



UNIVERSITY OF MINNESOTA

Women's Intercollegiate Athletics

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CROSS COUNTRY HOMETOWN #1

October 15, 1992

GOPHERS HOST CENTRAL COLLEGIATE CHAMPIONSHIPS--The Minnesota women's cross country team will host the Central Collegiate Championships on Saturday at 11 a.m. at the Les Bolstad University of Minnesota Golf Course. The Gophers will hold out their runners who raced at the Paul Short Invitational last weekend. Marquette and Loyola (Chicago) are the teams entered for the 5,000-meter race.

BIG TEN MEET JUST TWO WEEKS AWAY--The 1992 Big Ten Cross Country Championships will be Oct. 31 in Champaign, Ill. Minnesota's final tuneup for that meet will be the 4,000-meter Minnesota Open on Oct. 24 at 10:30 a.m. The Big Ten is one of the strongest women's cross country conferences in the NCAA, with half of its 10 teams being listed in the Oct. 13 edition of the NCAA women's cross country poll. In 1991, five Big Ten teams finished in the top 17 at the NCAA meet.

PACK ATTACK RETURNS IN PENNSYLVANIA--Minnesota turned in its most impressive performance of the 1992 season last Saturday with a sixth-place finish at the 37-team Paul Short Invitational in Bethlehem, Pa. The Gophers' "pack attack" returned as all seven runners in the varsity race finished in the top 62 and every one of the nine runners on the trip had a seasonal-best time. Senior **SUSAN BLISS** (ST. CHARLES, MO/FRANCIS HOWELL) led the pack, finishing 17th in 17:33.7, her most impressive finish as a Gopher. Minnesota finished one point behind Iowa, which is ranked 24th in this week's NCAA poll. The Gophers are now ranked fifth in Region IV, behind Wisconsin, Michigan, Michigan State and Iowa.

NIKE RESULTS--The Gophers finished 8th in the 17-team field at the Nike Invitational at the Les Bolstad University of Minnesota Golf Course on October 3. Minnesota managed to beat its first nationally-ranked team of the season, defeating 20th-ranked Iowa State. The Gophers' top finishers were redshirt freshman **LORI TOWNSEND** (CLARKSBORO, NJ/KINGSWAY) (29th/18:18) and sophomore **KRISTEN GOELZER** (JANESVILLE, WI/JOSEPH A. CRAIG) (31st/18:22). Both runners set collegiate bests for the 5,000-meter distance.

MINNESOTA WINS ST. OLAF INVITATIONAL--The Gophers sent a partial squad to the St. Olaf Invitational in Northfield, Minn. on Sept. 26 and came away with the team title. The Gophers scored 36 points in the meet compared with 70 points for second-place St. Olaf. Minnesota placed four runners in the top seven, led by sophomore **ANGIE ABBOTT** (WINONA, MN) and her third-place time of 19:41 for 5,000 meters.

GOPHERS FINISH SIXTH AT INDIANA--Minnesota traveled to Indiana on Sept. 19 to participate at the Indiana Invitational and get a taste of the course that will decide the regional and national championships in 1992. The Gophers finished sixth in the eight-team field, which was dominated by top-ranked Villanova. Redshirt freshman **Lori Townsend** was Minnesota's top runner, finishing 21st in a time of 18:21.1 for 5,000 meters, Sophomore **Kristen Goelzer** was the second Gopher across the line with a time of 18:38.0.

1992 University of Minnesota Women's Cross Country Results

September 12	Intrasquad/Alumni (St. Paul, MN)	Gold 24, Maroon 33
September 19	Indiana Invitational (Bloomington, IN)	6th of 8 teams, 153 points
September 26	St. Olaf Invitational (Northfield, MN)	1st of 15 teams, 36 points
October 3	Nike Invitational (St. Paul, MN)	8th of 17 teams, 191 points
October 10	Paul Short Invitational (Bethlehem, PA)	6th of 37 teams, 172 points
October 17	Central Collegiate Championships (St. Paul, MN)	
October 24	Minnesota Open (St. Paul, MN)	
October 31	Big Ten Championship (Champaign, IL)	
November 14	Region 4 Championship (Bloomington, IN)	
November 25	NCAA Championship (Bloomington, IN)	

