

1985 MINNESOTA WOMEN'S CROSS COUNTRY
MEDIA GUIDE

QUICK FACTS:

LOCATION:	Minneapolis, Minn.
FOUNDED:	1851
ENROLLMENT:	45,000
NICKNAME:	Golden Gophers
COLORS:	Maroon and Gold
CONFERENCE:	Big Ten
PRESIDENT:	Kenneth Keller
ATHLETIC DIRECTOR:	Merrily Dean Baker.....(612) 373-2253
HEAD COACH:	Gary Wilson.....(612) 376-5288
ASSISTANT COACH:	Vanessa Seljeskog.....(612) 376-5631
SPORTS INFORMATION DIRECTOR:	Karen Smith.....(612) 376-5259
HOME COURSE:	Les Bolstad University Golf Course

CROSS COUNTRY FACTS:

COACH:	GARY WILSON, 1st Year (Cortland St., N.Y., '68)
1984 BIG TEN FINISH:	6th
RETURNING LETTERWINNERS:	3
LETTERWINNERS LOST:	4
CLASS BREAKDOWN:	1 senior, 2 juniors, 4 sophomores, 8 freshmen

TOP RETURNER:

JODY EDER: Senior, Lake Elmo, MN

College: Became Minnesota's first NCAA cross country All-American in 1984 by placing 14th at NCAA National Championships at Penn State...won All-Big Ten honors last fall by finishing 4th at Big Ten Championships...set new Minnesota record time (16:32.6) with 3rd-place finish at NCAA District IV Championships...holds seven of the nine fastest times in Minnesota cross country history...top Minnesota finisher in 24 of her 25 meets as a Gopher (all except her first race as a freshman)...five career victories in regular season meets...won the Drake, Kansas and Minnesota Invitationals last season...top seven finish in every meet but NCAA Nationals last season...8th at Big Ten Championships in 1983, 20th in 1982...35th at NCAA Nationals in 1983...four-time All-American in track.

High School: Stillwater High School...all-state in cross country and track...captain of cross country team...state champion in 800 meters.

Personal: Born 12/20/63...recreation major...daughter of Nancy and Jerome Eder.

Cross Country PR: 16:32.6, school record (5000 meters)

GOPHERS' NEW COACH GIVES CROSS COUNTRY SQUAD A FRESH LOOK

Minneapolis, Minn. -- Gary Wilson, the new coach of the University of Minnesota women's cross country team, faces an uphill battle in 1985 as the Gophers return just three letterwinners and only one runner who placed in the top 40 finishers at the Big Ten Championships last fall. But Wilson is not shy about his goals for this year or the future of the Gopher cross country program.

"We obviously want to improve steadily and to gain respect in the Big Ten," Wilson says. "Our goal is always going to be to finish in the top three in the conference. In three to five years, we want to place consistently among the top three."

Those are confident words considering that Minnesota has finished in the second division of the Big Ten five of the last six years, and only as high as third place once during that time. But the enthusiastic Wilson brings a winning tradition to Minnesota, after buiding a Division III powerhouse at the University of Wisconsin-LaCrosse.

Wilson twice was named the NCAA Division III coach-of-the-year after leading UW-LaCrosse's women's cross country team to a NCAA championship and its women's track and field team to three consecutive national titles. Under Wilson's guidance, UW-LaCrosse won the NCAA Division III Cross Country Championship in 1983 and finished the national runner-up in 1982 and 1984. Wilson's cross country teams placed in the top five nationally six of eight seasons as coach. During that span he produced 10 All-Americans.

Wilson, who also will coach the Gopher track and field team, already has given the Minnesota cross country team a face lift. His pre-season roster of 15 runners is nearly twice as large as the team's 1984 squad. Depth was a key ingredient to Wilson's cross country success at UW-LaCrosse -- his teams regularly carried more than 40 runners, among the largest squads in the nation.

As far as this year's Big Ten competition is concerned, Wilson sees Wisconsin as the odds-on favorite to win its third straight conference title. But after Badgers, Wilson says the Big Ten race is up for grabs.

"A lot of people probably think we won't be much of a factor in the Big Ten this year," he says. "But then, a lot of other people aren't coaching this team."

