



UNIVERSITY OF MINNESOTA

Hometown News

(SPECIAL TO THE ST. LOUIS PARK SUN)

November 29, 1984

SHER AMONG GOPHERS' TOP SEVEN HARRIERS

Minneapolis, Minn. -- Former St. Louis Park athlete Julie Sher recently completed her final season on the University of Minnesota women's cross country team, consistently placing among the top seven Gopher runners at each meet. Sher, a fifth-year senior who transferred to the University from St. Cloud State University, ran cross country on the Gopher squad for the first time this fall. She competed in the 3000 meter event for Minnesota during the 1984 outdoor track season.

Sher placed as high as third among the Gopher runners at the Illinois Cross Country Invitational in September, clocking a personal best of 18:45 over the 5000 meter course. She finished sixth among the Gophers, and 64th overall, at the Big Ten Cross Country Championships at Purdue University in October.

"Julie was one of the most improved athletes on the team," said Minnesota cross country coach Mike Lawless. "She worked hard over the summer and ran well all through the season."

Sher graduated from St. Louis Park High in 1980, lettering in track two years and in soccer three years. She is the daughter of Alvin and Rona Sher of 7906 W. 23rd St., St. Louis Park 55426.



UNIVERSITY OF MINNESOTA

Hometown News

(SPECIAL TO THE PARK RAPIDS ENTERPRISE)

November 29, 1984

McGRANE RETURNS TO GOPHERS AFTER THREE-YEAR HIATUS

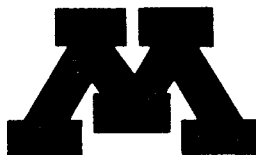
Minneapolis, Minn. -- Tammy McGrane recently completed her senior season on the University of Minnesota women's cross country team despite unusual circumstances -- she returned to the Gophers after three years away from the team. The 1978 Park Rapids High School graduate ran on Minnesota cross country and track teams for three seasons -- from fall 1978 through spring 1981 -- before deciding to take time off from competitive running. She attended the University as a part-time student over the last three years before opting to give college athletics one more try.

After a slow start this fall, McGrane came on to be one of Minnesota's top five runners. She helped the Gophers to a sixth-place finish at the Big Ten Championships in late October and ran her best time of the season (18:09.3 over 5000 meters) at the NCAA District IV Championships two weeks later, placing third among Minnesota runners. McGrane will run the one mile and two mile events during the indoor track season.

"Tammy faced a unique situation," said Minnesota coach Mike Lawless. "She ran consistently this year, but it took her a while to get her confidence back. She is finally concentrating on running, realizing this is her last chance. Tammy is a real upbeat person and it was fun to have her back on the team."

McGrane was a state champion in the 880 yard run and the 180 yard hurdles while at Park Rapids High, and also placed second at the state cross country meet. She lettered in four sports at Park Rapids: Track and field (five years, including 8th grade), basketball (three years), cross country (two years) and volleyball (two years).

Tammy is the daughter of Earl and Lottie McGrane of 805 Pleasant Ave., Park Rapids 56470.



UNIVERSITY OF MINNESOTA

Gopher Sports News

(SPECIAL TO THE SHOREVIEW BULLETIN)

November 28, 1984

FRESHMAN WALSH SHINES AT BIG TEN CROSS COUNTRY CHAMPIONSHIPS

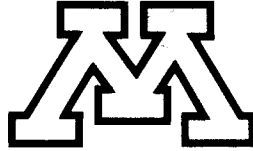
Minneapolis, Minn. -- Former Mounds View High School running star Patti Walsh recently completed her freshman season on the University of Minnesota women's cross country team, capped by a strong performance at the Big Ten Championships and a personal best at the NCAA District IV Championships.

Walsh finished third among the Gopher runners, and 10th among conference freshmen at the Big Ten Championships at Purdue University. She ended the season last Saturday with a personal best (18:40.3 in 5000 meters) at the NCAA District IV Championships at Champaign, Illinois. Walsh placed among the top seven Minnesota runners in each of the Gophers' seven meets.

