

1994

### 1994 Statistics

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# 1994 NAIA WOMEN'S NATIONAL CROSS COUNTRY CHAMPIONSHIP

## UW-PARKSIDE NATIONAL CROSS COUNTRY COURSE

CE: WOMEN'S 5K (WITH AMENDED TIMES) 11/19/94

DATE:

### TEAM SCORE SUMMARY

| PLACE | SCHOOL                 | TEAM FINISHES |     |     |     |     |      |      |  | TOTAL |
|-------|------------------------|---------------|-----|-----|-----|-----|------|------|--|-------|
| 1     | UNIV/PUGET SOUND WA    | 2             | 5   | 10  | 15  | 19  | 27B  | 35B  |  | 51    |
| 2     | SIMON FRASER U BC      | 1             | 7   | 16  | 21  | 29  | 71B  | 88B  |  | 74    |
| 3     | HILLSDALE COL MI       | 3             | 13  | 14  | 33  | 36  | 38B  | 44B  |  | 99    |
| 4     | WISCONSIN-PARKSIDE     | 4             | 6   | 17  | 40  | 55  | 61B  | 104B |  | 122   |
| 5     | WHITMAN COL WA         | 9             | 30  | 32  | 39  | 51  | 63B  | 117B |  | 161   |
| 6     | DOANE COLL NE          | 12            | 18  | 53  | 62  | 68  | 96B  | 148B |  | 213   |
| 7     | GEORGE FOX COL OR      | 20            | 22  | 45  | 75  | 85  | 111B | 177B |  | 247   |
| 8     | OLIVET NAZARENE U IL   | 28            | 42  | 46  | 67  | 69  | 90B  | 179B |  | 252   |
| 9     | CEDARVILLE COL OH      | 23            | 24  | 78  | 87  | 95  | 122B | 126B |  | 307   |
| 10    | PACIFIC LUTHERAN WA    | 37            | 56  | 58  | 81  | 110 | 124B | 143B |  | 342   |
| 11    | WESTERN WASHINGTON     | 52            | 60  | 65  | 82  | 89  | 94B  | 101B |  | 348   |
| 12    | SEATTLE UNIV WA        | 11            | 86  | 91  | 105 | 113 | 129B | 189B |  | 406   |
| 13    | MALONE COL OH          | 26            | 64  | 70  | 116 | 141 | 161B | 195B |  | 417   |
| 14    | WESTMONT COL CA        | 8             | 84  | 100 | 112 | 114 | 119B | 137B |  | 418   |
| 15    | CONCORDIA COL NE       | 49            | 59  | 72  | 138 | 155 | 183B | 208B |  | 473   |
| 16    | AZUSA PACIFIC U CA     | 43            | 77  | 93  | 133 | 140 | 150B | 169B |  | 486   |
| 17    | MIDLAND LUTHERAN NE    | 50            | 98  | 103 | 120 | 121 | 159B | 172B |  | 492   |
| 18    | UNIV/MARY ND           | 47            | 57  | 92  | 135 | 175 | 201B | 224B |  | 506   |
| 19    | SOUTHWESTERN COL KS    | 25            | 80  | 123 | 125 | 173 | 228B |      |  | 526   |
| 20    | SIENA HEIGHTS COL MI   | 41            | 73  | 142 | 149 | 158 | 192B | 213B |  | 563   |
| 21    | PARK COL MO            | 54            | 97  | 136 | 152 | 154 | 214B | 225B |  | 593   |
| 22    | MARIAN COL IN          | 76            | 79  | 132 | 156 | 160 | 198B | 199B |  | 603   |
| 23    | NORTHERN STATE SD      | 66            | 118 | 131 | 147 | 163 | 171B | 176B |  | 625   |
| 24    | HOUGHTON COL NY        | 99            | 102 | 130 | 139 | 182 | 184B | 219B |  | 652   |
| 25    | MAINE PRESQUE-ISLE     | 34            | 48  | 166 | 207 | 216 | 220B |      |  | 671   |
| 26    | WHEELING JESUIT COL WV | 83            | 107 | 128 | 180 | 186 | 191B | 197B |  | 684   |
| 27    | UNIV/MOBILE AL         | 31            | 146 | 168 | 178 | 185 |      |      |  | 708   |
| 28    | UNIV/WEST FLORIDA      | 109           | 127 | 144 | 145 | 187 | 190B | 218B |  | 712   |
| 29    | SOUTHERN NAZARENE U OK | 115           | 151 | 157 | 200 | 202 | 215B | 222B |  | 825   |
| 29    | FLAGLER COL FL         | 74            | 108 | 205 | 217 | 221 | 223B | 227B |  | 825   |
| 31    | MISSOURI VALLEY COL    | 106           | 153 | 164 | 206 | 212 | 233B | 236B |  | 841   |
| 32    | BELMONT UNIV TN        | 162           | 170 | 174 | 181 | 193 | 196B | 203B |  | 880   |
| 33    | BEREA COLLEGE KY       | 134           | 165 | 188 | 210 | 229 | 232B |      |  | 926   |
| 34    | EAST CENTRAL U OK      | 167           | 194 | 204 | 209 | 211 | 226B | 238B |  | 985   |
| 35    | BENEDICT COL SC        | 230           | 231 | 234 | 235 | 237 | 239B | 240B |  | 1167  |



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## UW-PARKSIDE NATIONAL CROSS COUNTRY COURSE

ACE: WOMEN'S 5K (WITH AMENDED TIMES) 11/19/94

DATE:

