



for immediate release

October 4, 1994

## Hometown Release #1

**CROSS COUNTRY FINISHES FIFTH AT NIKE INVITATIONAL--** The Minnesota women's cross country team finished fifth at the Nike Invitational held at the Les Bolstad/University of Minnesota Golf Course Saturday, Oct. 1. Minnesota finished the meet with 134 points. Oregon took first with 61 points followed by Nebraska, Colorado State, Cornell and the Gophers.

Individually, junior **LORI TOWNSEND** (CLARKSBORO, NJ/KINGSWAY) continued to shine as she finished fifth at the Nike Invitational. Townsend covered the 5,000-meter course in a time of 17 minutes and 28 seconds, the third fastest time ever posted by a Gopher runner at the Les Bolstad course. Her time also marked the 28th best time run in Gopher cross country history.

Senior **ANGIE ABBOTT** (WINONA, MN) finished in 19th place and second among the Gopher squad, in a time of 18:18. **ANDREA GROVE** (WINNEPEG, CANADA/TUXEDO SHAFTESBURY) finished in 36th place, while **KERI ZWEIG** (MINNETONKA, MN/EXCELSIOR) and **KRISTEN GOELZER** (JANESVILLE, WI/JOSEPH A. CRAIG) finished in 38th and 46th place, respectively.

**GOPHERS FINISH SEVENTH AT MOUNTAIN WEST--** Minnesota took seventh place at the Mountain West Invitational September 21, in Missoula, Mont., with 163 points. Michigan won the team title with 63 points, followed by Brigham Young, Oregon, Arizona and Montana State.

Townsend took seventh in the race, covering the 6,000-meter course in 21:20. Abbott finished 28th with a time of 22:39, while Grove, seeing her first action of the season, placed 37th with a time of 23:01.

**GOPHERS RUN PAST DRAKE IN OPENER--** The Gophers defeated Drake, 27-30, September 17 at the Les Bolstad course. Townsend took first place in a time of 18:06, while Abbott and Zweig finished fourth and fifth, respectively.

**UPCOMING GOPHER RACES:** The Gophers will host the Minnesota Invitational Friday, Oct. 7 at 5 p.m., before traveling to University Park, Pa., for the Penn State Invitational Saturday, Oct. 15. The Gophers then host the Minnesota Open Saturday, Oct. 22 at 11 a.m., before going to Iowa City, Iowa, for the Big Ten Championships Saturday, Oct. 29.

## HOMETOWN RELEASE #1....2...2...2

NATIONAL POLLS-- The Gophers have been receiving votes in the national cross country poll, but are just short of the top 25. The poll for the week of October 3, 1994:

1. Arkansas (6)	197
2. Providence (1)	186
3. Villanova (1)	183
4. Stanford	176
5. Wisconsin	171
6. Georgetown	145
7. Michigan	143
8. Oregon	141
9. Penn State	127
10. Alabama	120
11. UCLA	119
12. BYU	115
13. Colorado	104
14. Nebraska	90
15. Wake Forest	74
16. North Carolina	72
17. Arizona	71
18. Notre Dame	58
19. Colorado State	52
20. William & Mary	44
21. Washington	38
22. Kansas	36
23. Auburn	21
24. Boston U.	17
25. Cornell	16

Others receiving votes: Northern Arizona, Rice, MINNESOTA, Michigan State, Dartmouth.

**HEAD COACH GARY WILSON**-- Head coach Gary Wilson is in his tenth season at Minnesota. Under Wilson, the cross country program has been a model of consistency as his teams have finished in the upper half of the Big Ten standings and in the top five of the region in each of the last seven seasons. The also have been nationally-ranked six of the last seven seasons.

**ASSISTANT COACH LANGFORD**-- Former Golden Gopher Jessica Langford has returned to the cross country program as an assistant coach for Wilson. Langford was the Gophers Most Valuable Runner in 1993, after finishing fourth at the Big Ten Championships and advancing to the NCAA Championships at Lehigh University in Allentown, Pa.

## HOMETOWN RELEASE #1...3...3...3

**THE LORI FACTOR**-- As Townsend goes, so do the Gophers. In three races this season, the Gopher team has placed in exactly the same position as Townsend has in the individual race. In the first race of the year, Townsend and the Gophers finished first. At the Mountain West Classic, Townsend and the Gophers finished seventh and at the Nike Invitational, the Gophers and Townsend took fifth.

