

## 1982 MINNESOTA WOMEN'S CROSS COUNTRY GUIDE

### UNIVERSITY OF MINNESOTA FACTS

Location: Minneapolis, Minn. 55455  
Enrollment: 47,000  
Colors: Maroon & Gold  
Nickname: Golden Gophers  
Conference: Big Ten  
Home Course: University Golf Course  
Course Record: 17:13.1 (5,000-meters)

Athletic Director: Merrily Dean Baker  
Associate Director: M. Catherine Mathison  
Trainer: Leah Wollenburg  
SID: Karen Smith Office: (612)376-5259  
Home: (612)379-8223

### COACH MIKE LAWLESS:

Coaching Year At Minnesota: 9th  
Hometown: Racine, Wisc.  
College Attended: University of Minnesota, Minneapolis, Minn., BS 1974;  
University of Minnesota, Minneapolis, Minn., BA 1976.  
Coaching Accomplishments: Three team AIAW National appearances in his eight years as coach. Minnesota was 10th at AIAW Nationals last year; the Gophers best finish ever. Coached two-time All-American Cathie Twomey, now a world-class runner and presently in training for the 1984 Olympics.

### ABOUT THE GOPHERS

Top Runners Lost: Janis Klecker, Mary Mielke and Mary Yetzer. Yetzer was the Gophers' top finisher in five of eight races, including seventh place at the TAC/USA Nationals, and ninth at the Big Ten Championships.

Top Returnees: Sue Alm, junior, Bloomington, Minn.; Stacy Bant, sophomore, Racine, Wisc.; Kris Rens, senior, Randall, Minn.; Linda Benjamin, senior, Park Rapids, Minn.; Cindy Dickison, junior, Faribault, Minn.; Kellie Benzow, junior, Racine, Wisc.; Betty Anderson, sophomore, Minneapolis, Minn.; Eva Ljungstrom, sophomore, Harnosand, Sweden.

Top Newcomers: Jody Eder, freshman, Stillwater, Minn.; Julie Giacomini, Freshman, Elm Grove, Wisc.

### 1982 CROSS COUNTRY SCHEDULE

#### SEPTEMBER

18 Sat.	at Kentucky Invitational	9:15 a.m.
25 SAT.	QUADRANGULAR	11:15 a.m.

#### OCTOBER

2 Sat.	at Iowa State Invitational	TBA
9 Sat.	at Saluki Invit. (Southern Illinois)	TBA
16 Sat.	at Tom Jones Invit. (Wisc.-Madison)	TBA
23 Sat.	at Purdue Invitational	11:00 a.m.

#### NOVEMBER

6 Sat.	at Big Ten Championship (Iowa City)	TBA
13 Sat.	NCAA District IV Championship (Purdue)	TBA
22 Mon.	NCAA National Championship (Indiana)	TBA
27 Sat.	TAC National Championship (New York City)	TBA

## OUTLOOK

A team effort.

That's what it will take for the Minnesota cross country team to match last season's fourth place finish at the Big Ten Championships or to make a bid for an NCAA National Championships berth. Minnesota was tenth at the AIAW Nationals last year, but this season the Gophers belong to the NCAA and competition for national invitations is expected to be very strong. Success for the Gophers, according to head coach Mike Lawless, will depend on more than one individual.

"We have a strong, solid team," Lawless said. "But we don't have someone who can go out and win every race for us. Our top runner on a given day might change with the course. We have to pull together as a team and have some luck with injuries. If things go well, it's definitely within our range to finish in the top half of the Big Ten."

Lawless will field a young cross country squad; only two seniors will run for the team this fall. But five of the six runners who competed in the Nationals are back for another season, and Lawless looks for steady improvement and increased contributions from the rest of the squad.

Sue Alm, a junior from Bloomington, Minn., was Minnesota's top finisher at the AIAW Nationals in Pocatello, Idaho, placing 39th. Alm came to Minnesota with relatively few running credentials as a freshman, but has gotten better "by leaps and bounds", said Lawless. Sophomore Stacy Bant (RACINE, WI), was 42nd at the National Championships, three seconds behind Alm. Bant improved steadily throughout her freshman year and Lawless expects her to be "definitely better" in her second season as a Gopher.

Kris Rens (RANDALL, MN), and Linda Benjamin (PARK RAPIDS, MN), are the two seniors. Rens had a "learning experience" in only her first year on the course last year but reported in excellent condition and is ready to make a contribution this fall. Benjamin was injured during the spring track season but has recovered and will give Lawless some necessary depth.

Also returning for Minnesota are two juniors who are coming off fine spring track seasons, Cindy Dickison (FARIBAULT, MN), and Kellie Benzow (RACINE, WI) and another junior, Julie Doan (MINNETONKA, MN), is running well now and could contribute this season. Dickison and Benzow also competed at Nationals, along with sophomore Eva Ljungstrom from Harnosand, Sweden. Ljungstrom is another casualty from the track season but is feeling better and will improve on a good 1981 cross country season. One other sophomore, Betty Anderson (MINNEAPOLIS, MN), improved throughout 1981 and "could surprise some people" this fall.

Two newcomers will run for Lawless in '82; Jody Eder from Stillwater, Minn., and Julie Giacomini from Elm Grove, Wisc. Eder is a former Minnesota State High School 800-meter champ and has run one of the fastest high school miles in state history (4:57.3) while Giacomini was a four-time cross country MVP at Brookfield East High School.

1981 RESULTSEVENTTEAM FINISHTOP GOPHER HARRIER

Yellowstone Run	1st of 9	Mary Emond, 8th place, 19:24
Minnesota Quadrangular	2nd of 4	Mary Yetzer, 6th place, 18:40.8
Iowa State Invitational	4th of 8	Mary Yetzer, 11th place, 18:11.2
Saluki Invitational	1st of 8	Mary Yetzer, 2nd place, 18:27
TFA/USA Nationals	3rd of 5	Mary Yetzer, 7th place, 18:13
Big Ten Championship	4th of 10	Mary Yetzer, 9th place, 18:07.4
ALAW Region 6 Championship	2nd of 3	Stacy Bant, 4th place, 17:59.7
ALAW National Championship	10th of 22	Sue Alm, 39th place, 18:50

UNIVERSITY OF MINNESOTA1982CROSS COUNTRY ROSTERNAMEYRHOMETOWN/HIGH SCHOOL

Susan J. Alm	SO	Bloomington, MN/Bloomington-Lincoln H.S.
Betty Anderson	SO	Minneapolis, MN/Lehmann Center
Stacy Bant	SO	Racine, WI/J. I. Case H.S.
Kellie Benzow	JR	Racine, WI/J.I. Case H.S.
Cynthia Dickison	JR	Faribault, MN/Faribault H.S.
Julie Doan	JR	Minnetonka, MN/Minnetonka H.S.
Sheila Doane	SO	St. Paul, MN/Derham Hall H.S.
Jody Eder	FR	Stillwater, MN/Stillwater H.S.
Annette Francis	SO	Bloomington, MN/Bloomington-Kennedy H.S.
Julie Giacomini	FR	Elm Grove, WI/Brookfield East H.S.
Eva Ljunstrom	SO	Harnosand Sweden/Minnetonka H.S.
Kristin Rens	SR	Randall, MN/Little Falls Comm. H.S.
Sherri Sniff	JR	St. Croix, MN/Forest Lake H.S.
Maren Watson	SR	Golden Valley, MN/Robbinsdale H.S.