### RUNNER LIST IN ORDER OF FINISH

| PLACE   |      | TIME  | NO. | NAME                   | YR | SCHOOL               |
|---------|------|-------|-----|------------------------|----|----------------------|
| OVERALL | TEAM |       |     |                        |    |                      |
| 1       | 1    | 17:51 | 304 | CARI RAMPERSAD         | 1  | SIMON FRASER U BC    |
| 2       | 0    | 17:53 | 569 | ROSA IBARRA            | 3  | WAYLAND BAPTIST TX   |
| 3       | 2    | 18:00 | 308 | DANITA ERICKSON-PARKHU | 4  | UNIV/PUGET SOUND WA  |
| 4       | 3    | 18:03 | 254 | JENNIFER STEVENSON     | 4  | HILLSDALE COL MI     |
| 5       | 4    | 18:05 | 240 | AMY HAINES             | 2  | WISCONSIN-PARKSIDE   |
| 6       | 5    | 18:06 | 310 | EMILY KELLMAN          | 4  | UNIV/PUGET SOUND WA  |
| 7       | 6    | 18:06 | 245 | TRACEY POPE            | 3  | WISCONSIN-PARKSIDE   |
| 8       | 0    | 18:07 | 570 | JODIE YOUNG            | 3  | WAYLAND BAPTIST TX   |
| 9       | 7    | 18:08 | 295 | AUNDREA BERTOIA        | 4  | SIMON FRASER U BC    |
| 10      | 8    | 18:12 | 199 | MIRIAM NIEDNAGEL       | 2  | WESTMONT COL CA      |
| 11      | 9    | 18:14 | 211 | JESSICA BISSONNETTE    | 3  | WHITMAN COL WA       |
| 12      | 0    | 18:16 | 555 | DARLENE MOTA           | 4  | HAWAII PACIFIC U     |
| 13      | 10   | 18:17 | 313 | BETH ROBBINS           | 1  | UNIV/PUGET SOUND WA  |
| 14      | 11   | 18:19 | 413 | TRICIA SATRE           | 7  | SEATTLE UNIV WA      |
| 15      | 12   | 18:30 | 171 | CHRISTINA HRUBY        | 2  | DOANE COLL NE        |
| 16      | 13   | 18:31 | 250 | JULIE HAY              | 4  | HILLSDALE COL MI     |
| 17      | 14   | 18:31 | 255 | SARA VANSCHYNDEL       | 1  | HILLSDALE COL MI     |
| 18      | 15   | 18:32 | 312 | APRIL PLATTNER         | 3  | UNIV/PUGET SOUND WA  |
| 19      | 16   | 18:32 | 297 | LAENA GARRISON         | 2  | SIMON FRASER U BC    |
| 20      | 17   | 18:33 | 244 | VALERIE NIESE          | 2  | WISCONSIN-PARKSIDE   |
| 21      | 18   | 18:33 | 177 | BECKY STEIB            | 3  | DOANE COLL NE        |
| 22      | 19   | 18:34 | 311 | MY NGUYEN              | 1  | UNIV/PUGET SOUND WA  |
| 23      | 20   | 18:36 | 404 | STEPHANIE MORROW       | 4  | GEORGE FOX COL OR    |
| 24      | 21   | 18:37 | 301 | CAROLYN MURRAY         | 1  | SIMON FRASER U BC    |
| 25      | 22   | 18:37 | 406 | REBEKAH ULMER          | 1  | GEORGE FOX COL OR    |
| 26      | 23   | 18:38 | 137 | MICHELLE BURSON        | 2  | CEDARVILLE COL OH    |
| 27      | 24   | 18:38 | 141 | JULIANNE PLETCHER      | 2  | CEDARVILLE COL OH    |
| 28      | 0    | 18:39 | 566 | JENNIFER DOWD          | 4  | BELMONT ABBEY COL NC |
| 29      | 25   | 18:41 | 188 | LISA BULLER            | 4  | SOUTHWESTERN COL KS  |
| 30      | 26   | 18:47 | 361 | JULIE HARRISON         | 2  | MALONE COL OH        |
| 31      | 27B  | 18:51 | 307 | JENNIFER BURNINGHAM    | 4  | UNIV/PUGET SOUND WA  |
| 32      | 28   | 18:54 | 235 | JENNY KOHL             | 3  | OLIVET NAZARENE U IL |
| 33      | 29   | 18:54 | 303 | YVONNE PASSMORE        | 2  | SIMON FRASER U BC    |
| 34      | 30   | 18:54 | 217 | ONI OGSBURY            | 3  | WHITMAN COL WA       |
| 35      | 31   | 18:56 | 149 | IVANA SKLADANA         | 1  | UNIV/MOBILE AL       |
| 36      | 32   | 18:57 | 214 | KATHLEEN GIBSON        | 3  | WHITMAN COL WA       |
| 37      | 33   | 18:58 | 253 | BETH SONNENBERG        | 3  | HILLSDALE COL MI     |
| 38      | 34   | 18:59 | 417 | SARA RICHARD           | 1  | MAINE PRESQUE-ISLE   |
| 39      | 35B  | 19:00 | 305 | ANDREA BOITANO         | 1  | UNIV/PUGET SOUND WA  |
| 40      | 36   | 19:01 | 251 | SARA PETTA             | 2  | HILLSDALE COL MI     |
| 41      | 37   | 19:02 | 385 | TURI WIDSTEEN          | 3  | PACIFIC LUTHERAN WA  |
| 42      | 38B  | 19:03 | 249 | DANA ERGENBRIGHT       | 1  | HILLSDALE COL MI     |
| 43      | 39   | 19:04 | 210 | EMILY ANDERSON         | 2  | WHITMAN COL WA       |
| 44      | 40   | 19:04 | 243 | MICHELLE MELCHER       | 1  | WISCONSIN-PARKSIDE   |
| 45      | 0    | 19:05 | 549 | SIGI KNOLL             | 3  | LINFIELD COL OR      |
| 46      | 41   | 19:06 | 219 | DEB CHAVIS             | 4  | SIENA HEIGHTS COL MI |
| 47      | 0    | 19:06 | 524 | ANN-MARIE HYNES        | 1  | UNIV/RIO GRANDE OH   |
| 48      | 42   | 19:06 | 232 | LESLIE COFFMAN         | 2  | OLIVET NAZARENE U IL |
| 49      | 43   | 19:07 | 209 | MICHELLE TEODORO       | 1  | AZUSA PACIFIC U CA   |