**JUST CALL HER DR. GOELZER**-- Goelzer was accepted to medical school Friday, Sept. 30. Goelzer, a biology major, is an academic all-Big Ten recipient.

**ACADEMIC ALL-BIG TEN**-- Five current Minnesota runners were named academic-all-Big Ten selections last season. Receiving the awards were Abbott, Grove, Townsend, Goelzer and RICKI VAN AMBER (ALEXANDRIA, MN/JEFFERSON).

**PATTY BERG WINNERS**-- Nine members of the cross country teams were named Patty Berg Academic Award winners last season including Abbott, Grove, Townsend, Goelzer, Van Amber, Zweig, CHRISTIE HEIKES (MONTEVIDEO, MN), KAREN KLEINDL (GRACEVILLE, MN/CLINTON-GRACEVILLE) and BRIDGET NEUTGENS (OLIVIA, MN)

**WELCOME NEWCOMERS**--Wilson welcomes five newcomers to his squad in 1994.

**LISA ARO (LORETTO, MN/BUFFALO)**-- Aro was a swimmer until her junior year of high school when she decided to run cross country. Two months later, she won the Minnesota state high school cross country meet.

For the Gophers, Aro has competed in two races, with her highest finish being 11th. She ran a good race at the Nike Invitational placing 49th overall, and seventh among Minnesota runners.

**ANDREA LENTZ (WILLMAR, MN)** -- Lentz has competed in two races for the Gophers, with her highest finished being 15th among Gopher runners.

**SARA SCHMITT (EDEN PRARIE, MN)**-- Schmitt is a walk-on this season. She has only competed in the intrasquad thus far, finishing the 4,000 meters in 17:32.04.

**ANDREA SWANSBY (PEWAUKEE, WI/KETTLE MORAINES)**-- Swansby comes to the Gophers with high expectations, as Wilson feels she could make an impact in the starting lineup. Swansby has competed in two races thus far, finishing 12th and 13th among Minnesota runners.

**KARI THOMPSON (ALEXANDRIA, MN/JEFFERSON)**-- Thompson comes from the same high school as current cross country runner Ricki Van Amber. Thompson has performed well in her first two races, finishing 10th and 12th among Gopher runners.

## 1994 University of Minnesota Cross Country Results

9/10	Intrasquad/Alumni (St. Paul, MN)	Gold 25, Maroon 30	10/22	Minnesota Open (St. Paul, MN)
9/17	Drake (St. Paul, MN)	Minnesota 27, Drake 30	10/29	at Big Ten Championships (Iowa City, IA)
9/24	at Mountain West Classic (Missoula, MT) 163 points, 7th		11/12	at Region IV Championships (W. Lafayette, IN)
10/1	Nike Invitational (St. Paul, MN)	134 points, 5th	11/21	at NCAA Championships (Fayetteville, AR)
10/7	Minnesota Invitational (St. Paul, MN)			
10/15	at Penn State Invitational (University Park, PA)			

	Intrasquad (4,000m)	Drake (5,000m)	Mt. West (6,000m)	Nike Invite (5,000m)	MN Invite (5,000m)	Penn State Invite (5,000m)	MN Open (4,000m)	Big Ten (5,000m)	Region IV (5,000m)
Angie Abbott	15:46.10-4th	19:08-4th (2nd)	22:39 28th (2nd)	18:18 19th (2nd)					
Heather Amundson	16:23.13-10th	19:48-11th (7th)	24:18 81st (8th)	19:17 69th (11th)					
Lisa Aro	16:42.68-12th	20:06-15th (11th)	DNC	18:55 49th (7th)					
Lisa Dauffenbach	17:19.56-15th	21:06-21st (15th)	DNC	20:51 95th (17th)					
Jenny Elliott	16:11.25-8th	19:40-10th (6th)	23:57 74th (7th)	18:55 48th (6th)					
Kristen Goelzer	15:41.54-2nd	19:36-9th (5th)	23:43 62nd (5th)	18:54 46th (5th)					
Andrea Grove	DNC	DNC	23:01 37th (3rd)	18:44 36th (3rd)					
Christie Heikes	16:42.20-11th	20:47-18th (13th)	DNC	20:34 93rd (16th)					
Mary Kay Hill	18:07.12-20th	22:07-25th (18th)	DNC	DNC					
Janet Howe	17:13.88-14th	20:57-19th (14th)	DNC	19:46 84th (14th)					
Karen Marie Kleindl	15:48.84-6th	19:27-8th (4th)	25:12 104th (9th)	19:08 63rd (10th)					
Sarah Kneece	17:44.55-19th	21:28-24th (17th)	DNC	DNC					
Andrea Lentz	17:21.18-16th	21:16-22nd (16th)	DNC	20:05 87th (15th)					
Annemarie Marshall	DNC	DNC	DNC	DNC					
Lisa McCune	DNC	DNCq	DNC	DNC					
Bridget Neutgens	15:48.74-5th	19:53-13th (9th)	23:56 72nd (6th)	19:01 56th (8th)					
Sara Schmitt	17:32.04-17th	DNC	DNC	DNC					
Karen "Liz" Sesser	17:40.99-18th	22:31-26th (19th)	DNC	DNC					
Andrea Swansby	16:56.23-13th	20:37-16th (12th)	DNC	19:37 81st (13th)					
Kari Thompson	16:18.24-9th	19:55-14th (10th)	DNC	19:35 79th (12th)					
Lori Townsend	14:54.91-1st	18:06-1st (1st)	21:20 7th (1st)	17:28 5th (1st)					
Ricki Van Amber	16:00.05-7th	19:49-12th (8th)	DNC	19:05 62nd (9th)					
Keri Zweig	15:42.07-3rd	19:08-5th (3rd)	23:23 53rd (4th)	18:45 38th (4th)					



