

1988 MINNESOTA WOMEN'S CROSS COUNTRY  
MEDIA GUIDE

**QUICK FACTS:**

LOCATION: Minneapolis, Minnesota  
FOUNDED: 1851  
ENROLLMENT: 45,000  
NICKNAME: Golden Gophers  
COLORS: Maroon and Gold  
CONFERENCE: Big Ten  
PRESIDENT: Dr. Richard Sauer (interim)  
ATHLETIC DIRECTOR: Chris Voelz (612) 624-4044  
HEAD COACH: Gary Wilson (612) 624-2058  
SPORTS INFORMATION DIRECTOR: Karen Smith (612) 624-3335  
CROSS COUNTRY CONTACT: Ron Larson (612) 624-3335  
HOME COURSE: Les Bolstad University of Minnesota Golf Course

COACH: Gary Wilson (4th Year) SUNY-Cortland '68  
1987 BIG TEN FINISH: 3rd  
LETTERWINNERS RETURNING: Seven (7)  
LETTERWINNERS LOST: One (1)  
CLASS BREAKDOWN: Seven (7) seniors; five (5) juniors; seven (7) sophomores; nine (9) freshmen.

**TOP RETURNERS:**

**EILEEN DONAGHY** -- Senior -- Won the Big Ten individual championship a year ago in 16:58.0, breaking a string of Wisconsin individual titleists dating back to 1976, when Minnesota's Cathie Twomey was the winner...Donaghy was the top Minnesota finisher in every meet last season.

**CHERSTE JOHNSON** -- Junior -- Was the Gophers' No. 2 runner in most meets last season. She placed 18th at the Big Ten Championships and 15th at the NCAA Region 4 Championships. Johnson posted personal-bests of 17:32 at the Indiana Invitational and at the Region 4 meet.

**LAURA DUFFY** -- Sophomore -- Duffy was the Gophers' top freshman overall last year, and she was the team's No. 4 runner much of the season. She ran the fourth-best freshman time (18:21) at the Big Ten Championships last year, and she posted a season-best 18:06 at the NCAA Region 4 Championships.

**CHRIS ABBOTT** -- Sophomore -- Posted the best time among Gopher freshmen last year, an 18:02 at the NCAA Region 4 Championships.

**TOP NEWCOMERS:**

**KARA PARKER** -- A two-time high school All-American, she won the state Class A cross country title in 1986 and 1987 and finished second in 1985. She placed seventh at the Kinney Cross Country Nationals in 1987. She also placed second at TAC Cross Country Nationals as a sophomore.

**SARAH RENK** -- Freshman -- Finished second in the state Class A cross country meet in 1986, leading her team to the title. She also won three state titles at 800 and 1600 meters in track and field.

## 1988 MINNESOTA WOMEN'S CROSS COUNTRY OUTLOOK

### GOPHERS SHOOTING FOR BIG TEN CROWN

Minnesota burst on to the national cross country scene last fall, cracking the top 20 rankings for the first time since 1983. The Gophers, who regularly ran two sophomores and two freshmen on their traveling squad, were ranked as high as 14th in the nation. They never placed lower than third in any meet until the NCAA Region 4 Championship, where they placed fifth of 25 teams.

Led by a stunning performance by **Eileen Donaghy**, who captured the Gophers' first official Big Ten individual cross country championship, Minnesota improved from eighth to third in the conference, tying their best-ever finish at the Big Ten Cross Country Championships.

This year, fourth-year coach Gary Wilson's harriers are shooting for the Big Ten crown and a berth in the NCAA Championships. The Gophers return six of their top seven runners, including Donaghy. They will, however, miss the leadership of four-year veteran Patti Walsh, who closed out a fine career with a 15th-place finish at the Big Ten Championships.

