Park Time: 25:26

WOMEN’S 6K FRESHMAN RECORD
Name: Kristen Renninger Year: 2005 School: Aurora University Course: AU Spartan Classic Time: 26:32

AU Women’s Cross Country Awards

SPARTAN AWARD
2004 Cami Loving
2003 Jessie Gonzalez

NEWCOMER OF THE YEAR
2004 Fran Sikorski
2003 Lyndsey Todd

MVP
2004 Fran Sikorski
2003 Lyndsey Todd

CAPTAINS
2004 Jessie Gonzalez and Fran Sikorski
2003 Cami Loving

ATHLETES OF THE MEET – 2004
Chuck Carroll Invitational: Jenn Garlinsky
Spartan Classic: Fran Sikorski
Brisman/Lundeen Invitational: Stephanie Carson
Warrior Invitational: Lyndsey Todd and Susan Sawtell
Eagle Invitational: Margarita Castellanos
Millikin Classic: Lyndsey Todd
NIIC Championships: Stephanie Carson
NCAA Regional: Fran Sikorski

NIIC CONFERENCE FINISHES
Year Team Individual
2004 Second Fran Sikorski (second)
2003 Third Jessie Gonzalez (14th)

NIIC AWARDS
All-Conference
2004: Fran Sikorski, Stephanie Carson and Susan Sawtell

FRESHMAN OF THE YEAR
2004: Susan Sawtell

Spartans’ All-Time Roster

PLAYER YEAR PLAYER YEAR
Osha Bledsoe 2005 Elizabeth Rhodes 2003
Stephanie Carson 2004-2005 Christian Rodriguez 2005
Margarita Castellanos 2003-2004 Susan Sawtell 2004
Jenn Garlinsky 2004-2005 Fran Sikorski 2004-2005
Kristen Renninger 2005

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 1.5 miles 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.
**Rebecca L. Sherrick**  
**President**  
Currently in her sixth year as Aurora University President, Rebecca Sherrick is a true Spartan booster and often attends athletic events. She earned her B.A. from Illinois Wesleyan University and Ph.D. from Northwestern University.

**Andrew Manion**  
**Provost**  
Previously Dean of the College of Arts and Sciences from 1998 to 2000, Andrew Manion earned his B.A. from Saint Norbert College and his Ph.D. in experimental psychology from Adelphi University.

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

**Mark Walsh**  
**Director of Athletics**  
Mark Walsh was named Director of Athletics in 1998. Previously, Walsh was AU's Head Baseball Coach from 1992-2002 and 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 Assistant Football Coach at AU from 1986-1996 and was part of the coaching staff who reinstated football after it had been dropped in 1952. Walsh earned both his bachelor's and master's degrees from Aurora University.
Aurora University traces its origins to the 1893 founding of a seminary in the small town of Mendota, Ill. 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 18 NCAA Division III intercollegiate athletic teams. The Spartans boast a winning tradition with 37 conference titles in recent years and 32 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. Opening this year is AU’s $14 million Institute for Collaboration that will house this growing collaboration and the students and faculty it nurtures. Our George Williams Campus at Williams Bay, Wis., is also the scene for important collaborative efforts. Last 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 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**

**2005 Women’s Cross Country Schedule**

Head Coach: James Kluckhohn

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Location</th>
<th>Time</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri. 9/2</td>
<td>Chuck Carroll Invitational</td>
<td>Naperville, Ill.</td>
<td>W: 5:00 p.m.</td>
<td>6k</td>
</tr>
<tr>
<td></td>
<td>North Central College</td>
<td>DuPage River Park</td>
<td>M: 6:00 p.m.</td>
<td>5 mi</td>
</tr>
<tr>
<td>Fri. 9/9</td>
<td><strong>Spartan Classic</strong></td>
<td><strong>Aurora, Ill.</strong></td>
<td><strong>W: 4:45 p.m.</strong></td>
<td><strong>6k</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Aurora University</strong></td>
<td><strong>Oakhurst Forest Preserve</strong></td>
<td><strong>M: 5:30 p.m.</strong></td>
<td><strong>8k</strong></td>
</tr>
<tr>
<td>Fri. 9/23</td>
<td>Brissman/Lundeen Invite</td>
<td>Rock Island, Ill.</td>
<td>W: 5:00 p.m.</td>
<td>6k</td>
</tr>
<tr>
<td></td>
<td>Augustana College</td>
<td>Credit Island Park</td>
<td>M: 6:00 p.m.</td>
<td>8k</td>
</tr>
<tr>
<td>Sat. 10/1</td>
<td><strong>Warrior Invitational</strong></td>
<td>West Allis, Wis.</td>
<td>W: 11:00 a.m.</td>
<td>5k</td>
</tr>
<tr>
<td></td>
<td>Wisconsin Lutheran College</td>
<td>Greenfield Park</td>
<td>M: 11:45 a.m.</td>
<td>8k</td>
</tr>
<tr>
<td>Fri. 10/7</td>
<td><strong>Eagle Invitational</strong></td>
<td>Lisle, Ill.</td>
<td>W: 3:30 p.m.</td>
<td>5k</td>
</tr>
<tr>
<td></td>
<td>Benedictine University</td>
<td>Community Park</td>
<td>M: 4:15 p.m.</td>
<td>8k</td>
</tr>
<tr>
<td>Sat. 10/15</td>
<td><strong>Rockford Invitational</strong></td>
<td>Rockford, Ill.</td>
<td>W: 11:00 a.m.</td>
<td>6k</td>
</tr>
<tr>
<td></td>
<td>Rockford College</td>
<td>Fuller Forest</td>
<td>M: 12:00 p.m.</td>
<td>8k</td>
</tr>
<tr>
<td>Sat. 10/29</td>
<td><strong>NIIC Championships</strong></td>
<td>Rockford, Ill.</td>
<td>W: 11:00 a.m.</td>
<td>6k</td>
</tr>
<tr>
<td></td>
<td>Rockford College</td>
<td>Fuller Forest</td>
<td>M: 12:00 p.m.</td>
<td>8k</td>
</tr>
<tr>
<td>Sat. 11/12</td>
<td>NCAA Regionals</td>
<td>Peoria, Ill.</td>
<td>W: 11:00 a.m.</td>
<td>6k</td>
</tr>
<tr>
<td></td>
<td>Greenville/Washington University</td>
<td>M: 12:00 p.m.</td>
<td>8k</td>
<td></td>
</tr>
<tr>
<td>Sat. 11/19</td>
<td>NCAA Championships</td>
<td>W: 11:00 a.m.</td>
<td>6k</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ohio Wesleyan</td>
<td>M: 12:00 p.m.</td>
<td>8k</td>
<td></td>
</tr>
</tbody>
</table>

All home matches in **BOLD**

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**Aurora University**

347 S. Gladstone Ave.
Aurora, IL 60506-4892
630-844-5533 or
800-742-5281
www.aurora.edu