UNIVERSITY OF MINNESOTA

**Women's Intercollegiate Athletics**

Sports Information Office  
Contact: Dianne Boyer  
(612) 624-3335 Fax 624-8018

220 Bierman Field Athletic Building  
516 15th Avenue S.E.  
Minneapolis, Minnesota 55455

for immediate release

November 2, 1994

## Hometown Release #2

### TOWNSEND ALL-BIG TEN; GOPHERS FINISH SIXTH AT BIG TEN'S--

The University of Minnesota women's cross country team finished sixth at the 1994 Big Ten Cross Country Championships held in Iowa City, Iowa. Minnesota finished with 168 points. Michigan won its third straight Big Ten title with 29 points, followed by Wisconsin, Penn State, Illinois and Michigan State.

For the Gophers, the meet marked the first time in eight years the Gophers did not finish in the top half of the Big Ten standings and is the team's lowest finish since 1986, when Minnesota finished eighth.

In the individual race, Minnesota junior LORI TOWNSEND (CLARKSBORO, NJ//KINGSWAY) placed fifth to earn all-Big Ten honors. Townsend completed the 5,000-meter course at the University of Iowa in a time of 17 minutes and 38.30 seconds. Townsend's time is the seventh-best time ever posted by a Gopher runner at the Big Ten Championships. Michigan claimed three of the first four places as Deanna Arnill finished first in a time of 17:04, Karen Harvey was third at 17:23.10 and Pauline Arnill was fourth at 17:23.80. Wisconsin's Kathy Butler finished second in a time of 17:19. Five of the top seven runners and the first four finishers were all from Canada.

Townsend's all-Big Ten selection marked the third consecutive year a Minnesota runner has received all-Big Ten honors. Susan Bliss won the honor in 1992 and assistant coach Jessica Langford was a 1993 honoree.

Other Gopher finishers in the top 60 included Canadian ANDREA GROVE (WINNEPEG, MB, CANADA/TUXEDO SHAFTESBURY) who placed 21st, while senior ANGIE ABBOTT (WINONA, MN) was 44th, frosh LISA ARO (LORETTO, MN/BUFFALO) was 54th and sophomore KERI ZWEIG (EXCELSIOR, MN/MINNETONKA) was 55th.

QUOTE FROM HEAD COACH GARY WILSON-- "Townsend and Grove had good races for us, but in a race with this caliber of athletes, everybody has to have a good race and we were a little off today."