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| PLACE   |      | TIME  | NO. | NAME                | YR | SCHOOL                 |
|---------|------|-------|-----|---------------------|----|------------------------|
| OVERALL | TEAM |       |     |                     |    |                        |
| 50      | 44B  | 19:07 | 248 | SUE DZIAMA          | 1  | HILLSDALE COL MI       |
| 51      | 0    | 19:08 | 548 | MELISSA HAYWARD     | 3  | LINFIELD COL OR        |
| 52      | 45   | 19:09 | 402 | DAWN HARTWIG        | 3  | GEORGE FOX COL OR      |
| 53      | 46   | 19:12 | 237 | LAURA SCHNYDERS     | 4  | OLIVET NAZARENE U IL   |
| 54      | 47   | 19:14 | 265 | RENEE PERRY         | 2  | UNIV/MARY ND           |
| 55      | 48   | 19:15 | 416 | KATHERINE CHABOT    | 2  | MAINE PRESQUE-ISLE     |
| 56      | 49   | 19:16 | 164 | ROBIN LEGGETT       | 4  | CONCORDIA COL NE       |
| 57      | 50   | 19:16 | 373 | KATHLEEN HEALY      | 3  | MIDLAND LUTHERAN NE    |
| 58      | 51   | 19:17 | 215 | JOANNE HARMAN       | 2  | WHITMAN COL WA         |
| 59      | 52   | 19:18 | 391 | SANDRA DEMETRO      | 3  | WESTERN WASHINGTON     |
| 60      | 0    | 19:18 | 556 | JENNIFER LA LONDE   | 1  | AQUINAS COL MI         |
| 61      | 53   | 19:18 | 175 | BRENDA RAUCH        | 4  | DOANE COLL NE          |
| 62      | 54   | 19:19 | 353 | MARIA MEDINA        | 3  | PARK COL MO            |
| 63      | 55   | 19:19 | 242 | COLETTE MAROTTO     | 4  | WISCONSIN-PARKSIDE     |
| 64      | 56   | 19:20 | 383 | AMY SAATHOFF        | 4  | PACIFIC LUTHERAN WA    |
| 65      | 57   | 19:20 | 262 | JENNY JAPEL         | 1  | UNIV/MARY ND           |
| 66      | 58   | 19:21 | 382 | TANYA ROBINSON      | 1  | PACIFIC LUTHERAN WA    |
| 67      | 59   | 19:21 | 165 | AMY LUFT            | 1  | CONCORDIA COL NE       |
| 68      | 60   | 19:22 | 389 | JENNIFER CAMPBELL   | 3  | WESTERN WASHINGTON     |
| 69      | 61B  | 19:22 | 247 | MELINDA VASATKO     | 2  | WISCONSIN-PARKSIDE     |
| 70      | 62   | 19:24 | 176 | CHRIS SKILLMANN     | 2  | DOANE COLL NE          |
| 71      | 63B  | 19:26 | 216 | DOROTHY METCALF     | 2  | WHITMAN COL WA         |
| 72      | 64   | 19:26 | 359 | MONICA FERGUSON     | 3  | MALONE COL OH          |
| 73      | 65   | 19:26 | 392 | ANNIKA FAIN         | 2  | WESTERN WASHINGTON     |
| 74      | 66   | 19:26 | 280 | KRIS PIPAL          | 3  | NORTHERN STATE SD      |
| 75      | 67   | 19:29 | 236 | JACQUELINE ROBINSON | 3  | OLIVET NAZARENE U IL   |
| 76      | 68   | 19:30 | 179 | ROBIN WILSON        | 1  | DOANE COLL NE          |
| 77      | 69   | 19:31 | 230 | JAYME BULTHAUS      | 1  | OLIVET NAZARENE U IL   |
| 78      | 70   | 19:32 | 357 | MEG BURGESS         | 1  | MALONE COL OH          |
| 79      | 71B  | 19:32 | 302 | PAISLEY O'BRIAN     | 2  | SIMON FRASER U BC      |
| 80      | 0    | 19:33 | 503 | JESSICA FAITH       | 1  | MOORHEAD ST MN         |
| 81      | 0    | 19:34 | 534 | KAY PALS            | 4  | NORTHWESTERN COL IA    |
| 82      | 72   | 19:34 | 167 | DOVE ROBINSON       | 1  | CONCORDIA COL NE       |
| 83      | 73   | 19:36 | 221 | PAULA KANGAS        | 2  | SIENA HEIGHTS COL MI   |
| 84      | 74   | 19:37 | 132 | ALLISON HAD         | 1  | FLAGLER COL FL         |
| 85      | 75   | 19:38 | 405 | SANDRA TAYLOR       | 3  | GEORGE FOX COL OR      |
| 86      | 0    | 19:39 | 535 | KRIS WINBINGER      | 3  | HASTINGS COL NE        |
| 87      | 76   | 19:39 | 154 | REBECCA DAUGHERTY   | 4  | MARIAN COL IN          |
| 88      | 77   | 19:40 | 204 | BETH HAKE           | 1  | AZUSA PACIFIC U CA     |
| 89      | 78   | 19:40 | 138 | HEATHER CORNELIUS   | 2  | CEDARVILLE COL OH      |
| 90      | 79   | 19:40 | 153 | AMY CREWS           | 1  | MARIAN COL IN          |
| 91      | 80   | 19:40 | 192 | RAQUEL RIOS         | 2  | SOUTHWESTERN COL KS    |
| 92      | 81   | 19:41 | 378 | CAMI GAWLOWSKI      | 2  | PACIFIC LUTHERAN WA    |
| 93      | 0    | 19:42 | 506 | STEPHANIE MAUCH     | 2  | IOWA WESLEYAN COL      |
| 94      | 0    | 19:44 | 547 | THEA VAN GORDON     | 2  | PT LOMA NAZARENE CA    |
| 95      | 82   | 19:44 | 396 | DANA MORSE          | 1  | WESTERN WASHINGTON     |
| 96      | 83   | 19:44 | 120 | CINDY ROBERTSON     | 3  | WHEELING JESUIT COL WV |
| 97      | 84   | 19:44 | 198 | AMY JOHNSON         | 3  | WESTMONT COL CA        |
| 98      | 85   | 19:45 | 399 | RIMA BUTLER         | 1  | GEORGE FOX COL OR      |