### DONAGHY LEADS STRONG, EXPERIENCED GROUP OF RETURNERS

In addition to Donaghy, who will be a senior, the Gophers return junior **Cherste Johnson**, who placed 18th at the Big Ten meet and 15th in the NCAA Region 4 meet last year. Johnson ran a pair of 17:32 times: at the Indiana Invitational and at the Region 4 meet. Also returning from the group that ran in the Big Ten meet are sophomores **Laura Duffy**, who placed fourth among Big Ten freshman (27th overall) in 18:21, then proceeded to run an 18:06 at the Region 4 meet, and **Chris Abbott**, who placed 32nd at the Big Ten meet and 38th at Region 4 in 18:02. Rounding out the returners are junior **Tiffany Church** (31st at the Big Ten meet) and senior **Patty Burns**, who has run in every varsity cross country meet for three years.

### TOP FRESHMEN COULD CONTRIBUTE IMMEDIATELY

Wilson has added some outstanding freshmen with the ability to press for spots on the traveling squad. Foremost among them are **Kara Parker**, a former Minnesota state prep cross country champion who placed seventh at the Kinney National High School Cross Country Championships as a junior, and **Sarah Renk**, a four-time Minnesota state track and field champion and runner-up at the state cross country meet.

### OTHERS COULD EMERGE FROM EXCEPTIONALLY DEEP ROSTER

Other runners looking to earn a spot in the top seven include: senior **Jackie Hubbard**, a former small-college All-American; junior **Wendy Babcock**, who ran in the Big Ten Cross Country Championships as a freshman; sophomore **Lori Nesvold**, a strong distance runner last track season; sophomore **Heather Doyle**, another former Minnesota high school cross country champion; freshman **Nicole Nugent**, a top Southern California runner who was a medical redshirt last fall; and freshman **Jennifer Alby**, a top Wisconsin high school runner.

**GARY WILSON**  
Head Cross Country/Track & Field Coach

### **WILSON TAKING GOPHERS TO NEW HEIGHTS**

In just three years, Gary Wilson has rebuilt, virtually from scratch, Minnesota's proud cross country tradition. Wilson's dedication to his job and his determination to have each runner get the most of her ability has begun to have a tremendous impact.

Last year, the Gophers surprised a few people as they vaulted five spots to finish a strong third at the Big Ten Championships. They also cracked the national rankings, checking in as high as 14th in the country. Significantly for the future, they accomplished these feats with a top seven that included only one senior and two freshmen.

Individually, Wilson helped Eileen Donaghy, who walked into his office one day three years ago and asked for a tryout, become the 1987 Big Ten Cross Country Champion. With Donaghy and six letterwinners returning, and another talented group of newcomers joining the fold, there can be little doubt that Minnesota cross country has arrived.

### **BUILT NATIONAL POWER AT WISCONSIN-LACROSSE**

Wilson was lured to Minnesota after building a Division III powerhouse at the University of Wisconsin-LaCrosse, where he coached the women's teams to three consecutive national track and field championships and one national cross country championship. UW-LaCrosse finished in the top five at cross country nationals in six of Wilson's eight years with the program.

The women's track and field team won three national titles in the four years Wilson served as coach. Wilson also coached the men's track and field team at LaCrosse for seven years, and he coached **both** teams in 1982 and 1983.

A native of Lyndonville, N.Y., Wilson competed in cross country, and indoor and outdoor track while an undergraduate at the State University of New York-Cortland, captaining all three teams as a senior. Gary and his wife, Suzy, have three children: Ben, 8; Laura, 6; and Adam, 3.

### **COACH'S PROFILE**

**Gary Wilson**

**Education:** B.S. Physical Education, SUNY-Cortland, 1968  
M.S. Physical Education, SUNY-Cortland, 1974

### **Coaching**

**Accomplishments:**

- \* 1985 NCAA Division III Women's Outdoor Track Third Place
- \* 1984 NCAA Division III Women's Outdoor Track Champions
- \* 1984 NCAA Division III Women's Cross Country Runners-up
- \* 1983 NCAA Division III Women's Outdoor Track Champions
- \* 1983 NCAA Division III Women's Cross Country Champions
- \* 1982 AIAW Division III Women's Outdoor Track Champions
- \* 1982 NCAA Division III Women's Cross Country Runners-up
- \* Has coached 34 women's track and field All-Americans
- \* Has coached 11 women's cross country All-Americans
- \* Has coached 25 men's track and field All-Americans
- \* TAC Level II Instructor for the endurance events

**Coaching Honors:**

- \* Coach of the Year, NCAA Division III, 1983, 1984
- \* Runner's World All-Star Coach, 1984
- \* NCAA District IV Representative to the national cross country committee, 1987-88

## PROFILES

**CHRIS ABBOTT**  
Sophomore  
Winona, Minnesota

**College:** Competed in six cross country meets...finished fourth among Gophers (38th overall) at NCAA Region 4 Meet in a personal-best 18:02...placed 32nd (sixth among Gophers) at Big Ten cross country meet.