## HOMETOWN #2...2...2...2...2

### Team Results from the 1994 Big Ten Championships:

1. Michigan	29
2. Wisconsin	68
3. Penn State	81
4. Illinois	133
5. Michigan State	141
6. MINNESOTA	168
7. Purdue	185
8. Iowa	186
9. Ohio State	207
10. Indiana	244

### Individual results:

1. Deanna Arnill, Michigan	17:04
2. Kathy Butler, Wisconsin	17:19
3. Karen Harvey, Michigan	17:23.10
4. Pauline Arnill, Michigan	17:23.80
5. Lori Townsend, Minnesota	17:38.30
6. Erin Boland, Iowa	17:39.50
7. Nathalie Cote, Wisconsin	17:40.30
8. Jessica Kluge, Michigan	17:45.90
9. Amy Wickus, Wisconsin	17:47.30
10. Erin St. John, Penn State	17:49.80

### Other Gopher results:

21. Andrea Grove	18:24.50
44. Angie Abbott	18:58.20
54. Lisa Aro	19:14.80
55. Keri Zweig	19:14.90
64. Kristen Goelzer	19:28.50
68. Karen Kleindl	19:33.90
74. Heather Amundson	19:50.30
77. Bridget Neutgens	19:53.60

TOWNSEND NAMED MINNESOTA WOMEN'S CO-ATHLETE OF MONTH--  
Townsend was named Minnesota Women's Athletic Department co-Athlete of the Month for October. Townsend finished fifth, seventh and fifth in the three races she ran in October and was the first Minnesota runner to cross the finish line in all three races. She was named all-Big Ten at the Big Ten Championships in Iowa City, Iowa.

GOPHERS CLAIM FOUR OF TOP FIVE PLACES AT MINNESOTA OPEN--  
Minnesota claimed four of the top five spots October 22, at the Minnesota Open. No team scores were kept though because it was an open race. Frosh Lisa Aro won her second race for the Gophers, while sophomore KAREN KLEINDL (GRACEVILLE, MN/CLINTON-GRACEVILLE) placed third, BRIDGET NEUTGENS (OLIVIA, MN) was fourth and HEATHER AMUNDSON (NORTHWOOD, IA/NORTHWOOD/KENSETT) was fifth.

## HOMETOWN #2...3...3...3

MINNESOTA PLACES NINTH AT NATIONAL INVITATIONAL-- The Golden Gophers placed ninth out of 14 teams Saturday, Oct. 15, at the National Invitational held in University Park, Pa., on the campus of Penn State University. Minnesota finished the meet with 219 points. Alabama won the race with 86 points, followed by Penn State, Georgetown, Kansas and Florida.

Townsend placed seventh out of 141 runners, covering the 5,000-meter course in 17 minutes and 39 seconds. Alabama's Jessica Fry won the race in a time of 17:20.

Other Gopher finishers in the Top 50 included Grove, who placed 35th in a time of 18:20.10, and Abbott, who crossed the finish line 44th in a time of 18:27.

### Results from the National Invitational

#### Team scores:

1. Alabama	86
2. Penn State	91
3. Georgetown	97
4. Kansas	142
5. Florida	164
6. Nebraska	166
7. William & Mary	176
8. Cornell	214
9. MINNESOTA	219
10. West Virginia	220
11. Virginia	235
12. Buffalo	274
13. St. Joseph's	282
14. Appalachian St.	363

#### Individual results:

1. Jessica Fry, Alabama	17:20
2. Marcie Homan, William & Mary	17:23
3. Joline Staeleli, Georgetown	17:31
4. Melissa Swartz, Kansas	17:37
5. Kim Fisher, Florida	17:37.1
6. Julie Mazzitelli, Nebraska	17:38
7. LORI TOWNSEND, MINNESOTA	17:39
8. Krista Kloster, Kansas	17:39.1
9. Laura Woeller, Cornell	17:40
10. Malin Ohlund, Alabama	17:44

#### Other Gopher finishers:

35. Andrea Grove	18:20.1
44. Angie Abbott	18:27
64. Keri Zweig	18:46
86. Karen Kleindl	19:13
87. Bridget Neutgens	19:14
88. Lisa Aro	19:14.1
101. Kristen Goelzer	19:29
107. Jenny Elliott	19:37

## HOMETOWN #2...4...4...4

ARO AND GOPHERS TAKE FIRST IN MINNESOTA INVITATIONAL--Minnesota finished first at the Minnesota Invitational held at the Les Bolstad/University of Minnesota Golf Course October 7, in Falcon Heights, Minn. Minnesota finished the meet with 26 points, while St. Olaf's junior varsity had 48 points. Carleton placed third at 59 points.

Aro won her first race as a collegiate runner, covering the 5,000-meter course in a time of 19 minutes and 11 seconds. Heidi Sickler of Carleton was second at 19:19. Amundson finished third (19:34), while RICKI VAN AMBER (ALEXANDRIA, MN/JEFFERSON) placed fifth (19:40).

