

ESPN THE MAGAZINE ACADEMIC ALL-AMERICA® TEAM

SELECTED BY COSIDA

North Dakota State's Steckler, St. Cloud State's Koch Top 2004-05 ESPN The Magazine Academic All-America Men's Track/Cross Country Teams

WALTHAM, Mass.-- North Dakota State University senior **Marc Steckler (Fargo, ND)** and St. Cloud State University junior **Ryan Koch (Madison, Wisc.)** earned top honors on the *ESPN The Magazine* Academic All-America® men's track & field and cross country teams announced Tuesday.

Steckler, the University Division Academic All-America of the Year, earned Academic All-America® honors for the third consecutive season. Koch, the College Division Academic All-America of the Year, earned his second nod in 2005. Both athletes will advance to the all sports Academic All-America of the Year ballot

Steckler, who carries a 3.99 grade point average as a mechanical engineering major, earned the unique distinction of earning University Division laurels in his first season of NCAA Division I competition. NDSU is reclassifying from Division II to Division I status. He was a three-time NCAA Division II All-American before winning the Division I independent national title in the pole vault this season.

Koch, a computer science major with a spotless 4.00 grade point average, earned his own rare distinction by taking the top spot on the College Division team despite being only a junior. He becomes the first College Division men's track & field/cross country student-athlete to earn Academic All-America of the Year recognition as a junior. A starting wide receiver on the SCSU football team in 2004 and a first team Academic All-America in that sport, he earned his track & field honors as an NCAA Division II All-American in the decathlon this season.

Koch's achievement is highlighted by the dominance of seniors on both the University and College Division teams. Sixty-six of the 90 honorees this season are seniors or graduate students. Koch was one of only five juniors amongst 30 student-athletes named first team.

Steckler and Koch were among 28 track & field/cross country student-athletes who earned Academic All-America encores in 2004-05. Six of those were named Academic All-America® for the third time. On the College Division team, Nick Johnson (Augustana College) and Sharath Alampur (Rensselaer Poly) became three-time winners. Three-time winners on the University Division team were Ryan Bender (Duquesne), Dirk Homewood (Northern Iowa), Andrew Maloney (St. Francis) and Steckler.

North Dakota State had the rare distinction of having three first-team honorees. In addition to Steckler, they were classmates Andrew Aakre and Jared Essler. In addition to placing Alampur on the third team, RPI had two first-team selections, Joseph Otto and Trevor Tresmette.

Also named to the University Division first team were Nathan Brown (Wisconsin), Adam Davis (Rice), Ty Denby (Virginia Military), Steve Holland (Long Beach State), Todd Mobley (Notre Dame), Jonathan Severy (Colorado), Andrew Sherman (Butler), John Tumbleston (Elon) and Jaanus Uudmae (Arkansas).

The College Division first team also included Nate Beerling (Minnesota-Duluth), Cody Brotherton (McMurry), Nathan Carlson (St. Martin's), Christopher Clark (Rochester), Mark Heintz (Elmhurst), Matt Molski (New Jersey), Uzoma Orji (MIT), Clint Prange (Northwest Missouri), Basil Steele (Dubuque), Ty Touchstone (Eastern New Mexico) and Mark Zilch (Lewis). Touchstone was the college division Academic All-America of the Year in football last fall.

To be eligible, a student-athlete must be a varsity starter or key reserve, maintain a cumulative grade point average of 3.20 on a scale of 4.00, have reached sophomore athletic and academic standings at his/her current institution and be nominated by his/her sports information director. Since the program's inception in 1952, CoSIDA has bestowed Academic All-America honors on more than 14,000 student-athletes in Divisions I, II, III and NAIA covering all NCAA championship sports.

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ESPN The Magazine – winner of the 2003 National Magazine Award for General Excellence – is a provocative and innovative sports publication. Full of insight, analysis, impact and wit, the oversized bi-weekly with a circulation of 1.85 million looks ahead to give fans a unique perspective on the world of sports.

For more information about the Academic All-America Teams program, please visit www.cosida.com or e-mail rlipe@bentley.edu.

FARGO, N.D.--North Dakota State seniors Marc Steckler (Fargo, N.D.), Andrew Aakre (Stephen, Minn.) and Jared Essler (Minot, N.D.) were selected to the 2005 ESPN The Magazine Academic All-America® University Division men's track & field/cross country first team released on Tuesday, June 21.