EDER LEADS THE PACK -- One reason for Wilson's optimism is the return of senior Jody Eder (LAKE ELMO, MN), who became Minnesota's first NCAA All-American in cross country last fall by placing 14th at nationals. It was Eder's fifth All-American award to go along with the four she has earned in track. She has finished in the top ten at the Big Ten Cross Country Championships each of the last two years (4th in 1984, 8th in 1985), and she holds the school record time of 16:32.6.

Minnesota brings back only two other runners who ran at the Big Ten Championships last year. Sophomore Patti Walsh (SHOREVIEW, MN) came on strong at the end of the season to run her best race at the Big Ten meet, placing 41st overall and 10th among the conference freshmen. Junior Wendy Knight (NEW HOPE, MN) ran cross country for the first time last fall and finished 43rd at the conference championships. Wilson figures that Knight could be a late bloomer this fall, after suffering a knee injury early in the summer.

The key to the Gophers' chances in 1985 will be to find a sleeper or two among the 5th, 6th and 7th runners, according to Wilson. He may find those sleepers in junior Sue Schroeder (MEGNON, WI) and freshmen Eileen Schaller (NEENAH, WI) and Kim Mitze1 (EXCELSIOR, MN).

1985 MINNESOTA WOMEN'S CROSS COUNTRY ROSTER

HEAD COACH: Gary Wilson
 ASSISTANT COACH: Vanessa Seljeskog

<u>NAME</u>	<u>CLASS</u>	<u>HOMETOWN/HIGH SCHOOL</u>
Deb Bowker	So.	Aberdeen, S.D./Aberdeen
Natalie Burke	Fr.	Plymouth, MN/Armstrong
Patty Burns	Fr.	Menomonie, WI/Menomonie
Eileen Donaghy	Fr.	St. Paul, MN/Highland Park
Jody Eder	Sr.	Lake Elmo, MN/Stillwater
Gwen Gienert	Fr.	New Hope, MN/Cooper
Wendy Knight	Jr.	New Hope, MN/Cooper
Amy Mills	So.	Minneapolis, MN/Southwest
Kim Mitzel	Fr.	Excelsior, MN/Minnetonka
Eileen Shaller	Fr.	Neenah, WI/Armstrong
Kathy Scharnhorst	So.	Wausau, WI/East
Sue Schroeder	Jr.	Megnon, WI/University School
Cassandra Voss	Fr.	Minnetonka, MN/Minnetonka
Patti Walsh	So.	Shoreview, MN/Moundsview
Robin Watt	Fr.	Oconomowac, WI/Oconomowac

1985 MINNESOTA WOMEN'S CROSS COUNTRY SCHEDULE

SEPTEMBER:

14	at Husker Invitational	Lincoln, NE
21	at Kentucky Invitational	Lexington, KY
28	at Iowa State Invitational	Ames, IA

OCTOBER

5	MINNESOTA INVITATIONAL	U of M Golf Course
12	at Michigan Invitational	Ann Arbor, MI
19	at LaCrosse Invitational	LaCrosse, WI
26	at South Dakota St. Invitational	Brookings, S.D.

NOVEMBER

2	Big Ten Championships (Univ. of Michigan)	Ann Arbor, MI
16	NCAA District IV Championships (Indiana University)	Bloomington, IN
25	NCAA National Championships (Marquette University)	Milwaukee, WI
30	TAC Senior Nationals	Raleigh, NC

WILSON HEADS NEW CROSS COUNTRY COACHING STAFF

After building a Division III powerhouse at the University of Wisconsin-LaCrosse, Gary Wilson comes to Minnesota this season as the new head coach of both the Gopher cross country and track and field teams. Wilson brings a winning tradition to Minnesota, as he coached the UW-LaCrosse women's teams to three consecutive national track and field championships and one national cross country championship. He becomes only the second head coach in the history of the women's running program at Minnesota, replacing 11-year coach Mike Lawless, who decided to leave the coaching ranks following last season.

Wilson coached the UW-LaCrosse women's cross country team for eight years, from 1977-1984. He produced 10 All-Americans during that period and won the the NCAA Division III cross country team championship in 1983. UW-LaCrosse was the Division III runner-up in 1982 and 1984, and the school finished in the top five at the cross country nationals in six of Wilson's eight seasons. Depth was a key ingredient to UW-LaCrosse's cross country success: After inheriting a roster of 17 runners in his first season, Wilson's teams regularly carried more than 40 runners -- one of the largest cross country squads in the nation.

