



UNIVERSITY OF MINNESOTA
Women's Intercollegiate Athletics

Hometown News

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Cross Country Hometown #1

October 9, 1990

MINNESOTA "PACK ATTACK" RETURNS FOR 1990 SEASON

GOPHERS FINISH FIFTH IN GBS INVITATIONAL — The Minnesota women's cross country team hosted the GBS Invitational Oct. 6 at the Les Bolstad University of Minnesota Golf Course and finished fifth behind four nationally-ranked teams. No. 8 Oregon (33), No. 11 Michigan (67), No. 17 Iowa State (84) and No. 22 Weber State (113) finished ahead of Minnesota's team score of 118.

ROWE LEADS THE PACK — Junior **CHRIS ROWE** (SIOUX FALLS, SD) finished as the top Gopher runner in her third consecutive meet, finishing in 11th place with a time of 18:00. Junior **KARA PARKER** (OLIVIA, MN), the alternate on last year's NCAA team, is establishing herself as a key member of the 1990 team. **Parker** was the second Gopher across the line last Saturday in a time of 18:27. The Gophers were hurt by the absence of junior **JENNY ALBY** (APPLETON, WI) who missed the race because of the flu. **Alby** had been Minnesota's No. 2 runner in every other race this season.

PREPARATION CONTINUES FOR BIG TEN MEET — The Gophers will race this week at the Jim Drews Cross Country Invitational, hosted by UW-LaCrosse. Minnesota will rest its top seven runners in training for the Minnesota Open Oct. 20 at 11 a.m. and the Big Ten Cross Country Championship Oct. 27 at 10:45 a.m., both scheduled at the Les Bolstad University of Minnesota Golf Course.

MINNESOTA WINS OPENING MEET — The Gophers opened their season with a team and individual victory at the Midwest Collegiate Cross Country Championships Sept. 15, hosted by Wisconsin-Parkside at Kenosha, Wis. Minnesota's 46 points outdistanced UW-Oshkosh (75) and Ohio University (101) as well as 20 other schools. The Minnesota "pack attack" was definitely back at Kenosha with its top ten runners finishing within 61 seconds of each other.

Individually, **Rowe** won the 5,000-meter race in a personal-best time of 18:08. **Alby** knocked 15 seconds off of her PR with a fourth-place finish in 18:29 and **Parker** also set a PR by nine seconds with her seventh-place time of 18:33.

IOWA STATE RACE SHOWS IMPROVEMENT — The Gophers ran one senior and five freshmen at the Iowa State Invitational Sept. 21 in Ames, Ia. Although there was no team scoring in the meet, just about every Gopher established or improved on a career best for 5,000 meters. Senior **SARA ZIMMERMANN** (ST. PAUL, MN/MINNEHAHA ACADEMY) was the first Gopher across the line, finishing ninth in a time of 19:25, 28 seconds faster than her 1989 time on the same course. Freshman **JULIA McGOUGH** (RED WING, MN/CENTRAL) finished 16th in 19:44, six seconds faster than her time at Wisconsin-Parkside.

MINNESOTA FINISHES SECOND ON EAST COAST — In the warm and humid conditions of Buccleuch Park in New Brunswick, N.J., the Gophers finished in second place at the Rutgers Invitational Sept. 30. Minnesota's 47 points were second to No. 19 Pennsylvania's 41, but the Gophers defeated seven other schools. **Rowe** finished in fourth place and lowered her PR again to 17:55, a 13-second improvement. **Alby** contributed a sixth-place finish and a personal-best time of 18:10, and senior **LAURA DUFFY** (KENNEBUNK, ME) ran her fastest time since 1988 with an 11th-place clocking in 18:17.

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CURRENT NATIONAL POLL — Minnesota has been sitting on the fringe of the NCAA Division I Coaches' Poll for the past two weeks. All five teams that the Gophers have lost to are included in this week's poll. Regionally, the Gophers trail Big Ten foes Indiana, Michigan, Wisconsin and Iowa in the list, with Minnesota being the first team left out of the poll. This week's national poll is as follows:

NCAA WOMEN'S CROSS COUNTRY POLL (October 8, 1990)
(Includes rank, team, first-place votes, poll points and previous rank.)