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### RUNNER LIST IN ORDER OF FINISH

| PLACE   |      | TIME  | NO. | NAME                 | YR | SCHOOL                 |
|---------|------|-------|-----|----------------------|----|------------------------|
| OVERALL | TEAM |       |     |                      |    |                        |
| 99      | 86   | 19:45 | 409 | JENNY EGAN           | 2  | SEATTLE UNIV WA        |
| 100     | 87   | 19:45 | 143 | JENNIFER ZENNER      | 4  | CEDARVILLE COL OH      |
| 101     | 0    | 19:46 | 561 | MANDI ZIMNEY         | 1  | JAMESTOWN COL ND       |
| 102     | 88B  | 19:47 | 296 | NATASHA DE SOUSA     | 1  | SIMON FRASER U BC      |
| 103     | 89   | 19:47 | 390 | CATHY DELLA-MAGGIORA | 2  | WESTERN WASHINGTON     |
| 104     | 0    | 19:47 | 532 | STARLET YODER        | 4  | HUNTINGTON COL IN      |
| 105     | 90B  | 19:48 | 229 | SHANNON BULT         | 1  | OLIVET NAZARENE U IL   |
| 106     | 91   | 19:48 | 414 | SALLY SHAW           | 2  | SEATTLE UNIV WA        |
| 107     | 0    | 19:48 | 504 | BETTY HESTEKIN       | 1  | MOORHEAD ST MN         |
| 108     | 92   | 19:49 | 263 | CARMAL KELLY         | 1  | UNIV/MARY ND           |
| 109     | 0    | 19:49 | 582 | JESSICA MARTIN       | 4  | GENEVA COL PA          |
| 110     | 0    | 19:49 | 580 | KAREN SZCZEPANSKI    | 4  | ST VINCENT COL PA      |
| 111     | 93   | 19:53 | 206 | SARAH LAUFER         | 3  | AZUSA PACIFIC U CA     |
| 112     | 94B  | 19:54 | 388 | HEIDI BROEKER        | 2  | WESTERN WASHINGTON     |
| 113     | 95   | 19:55 | 139 | BECCA JENKS          | 1  | CEDARVILLE COL OH      |
| 114     | 96B  | 19:55 | 178 | HEATHER THOMPSON     | 3  | DOANE COLL NE          |
| 115     | 0    | 19:56 | 557 | CHRISTINE MUNN       | 1  | VALLEY CITY ST ND      |
| 116     | 97   | 19:56 | 354 | HIEDI METZ           | 2  | PARK COL MO            |
| 117     | 98   | 19:57 | 374 | TRACY FULLER         | 4  | MIDLAND LUTHERAN NE    |
| 118     | 99   | 19:58 | 343 | AMY CHAMBERLAIN      | 3  | HOUGHTON COL NY        |
| 119     | 100  | 19:58 | 194 | AMY BERGENSKE        | 1  | WESTMONT COL CA        |
| 120     | 0    | 19:59 | 501 | JEANNE FLECK         | 2  | COL/ST SCHOLASTICA MN  |
| 121     | 101B | 19:59 | 395 | RACHELLE LAMBERT     | 4  | WESTERN WASHINGTON     |
| 122     | 0    | 20:00 | 525 | DESSIE ROSE          | 4  | UNIV/FINDLAY OH        |
| 123     | 102  | 20:00 | 342 | NAOMI CASTELLANI     | 4  | HOUGHTON COL NY        |
| 124     | 0    | 20:01 | 558 | ANNA BARNES          | 3  | SIOUX FALLS COL SD     |
| 125     | 103  | 20:01 | 368 | RENEE BIRKEL         | 2  | MIDLAND LUTHERAN NE    |
| 126     | 104B | 20:02 | 239 | LIZ FASHUN           | 4  | WISCONSIN-PARKSIDE     |
| 127     | 0    | 20:03 | 581 | DIANA GOMEZ          | 2  | GENEVA COL PA          |
| 128     | 0    | 20:04 | 560 | JENNIFER SALCIDO     | 1  | JAMESTOWN COL ND       |
| 129     | 105  | 20:05 | 411 | JENNY FARRELL        | 2  | SEATTLE UNIV WA        |
| 130     | 106  | 20:06 | 180 | TRINA BAYLESS        | 3  | MISSOURI VALLEY COL    |
| 131     | 0    | 20:07 | 546 | SHIRLEY ROJAS-WELLER | 4  | FRESNO PACIFIC COL CA  |
| 132     | 107  | 20:08 | 118 | KIM MIHALYO          | 4  | WHEELING JESUIT COL WV |
| 133     | 0    | 20:08 | 545 | ASHLEY SCHULTZ       | 3  | BETHANY COL KS         |
| 134     | 108  | 20:09 | 125 | TAMARA SMITHSON      | 4  | FLAGLER COL FL         |
| 135     | 109  | 20:09 | 286 | JENNIFER DEMARCO     | 4  | UNIV/WEST FLORIDA      |
| 136     | 110  | 20:10 | 380 | JENNIFER MACDOUGALL  | 4  | PACIFIC LUTHERAN WA    |
| 137     | 111B | 20:11 | 401 | HEATHER GILBERT      | 3  | GEORGE FOX COL OR      |
| 138     | 112  | 20:11 | 193 | BRYNN ABBY           | 1  | WESTMONT COL CA        |
| 139     | 113  | 20:12 | 415 | SARAH ULLRICH        | 2  | SEATTLE UNIV WA        |
| 140     | 114  | 20:13 | 196 | ANNA HELSABECK       | 4  | WESTMONT COL CA        |
| 141     | 115  | 20:13 | 320 | MEREDYTH SHANNON     | 4  | SOUTHERN NAZARENE U OK |
| 142     | 116  | 20:14 | 358 | TARYN DILLON         | 2  | MALONE COL OH          |
| 143     | 0    | 20:14 | 515 | PAM MILTENBERGER     | 2  | WEST VIRGINIA WESLEYAN |
| 144     | 0    | 20:15 | 502 | KIM RIESBERG         | 2  | MOUNT MERCY COL IA     |
| 145     | 117B | 20:16 | 218 | MELISSA THORNE       | 1  | WHITMAN COL WA         |
| 146     | 118  | 20:17 | 277 | JAMI FIECHTNER       | 3  | NORTHERN STATE SD      |
| 147     | 0    | 20:18 | 518 | BEV STEPP            | 1  | BLUEFIELD ST WV        |