### Results from the Minnesota Invitational:

1. Minnesota	26
2. St. Olaf JV	48
3. Carleton	59

### Individual results:

1. Lisa Aro, Minnesota	19:11
2. Heidi Sickler, Carleton	19:19
3. Heather Amundson, Minnesota	19:34
4. Lisa Scott, Carleton	19:37
5. Ricki Van Amber, Minnesota	19:38
6. Kari Thompson, Minnesota	19:40
7. Nina Sarroub, St. Olaf	19:43
8. Anna Leighton, St. Olaf	19:45
9. Laura Olson, St. Olaf	19:49
10. Stephanie Johnson, St. Olaf	20:00

### Other Gopher finishers:

11. Lisa McCune, Minnesota	20:01
14. Andrea Swansby, Minnesota	20:12
15. Janet Howe, Minnesota	20:14
16. Andrea Lentz, Minnesota	20:18
18. Liz Sesser, Minnesota	20:43
20. Lisa Dauffenbach, Minnesota	20:58
21. Christie Heikes, Minnesota	21:00
24. Sarah Kneece, Minnesota	21:13

FROSH ARO WINS TWO RACES IN OCTOBER-- Aro won two races in the month of October for the Gophers. Aro won the first race of her collegiate career, placing first in the Minnesota Invitational. She covered the 5,000-meter Les Bolstad/University of Minnesota golf course in a time of 19 minutes and 11 seconds on a cold and blustery day. Aro then won the 4,000-meter Minnesota Open at the Les Bolstad Golf Course in a time of 15:25, winning by 12 seconds. She continued her success at the Big Ten meet where she placed 54th, but fourth among Minnesota runners in a time of 19:14.80.



## HOMETOWN #2...5...5...5

THE POLLS-- Minnesota did not receive votes in the latest national cross country poll. The poll for the week of October 31.

1. Villanova (2)	190
2. Arkansas (2)	187
3. Colorado (3)	185
4. Michigan (1)	176
5. Providence	159
6. Stanford	157
7. Alabama	145
8. Wisconsin	143
9. Oregon	135
10. Brigham Young	133
11. Penn State	123
12. Arizona	107
13. Georgetown	100
14. North Carolina	94
15. Washington	87
16. Notre Dame	79
17. UCLA	73
18. Auburn	70
19. Nebraska	67
20. Wake Forest	53
21. Dartmouth	33
22. Montana State	23
23. Rice	22
23. William & Mary	22
25. Kansas State	14

Others receiving votes: South Florida, North Carolina-Charlotte, Illinois, Cornell, Fresno State

# 1994 University of Minnesota Cross Country Results

9/10	Intrasquad/Alumni (St. Paul, MN)	Gold 25, Maroon 30	10/22	Minnesota Open (St. Paul, MN)	no team scores kept
9/17	Drake (St. Paul, MN)	Minnesota 27, Drake 30	10/29	at Big Ten Championships (Iowa City, IA)	6th place (168 points)
9/24	at Mountain West Classic (Missoula, MT) 163 points, 7th		11/12	at Region IV Championships (W. Lafayette, IN)	
10/1	Nike Invitational (St. Paul, MN) 134 points, 5th		11/21	at NCAA Championships (Fayetteville, AR)	
10/7	Minnesota Invitational (St. Paul, MN) 26 points, 1st				
10/15	at Penn State Invitational (University Park, PA) 219 points, 9th				