	Intrasquad (4,000m)	IU Invite (5,000m)	St. Olaf (5,000m)	Nike Invite (5,000m)	Paul Short (5,000m)	C.C. Invite (5,000m)	Minn. Open (4,000m)	Big Ten (5,000m)	Region 4 (5,000m)	NCAA (5,000m)
Angie Abbott	DNC	DNC	19:41 (3rd)	19:11 (69th)	18:30.0 (1st)*					
Heather Amundson	17:00 (10th)	DNC	20:02 (7th)	20:10 (123rd)	DNC					
Susan Bliss	DNC	18:58.6 (35th)	DNC	19:10 (67th)	17:33.7 (17th)					
Kristen Bubolz	16:49 (9th)	DNC	19:50 (6th)	19:31 (90th)	DNC					
Kristen Goelzer	15:43 (2nd)	18:38.0 (29th)	DNC	18:22 (31st)	18:02.2 (26th)					
Andrea Grove	DNC	19:41.6 (53rd)	19:46 (4th)	19:01 (60th)	18:42.6 (62nd)					
Jennifer Hanson	DNC	DNC	DNC	DNC	DNC					
Mary Kay Hill	DNC	DNC	DNC	DNC	DNC					
Jill Kohler	17:56 (12th)	DNC	20:54 (28th)	20:02 (121st)	DNC					
Jessica Langford	15:58 (4th)	18:58.0 (34th)	DNC	DNF	18:36.6 (55th)					
Lisa McCune	16:25 (7th)	19:35.5 (50th)	DNC	18:58 (56th)	18:37.6 (57th)					
Julia McGough	15:45 (3rd)	19:23.5 (44th)	DNC	19:34 (96th)	18:52.4 (2nd)*					
Kari Middaugh	DNC	DNC	21:34 (44th)	21:28 (139th)	DNC					
Phoebe Miron	DNC	DNC	DNC	DNC	DNC					
Jacinda Raiche	17:21 (11th)	DNC	21:16 (36th)	19:51 (115th)	DNC					
Shan Rooney	16:32 (8th)	DNC	20:24 (15th)	19:27 (88th)	DNC					
Meredith Schreader	16:17 (6th)	19:37.9 (52nd)	DNC	19:48 (112th)	DNC					
Liz Sesser	DNC	DNC	DNC	DNC	DNC					
Allison Titcomb	16:03 (5th)	19:23.2 (43rd)	DNC	18:40 (45th)	18:35.3 (53rd)					
Lori Townsend	15:28 (1st)	18:21.1 (21st)	DNC	18:18 (29th)	17:46.3 (21st)					
Ricki Van Amber	DNC	DNC	DNC	DNC	DNC					
Kelly Walrath	DNC	DNC	DNC	DNC	DNC					

*--Abbott and McGough participated in an open race at the Paul Short Invitational.



CROSS COUNTRY HOMETOWN #2

November 4, 1992

MINNESOTA IS NATIONALLY-RANKED--The Minnesota women's cross country team was ranked 25th in the Nov. 4 NCAA women's cross country poll. This is the first time that the Gophers have been ranked since their 17th-place finish at the 1991 NCAA meet. Minnesota is ranked fourth in Region IV, trailing third-ranked Michigan, eighth-ranked Iowa and No. 14 Wisconsin.

REGION IV MEET IS NOVEMBER 14--The Gophers will try to qualify for their third NCAA meet in four years at the Region IV meet on Nov. 14 at Indiana. The first two teams in the race will automatically qualify for the NCAA meet. The third-place and fourth-place teams could qualify with an at-large berth, which are awarded by the NCAA committee after the regional meets.

GOPHERS FINISH FIFTH AT BIG TEN--The Minnesota women's cross country team finished fifth at the 1992 Big Ten meet Saturday in Champaign, Ill. The Gophers defeated 18th-ranked Michigan State, the highest-ranked team that Minnesota has defeated this year. The Gophers have finished in the upper half of the Big Ten in each of the past six years.

BLISS NAMED SPORTS INFORMATION ATHLETE OF THE MONTH--Minnesota senior cross country runner **SUSAN BLISS** (ST. CHARLES, MO/FRANCIS HOWELL) has been chosen by the women's sports information office as October's Athlete of the Month for the Minnesota women's athletic department. Bliss was Minnesota's top finisher in three of her four competitions during the month. At the Paul Short Invitational, Bliss finished 17th in a time of 17:33.7, a time that ranks on Minnesota's all-time top 50 list. Last Saturday, Bliss finished sixth at the Big Ten Championship to earn her first all-Big Ten honors. Her time of 17:19 was the third-fastest ever by a Gopher at a Big Ten meet and the fastest since Eileen Donaghy won the Big Ten individual title in 1987. The time is the fastest by a Gopher at any meet since Donaghy ran a time of 17:01.9 at the 1987 Region IV meet. Bliss is the first cross country athlete to win the department's monthly award since Sarah Renk in November of 1989.

ABBOTT, TOWNSEND CONTRIBUTE TO GOPHER SUCCESS--Sophomore **ANGIE ABBOTT** (WINONA, MN) finished 22nd at the Big Ten meet to secure the second spot on Minnesota's regional team roster. Abbott has been rapidly improving all season, with her career-best time of 17:47 for 5,000 meter at the Big Ten meet. Freshman **LORI TOWNSEND** (CLARKSBORO, NJ/KINGSWAY) has been at or near the front of the Gopher pack for most of the 1992 season. Townsend finished third among Gophers and 28th overall at the Big Ten meet.