"Patti came on strong at the Big Ten Championships," said Minnesota cross country coach Mike Lawless. "She started the season slowly because she had a tough adjustment to 5000 meters from running 3200 meters in high school. It was a good sign that she was able to perform well under pressure in the big meets at the end of the season."

Walsh, who graduated from Mounds View High School in 1984, was a three-time all-conference pick in cross country and placed second in the state cross country meet in 1983 and fourth in 1982. She was second at the 1984 state track meet in the 1600 meters and a member of Mounds View's state champion 1600 meter relay team in 1983. Walsh is now preparing for Minnesota's indoor and outdoor track seasons.

Patti is the daughter of Martin and Audrey Walsh of 4088 Victoria Street, Shoreview, Minn.



UNIVERSITY OF MINNESOTA

Hometown News

(SPECIAL TO THE NEWS-GRAPHIC POST)

November 28, 1984

SCHROEDER AMONG GOPHERS' TOP SEVEN HARRIERS

Minneapolis, Minn. -- Former University High School running star Sue Schroeder recently completed her sophomore season on the University of Minnesota women's cross country team, consistently placing among the top seven Gopher runners in each regular season meet. Schroeder, who ran a personal best of 19:14 at the Illinois Invitational (5000 meters) in September, is now preparing for the indoor and outdoor track seasons. She will run the 3000 and 5000 meter events on the track.

"Sue improved by one-and-a-half minutes over her best time time last year," said Minnesota cross country coach Mike Lawless. "She was one of our most consistent runners this year. And as she gets stronger and gets a few more races under her belt, she'll do even better."

Schroeder, who graduated from University High in 1983, placed second in both the one mile and two-mile events at the 1983 Wisconsin state track meet, and sixth in the 800 meters at the 1982 state meet. She was second at the state cross country meet and first in the conference in 1982. Schroeder also lettered in swimming and field hockey.

Sue is the daughter of Robert and Arlene Schroeder of Mequon.



UNIVERSITY OF MINNESOTA

Hometown News

(SPECIAL TO THE STILLWATER EVENING GAZETTE)

November 27, 1984

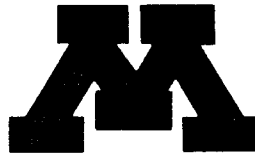
EDER NAMED CROSS COUNTRY ALL-AMERICAN

Minneapolis, Minn. -- University of Minnesota junior Jody Eder of Lake Elmo added a fifth All-American title to her honors after placing 14th at the NCAA Cross Country Championships at Penn State University November 19. It is Eder's first All-American award in cross country; the other four were won in track. She is the first Minnesota woman to win All-American honors during all three running seasons -- cross country, indoor track and outdoor track.

One week earlier, Eder broke her own school record by 14 seconds at the NCAA District IV Championships at Champaign, Ill. She finished third in 16:32.6, qualifying for the national championships for the second consecutive year. Eder was fourth at the Big Ten Championships at Purdue University October 27, improving from an eight-place finish the year before.

"Jody's improved every season," said cross country coach Mike Lawless. "She is starting to feel comfortable in cross country and beginning to realize she can run with the best in cross country."

Eder, a 1982 graduate of Stillwater High, was an all-state selection in cross country and track in high school. She was the 1981 state champ in the 800 meters. Jody is the daughter of Jerome and Nancy Eder of Lake Elmo.



UNIVERSITY OF MINNESOTA

Hometown News

(for use as desired)

November 27, 1984

BANT ONE OF THE MIDWEST'S TOP COLLEGIATE HARRIERS

Minneapolis, Minn. -- University of Minnesota senior Stacy Bant completed her final collegiate cross country season as one of the premier runners in the Midwest. The former J.I. Case High School star overcame a series of injuries that has plagued her college career to finish seventh at the Big Ten Cross Country Championships in late October and 11th at the NCAA District IV Championships two weeks later, a field that included most schools in the upper Midwest.

Bant ran a personal best at the District IV meet (16:56.1 over 5000 meters), becoming only the second Minnesota woman to break 17 minutes in a cross country race. She was just eight-tenths of a second from placing in the top ten at that meet. Bant will complete her running career at Minnesota by running the 1500, 3000 and 5000 meter events during the 1985 indoor and outdoor track seasons.