**High School:** Winona High School...placed second at 3200m in state track meet as a senior...three-time region champ at 3200m...competed in state cross country meet junior and senior years, finishing fifth as a senior...also lettered in nordic skiing four years and competed in state meet three times...coached by Jim Flim, John Ruggeberg and Lyn Gronert.

**Personal:** Born 4/9/69...would like to attend medical school after graduation...maintains a 3.7 GPA at Minnesota...daughter of James and Lloydine Abbott.

**PR's:** Cross country (5,000m): 18:02.

**BETH ALFORD**  
Senior  
Minnetonka, Minnesota

**College:** One of the cross country team captains...competed in three cross country meets in 1987, with a best finish of 26th at the Minnesota Open (19:25)...ran in four cross country meets in 1986, with a best finish of 29th at the Minnesota Quad (20:20)...transfer from Wisconsin-LaCrosse...member of the NAIA national team at LaCrosse.

**High School:** Minnetonka High School...three-time all-conference in cross country and two-time in track...captain of 1983 state champion cross country team...also captained track team as a senior...coached by Jim Kovn.

**Personal:** Born 4/19/66...majoring in human relationships with a youth studies concentration...plans to return to school after graduation to get a master's degree in counseling...father Richard was captain of Gopher baseball team that won two Big Ten titles and the NCAA championship in 1961...daughter of Richard and Gretchen Alford.

**PR's:** Cross country (5000m): 19:25.

**PATTY BURNS**  
Senior  
Menomonie, Wisconsin

**College:** Competed in every varsity cross country meet all three years at Minnesota...had best time of career (18:10) at 1987 Indiana Invitational, finishing 23rd...placed 38th at 1987 Big Ten meet (18:50) and 50th at NCAA Region 4 meet (18:12)...two-time Academic All-Big Ten selection in cross country and track and field...also a two-time Patty Berg Award winner for academic and athletic excellence at Minnesota.

**High School:** Menomonie High School...all-conference two years...captained team as senior...coached by Bob Peterson.

**Personal:** Born 6/6/67...nursing major...maintains a 3.4 GPA at Minnesota...daughter of William and Rose Burns.

**PR's:** Cross country (5000m): 18:10.

**TIFFANY CHURCH**  
Junior  
Appleton, Wisconsin

**College:** Competed in seven cross country meets in 1987...finished 31st at the Big Ten meet (18:30) and 51st at the NCAA Region 4 meet (18:13)...ran in seven cross country meets in 1986, placing 55th at the Big Ten meet (18:40) and 93rd at NCAA Region 4 meet (19:03)...named to the Academic All-Big Ten teams in both track and cross country and received a Patty Berg Award for academic and athletic excellence at Minnesota.

**High School:** Appleton West High School...placed 6th in two-mile run at state track meet...coached by Bob Anderson, Claudine Happel and Frank Burns.

**Personal** Born 1/28/68...biology major...maintains a 3.2 GPA at Minnesota...daughter of Frank and Chris Church.

**PR's:** Cross country (5000m): 18:13.

**EILEEN DONAGHY**  
Senior  
St. Paul, Minnesota

**College:** One of the cross country and track and field team captains...Big Ten individual cross country champion in 1987 with a time of 16:58.0, becoming only the third Gopher ever to break 17 minutes in a 5000m cross country meet...named Big Ten Cross Country Athlete of the Year...named Minnesota Daily Athlete of the Week four times in 1987-88, three times during cross country and once during outdoor track season...named Minnesota Co-Athlete of the Quarter in Fall 1987, along with volleyball's Andrea Gonzalez...named All-Big Ten in both cross country and outdoor track and field in 1987-88...All-American in the outdoor 10,000m run, finishing eighth in a school-record time of 33:31.96...had Gophers' top times in every event from 1500m to 10,000m during the outdoor track season...top Gopher finisher at 1986 Big Ten Cross Country Championships, placing 13th overall...1985 Cross Country Freshman of the Year and Most Improved Runner.