	Intrasquad (4,000m)	Drake (5,000m)	Mt. West (6,000m)	Nike Invite (5,000m)	MN Invite (5,000m)	Penn State Invite (5,000m)	MN Open (4,000m)	Big Ten (5,000m)	Region IV (5,000m)
Angie Abbott	15:46.10-4th	19:08-4th (2nd)	22:39 28th (2nd)	18:18 19th (2nd)	DNC	18:27 44th (3rd)	DNC	18:58.20 44th (3rd)	
Heather Amundson	16:23.13-10th	19:48-11th (7th)	24:18 81st (8th)	19:17 69th (11th)	19:34 3rd (2nd)	DNC	15:47 5th (4th)	19:50.30 74th (8th)	
Lisa Aro	16:42.68-12th	20:06-15th (11th)	DNC	18:55 49th (7th)	19:11 1st (1st)	19:14.10 88th (7th)	15:25 1st (1st)	19:14.80 54th (4th)	
Lisa Dauffenbach	17:19.56-15th	21:06-21st (15th)	DNC	20:51 95th (17th)	20:58 20th (10th)	DNC	16:41 20th (10th)	DNC	
Jenny Elliott	16:11.25-8th	19:40-10th (6th)	23:57 74th (7th)	18:55 48th (6th)	DNC	19:37 107st (9th)	16:18 15th (6th)	DNC	
Kristen Goelzer	15:41.54-2nd	19:36-9th (5th)	23:43 62nd (5th)	18:54 46th (5th)	DNC	19:29 101st (8th)	DNC	19:28.50 64th (6th)	
Andrea Grove	DNC	DNC	23:01 37th (3rd)	18:44 36th (3rd)	DNC	18:20.10 35th (2nd)	DNC	18:24.50 21st (2nd)	
Christie Heikes	16:42.20-11th	20:47-18th (13th)	DNC	20:34 93rd (16th)	21:00 21st (11th)	DNC	16:50 22nd (11th)	DNC	
Mary Kay Hill	18:07.12-20th	22:07-25th (18th)	DNC	DNC	DNC	DNC	DNC	DNC	
Janet Howe	17:13.88-14th	20:57-19th (14th)	DNC	19:46 84th (14th)	20:14 15th (7th)	DNC	16:22 16th (7th)	DNC	
Karen Marie Kleindl	15:48.84-6th	19:27-8th (4th)	25:12 104th (9th)	19:08 63rd (10th)	DNC	19:13 86th (5th)	15:40 3rd (2nd)	19:33.90 68th (7th)	
Sarah Kneece	17:44.55-19th	21:28-24th (17th)	DNC	DNC	21:13 24th (12th)	DNC	17:00 24th (12th)	DNC	
Andrea Lentz	17:21.18-16th	21:16-22nd (16th)	DNC	20:05 87th (15th)	20:18 16th (8th)	DNC	16:30 17th (8th)	DNC	
Annemarie Marshall	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	
Lisa McCune	DNC	DNC	DNC	DNC	20:01 11th (5th)	DNC	DNC	DNC	
Bridget Neutgens	15:48.74-5th	19:53-13th (9th)	23:56 72nd (6th)	19:01 56th (8th)	DNC	19:14 87th (7th)	15:45 4th (3rd)	19:53.60 77th (9th)	
Sara Schmitt	17:32.04-17th	DNC	DNC	DNC	DNC	DNC	17:58 34th (14th)	DNC	
Karen "Liz" Sesser	17:40.99-18th	22:31-26th (19th)	DNC	DNC	20:43 18th (9th)	DNC	17:03 26th (13th)	DNC	
Andrea Swansby	16:56.23-13th	20:37-16th (12th)	DNC	19:37 81st (13th)	20:12 14th (7th)	DNC	16:38 19th (9th)	DNC	
Kari Thompson	16:18.24-9th	19:55-14th (10th)	DNC	19:35 79th (12th)	19:40 6th (4th)	DNC	15:50 7th (5th)	DNC	
Lori Townsend	14:54.91-1st	18:06-1st (1st)	21:20 7th (1st)	17:28 5th (1st)	DNC	17:39 7th (1st)	DNC	17:38.30 5th (1st)	
Ricki Van Amber	16:00.05-7th	19:49-12th (8th)	DNC	19:05 62nd (9th)	19:38 5th (3rd)	DNC	DNC	DNC	
Keri Zweig	15:42.07-3rd	19:08-5th (3rd)	23:23 53rd (4th)	18:45 38th (4th)	DNC	18:46 64th (4th)	DNC	19:14.90 55th (5th)	



UNIVERSITY OF MINNESOTA

## Women's Intercollegiate Athletics

Sports Information Office

Contact: Dianne Boyer

(612) 624-3335 Fax 624-8018

220 Bierman Field Athletic Building

516 15th Avenue S.E.

Minneapolis, Minnesota 55455

(for immediate release)

December 8, 1994

### HOMETOWN RELEASE #3

**TOWNSEND PLACES 61ST AT NCAA MEET--** Junior LORI TOWNSEND (CLARKSBORO, NJ/KINGSWAY) finished 61st at the NCAA Championships in Fayetteville, Ark., on November 21. Townsend completed the course in 18 minutes and five seconds, the ninth-fastest time ever recorded by a Gopher runner at the national meet. Townsend just missed being an all-American by .11 seconds.