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| PLACE | OVERALL | TEAM | TIME  | NO. | NAME               | YR | SCHOOL                 |
|-------|---------|------|-------|-----|--------------------|----|------------------------|
| 148   | 119B    |      | 20:19 | 200 | BRANDY PIERCE      | 4  | WESTMONT COL CA        |
| 149   | 0       |      | 20:19 | 585 | CATHE MORONEY      | 4  | GEORGIAN COURT COL NJ  |
| 150   | 120     |      | 20:20 | 372 | NICOLE HAUSER      | 1  | MIDLAND LUTHERAN NE    |
| 151   | 0       |      | 20:20 | 583 | HEIDI BRUBAKER     | 4  | PHILADELPHIA/PHAR/SCI  |
| 152   | 121     |      | 20:21 | 369 | ALLISON CARRICO    | 3  | MIDLAND LUTHERAN NE    |
| 153   | 0       |      | 20:22 | 514 | SUMMER FINNIGAN    | 1  | WEST VIRGINIA WESLEYAN |
| 154   | 122B    |      | 20:22 | 140 | KARA MALONE        | 2  | CEDARVILLE COL OH      |
| 155   | 0       |      | 20:22 | 579 | ANN ABATE          | 1  | ST VINCENT COL PA      |
| 156   | 123     |      | 20:23 | 191 | PAM RICHERT        | 1  | SOUTHWESTERN COL KS    |
| 157   | 124B    |      | 20:24 | 379 | KELLIE GERMAN      | 1  | PACIFIC LUTHERAN WA    |
| 158   | 125     |      | 20:24 | 190 | HEIDI HULL         | 1  | SOUTHWESTERN COL KS    |
| 159   | 0       |      | 20:25 | 523 | AMY SHOEMAKER      | 1  | PALM BEACH ATLANTIC FL |
| 160   | 126B    |      | 20:26 | 144 | JILL ZENNER        | 2  | CEDARVILLE COL OH      |
| 161   | 0       |      | 20:26 | 554 | TARA MCDONALD      | 3  | HAWAII PACIFIC U       |
| 162   | 0       |      | 20:26 | 531 | EMILY SWEET        | 2  | INDIANA WESLEYAN U     |
| 163   | 127     |      | 20:27 | 293 | VERONICA SWAIN     | 3  | UNIV/WEST FLORIDA      |
| 164   | 128     |      | 20:27 | 117 | MEREDITH LEWIS     | 3  | WHEELING JESUIT COL WV |
| 165   | 129B    |      | 20:28 | 408 | ANN CUMMINS        | ?  | SEATTLE UNIV WA        |
| 166   | 130     |      | 20:28 | 347 | LESLIE ROBERTS     | 3  | HOUGHTON COL NY        |
| 167   | 131     |      | 20:28 | 283 | KIM STEWART        | 2  | NORTHERN STATE SD      |
| 168   | 132     |      | 20:29 | 161 | NICOLE WATSON      | 1  | MARIAN COL IN          |
| 169   | 0       |      | 20:29 | 544 | BECKY COFFIN       | 2  | OTTAWA UNIV KS         |
| 170   | 0       |      | 20:30 | 578 | CHRISTINE PAOLINI  | 1  | WESTMINSTER COL PA     |
| 171   | 0       |      | 20:31 | 572 | HOPE ABBOTT        | 2  | OKLAHOMA CHRISTIAN     |
| 172   | 0       |      | 20:32 | 559 | AMY BIRKELAND      | 3  | SIOUX FALLS COL SD     |
| 173   | 133     |      | 20:32 | 205 | BETSY HAVERLANDT   | 2  | AZUSA PACIFIC U CA     |
| 174   | 0       |      | 20:32 | 568 | NICOLE ANCTIL      | 2  | BERRY COL GA           |
| 175   | 134     |      | 20:35 | 109 | JULIE WATSON       | ?  | BEREA COLLEGE KY       |
| 176   | 135     |      | 20:35 | 261 | SHEILA HOYER       | 4  | UNIV/MARY ND           |
| 177   | 0       |      | 20:36 | 537 | JULIE THOMPSON     | 2  | GRACELAND COL IA       |
| 178   | 0       |      | 20:37 | 564 | ELIZABETH YOUNG    | 3  | HIGH POINT UNIV NC     |
| 179   | 136     |      | 20:37 | 350 | SHANNON BOLLS      | 1  | PARK COL MO            |
| 180   | 137B    |      | 20:38 | 195 | MICHELE DUPONT     | 1  | WESTMONT COL CA        |
| 181   | 138     |      | 20:39 | 170 | KIM WILLIAMS       | 2  | CONCORDIA COL NE       |
| 182   | 0       |      | 20:39 | 527 | J ELAINE DERRICK   | 3  | SPRING HILL COL AL     |
| 183   | 139     |      | 20:40 | 346 | LAUREN KEEPORT     | 1  | HOUGHTON COL NY        |
| 184   | 140     |      | 20:40 | 207 | HEATHER MCGLONE    | 1  | AZUSA PACIFIC U CA     |
| 185   | 141     |      | 20:41 | 362 | STEPHANIE KASTER   | 2  | MALONE COL OH          |
| 186   | 0       |      | 20:42 | 533 | CINDY BURKE        | 2  | BETHEL COL IN          |
| 187   | 142     |      | 20:42 | 225 | TINA RICHARDS      | 1  | SIENA HEIGHTS COL MI   |
| 188   | 143B    |      | 20:42 | 377 | THERESA FRICKE     | 4  | PACIFIC LUTHERAN WA    |
| 189   | 144     |      | 20:43 | 285 | STACEY BOYETTE     | 3  | UNIV/WEST FLORIDA      |
| 190   | 145     |      | 20:43 | 289 | KIM KELLY          | 3  | UNIV/WEST FLORIDA      |
| 191   | 146     |      | 20:44 | 150 | ATHENA LOPEZ       | 2  | UNIV/MOBILE AL         |
| 192   | 147     |      | 20:45 | 284 | AMY VAN DYKE       | 1  | NORTHERN STATE SD      |
| 193   | 148B    |      | 20:45 | 173 | CARRIE MCCAIN      | 1  | DOANE COLL NE          |
| 194   | 149     |      | 20:46 | 220 | DARLENE KAMINSKI   | 3  | SIENA HEIGHTS COL MI   |
| 195   | 150B    |      | 20:48 | 208 | LIZ SUTTON         | 4  | AZUSA PACIFIC U CA     |
| 196   | 0       |      | 20:49 | 550 | HEIKE SELLINSCHEGG | 3  | LINFIELD COL OR        |



# 1994 NAIA WOMEN'S NATIONAL CROSS COUNTRY CHAMPIONSHIP

## UW-PARKSIDE NATIONAL CROSS COUNTRY COURSE

RACE: WOMEN'S 5K (WITH AMENDED TIMES) 11/19/94

DATE:

### RUNNER LIST IN ORDER OF FINISH

| PLACE | OVERALL | TEAM | TIME  | NO. | NAME                | YR | SCHOOL                  |
|-------|---------|------|-------|-----|---------------------|----|-------------------------|
| 197   | 0       |      | 20:49 | 529 | AMY BOOTHE          | 4  | TAYLOR UNIV IN          |
| 198   | 151     |      | 20:49 | 321 | CHRISTY STRICKLAND  | 1  | SOUTHERN NAZARENE U OK  |
| 199   | 0       |      | 20:50 | 565 | ABBY REEDER         | 1  | COVENANT COL GA         |
| 200   | 0       |      | 20:50 | 538 | JULIE BROWN         | 1  | BAKER UNIV KS           |
| 201   | 0       |      | 20:51 | 530 | CARA DREGITS        | 1  | INDIANA WESLEYAN U      |
| 202   | 0       |      | 20:53 | 542 | CARMEN RICHERT      | 4  | TABOR COL KS            |
| 203   | 0       |      | 20:53 | 571 | JESSICA DAHLSTROM   | 3  | LUBBOCK CHRISTIAN TX    |
| 204   | 152     |      | 20:54 | 356 | TIFFANY PAXTON      | 1  | PARK COL MO             |
| 205   | 0       |      | 20:55 | 505 | SUSAN SCHEIBE       | 1  | LINDENWOOD COL MO       |
| 206   | 153     |      | 20:58 | 183 | JANINE FUNDER       | 2  | MISSOURI VALLEY COL     |
| 207   | 0       |      | 20:59 | 563 | MELISSA LANSBERG    | 2  | HIGH POINT UNIV NC      |
| 208   | 154     |      | 20:59 | 355 | DENISE NOBLE        | 1  | PARK COL MO             |
| 209   | 155     |      | 21:00 | 168 | JOHNA SPECK         | 1  | CONCORDIA COL NE        |
| 210   | 0       |      | 21:00 | 539 | KRISTY THRASHER     | 3  | BAKER UNIV KS           |
| 211   | 156     |      | 21:00 | 159 | NICHOLE SCHULTZ     | 3  | MARIAN COL IN           |
| 212   | 157     |      | 21:01 | 322 | KIM WINTER          | 1  | SOUTHERN NAZARENE U OK  |
| 213   | 158     |      | 21:02 | 223 | BRIDGET NESBIT      | 1  | SIENA HEIGHTS COL MI    |
| 214   | 159B    |      | 21:03 | 367 | SUSAN GROF          | 1  | MIDLAND LUTHERAN NE     |
| 215   | 0       |      | 21:04 | 516 | JENNY WAGNER        | 4  | WEST VIRGINIA WESLEYAN  |
| 216   | 160     |      | 21:05 | 160 | JENNIFER WALKER     | 2  | MARIAN COL IN           |
| 217   | 161B    |      | 21:06 | 366 | DAMEKA WILSON       | 2  | MALONE COL OH           |
| 218   | 162     |      | 21:06 | 268 | MELINDA ADKINS      | 3  | BELMONT UNIV TN         |
| 219   | 163     |      | 21:07 | 282 | TINA SLAIGHT        | 1  | NORTHERN STATE SD       |
| 220   | 0       |      | 21:08 | 519 | JENNIFER HOPKINS    | 1  | WEBBER COL FL           |
| 221   | 164     |      | 21:09 | 182 | GRETCHAN FLOSS      | 3  | MISSOURI VALLEY COL     |
| 222   | 165     |      | 21:09 | 104 | KARI CLANIN         | 7  | BEREA COLLEGE KY        |
| 223   | 166     |      | 21:10 | 418 | KIM MORGANS         | 4  | MAINE PRESQUE-ISLE      |
| 224   | 167     |      | 21:11 | 340 | KATIE SCHEIRER      | 1  | EAST CENTRAL U OK       |
| 225   | 0       |      | 21:12 | 586 | LAURA RAUSHI        | 2  | GEORGIAN COURT COL NJ   |
| 226   | 168     |      | 21:12 | 146 | NICOLE LUKASH       | 1  | UNIV/MOBILE AL          |
| 227   | 0       |      | 21:13 | 536 | JENNIE BURKIN       | 1  | MID AMERICA NAZARENE KS |
| 228   | 169B    |      | 21:15 | 203 | DEBBIE BONNER       | 1  | AZUSA PACIFIC U CA      |
| 229   | 170     |      | 21:15 | 274 | JANIE ZERFACE       | 3  | BELMONT UNIV TN         |
| 230   | 171B    |      | 21:15 | 279 | NICOLE LEWNO        | 2  | NORTHERN STATE SD       |
| 231   | 172B    |      | 21:16 | 370 | JOY ENDERLE         | 1  | MIDLAND LUTHERAN NE     |
| 232   | 0       |      | 21:18 | 551 | WINONA CHAVEZ       | 3  | WESTERN NEW MEXICO      |
| 233   | 173     |      | 21:19 | 187 | STEPHENY BERRY      | 1  | SOUTHWESTERN COL KS     |
| 234   | 174     |      | 21:20 | 269 | CARLA COPENHAVER    | 4  | BELMONT UNIV TN         |
| 235   | 0       |      | 21:28 | 587 | MICHELLE GEORATO    | 2  | LYNDON STATE COL VT     |
| 236   | 175     |      | 21:29 | 258 | JAMIE BOSTWICK      | 3  | UNIV/MARY ND            |
| 237   | 176B    |      | 21:29 | 281 | MOLLY SIEDSCHLAW    | 2  | NORTHERN STATE SD       |
| 238   | 0       |      | 21:30 | 584 | KRISTIE FERRARA     | 1  | GEORGIAN COURT COL NJ   |
| 239   | 0       |      | 21:31 | 507 | MISTI BENGE         | 1  | MIDWAY COL KY           |
| 240   | 177B    |      | 21:31 | 398 | EMILY BERGMAN       | 3  | GEORGE FOX COL OR       |
| 241   | 178     |      | 21:32 | 148 | JENNIFER SANTOWSKI  | 2  | UNIV/MOBILE AL          |
| 242   | 0       |      | 21:32 | 562 | CHRISTINA TINDOL    | 3  | LIPSCOMB UNIV TN        |
| 243   | 0       |      | 21:33 | 508 | MISTY CROGHAN       | 2  | MIDWAY COL KY           |
| 244   | 179B    |      | 21:34 | 233 | JAMIE FUSSNER       | 3  | OLIVET NAZARENE U IL    |
| 245   | 180     |      | 21:34 | 119 | MICHELLE NESSELROAD | 1  | WHEELING JESUIT COL WV  |