**High School:** Highland Park High School...region champion and all-state in cross country...holds three conference track records...coached by Annette Class and Jerry Larson.

**Personal:** Born 7/1/66...majoring in geo-engineering...daughter of Laurence and Elizabeth Donaghy.

**PR's:** Cross country (5000m): 16:58.0.

**LAURA DUFFY**  
Sophomore  
Kennebunk, Maine

**College:** Ran in six cross country meets in 1987...had best time (18:06) at the NCAA Region 4 meet, placing 41st overall...placed 27th at the Big Ten meet, best among Gopher freshmen...named Minnesota's cross country Freshman of the Year.

**High School:** Placed 14th at the Kinney National Cross Country Championships...state cross country champion as a senior, second as a junior...won four state championships in indoor track...won two state titles in outdoor track prior to her senior year...set state record at 3200 meters outdoors as a junior...coached by Ron Hankel and Jon Wilson.

**Personal:** Born 10/16/68...vice president of National Honor Society in high school...pre-inter-college program...daughter of Martin and Barbara Duffy.

**PR's:** Cross country (5,000m): 18:06.

**GWEN GIENEART**  
Senior  
New Hope, Minnesota

**College:** One of the cross country captains for 1988...competed in three cross country meets in 1987...best finish was 19th at the LaCrosse Invitational...also competed in three cross country meets in 1986...best finish and time of 1986 was 19:33 (19th) at the Minnesota Quad...best freshman time was 20:27 at Mankato State.

**High School:** Cooper High School...named most valuable runner on both cross country and track teams...also cited as most improved cross country runner as a sophomore and most dedicated as a senior...coached by Randy Hanson.

**Personal:** Born 2/26/67...majoring in computer science...daughter of Ronald and Brenda Gieneart.

**PR's:** Cross country (5000m): 19:00.

**JACKIE HUBBARD**  
Senior  
Becker, Minnesota

**College:** One of the cross country captains for 1988...ran in four cross country meets in 1987...won cross country Coaches Award in 1986 while sitting out her transfer year from South Dakota State...Division II cross country All-American in 1985...qualified for track and field nationals at 5,000m.

**High School:** Becker High School...state Class A cross country champion...six-year member of varsity track team...coached by Bob Schneider.

**Personal:** Born 2/28/66...majoring in sport and exercise science...high school class valedictorian...maintains a 3.5 GPA at Minnesota...daughter of Dale and Karen Hubbard.

**PR's:** Cross country (5,000m): 19:04.

**CHERSTE JOHNSON**  
Junior  
Oshkosh, Wisconsin

**College:** Named Most Improved cross country runner in 1987...ran in seven cross country meets, placing 18th at the Big Ten meet (18:00) and 15th at NCAA Region 4 meet (17:32)...also had a 17:32 time in an eighth-place finish at the Indiana Invitational...ran in seven cross country meets in 1986, finishing 51st at the Big Ten meet (18:36) and 105th at the NCAA Region 4 meet (19:17).

**High School:** Oshkosh West High School...all-conference, all-region and all-state selection...competed at the National High School Athletic Coaches Association All-American Prep Cross Country Championships...coached by Russell Hoxtell and Bob Meronk.

**Personal:** Born 3/6/68...majoring in physical education teaching...member of student council four years in high school...homecoming queen as a senior...granddaughter of Bill and Martha Moore.

**PR's:** Cross country (5000m): 17:32.

**NICOLE NUGENT**  
Sophomore  
Del Mar, California

**College:** Ran in 12 track meets in 1988, including both Big Ten Championships...posted Minnesota indoor bests in the mile (5:05.42) and 3000m (9:55.3)...ran in one cross country meet in 1987...missed most of cross country season as medical redshirt.