In Wilson's four seasons as head coach of the UW-LaCrosse women's track and field team, the school won three national titles and finished third once. UW-LaCrosse captured the AIAW Division III Outdoor Track and Field Championship in 1982, and the NCAA Division III Outdoor Track and Field Championships in 1983 and 1984. Wilson coached 33 track and field All-Americans in just four seasons, including 14 All-Americans on the 1985 UW-LaCrosse squad that placed third at nationals. Along with coaching the UW-LaCrosse women's teams, Wilson was the head coach of the school's men's track and field team for seven seasons between 1976-1983, producing 25 NAIA All-Americans.

Wilson was named the NCAA Division III Coach-of-the-Year in 1983 and 1984, and honored as a Runners World all-star coach in 1984. He has served as a member of The Athletics Congress (TAC) Coaching Certification Committee and as a member of the AIAW national and regional cross country committees. Wilson also has operated several successful runner's camps and coaching clinics, and he has written numerous articles for publication on the subject of coaching.

Prior to coaching at UW-LaCrosse, Wilson was an assistant men's track and field coach at Westchester State College in Pennsylvania in 1975. He also served as the athletic director and chairman of the the physical education department at Hannibal Central High School in upstate New York in 1973-74. While at Hannibal, Wilson also coached boys' cross country, basketball and track and field from 1968-1974.

Originally from Lyndonville, New York, Wilson received his B.S. (1968) and M.S. (1974) degrees in physical education from the State University of New York at Cortland. Wilson competed in cross country, and indoor and outdoor track while an undergraduate -- and captained all three teams as a senior -- at Cortland State. Gary and his wife, Suzy, have three children: Ben, 5, Laura, 3, and Adam, 2 months.

SELJESKOG NAMED NEW ASSISTANT -- Minnesota-native Vanessa Seljeskog joins Minnesota's women's athletic department this fall as an assistant coach for both cross country and track and field. Seljeskog, who most recently has been a track and cross country assistant at the University of California-Berkeley, was the head coach of the girls' track and field team at Park Center High School from 1980-83. Seljeskog was a three-time Minneapolis City Champion in the 880 yard run at Washburn High School from 1972-74, and she ran the 800 meters in college at Arizona State and St. Olaf College in Northfield. She graduated from St. Olaf in 1978, and earned master's degrees from St. Thomas College in St. Paul in 1983 and from the University of Minnesota in June.

1984 MINNESOTA CROSS COUNTRY RESULTS

TEAM RESULTS

<u>DATE</u>	<u>MEET</u>	<u>PLACE</u>	<u>TOP FINISHER</u>
9/15	at Drake Invitational	1st of 3	Jody Eder (1st, 17:36)
9/22	at Kansas Invitational	4th of 6	Jody Eder (1st, 17:05.3)
9/29	at Illinois Invitational	10th of 13	Jody Eder (3rd, 16:46)
10/ 6	MINNESOTA FIVE-WAY	4th of 5	Jody Eder (1st, 17:23.2)
10/13	at Wisconsin Classic	9th of 10	Jody Eder (7th, 16:56.1)
10/27	at Big Ten Championships (Purdue University)	6th of 10	Jody Eder (4th, 17:34)
11/10	at NCAA District IV Meet (Univ. of Illinois)	7th of 23	Jody Eder (3rd, 16:32.6)
11/19	at NCAA Championships (Penn State)	individual only	Jody Eder (14th, 16:50.9)

INDIVIDUAL RESULTS

	<u>Drake Invite</u>	<u>Kansas Invite</u>	<u>Illinois Inv.</u>	<u>MINN 5-WAY</u>
Stacy Bant	17:44 (2nd)	17:26.7 (4th)	17:03 (8th)	17:39.5 (4th)
Jody Eder	17:36 (1st)	17:05.3 (1st)	16:46 (3rd)	17:23.2 (1st)
Wendy Knight	19:45 (10th)	19:16.0 (25th)	DNC	DNC
Eva Ljungstrom	19:55 (11th)	19:22.5 (27th)	18:50 (64th)*	19:38.2 (34th)
Tammy McGrane	19:18 (8th)	18:58.8 (20th)	19:05 (73rd)	19:35.1 (32nd)
Kathy Scharnhorst	21:04 (18th)	20:27.7 (42nd)*	DNC	DNC
Sue Schroeder	20:33 (17th)	19:55.2 (35th)	19:14 (80th)*	19:47.1 (41st)
Julie Sher	DNC	19:47.5 (32nd)	18:45 (57th)*	19:42.8 (37th)
Patti Walsh	20:27 (16th)	19:46.5 (31st)	19:07 (75th)	20:08.4 (50th)

