



Knights Notch First Win with 34-0 Rout

The MLC football team notched their first win of the season with a 34-0 rout of Finlandia University. After a close first half, the Knights blew the game open in the second half with a 27-point third quarter. The running backs led the way: **Rees Roecker** (*LPS*) with 170 yards rushing and two touchdowns, **Zach Arndt** (*SCLA*) with 105 yards rushing and a touchdown, and **Eli Slangor** (*MLS*) with 71 yards rushing and two touchdowns. MLC dominated time of possession 41-19 as the defense, led by **Cooper Knoll** and **Joey Ehlke** (both *KMLHS*), stifled the Lions' offense.

Coach Paul Huebner was impressed by both his offensive line and defensive line, noting that the Knights dominated in the trenches. Huebner was also pleased as several backups stepped up to fill in for injured players. The Knights next travel to UM-Morris for another UMAC game.



Cross Country Teams Dominate at St. Bonifacius Invitational

The MLC women's cross country team won the St. Bonifacius Invitational over five other teams. MLC beat the nearest competitor, St. Catherine's, 33-29. Three MLC runners finished in the top ten, led by **Maya Habben** (*LPS*) – 1st, **Hannah Kratz** (*GPLHS*) – 2nd, and **Claire Tomhave** (*LPS*) – 8th. Coach Breanna Olson said it was helpful to run on the course that will host the UMAC Championships later this month.

The MLC men's cross country team took second in the Invitational, fighting rain, sleet, and wind in their event. **Caleb Lash** (*SLHS*) finished in 4th place, and **Camden Sulzle** (*LPS*) finished in 7th. The Knights were just eight points behind winner UM-Morris, 33-41.

The cross country teams recently volunteered at the MVL Grade School Invitational Cross Country Meet. They served as route markers and helped out at the finish line. Pictured is **Hannah Ott** (*KMLHS*) at the finish line. The Knights look forward to helping with future events.



Upcoming Events at MLC

- 10/20 MS @ UM-Morris
- WS @ UM-Morris
- 10/21 VB vs. UM-Morris
- 10/22 VB vs. Crown
- FB @ UM-Morris
- MS @ Crown
- WS @ Crown