Steckler was selected as the Academic All-America Team Member of the Year and will advance to the all sports Academic All-America of the Year ballot.

Steckler becomes the first NDSU student-athlete since former track & field standout Jill Theeler was honored as Team Member of the Year in 2002.

Steckler was undefeated in the pole vault during the outdoor season, including a win at the Division I Independent Championships with a clearance of 16-7 1/2. Steckler is a three-time Division II All-American with a runner-up finish at the 2004 indoor national meet. He is No. 2 on the all-time NDSU list with a jump of 16-10 3/4 during the 2004 indoor season. He maintains a 3.99 grade-point average in mechanical engineering.

Aakre recently ended his career as a Bison with a school record win at the NDSU Decathlon. His score of 7,641 upped his own mark of 7,528 set at the Mt. SAC Relays in April. Aakre is a five-time Division II All-American, including a runner-up performance in the decathlon at the 2004 NCAA Outdoor Division II Championships. Aakre maintains a 3.72 grade-point average in civil engineering.

Essler is a six-time Division II All-American via the relays. Essler was a part of back-to-back national runner-up 1,600-meter relay squads from 2003-04. He was also a member of both the indoor and outdoor 4x200 and 4x400 school record relay teams. He holds the third fastest indoor 400 time in school history with a 48.63 and the second fastest outdoor time in the event with a 47.01. Essler maintains a 3.83 grade-point average in social science and physical education.

With three selections, North Dakota State was the only school with multiple representatives on the first team. The three selections bring NDSU's total up to 10 Academic All-America selections for the 2004-05 year, breaking the school record of seven from 1999-00.

Also honored this year were: Brooke Hartman (soccer), David Erbes (basketball), Lacey Johnson (basketball), Sarah Klein (track), Jayd Kittelson (football), Tony Stauss (football) and Essler (football).

**2004-05 ESPN The Magazine Academic All-America® Men's Track & Field/Cross Country Teams
(University Division) as selected by CoSIDA**

FIRST TEAM

NAME	SCHOOL	YR	HOMETOWN	GPA/MAJOR
Andrew Aakre	North Dakota St.	Sr.	Stephen, Minn.	3.72, Civil Engineering
Ryan Bender	Duquesne	Sr.	Indiana, Pa.	3.87, Pharmacy
Nathan Brown	Wisconsin	Jr.	Madison, Wisc.	3.985 Biochemistry
Adam Davis	Rice	Sr.	Spring, Texas	3.96, Economics
Ty Denby	Virginia Military	Sr.	Scottsville, Va.	4.00, Chemistry
Jared Essler	North Dakota St.	Sr.	Minot, N.D.	3.83, Social Science & PE
Steve Holland	Long Beach State	Jr.	Whittier, Calif.	3.96, Business
Dirk Homewood	Northern Iowa	Sr.	Cedar Falls, Iowa	3.77 Math Education
Andrew Maloney	Saint Francis (PA)	Sr.	Toronto, Ont.	3.96, Management
Todd Mobley	Notre Dame	Sr.	Bloomfield, Mich.	3.854, Business (MBA)
Jonathan Severy	Colorado	Sr.	Aspen, Colo.	3.756, Philosophy
Andrew Sherman	Butler	Gr.	Swindon, England	4.00, Education
Marc Steckler	North Dakota St.	Sr.	Fargo, N.D.	3.99, Mechanical Engineering
John Tumbleston	Elon	Jr.	Boone, N.C.	3.99, Physics/Science Edu.
Jaanus Uudmae	Arkansas	Sr.	Tallin, Estonia	4.00, Computer Science