1.	Villanova (8)	200
2.	Indiana	187
3.	Providence	181
4.	Georgetown	177
5.	Brigham Young	172
6.	Tennessee	156
7.	UC-Irvine	150
8.	Oregon	141
9.	Northern Arizona	133
10.	Clemson	123
11.	Michigan	122
12.	Wisconsin	111
13.	Nebraska	104
14.	Arkansas	97
15.	North Carolina State	83
16.	Kansas State	73
17.	Iowa State	71
18.	Washington State	67
19.	Pennsylvania	46
20.	Iowa	43
21.	Yale	39
22.	Auburn	29
	Weber State	29
24.	William and Mary	25
25.	Baylor	16

CHURCH, DOYLE OUT FOR SEASON — Gopher seniors **TIFFANY CHURCH** (APPLETON, WI/WEST) and **HEATHER DOYLE** (MOORHEAD, MN) will not running for the Minnesota cross country team in 1990. **Church**, a fifth-year senior, suffered from mononucleosis over the summer and is not strong enough to run. She will graduate in December with a degree in biology. **Doyle** has been struggling with tendinitis of the foot, and will be ready for the indoor track season. She will have one season of cross country eligibility remaining as a result of this redshirt season. **Church, Doyle and Duffy** are the tri-captains for the 1990 season.

1990 University of Minnesota Cross Country -- through October 6

9/8	Intrasquad	Maroon 27, Gold 28, Alumnae inc.	10/13	UW-LaCrosse Invite (LaCrosse, WI)
9/15	Midwest Collegiate (Kenosha, WI)	1st of 23 teams, 46 points	10/20	Minnesota Open (Minneapolis, MN)
9/21	Iowa State Invite (Ames, IA)	No Team Scores	10/27	Big Ten Championship (Minneapolis, MN)
9/30	Rutgers Invite (New Brunswick, NJ)	2nd of nine teams, 47 points	11/10	Region 4 Meet (West Lafayette, IN)
10/6	GBS Invitational (Minneapolis, MN)	5th of 11 teams, 118 points	11/19	NCAA Championship (Knoxville, TN)

	Intrasquad (4,000m)	Mid. Coll. (5,000m)	Iowa State (5,000m)	Rutgers (5,000m)	GBS Invite (5,000m)	UW-LaCrosse (5,000m)	MN Open (4,000m)	Big Ten (5,000m)	Region IV (5,000m)	NCAA (5,000m)
Chris Abbott	15:37 (4th)	18:51 (16th)	DNC	18:51 (25th)	18:56 (39th)					
Jenny Alby	15:16 (2nd)	18:29 (4th)	DNC	18:10 (6th)	DNC					
Monika Balint	DNC	DNC	DNC	DNC	18:36 (27th)					
Kristen Bubolz	15:56 (7th)	19:03 (26th)	DNC	19:00 (29th)	19:13 (50th)					
Laura Duffy	15:36 (3rd)	19:09 (35th)	DNC	18:17 (11th)	18:45 (35th)					
Michelle Gans	17:23 (12th)	21:02 (141st)	21:46 (53rd)	DNC	20:55 (85th)					
Julia McGough	16:03 (8th)	19:50 (65th)	19:44 (16th)	DNC	19:04 (45th)					
Phoebe Miron	23:15 (13th)	DNC	23:20 (65th)	DNC	22:06 (89th)					
Lynn Mishuk	16:10 (9th)	19:04 (28th)	DNC	18:55 (26th)	18:57 (41st)					
Lori Nesvold	15:51 (5th)	18:56 (19th)	DNC	18:39 (19th)	19:07 (47th)					
Kara Parker	DNC	18:33 (7th)	DNC	18:11 (7th)	18:27 (23rd)					
Chris Rowe	14:58 (1st)	18:08 (1st)	DNC	17:55 (4th)	18:00 (11th)					
Candice Schroder	DNC	DNC	22:50 (62nd)	DNC	23:17 (91st)					
Ricki Van Amber	17:10 (11th)	20:03 (77th)	20:41 (40th)	DNC	19:59 (78th)					
Shelly Wall	16:28 (10th)	18:55 (18th)	DNC	18:50 (24th)	18:52 (36th)					
Sara Zimmermann	DNC	18:59 (21st)	19:25 (9th)	DNC	19:39 (64th)					



Hometown News

Cross Country Hometown #2

October 31, 1990

GOPHER CROSS COUNTRY FINISHES FIFTH AT BIG TEN MEET PREPARE FOR REGION 4 MEET NOVEMBER 10

MINNESOTA STAGES BIG TEN MEET — The Gophers hosted their first-ever conference meet last Saturday, the 10th-annual Big Ten Women's Cross Country Championship at the Les Bolstad University of Minnesota Golf Course. Minnesota finished fifth in the team competition and placed one runner in the top 10 on a blustery day in the Twin Cities.