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| PLACE | TEAM | TIME  | NO. | NAME              | YR | SCHOOL                  |
|-------|------|-------|-----|-------------------|----|-------------------------|
| 246   | 181  | 21:35 | 271 | LISA HUNLEY       | 3  | BELMONT UNIV TN         |
| 247   | 0    | 21:36 | 114 | CHRISTY TALBURT   | 1  | HARDING UNIV AR         |
| 248   | 182  | 21:36 | 344 | JANELLE CHAPIN    | 2  | HOUGHTON COL NY         |
| 249   | 183B | 21:36 | 163 | MICAH HOLLE       | 2  | CONCORDIA COL NE        |
| 250   | 184B | 21:39 | 345 | JULIE CUMMINGS    | 2  | HOUGHTON COL NY         |
| 251   | 185  | 21:40 | 147 | CHARLENE NELSON   | 1  | UNIV/MOBILE AL          |
| 252   | 0    | 21:40 | 567 | LYNETTE LINN      | 1  | NORTH GEORGIA COL       |
| 253   | 186  | 21:41 | 123 | MISSY VIGNJEVIC   | 3  | WHEELING JESUIT COL WV  |
| 254   | 187  | 21:42 | 287 | TERESA HENDRICKS  | 3  | UNIV/WEST FLORIDA       |
| 255   | 0    | 21:42 | 511 | SHANNON OLDHAM    | 4  | GEORGETOWN COL KY       |
| 256   | 0    | 21:44 | 522 | MIRANDA CARBERRY  | 3  | NOVA SOUTHEASTERN FL    |
| 257   | 188  | 21:45 | 101 | SANDRA ALEXANDER  | ?  | BEREA COLLEGE KY        |
| 258   | 189B | 21:45 | 407 | ERIN BEARY        | ?  | SEATTLE UNIV WA         |
| 259   | 0    | 21:49 | 113 | LAURA RUBIO       | 1  | HARDING UNIV AR         |
| 260   | 190B | 21:50 | 294 | KAREN TRITTSCHUH  | 4  | UNIV/WEST FLORIDA       |
| 261   | 191B | 21:50 | 121 | HOPE SACCO        | 3  | WHEELING JESUIT COL WV  |
| 262   | 192B | 21:51 | 222 | RITA MCKENZIE     | 1  | SIENA HEIGHTS COL MI    |
| 263   | 193  | 21:52 | 273 | LARA MOSES        | 2  | BELMONT UNIV TN         |
| 264   | 0    | 21:55 | 521 | SAMANTHA TOBECK   | 4  | WARNER SOUTHERN COL FL  |
| 265   | 194  | 21:57 | 335 | KELLY GREEN       | 2  | EAST CENTRAL U OK       |
| 266   | 195B | 21:59 | 364 | MELISSA MILLER    | 1  | MALONE COL OH           |
| 267   | 196B | 22:01 | 270 | TIFFANY HALVERSON | 2  | BELMONT UNIV TN         |
| 268   | 0    | 22:03 | 574 | ALISHA WILLIAMS   | 2  | SOUTHWESTERN OKLAHOMA   |
| 269   | 0    | 22:04 | 577 | LAURA NELSON      | 3  | NORTHEASTERN ST OK      |
| 270   | 0    | 22:06 | 543 | TARAH COLVIN      | 1  | STERLING COL KS         |
| 271   | 197B | 22:06 | 116 | KIM FISHER        | 1  | WHEELING JESUIT COL WV  |
| 272   | 0    | 22:07 | 553 | MANDI DUAPIN      | 3  | DOMINICAN/SAN RAFAEL CA |
| 273   | 0    | 22:08 | 540 | THERESA YORK      | 1  | BAKER UNIV KS           |
| 274   | 198B | 22:09 | 158 | DARLENE SCHOUDER  | 2  | MARIAN COL IN           |
| 275   | 199B | 22:10 | 157 | JENNIFER PIPOLY   | 2  | MARIAN COL IN           |
| 276   | 200  | 22:13 | 317 | LEAH NORTON       | 1  | SOUTHERN NAZARENE U OK  |
| 277   | 0    | 22:14 | 509 | LEA ISAAC         | 1  | MIDWAY COL KY           |
| 278   | 0    | 22:16 | 517 | SARA WALKER       | 1  | WEST VIRGINIA WESLEYAN  |
| 279   | 201B | 22:19 | 259 | TANA HANZAL       | 2  | UNIV/MARY ND            |
| 280   | 202  | 22:20 | 323 | JESSICA ZAPATA    | 1  | SOUTHERN NAZARENE U OK  |
| 281   | 203B | 22:22 | 272 | DANYELL MASTERS   | 1  | BELMONT UNIV TN         |
| 282   | 204  | 22:23 | 336 | TERRI HANSON      | 3  | EAST CENTRAL U OK       |
| 283   | 0    | 22:25 | 510 | KIM TICHENOR      | 1  | MIDWAY COL KY           |
| 284   | 0    | 22:26 | 528 | ASHLEY ROSENTHAL  | 3  | LOUISIANA COLLEGE       |
| 285   | 205  | 22:27 | 133 | MICHELLE KERNS    | 1  | FLAGLER COL FL          |
| 286   | 206  | 22:30 | 184 | BECCI HUNHOLZ     | 1  | MISSOURI VALLEY COL     |
| 287   | 0    | 22:33 | 575 | STEPHANIE STEVE   | 1  | SOUTHEASTERN OKLAHOMA   |
| 288   | 0    | 22:35 | 513 | MICHELLE SMART    | 3  | LYON COL AR             |
| 289   | 207  | 22:37 | 419 | ELIZABETH BRAGDON | 2  | MAINE PRESQUE-ISLE      |
| 290   | 208B | 22:42 | 169 | BRENDA WALTER     | 3  | CONCORDIA COL NE        |
| 291   | 0    | 22:45 | 520 | MARY HARRISON     | 1  | WARNER SOUTHERN COL FL  |
| 292   | 209  | 22:48 | 341 | JUNE WEBB         | 1  | EAST CENTRAL U OK       |
| 293   | 210  | 22:53 | 106 | ANN MARIE HAZELS  | ?  | BEREA COLLEGE KY        |
| 294   | 211  | 22:54 | 338 | AMBER NORTON      | 3  | EAST CENTRAL U OK       |