SECOND TEAM

NAME	SCHOOL	YR	HOMETOWN	GPA/MAJOR
John Albert	Minnesota	Jr.	Bloomington, Minn.	3.818, Business
Michael Breshears	SW Missouri St.	So.	Excelsior Springs, Mo.	4.00, Admin. Management
Sean Furey	Dartmouth	Sr.	Methuen, Mass.	3.67, Engineering
John Henderson	North Carolina St.	Jr.	Hendersonville, N.C.	4.00, Math Education
Aaron Hill	Northeastern	Jr.	Ben Wheeler, Texas	3.969, Electrical Engineering
Garrett Johnson	Florida State	So.	Tampa, Fla.	3.82, Political Science
Jonathan Koronen	Massachusetts	Sr.	Gardner, Mass.	3.941, Communications
Thomas Lancashire	Florida State	So.	Bolton, England	3.89, Exercise Science
Brad Lowery	South Dakota St.	Sr.	Pierre, S.D.	3.744, Physics
Brian MacPhee	Virginia Tech	Sr.	Golden Lake, Ont.	4.00, Physical Education
Michael Nicks	Colorado State	Sr.	Colorado Springs, Colo.	3.787, Business Administration
Chad Sanada	Southern Utah	Jr.	Reno, Nev.	3.946, Chemistry
Gabriel Wallin	Boise State	Sr.	Sodertalie, Sweden	3.87, Economics
Brent Wilberts	Drake	Gr.	Shoreview, Minn.	3.64, Accounting/Mngment
Andy Young	Oregon	Jr.	Newberg, Ore.	3.81, Human Physiology
Steve Zieminski	Florida	Gr.	Sarasota, Fla.	3.70, Accounting

THIRD TEAM

NAME	SCHOOL	YR	HOMETOWN	GPA/MAJOR
Jess Baumgarnter	Southern Utah	So.	Cedar City, Utah	3.916, Chemistry
Aaron Castro	Texas-Pan American	Jr.	McAllen, Texas	3.975, Business
Joe Detmer	Wisconsin	Jr.	Lodi, Wisc.	3.604, Computer Engineering
Nathan Egger	Michigan State	Sr.	Mason, Minn.	3.96, Finance
Ryan French	Iowa State	Sr.	Marion, Iowa	3.94, Economics
Matt Gund	Arkansas	Jr.	Idaho Falls, Idaho	3.83, International Relations
Andrew Heath	Auburn	Jr.	Marietta, Ga.	3.76, Civil Engineering
Ian Mayne	UT-Chattanooga	Sr.	Pickering, Ohio	3.81, Pre-Medicine
Will Merchad	UC Davis	Sr.	Davis, Calif.	3.90, Managerial Economics
Lucas Meyer	Yale	Sr.	Ridgefield, Conn.	3.38, Comparative Literature
David Mitchell	Miami, OH	Sr.	Woodridge, Ill.	3.78, English Literature
Sean O'Donnell	Notre Dame	Sr.	Kansas City, Mo.	3.854, Engineering
Aldwyn Sappleton	Oklahoma	Gr.	Clarendon, Jamaica	3.33, MBA (Grad.)
Matt Scherer	Oregon	Jr.	Sumner, Ill.	3.63, Business Administration
Ryan Sheehan	Saint Francis (PA)	Sr.	Pittsburgh, Pa.	3.44, Biology

ESPN the Magazine Academic All-America Team Member of the Year: Mark Steckler, North Dakota State

**2004-05 ESPN The Magazine Academic All-America® Men's Track & Field/Cross Country Teams
(College Division) as selected by CoSIDA**

FIRST TEAM

NAME	SCHOOL	YR	HOMETOWN	GPA/MAJOR
Nate Beerling	Univ. of Minnesota–Duluth	Sr.	St. Peter, Minn.	3.92, Exercise Science
Cody Brotherton	McMurry University	Sr.	Stratford, Texas	3.44, Communications
Nathan Carlson	St. Martin's College	Sr.	Pateros, Wash.	3.88 (4.0 Grad), Biology
Christopher Clark	Univ. of Rochester	Sr.	Webster, N.Y.	3.98, Physics & Mathematics
Mark Heintz	Elmhurst College	Sr.	Sycamore, Ill.	3.90, History
Nick Johnson	Augustana College	Sr.	New Lenox, Ill.	3.98, Mathematics
Ryan Koch	St. Cloud State	Jr.	Madison, Wisc.	4.00, Computer Science
Matt Molski	The College of New Jersey	Sr.	Sparta, N.J.	3.89, Chemistry
Uzoma Orji	M.I.T.	Jr.	Matawan, N.J.	3.8, Electrical Science & Engineering
Joseph Otto	Rensselaer Polytechnic	Sr.	West Seneca, N.Y.	3.82, Electrical Engineering
Clint Prange	Northwest Missouri State	Sr.	Shelbyville, Mo.	3.88, Agricultural Business
Basil Steele	Univ. of Dubuque	Sr.	Albuquerque, N.M.	3.64, Comp. Graphics & Interactive Media
Trevor Tersmette	Rensselaer Polytechnic	Sr.	Stittville, N.Y.	3.89, Aero. & Mech. Engineering
Ty Touchstone	Eastern New Mexico	Sr.	Lubbock, Texas	4.00, Business & CIS
Mark Zilch	Lewis University	Sr.	Bloomington, Ill.	3.71, Biology

