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University of Minnesota
Athletic Communications

244 Bierman Field Athletic Building • 516 15th Avenue SE • Minneapolis, MN 55455
(p) 612.625.4090 • (f) 612.625.0359

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Contact: Pat McCabe (mcca0512@umn.edu / 612-203-3028)

WRESTLING UPDATE
December 16, 2009

Ben Berhow Named Big Ten Wrestler of the Week

Park Ridge, Ill. - University of Minnesota wrestling heavyweight Ben Berhow was named Big Ten Wrester of the Week on Dec. 15, after posting a 2-0 mark last week.

The honor is the first of his career for the junior, and he is the first Golden Gopher of the season named Big Ten Wrestler of the Week.

A native of Hayward, Minn., Berhow's week began when Minnesota hosted Nebraska on Dec. 10. With Minnesota trailing 3-6 early in the match, the 11th ranked Berhow came up against seventh ranked Tucker Lane. In his previous two matches Berhow faced two wrestlers also ranked in the top-10, dropping narrow decisions in each.

Berhow and Lane also matched up earlier in the season, with Lane earning a 3-1 overtime win. This time, Lane again took charge early, and held a 6-5 lead in the third period. A third period takedown by Berhow gave him a 7-6 lead as time began to wind down. Before the end of the third period, Lane was able to gain one last point on an escape, and regulation ended with the score tied 7-7.

In the first overtime period, Berhow scored a takedown to end the match and earn the 9-7 win. The win also tied the match at 6-6, and the Gophers would not trail again on their way to the 28-14 victory.

Three nights later, on Dec. 13, Berhow capped the Gophers dominating 41-3 win with a pin in the final match. The third-period fall was his second of the season, and his first in dual meet action. Berhow is now 7-3 on the season and 2-2 in duals.

Berhow and the Gophers are currently ranked No. 6 in the country and are 3-1 in dual meets. They next compete at the Southern Scuffle on Dec. 29 and 30, hosted by the University of North Carolina Greensboro. Their first dual is against the current No. 2 team in the nation, Iowa State, and is in the Sports Pavilion on Jan. 3 at 2:00 p.m.

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