QUALITY COMPETITION — The four teams that finished ahead of Minnesota at the Big Ten meet are all ranked in this week's Division I Coaches' Poll. Third-ranked Indiana won the meet, placing four runners in the top 10 to score 37 points and defeat 10th-ranked Wisconsin, which scored 49 points. Michigan, ranked 13th in the country, ran a solid race and placed third with 59 points, followed by 21st-ranked Iowa with 118 points and Minnesota with 126.

EXPERIENCE, YET SOMETHING NEW — The Gophers ran three seniors, three juniors and a freshman at the Big Ten Championship, but only two of the seven runners had run on the 1989 Big Ten Championship team. Senior **LAURA DUFFY** (KENNEBUNK, ME) and junior **CHRIS ROWE** (SIOUX FALLS, SD/O'GORMAN) were the two returners from last year's team.

ROWE CONTINUES TO SHINE — **Chris Rowe** has been Minnesota top runner in every race in 1990 and the Big Ten meet was no exception. **Rowe** finished 10th in the race in a career-best time of 17:51.0. She improved her finish by 14 places over last season's Big Ten meet. Freshman **MONIKA BALINT** (BUDAPEST, HUNGARY) ran in only her second 5,000-meter race as a Gopher and finished 16th in 18:22.6, a 14-second improvement over her time at the GBS Invitational. **Laura Duffy** used her experience to finish third among Gophers with her 27th-place finish in 18:46.0.

1990 BIG TEN CROSS COUNTRY CHAMPIONSHIP RESULTS Les Bolstad University of Minnesota Golf Course

TEAM SCORING —

1. Indiana	37
2. Wisconsin	49
3. Michigan	59
4. Iowa	118
5. MINNESOTA	126
6. Illinois	170
7. Purdue	184
8. Michigan State	194
9. Ohio State	244

INDIVIDUAL RESULTS —

1. Michelle Dekkers, Indiana	16:41.0
2. Suzy Favor, Wisconsin	16:52.2
3. Mary Hartzheim, Wisconsin	17:13.4
4. Molly McClimon, Michigan	17:38.9
5. Amy Buchholz, Michigan	17:40.3
6. Mary Driscoll, Indiana	17:42.6
7. Amy Legacki, Indiana	17:42.9
8. Sue Gentes, Wisconsin	17:46.0
9. Kathleen Gobbett, Indiana	17:47.1
10. Chris Rowe, MINNESOTA	17:51.0

OTHER GOPHERS —

16. Monika Balint (18:22.4), 27. Laura Duffy (18:46.0), 36. Kara Parker (18:57.8), 37. Chris Abbott (19:01.0), 49. Lori Nesvold (19:26.7), 52. Shelly Wall (19:37.9).

MIXED RESULTS AT MINNESOTA OPEN — The Gophers took 11 of the top 15 places in the Oct. 20 running of the Minnesota Open, but suffered a key injury in the process. Junior **JENNY ALBY** (APPLETON, WI), Minnesota's No. 2 runner for most of the season, broke her right foot at the 3,000-meter mark and is out for the rest of the season. The injury overshadowed some good individual performances. Junior **LYNN MISHUK** (MAHTOMEDI, MN) and freshman **JULIA McGOUGH** (RED WING, MN) finished fourth and fifth among Gophers and fifth and sixth overall with their respective 4,000-meter times of 15:08 and 15:10.

GOPHERS RUN STRONG AT LACROSSE — Minnesota rested its top seven runners for the Jim Drews Invitational Oct. 13, but still managed to finish in sixth place behind some strong performances. **Mishuk** finished in ninth place with a 5,000-meter PR of 18:26, and **McGough** continued her strong improvement with her 14th-place finish in 18:41. In four weeks' time, **McGough** lowered her 5,000-meter time by 69 seconds, while **Mishuk** chopped 38 seconds off of her time.

NATIONAL POLL — The Gophers have defeated every non-ranked Division I team that they have faced in 1990. Conversely, Minnesota has lost to every ranked Division I team that they have faced (Indiana, Oregon, Wisconsin, Iowa State, Michigan, Pennsylvania and Iowa). Consequently, the Gophers have been sitting on the fringes of the top 25 for the entire season. The current national ranking is as follows:

NCAA WOMEN'S CROSS COUNTRY POLL—October 29, 1990

(Includes rank, team, first-place votes, poll points and last week's rank)

1. Villanova (8)	200	1	14. Clemson	102	9
2. Brigham Young	184	T2	15. Washington	84	NR
3. Indiana	183	5	16. Northern Arizona	71	16
4. Providence	177	T2	17. Virginia	69	NR
5. UC-Irvine	159	4	18. Pennsylvania	56	21
6. Tennessee	155	8	19. Kansas State	52	19
7. Oregon	148	6	20. Baylor	49	17
8. Georgetown	139	7	21. Iowa	37	15
9. North Carolina State	132	14	22. Cornell	27	NR
10. Wisconsin	131	13	23. Yale	22	20
11. Arkansas	120	10	24. Arizona	19	NR
12. Iowa State	119	22	25. Colorado	15	NR
13. Michigan	103	11			

NR — Not ranked in last week's poll.