Bant led Case High School to the Wisconsin state cross country team championship in 1979. She was named female athlete of the year at Case as a senior in 1981 as well as the all-county runner of the year. Stacy is the daughter of Donald and Marilyn Bant of 3645 County Lane, Racine, WI. 53405.

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Racine Journal Times



UNIVERSITY OF MINNESOTA

Hometown News

(SPECIAL TO THE NEWHOPE-PLYMOUTH POST)

November 27, 1984

KNIGHT AMONG TOP FIVE GOPHER HARRIERS

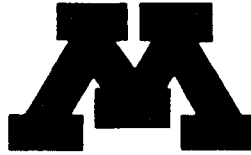
Minneapolis, Minn. -- University of Minnesota sophomore Wendy Knight, of New Hope, overcame early season injuries to finish the cross country season as one of the Gophers' top five runners. The former Cooper High School runner recently capped the season off with a personal best (18:29.1 for 5000 meters) at the NCAA District IV Cross Country Championships, eclipsing her previous best time by half a minute. She placed fourth among Minnesota runners at the District IV meet and at the Big Ten Cross Country Championships.

Knight missed her freshman season of cross country due to a knee injury. She started this year off with a 10th place finish at the Drake Invitational but missed the next two meets because of injuries. Knight competed in the Gophers' final three cross country races and soon will start her second season of indoor and outdoor track in the 3000 and 5000 meter events.

"Wendy's going to do well for us in the next few years," said cross country coach Mike Lawless. "She came on strong at the end of the year and improved with each meet."

Knight lettered three years in cross country, track and nordic skiing before graduating from Cooper High in 1983. She was an all-conference pick three years in track and two years in cross country, and was a team MVP in all three sports.

Wendy is the daughter of James and Kimiko Knight of 8516 49th Ave. N., New Hope 55428.



UNIVERSITY OF MINNESOTA

Hometown News

(for use as desired)

November 27, 1984

SCHOOL RECORD HOLDER LJUNGSTROM PREPARES FOR FINAL TRACK SEASON

Minneapolis, Minn. -- University of Minnesota senior Eva Ljungstrom of Harnosand recently completed her final season on the Gophers' cross country team, consistently placing among the top seven Minnesota runners. She helped Minnesota to a team victory at the Drake Invitational with her 11th-place finish and ran a season best of 18:50 at the Illinois Invitational. Ljungstrom will wind up her running career at Minnesota by running the two and three mile events during the 1985 indoor and outdoor track seasons. She holds the school record in the 10,000 meters (35:18.54).

"Eva has been a real contributor to our program," said Minnesota coach Mike Lawless. "We look forward to her having a good track season."

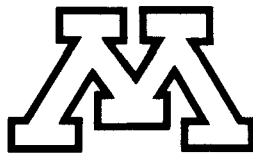
Ljungstrom came to Minnesota as a foreign exchange student in 1977. She was a member of varsity track and cross country teams at Minnetonka High School, placing third in the two-mile at the Minnesota state championships in 1978. Ljungstrom won the Swedish Championships in the 25,000 meters and the marathon in 1981 while running for Club Enhorna.

Eva is the daughter of Evert and Fun-Inger Ljungstrom of Harnosand.

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UNIVERSITY OF MINNESOTA

Hometown News

(SPECIAL TO THE WAUSAU RECORD-HERALD)

November 15, 1984

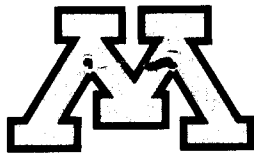
INJURY SIDELINES ~~SCHARNHORST~~ DURING CROSS COUNTRY SEASON

Minneapolis, Minn. -- A leg injury cut short former Wausau East High School athlete Kathy Scharnhorst's freshman season with the University of Minnesota women's cross country team. Scharnhorst ran in the Gophers' first two meets of the season before a stress fracture in her femur led to pain in her hip that forced her to stop running. She placed 18th at the Drake Invitational and recorded a personal best of 20:27.7 (for 5000 meters) at the Kansas Invitational prior to the injury.