MINNESOTA OPEN REVIEW--The Gophers claimed seven of the top eight places in the Minnesota Open race on Oct. 24. Senior **Susan Bliss** was the top Gopher in the race, finishing second in a time of 14:48. That is the sixth fastest time for a Gopher on the Les Bolstad course.

CENTRAL COLLEGIATE RESULTS--Minnesota finished third at the Central Collegiate Invitational on Oct. 17 at the Les Bolstad University of Minnesota Golf Course. Loyola of Chicago won the women's team championship with 31 points. Minnesota held out its top nine runners for training purposes. Junior **KRISTEN BUBOLZ** (APPLETON, WI/WEST) was Minnesota's top finisher, crossing the line sixth in 19:30.

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October 3	Nike Invitational (St. Paul, MN)	8th of 17 teams, 191 points
October 10	Paul Short Invitational (Bethlehem, PA)	6th of 37 teams, 172 points
October 17	Central Collegiate Invitational (St. Paul, MN)	3rd of 3 teams, 55 points
October 24	Minnesota Open (St. Paul, MN)	No Team Scores
October 31	Big Ten Championship (Champaign, IL)	5th of 10 teams, 135 points
November 14	Region 4 Championship (Bloomington, IN)	
November 25	NCAA Championship (Bloomington, IN)	

	Intrasquad (4,000m)	IU Invite (5,000m)	St. Olaf (5,000m)	Nike Invite (5,000m)	Paul Short (5,000m)	C.C. Invite (5,000m)	Minn. Open (4,000m)	Big Ten (5,000m)	Region 4 (5,000m)	NCAA (5,000m)
Angie Abbott	DNC	DNC	19:41 (3rd)	19:11 (69th)	18:30.0 (1st)*	DNC	14:55 (3rd)	17:47 (22nd)		
Heather Amundson	17:00 (10th)	DNC	20:02 (7th)	20:10 (123rd)	DNC	19:46 (9th)	DNC	DNC		
Susan Bliss	DNC	18:58.6 (35th)	DNC	19:10 (67th)	17:33.7 (17th)	DNC	14:48 (2nd)	17:19 (6th)		
Kristen Bubolz	16:49 (9th)	DNC	19:50 (6th)	19:31 (90th)	DNC	19:30 (6th)	15:16 (7th)	18:36 (55th)		
Kristen Goelzer	15:43 (2nd)	18:38.0 (29th)	DNC	18:22 (31st)	18:02.2 (26th)	DNC	14:58 (4th)	18:12 (38th)		
Andrea Grove	DNC	19:41.6 (53rd)	19:46 (4th)	19:01 (60th)	18:42.6 (62nd)	DNC	DNF	18:55 (63rd)		
Jill Kohler	17:56 (12th)	DNC	20:54 (28th)	20:02 (121st)	DNC	19:52 (11th)	DNC	DNC		
Jessica Langford	15:58 (4th)	18:58.0 (34th)	DNC	DNF	18:36.6 (55th)	DNC	DNC	18:20 (43rd)		
Lisa McCune	16:25 (7th)	19:35.5 (50th)	DNC	18:58 (56th)	18:37.6 (57th)	DNC	15:15 (6th)	18:33 (53rd)		
Julia McGough	15:45 (3rd)	19:23.5 (44th)	DNC	19:34 (96th)	18:52.4 (2nd)*	DNF	DNC	DNC		
Kari Middaugh	DNC	DNC	21:34 (44th)	21:28 (139th)	DNC	21:07 (18th)	DNC	DNC		
Jacinda Raiche	17:21 (11th)	DNC	21:16 (36th)	19:51 (115th)	DNC	DNC	DNC	DNC		
Shan Rooney	16:32 (8th)	DNC	20:24 (15th)	19:27 (88th)	DNC	DNC	DNC	DNC		
Meredith Schreader	16:17 (6th)	19:37.9 (52nd)	DNC	19:48 (112th)	DNC	20:00 (12th)	15:48 (8th)	DNC		
Alison Titcomb	16:03 (5th)	19:23.2 (43rd)	DNC	18:40 (45th)	18:35.3 (53rd)	DNC	15:03 (5th)	18:29 (50th)		
Lori Townsend	15:28 (1st)	18:21.1 (21st)	DNC	18:18 (29th)	17:46.3 (21st)	DNC	DNC	17:57 (28th)		
Kelly Walrath	DNC	DNC	DNC	DNC	DNC	22:21 (23rd)	DNC	DNC		

*--Abbott and McGough participated in an open race at the Paul Short Invitational.