SECOND TEAM

NAME	SCHOOL	YR	HOMETOWN	GPA/MAJOR
Mika Alahaivala	Missouri Southern	Sr.	Yilvieska, Finland	3.706, International Business
Dan Austin	Williams College	Jr.	Mechanicsburg, Pa.	3.78, Biology
Hunter Bennett–Daggett	Worcester Poly	Sr.	Yamhill, Ore.	4.00, Civil Engineering
Riley Conway	Augsburg College	Sr.	Lake City, Minn.	4.00, English
Luke Henry	Grove City College	Sr.	Knox, Pa.	3.91, Mechanical Engineering
Nathan Johnson	Washington & Lee	Sr.	Lexington, Va.	3.706, Math & Economics
Bryce Kirksey	Carson–Newman College	Sr.	Cleveland, Tenn.	4.00, Accounting
Hendrik Kok	Calvin College	Sr.	Lynden, Wash.	3.68, Biology
Mark LaLonde	UW–Stevens Point	Sr.	Park Falls, Wisc.	3.79, Business Administration
Paul Mach1	Seattle Pacific University	Sr.	Seattle, Wash.	3.76, Computer Science
Nate Meckes	Calvin College	Sr.	Bay City, Mich.	3.41m Physical Educ./Psychology
John Mercuri	Univ. of Scranton	So.	Moscow, Pa.	4.0, Biology & Philosophy
Jason Myers	Augustana College	Sr.	Fairbury, Ill.	3.95, Biology
Frank Prince	Univ. of Puget Sound	Jr.	Port Angeles, Wash.	3.97, Business/Math/Comp. Science
John Schuna	UW–Eau Claire	Sr.	Hudson, Wisc.	3.84, Exercise Science

THIRD TEAM

NAME	SCHOOL	YR	HOMETOWN	GPA/MAJOR
Sharath Alampur	Rensselaer Poly	Sr.	Ossining, N.Y.	3.93 (3.55 Grad), Mathematics
Andrew Batten	Adams State	Sr.	Highlands Ranch, Colo.	3.9, Business Administration
Aaron Coe	Whitworth College	Sr.	Salinas, Calif.	4.0, History
Gordie Coffin	Nebraska Wesleyan	So.	Osceola, Neb.4	3.94, Communications
Jeff Engbers	Calvin College	Sr.	Whitinsville, Mass.	3.52, Secondary & Physical Ed.
Jeremy Leibs	Cal Tech	Jr.	San Mateo, Calif.	3.9, Engineering & Applied Science
Christopher Martin	Muhlenberg College	Sr.	Georgetown, Del.	3.815, Chemistry & Philosophy
Brian Monaghan	U.S. Coast Guard Academy	Sr.	Wilmington, Del.	3.87, Civil Engineering
Eddie Papalia	Haverford College	Sr.	Chatham, N.J.	3.55, English
Jon Shoffstall	Baldwin–Wallace College	Sr.	Lakeview, Ohio	3.80, Health & Phys. Education
Jesus Solis	Adams State	So.	Elizabeth, Colo.	3.9, History & Government
Keith Vledhuis	Lock Haven Univ.	Jr.	Thamesford, Ont.	3.977, Health & Physical Ed.
Jarrold Wall	Central Missouri	Jr.	Marshalltown, Iowa	3.97, Accounting
Jeremy Weber	Juniata College	Sr.	Mohnton, Pa.	3.962, Int'l Policy Economy
Tim Wier	Concordia (IL) University	Sr.	Janesville, Wisc.	3.89, Secondary Education

ESPN the Magazine Academic All-America Team Member of the Year: Ryan Koch, St. Cloud State University