**High School:** Torrey Pines High School...placed eighth at 3200 meters at California state track meet as a junior and senior...third-team all-Western Region at the 1986 Kinney National Cross Country Championships...three-time all-state in cross country...San Diego Section Runner of the Year in 1986...coached by Robert Lusitana.

**Personal:** Born 9/10/69...majoring in political science with an economics minor...participated in a foreign exchange program with high school students from New Zealand...maintains a 3.1 GPA at Minnesota...daughter of Robert and Patricia Nugent.

**PR's:** Cross country (5,000m): 19:13.

**KARA PARKER**  
Freshman  
Olivia, Minnesota

**High School:** Won the 1986 and 1987 Minnesota state Class A cross country championship...also placed seventh at the Kinney National High School Cross Country Championships as a junior...was runner-up in state cross country meet as a sophomore...placed second at 3200m and third at 1600m at state track meet as a senior...graduated with a 3.675 GPA...coached by Randy Hall.

**Personal:** Born 9-12-69...plans to major in psychology...daughter of Irven and Delores Parker.

**SARAH RENK**  
Freshman  
Winona, Minnesota

**High School:** Winona High School...two-time state 800m champion (1987, 1988)...also won at 1600m in 1988...placed second in the 800 (1986) and 1600 (1986, 1987) and third in the 800 (1985)...ran on state champion 3200m relay team in 1985...cross country team placed first in state in 1986 and second in 1985...finished second individually in 1986, sixth in 1985...voted Winona Daily News Sportsperson of the Year in 1987-88...attended elite track and field camp at U.S. Olympic Training Center in Colorado Springs in 1987...graduated 12th in a class of 384 with a 3.89 GPA...coached by Jim Flim, John Ruggeberg and Lynne Gronert.

**Personal:** Born 3/18/70...hopes to attend medical school after graduation...daughter of Martin and Polly Renk.

**MINNESOTA CROSS COUNTRY RECORD TIME (5000 METERS):**

**Jody Eder** 16:32.6 (1984, NCAA District IV Championships @ Illinois)

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**BIG TEN CHAMPIONS:** Eileen Donaghy, 1987  
Cathie Twomey, 1976

**ALL-AMERICANS:** Jody Eder, 1984 & 1985 (NCAA)  
Cathie Twomey, 1976 & 1977 (AIAW)

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**MINNESOTA FINISHES @ BIG TEN CHAMPIONSHIPS**

<u>YEAR</u>	<u>PLACE</u>	<u>TOP GOPHER FINISHER</u>	<u>LOCATION</u>
1987	3rd	Eileen Donaghy, 1st (16:58)	Indiana
1986	8th	Eileen Donaghy, 13th (17:21)	Ohio State
1985	9th	Jody Eder, 4th (18:01)	Michigan
1984	6th	Jody Eder, 4th (17:34)	Purdue
1983	3rd	Jody Eder, 8th (16:56)	Illinois
1982	7th	Jody Eder, 20th (18:45)	Iowa
1981	4th	Mary Yetzer, 9th (18:07.4)	Michigan State
1980	8th	Kathy Rosow, 26th (18:02)	Ohio State
1979	6th	Rocky Racette, 10th (18:42)	Iowa
1978	3rd of 9	Terri Wegner, 13th (18:26)	Wisconsin
1977		NO MEET HELD	
1976	3rd of 5	Cathie Twomey, 1st (17:19)	Michigan State

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**MINNESOTA AT NATIONAL CHAMPIONSHIPS**

<u>YEAR</u>	<u>LEAGUE</u>	<u>PLACE</u>	<u>TOP GOPHER FINISHER</u>	<u>LOCATION</u>
1987	NCAA	----	No Minnesota Competitors	U. of Virginia
1986	NCAA	----	No Minnesota Competitors	U. of Arizona
1985	NCAA	----	Jody Eder, 21st (16:57)	Marquette U.
1984	NCAA	----	Jody Eder, 14th (16:50.9)	Penn State U.
1983	NCAA	10th of 16	Jody Eder, 35th (17:30.4)	Lehigh U.
1982	NCAA	----	No Minnesota Competitors	Indiana U.
1981	AIAW	10th of 22	Sue Alm, 39th (18:50)	Idaho State U.
1980	AIAW	----	No Minnesota Competitors	U. of Washington
1979	AIAW	----	Rocky Racette, 59th (17:50.6)	Florida State U.
1978	AIAW	----	Terrie Wegner, 38th (18:16.1)	U. of Denver
1977	AIAW	14th of 23	Cathie Twomey, 12th (18:04.3)	U. of Texas
1976	AIAW	----	Cathie Twomey, 6th (16:46.4)	U. of Wisconsin
1975	AIAW	12th of 19	Cathie Twomey, 10th (17:33)	Iowa State U.
1974	AIAW	4th of 15	Cathie Twomey, 11th (15:21)	Iowa State U.