**GOPHERS FINISH SIXTH AT REGION IV CHAMPIONSHIPS--** Minnesota finished sixth with 208 points at the Region IV Championships in West Lafayette, Ind. Michigan won the race with 32 points, followed by Wisconsin, Illinois, Notre Dame and Michigan State. The sixth-place finish marked the first time the Gophers have not finished in the top five at the Region meet in eight years. Michigan and Wisconsin automatically qualified for the NCAA Championships.

Individually, Townsend covered the 5,000-meter course in 17 minutes and 25 seconds to finish fifth. It was a personal best for Townsend and the fourth-best time ever posted by a Gopher runner at the Region IV meet. Townsend's time also ties the 24th-fastest time in Minnesota history. Townsend received Region IV all-district team honors.

Senior ANGIE ABBOTT (WINONA, MN), running in her last race for the Gophers, finished 28th at the region to earn all-district honors. Abbott, who was second among all Minnesota runners, completed the race in 18 minutes and 13 seconds, her fastest time this season.

ANDREA GROVE (WINNIPEG, MANITOBA/TUXEDO SHAFTESBURY) also had a good race, finishing in 18:21. Grove just missed her career best of 18:20.10 set at the Nike Invitational earlier this season.

### RESULTS FROM REGION IV CHAMPIONSHIPS--

#### Team results (Top ten teams)

1. Michigan	32
2. Wisconsin	54
3. Illinois	128
4. Notre Dame	143
5. Michigan State	199
6. MINNESOTA	208
7. Purdue	216
8. Marquette	252
9. Ohio U.	272
10. Ohio State	288

#### Individual results

1. Kathy Butler, Wisconsin	17:05
2. Deanna Arnill, Michigan	17:19
3. Pauline Arnill, Michigan	17:21
4. Amy Wickus, Wisconsin	17:24
5. LORI TOWNSEND, Minnesota	17:25
6. Natahlie Cole, Wisconsin	17:25
7. Karen Harvey, Michigan	17:28
8. Jessica Kluge, Michigan	17:29
9. Stephanie Dueringer, Michigan State	17:40
10. Karen Morris, Illinois	17:44

#### Other Gophers results:

28. Angie Abbott, 18:13; 38. Andrea Grove, 18:21; 64. Keri Zweig, 18:53; 79. Lisa Aro, 19:02; 84. Karen Kleindl, 19:03; 106. Kristen Goelzer, 19:19

HOMETOWN RELEASE #3...2...2...2

TOWNSEND NAMED MVP AT POST-SEASON BANQUET-- Townsend earned Most Valuable honors for the Gophers at the post-season banquet held December 3. It was the first time Townsend has received the honor. Awards given out at the 1994 banquet include:

Most Valuable Athlete: Lori Townsend

Most Improved Athlete: Karen Kleindl, Keri Zweig

Coaches Award: Christie Heikes

Comeback of the Year: Heather Amundson

Newcomer of the Year: Lisa Aro

Captains Award: Ricki Van Amber, Andrea Grove, Angie Abbott, Lori Townsend

Senior Awards: Kristen Goelzer, Andrea Grove, Heather Amundson, Ricki Van Amber, Angie Abbott

"M" Letterwinners: Lori Townsend, Angie Abbott, Andrea Grove, Keri Zweig, Lisa Aro, Bridget

Neutgens, Heather Amundson, Karen Kleindl, Kristen Goelzer

## 1994 University of Minnesota Cross Country Results

9/10	Intrasquad/Alumni (St. Paul, MN)	Gold 25, Maroon 30	10/22	Minnesota Open (St. Paul, MN)	no team scores kept
9/17	Drake (St. Paul, MN)	Minnesota 27, Drake 30	10/29	at Big Ten Championships (Iowa City, IA)	6th place (168 points)
9/24	at Mountain West Classic (Missoula, MT)	163 points; 7th	11/12	at Region IV Championships (W. Lafayette, IN)	6th place (208 points)
10/1	Nike Invitational (St. Paul, MN)	134 points; 5th	11/21	at NCAA Championships (Fayetteville, AR)	
10/7	Minnesota Invitational (St. Paul, MN)	26 points; 1st			
10/15	at Penn State Invitational (University Park, PA)	219 points; 9th			