WHAT'S NEXT — Minnesota will take a weekend off for the first time this season and prepare for the Region 4 meet Nov. 10 at Purdue. Last year, the Gophers surprised Iowa and Michigan by taking second place in the meet and qualifying for their first NCAA Championship since 1983. Minnesota head coach **GARY WILSON** was named the Region 4 Coach of the Year for his team's performance.

1990 University of Minnesota Cross Country -- through October 27

9/8	Intrasquad	Maroon 27, Gold 28, Alumnae inc.	10/13	UW-LaCrosse Invite (LaCrosse, WI)	6th of 26 teams, 235 points
9/15	Midwest Collegiate (Kenosha, WI)	1st of 23 teams, 46 points	10/20	Minnesota Open (Minneapolis, MN)	No Team Scores
9/21	Iowa State Invite (Ames, IA)	No Team Scores	10/27	Big Ten Championship (Minneapolis, MN)	5th of 9 teams, 126 points
9/30	Rutgers Invite (New Brunswick, NJ)	2nd of nine teams, 47 points	11/10	Region 4 Meet (West Lafayette, IN)	
10/6	GBS Invitational (Minneapolis, MN)	5th of 11 teams, 118 points	11/19	NCAA Championship (Knoxville, TN)	

	Intrasquad (4,000m)	Mid. Coll. (5,000m)	Iowa State (5,000m)	Rutgers (5,000m)	GBS Invite (5,000m)	UW-LaCrosse (5,000m)	MN Open (4,000m)	Big Ten (5,000m)	Region IV (5,000m)
Chris Abbott	15:37 (4th)	18:51 (16th)	DNC	18:51 (25th)	18:56 (39th)	DNC	15:13 (10th)	19:01.0 (37th)	
Jenny Alby	15:16 (2nd)	18:29 (4th)	DNC	18:10 (6th)	DNC	DNC	DNF	DNC	
Monika Balint	DNC	DNC	DNC	DNC	18:36 (27th)	DNC	14:55 (3rd)	18:22.6 (16th)	
Kristen Bubolz	15:56 (7th)	19:03 (26th)	DNC	19:00 (29th)	19:13 (50th)	DNC	15:30 (15th)	DNC	
Laura Duffy	15:36 (3rd)	19:09 (35th)	DNC	18:17 (11th)	18:45 (35th)	DNC	15:25 (13th)	18:46.0 (27th)	
Michelle Gans	17:23 (12th)	21:02 (141st)	21:46 (53rd)	DNC	20:55 (85th)	20:37 (137th)	DNC	DNC	
Julia McGough	16:03 (8th)	19:50 (65th)	19:44 (16th)	DNC	19:04 (45th)	18:41 (14th)	15:10 (6th)	DNC	
Phoebe Miron	23:15 (13th)	DNC	23:20 (65th)	DNC	22:06 (89th)	21:02 (155th)	17:29 (35th)	DNC	
Lynn Mishuk	16:10 (9th)	19:04 (28th)	DNC	18:55 (26th)	18:57 (41st)	18:26 (9th)	15:08 (5th)	DNC	
Lori Nesvold	15:51 (5th)	18:56 (19th)	DNC	18:39 (19th)	19:07 (47th)	DNC	15:23 (12th)	19:26.7 (49th)	
Kara Parker	DNC	18:33 (7th)	DNC	18:11 (7th)	18:27 (23rd)	DNC	15:02 (4th)	18:57.8 (36th)	
Chris Rowe	14:58 (1st)	18:08 (1st)	DNC	17:55 (4th)	18:00 (11th)	DNC	14:26 (2nd)	17:51.0 (10th)	
Candice Schroder	DNC	DNC	22:50 (62nd)	DNC	23:17 (91st)	21:48 (180th)	18:05 (37th)	DNC	
Ricki Van Amber	17:10 (11th)	20:03 (77th)	20:41 (40th)	DNC	19:59 (78th)	19:32 (58th)	15:44 (17th)	DNC	
Shelly Wall	16:28 (10th)	18:55 (18th)	DNC	18:50 (24th)	18:52 (36th)	DNC	15:12 (8th)	19:37.9 (52th)	
Sara Zimmermann	DNC	18:59 (21st)	19:25 (9th)	DNC	19:39 (64th)	18:55 (28th)	15:22 (11th)	DNC	