	<u>Wisc. Classic</u>	<u>Big Ten</u>	<u>District IV</u>	<u>NCAA Champ.</u>
Stacy Bant	17:21.8 (16th)	17:41 (7th)	16:56.1 (11th)*	DNC
Jody Eder	16:56.1 (7th)	17:34 (4th)	16:32.6 (3rd)*	16:50.9 (14th)
Wendy Knight	19:07.3 (67th)	19:34 (43rd)	18:29.1 (74th)*	DNC
Eva Ljungstrom	20:01.1 (85th)	20:40 (66th)	DNC	DNC
Tammy McGrane	18:56.2 (60th)	19:37 (46th)	18:09.3 (46th)*	DNC
Kathy Scharnhorst	DNC	DNC	DNC	DNC
Sue Schroeder	19:53.5 (84th)	DNC	DNC	DNC
Julie Sher	19:38.6 (81st)	20:25 (64th)	DNC	DNC
Patti Walsh	19:19.6 (74th)	19:33 (41st)	18:40.3 (84th)*	DNC

* Best time of the season

All-American: Jody Eder

All-Big Ten: Jody Eder and Stacy Bant

MINNESOTA CROSS COUNTRY RECORD TIME (5000 METERS):

Jody Eder 16:32.6 (1984, NCAA District IV Championships @ Illinois)

BIG TEN CHAMPION: Cathie Twomey, 1976

ALL-AMERICANS: Cathie Twomey, 1976 & 1977 (AIAW)
Jody Eder, 1984 (NCAA)

MINNESOTA FINISHES @ BIG TEN CHAMPIONSHIPS

<u>YEAR</u>	<u>PLACE</u>	<u>TOP MINN. FINISHER</u>	<u>LOCATION</u>
1984	6th	Jody Eder, 4th (17:34)	Purdue
1983	3rd	Jody Eder, 8th (16:56)	Illinois
1982	7th	Jody Eder, 20th (18:45)	Iowa
1981	4th	Mary Yetzer, 9th (18:07.4)	Michigan State
1980	8th	Kathy Rosow, 26th (18:02)	Ohio State
1979	6th	Rocky Racette, 10th (18:42)	Iowa
1978	3rd of 9	Terri Wegner, 13th (18:26)	Wisconsin
1977		NO MEET HELD	
1976	3rd of 5	Cathie Twomey, 1st (17:19)	Michigan State

MINNESOTA AT NATIONAL CHAMPIONSHIPS

<u>YEAR</u>	<u>LEAGUE</u>	<u>PLACE</u>	<u>TOP MINN. FINISHER</u>	<u>LOCATION</u>
1984	NCAA	----	Jody Eder, 14th (16:50.9)	Penn State
1983	NCAA	10th of 16	Jody Eder, 35th (17:30.4)	Lehigh University
1982	NCAA	----	No Minn. Competitors	Indiana University
1981	AIAW	10th of 22	Sue Alm, 39th (18:50)	Idaho State
1980	AIAW	-----	No Minn. Competitors	Univ. of Washington
1979	AIAW	----	Rocky Racette, 59th (17:50.6)	Florida State
1978	AIAW	----	Terrie Wegner, 38th (18:16.1)	Univ. of Denver
1977	AIAW	14th of 23	Cathie Twomey, 12th (18:04.3)	Univ. of Texas
1976	AIAW	----	Cathie Twomey, 6th (16:46.4)	Univ. of Wisconsin
1975	AIAW	12th of 19	Cathie Twomey, 10th (17:33)	Iowa State
1974	AIAW	4th of 15	Cathie Twomey, 11th (15:21)	Iowa State