	Intrasquad (4,000m)	Drake (5,000m)	Mt. West (6,000m)	Nike Invite (5,000m)	MN Invite (5,000m)	Penn State Invite (5,000m)	MN Open (4,000m)	Big Ten (5,000m)	Region IV (5,000m)
Angie Abbott	15:46.10-4th	19:08-4th (2nd)	22:39 28th (2nd)	18:18 19th (2nd)	DNC	18:27 44th (3rd)	DNC	18:58.20 44th (3rd)	18:13 28th (2nd)
Heather Amundson	16:23.13-10th	19:48-11th (7th)	24:18 81st (8th)	19:17 69th (11th)	19:34 3rd (2nd)	DNC	15:47 5th (4th)	19:50.30 74th (8th)	DNC
Lisa Aro	16:42.68-12th	20:06-15th (11th)	DNC	18:55 49th (7th)	19:11 1st (1st)	19:14.10 88th (7th)	15:25 1st (1st)	19:14.80 54th (4th)	19:02 79th (5th)
Lisa Dauffenbach	17:19.56-15th	21:06-21st (15th)	DNC	20:51 95th (17th)	20:58 20th (10th)	DNC	16:41 20th (10th)	DNC	DNC
Jenny Elliott	16:11.25-8th	19:40-10th (6th)	23:57 74th (7th)	18:55 48th (6th)	DNC	19:37 107st (9th)	16:18 15th (6th)	DNC	DNC
Kristen Goelzer	15:41.54-2nd	19:36-9th (5th)	23:43 62nd (5th)	18:54 46th (5th)	DNC	19:29 101st (8th)	DNC	19:28.50 64th (6th)	19:19 106th (7th)
Andrea Grove	DNC	DNC	23:01 37th (3rd)	18:44 36th (3rd)	DNC	18:20.10 35th (2nd)	DNC	18:24.50 21st (2nd)	18:21 38th (3rd)
Christie Heikes	16:42.20-11th	20:47-18th (13th)	DNC	20:34 93rd (16th)	21:00 21st (11th)	DNC	16:50 22nd (11th)	DNC	DNC
Mary Kay Hill	18:07.12-20th	22:07-25th (18th)	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Janet Howe	17:13.88-14th	20:57-19th (14th)	DNC	19:46 84th (14th)	20:14 15th (7th)	DNC	16:22 16th (7th)	DNC	DNC
Karen Marie Kleindl	15:48.84-6th	19:27-8th (4th)	25:12 104th (9th)	19:08 63rd (10th)	DNC	19:13 86th (5th)	15:40 3rd (2nd)	19:33.90 68th (7th)	19:03 84th (6th)
Sarah Kneece	17:44.55-19th	21:28-24th (17th)	DNC	DNC	21:13 24th (12th)	DNC	17:00 24th (12h)	DNC	DNC
Andrea Lentz	17:21.18-16th	21:16-22nd (16th)	DNC	20:05 87th (15th)	20:18 16th (8th)	DNC	16:30 17th (8th)	DNC	DNC
Annemarie Marshall	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Lisa McCune	DNC	DNC	DNC	DNC	20:01 11th (5th)	DNC	DNC	DNC	DNC
Bridget Neutgens	15:48.74-5th	19:53-13th (9th)	23:56 72nd (6th)	19:01 56th (8th)	DNC	19:14 87th (7th)	15:45 4th (3rd)	19:53.60 77th (9th)	DNC
Sara Schmitt	17:32.04-17th	DNC	DNC	DNC	DNC	DNC	17:58 34th (14th)	DNC	DNC
Karen "Liz" Sesser	17:40.99-18th	22:31-26th (19th)	DNC	DNC	20:43 18th (9th)	DNC	17:03 26th (13th)	DNC	DNC
Andrea Swansby	16:56.23-13th	20:37-16th (12th)	DNC	19:37 81st (13th)	20:12 14th (7th)	DNC	16:38 19th (9th)	DNC	DNC
Kari Thompson	16:18.24-9th	19:55-14th (10th)	DNC	19:35 79th (12th)	19:40 6th (4th)	DNC	15:50 7th (5th)	DNC	DNC
Lori Townsend	14:54.91-1st	18:06-1st (1st)	21:20 7th (1st)	17:28 5th (1st)	DNC	17:39 7th (1st)	DNC	17:38.30 5th (1st)	17:25 5th (1st)
Ricki Van Amber	16:00.05-7th	19:49-12th (8th)	DNC	19:05 62nd (9th)	19:38 5th (3rd)	DNC	DNC	DNC	DNC
Keri Zweig	15:42.07-3rd	19:08-5th (3rd)	23:23 53rd (4th)	18:45 38th (4th)	DNC	18:46 64th (4th)	DNC	19:14.90 55th (5th)	18:53 64th (4th)