

Ryan Gurgel Named Runner of the Week

Sophomore **Ryan Gurgel** (*KMLHS*) was named UMAC Men's Cross Country Runner of the Week on Monday, October 9.

Gurgel earned the award after finishing fifth at the Loras College Invitational on Saturday, October 6, with a time of 27:02. That time was first among MLC runners at the event and helped the Knights to a second place finish as a team.



Gurgel sets the pace

The women finished third at the event thanks to top 20 finishes by Leah Miller (*LPS*), Rebecca Boehlke (*SCLHS*), and Sydney Cody (*Lakeside*).



Pankow makes the tackle

The football team improved to 4-2 on the season with a 14-7 win over Minnesota Morris in front of a large Homecoming crowd on Saturday, October 7.

Defense led the way for the Knights as they held UMM to 181 total yards and 11 first downs in the game. Senior **Josh VonDeylen** (*LPS*) led the team with ten tackles, while sophomores **Tristan Pankow** (*MLS*) and **Daniel Gensmer** (*MLS*) also made their mark on the game with big plays on defense and special teams.

Sophomore quarterback **Ian Paulsen** (*LPS*) led the charge on offense, completing 15 of 29 passes for 195 yards and one touchdown. He also finished with a game-high 22 carries for 95 yards on the ground. **Josh Arndt** (*SCLHS*) led all players in the game with six receptions for 105 yards.

Golf Teams Finish Season at UMAC Championships

The golf teams finished the fall season at the three-day UMAC Golf Championships last week at Alexandria Golf Club.

Upcoming Events at MLC

- 10/13 VB @Carleton
- 10/14 XC @Crown WS v. UW-Superior VB @UW-Superior MS v. UW-Superior FB @St. Scholastica

The women finished sixth out of nine teams, led by strong performances from sophomore **Alison Lindemann** (*LPS*) and junior **Katheryn Hansen** (*GPLHS*).

Senior Alex Lindemann (*LPS*) led the men to a seventh place team finish with help from sophomores Ethan Jaeger (*GPLHS*) and Zackary Zuberbier (*Milwaukee WI*).



Alison Lindemann chips from off the green

Knights Win Homecoming Game 14-7