**UNIVERSITY OF MINNESOTA CROSS COUNTRY  
1988-89 SCHEDULE**

**SEPTEMBER**

10	SAT.	<b>INTRASQUAD</b>	11:00 A.M.
17	Sat.	at Midwest Championship (Kenosha, WI)	10:00 a.m.
24	Sat.	at California Invitational (San Francisco, CA)	10:00 a.m.

**OCTOBER**

1	SAT.	<b>GBS NIKE INVITATIONAL (PARENTS DAY)</b>	12:30 P.M.
8	Sat.	at University of Iowa (Iowa City, IA)	4:00 p.m.
15	Sat.	at University of Wisconsin-LaCrosse (LaCrosse, WI)	12:00 p.m.
22	SAT.	<b>MINNESOTA QUAD</b>	11:00 A.M.
29	Sat.	at Big Ten Championship (Iowa City, IA)	TBA

**NOVEMBER**

12	Sat.	at NCAA Region 4 Championship (Champaign, IL)	TBA
21	Mon.	at NCAA Championship (Ames, IA)	TBA

ALL HOME MEETS IN CAPITAL/BOLD ARE AT U OF M GOLF COURSE

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**TOP TEN MINNESOTA CROSS COUNTRY TIMES (1977-1987): 5000 METERS**

	<u>TIME</u>	<u>NAME</u>	<u>YEAR</u>	<u>COURSE</u>	<u>MEET</u>
1.	16:32.6	Jody Eder	1984	Univ. Of Illinois	NCAA District IV
2.	16:46	Jody Eder	1984	Univ. of Illinois	Illinois Invitational
3.	16:50.9	Jody Eder	1984	Penn State	NCAA Nationals
4.	16:56	Jody Eder	1983	Univ. of Illinois	Big Ten Championship
5.	16:56.1	Stacy Bant	1984	Univ. of Illinois	NCAA District IV
	16:56.1	Jody Eder	1984	Univ. of Wisconsin	Wisconsin Classic
7.	16:57	Jody Eder	1985	Marquette Univ.	NCAA Div. I Championship
8.	16:58.0	Eileen Donaghy	1987	Indiana University	Big Ten Championship
9.	17:01	Eileen Donaghy	1987	Bowling Green Univ.	NCAA Region 4
		Jody Eder	1983	Univ. of Illinois	Illinois Invitational

**TEN FASTEST 5K TIMES -- LES BOLSTAD UNIVERSITY GOLF COURSE (1978-1987)**

	<u>TIME</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>MEET</u>
1.	17:06.9	Leslie Seymour	Club Sota	1986	Minn/GBS Invit
2.	17:07.93	Leslie Seymour	Club Sota	1986	Minn. Quad
3.	17:13.1	Dorothe Rasmussen	Iowa State	1981	AIWA Region 6
4.	17:16.8	Renee Doyle	Iowa	1986	Minn/GBS Invit
5.	17:17.6	<b>Jody Eder</b>	MINNESOTA	1983	UW-LaCrosse Dual
6.	17:19.0	Sammie Resh	Nebraska	1987	Minn/GBS Invit
		Tori Neubauer	UW-LaCrosse	1983	UW-LaCrosse Dual
8.	17:21	Leslie Seymour	Club Sota	1987	Minnesota Open
		Cathie Twomey	Athletics West	1987	Minnesota Open
10.	17:23.2	<b>Jody Eder</b>	MINNESOTA	1984	Minn. Five-Way