"Kathy's first two meets indicate that she's got the potential do well in the future," said Minnesota cross country coach Mike Lawless. "She should be ready to go by the track season, when she will run the 3000 meters."

Scharnhorst graduated from Wausau East in 1984 after lettering in cross country and track four times and in basketball twice. She was an all-conference selection in both track and cross country as a senior.

Kathy is the daughter of Gordon and Margaret Scharnhorst of 4033 Henry St., Wausau.



UNIVERSITY OF MINNESOTA

Hometown News

October 30, 1984

(STACY BANT HOMETOWN RELEASE)

Minneapolis, Minn. -- University of Minnesota senior Stacy Bant would probably sum up her collegiate running career in one word -- frustrating. Until this year, that is. The former J.I. Case High School (Racine, Wisc.) star has overcome a series of injuries in recent years to become one of the Big Ten Conference's top competitors in both cross country and track and field.

For the first time since she entered Minnesota, Bant has been able to put together back-to-back track and cross country seasons without missing any meets due to injury. Bant has been plagued by so many different injuries that she admits, "I couldn't tell you all of them." Mostly these have been stress fractures and stress reactions (a weakening in the bone) to her shins.

Finally healthy, Bant is enjoying a stellar cross country season this fall. She placed in the top seven in each of Minnesota's first four races and ran a personal best (17:03) at the Illinois Invitational. Bant ran 16th at the Wisconsin-Burger King Classic in October, a field which featured a dozen cross country All-Americans. Last week, Bant finished 7th at the Big Ten Championships. She hopes that momentum will help her qualify for the NCAA Championships with a strong showing at the NCAA District IV Meet November 10 at Champaign, Illinois.

Last spring in track, Bant made the most of her first injury-free season. She won the 5000 meters at the Drake Invitational and was first in the 3000 meters at the Minnesota Collegiate Invitational. Bant finished ninth in the 3000 at the Big Ten Championships.

But success has not come easy for Bant at Minnesota. She got off to an auspicious start as a freshmen, emerging as the top runner on the Gophers' cross country team by the end of the season. In her last race that fall, Bant ran the fastest time in Minnesota history (17:17) at Burbank, California, a mark that held up for two years. But she developed a shin injury that fall and had to miss both the indoor and outdoor track seasons.

By her sophomore year, the pain in her shins during track season "hurt so bad that I was going to quit," Bant said. She talked to Minnesota coach Mike Lawless, who encouraged her to take some time off and think about the decision. Bant came back to the track program after a few weeks, but only was able to race sporadically that year. The frustration caused by the injuries was further magnified when Bant had to be replaced as a member of Minnesota's two-mile relay team during the indoor season. That foursome went on to finish third at the NCAA Championships, earning All-American honors.

Bant prepared for her junior season with some heavy training late in the summer prior to the cross country season. Once again, she injured her shins and was only able to compete in the Gophers' first three meets that fall. That squad, without Bant, qualified for the NCAA Championships for the first time in school history. Minnesota placed tenth at the nationals, but Lawless figures that the Gophers might have come in as high as seventh had Bant been able to run.

Sent to: Sawyer County Record
Racine Journal Times

Bant was able to nurse her injuries and come through with a healthy track season last spring as a junior. She has two seasons of track eligibility remaining, and hopes to run in longer events in the future -- the 5000 and 10,000 meters. Bant finished second in the prestigious 10,000 meter Bonne Bell road race in Minneapolis during the summer.

"Stacy has had flashes off and on for many years," Lawless said. "She's showing now that she's capable of running with the best in the Big Ten."

Not suprisingly, Bant's goal going into the track season is "to stay injury-free because I know if I do I'll be a good runner," she said. "At this point I'm just thankful I'm not hurt."

Bant won all-state honors in cross country while in high school. She also finished third in both the one-mile and two-mile runs in the Wisconsin state meet as a senior in 1981. Bant is the daughter of Daonald and Marilyn Bant of Racine.