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| PLACE   |      | TIME  | NO. | NAME                | YR | SCHOOL                  |
|---------|------|-------|-----|---------------------|----|-------------------------|
| OVERALL | TEAM |       |     |                     |    |                         |
| 295     | 212  | 22:57 | 186 | ANGELA STANEK       | 1  | MISSOURI VALLEY COL     |
| 296     | 213B | 22:58 | 224 | HEATHER REED        | 2  | SIENA HEIGHTS COL MI    |
| 297     | 0    | 23:01 | 110 | JESSICA BIGGERSTAFF | 1  | HARDING UNIV AR         |
| 298     | 0    | 23:02 | 576 | CARIN ANGER         | 2  | NORTHEASTERN ST OK      |
| 299     | 214B | 23:03 | 351 | DJA DUGUE           | 3  | PARK COL MO             |
| 300     | 215B | 23:19 | 318 | SHANNON PRATT       | 1  | SOUTHERN NAZARENE U OK  |
| 301     | 216  | 23:21 | 421 | JENNIFER BARRY      | 2  | MAINE PRESQUE-ISLE      |
| 302     | 217  | 23:31 | 129 | KATIE IRWIN         | 2  | FLAGLER COL FL          |
| 303     | 0    | 23:34 | 552 | MEGAN STEWART       | 1  | DOMINICAN/SAN RAFAEL CA |
| 304     | 218B | 23:35 | 288 | KIRSTEN HUME        | 1  | UNIV/WEST FLORIDA       |
| 305     | 219B | 23:38 | 349 | SHARON SYLVESTER    | 4  | HOUGHTON COL NY         |
| 306     | 220B | 23:42 | 420 | TYNA PERREAULT      | 4  | MAINE PRESQUE-ISLE      |
| 307     | 221  | 23:44 | 127 | LORRIE MACQUARRIE   | 4  | FLAGLER COL FL          |
| 308     | 222B | 23:45 | 316 | KANDI KITCHENS      | 3  | SOUTHERN NAZARENE U OK  |
| 309     | 223B | 23:52 | 131 | STEFANIE FRANCIS    | 1  | FLAGLER COL FL          |
| 310     | 224B | 24:13 | 267 | DAWN SMITH          | 3  | UNIV/MARY ND            |
| 311     | 0    | 24:19 | 512 | SUMALEE BRUCE       | 1  | LYON COL AR             |
| 312     | 225B | 24:30 | 352 | JOANNA KELLEY       | 1  | PARK COL MO             |
| 313     | 226B | 24:33 | 334 | JOY EDWARDS         | 3  | EAST CENTRAL U OK       |
| 314     | 227B | 24:37 | 130 | MICHELLE DAUPHINAIS | 1  | FLAGLER COL FL          |
| 315     | 228B | 24:38 | 189 | DENA ENSIGN         | 1  | SOUTHWESTERN COL KS     |
| 316     | 0    | 24:45 | 573 | KENDRA ERRINGTON    | 3  | SOUTHWESTERN OKLAHOMA   |
| 317     | 0    | 24:49 | 111 | JAMIE GRIFFIN       | 1  | HARDING UNIV AR         |
| 318     | 229  | 24:55 | 108 | JENNIFER SEXTON     | ?  | BEREA COLLEGE KY        |
| 319     | 230  | 25:03 | 325 | ALHAMISI IJNANYA    | ?  | BENEDICT COL SC         |
| 320     | 231  | 25:36 | 326 | VAREVA EVANS        | ?  | BENEDICT COL SC         |
| 321     | 232B | 25:50 | 107 | JULIET HILL         | ?  | BEREA COLLEGE KY        |
| 322     | 233B | 27:12 | 181 | CASEY CLARK         | 1  | MISSOURI VALLEY COL     |
| 323     | 234  | 27:14 | 333 | SHAKESHA WILSON     | ?  | BENEDICT COL SC         |
| 324     | 235  | 27:14 | 331 | DEANNA MILLER       | ?  | BENEDICT COL SC         |
| 325     | 236B | 27:17 | 185 | DANA KELLER         | 4  | MISSOURI VALLEY COL     |
| 326     | 237  | 27:18 | 330 | TEAESA JOYNER       | ?  | BENEDICT COL SC         |
| 327     | 238B | 28:02 | 339 | AMANDA RICE         | 4  | EAST CENTRAL U OK       |
| 328     | 239B | 29:05 | 329 | LATASHA HODGE       | ?  | BENEDICT COL SC         |
| 329     | 240B | 29:28 | 328 | LISA HAWKINS        | ?  | BENEDICT COL SC         |

# SEASON'S BEST MARKS

94

## MEN

|         |                |           |
|---------|----------------|-----------|
| 25:23   | Erik Gibson    | Junior    |
| 26:14   | Sean Beebe     | Sophomore |
| 26:37   | Curt Rosen     | Sophomore |
| 26:50   | Chuy Rome      | Junior    |
| 27:02   | Jon Ulmer      | Sophomore |
| 27:13   | Tom Heuberger  | Junior    |
| 27:18   | Aaron Young    | Sophomore |
| 27:27   | Chris MacLeod  | Sophomore |
| 27:54   | Tim Nichols    | Junior    |
| 27:57   | Raymond Cheung | Sophomore |
| 28:17   | Torrey Lindbo  | Senior    |
| 28:38   | Dave Dixon     | Sophomore |
| 29:05.3 | Dan Meader     | Frosh     |
| 30:41   | Andres Peacock | Sophomore |
| 30:44   | Charles DeBell | Senior    |

## WOMEN

|         |                    |           |
|---------|--------------------|-----------|
| 18:36   | Steph Morrow       | Senior    |
| 18:37   | Rebekah Ulmer      | Frosh     |
| 19:09   | Dawn Hartwig       | Junior    |
| 19:17.9 | Heather Gilbert    | Junior    |
| 19:29.2 | Sandy Taylor       | Junior    |
| 19:45   | Rima Butler        | Frosh     |
| 19:46   | Brooke Barton      | Soph      |
| 20:09.3 | Emily Bergman      | Junior    |
| 20:43.4 | Jarae Kauffman     | Sophomore |
| 20:53.6 | Eva Crawford       | Senior    |
| 20:57   | Angela Linder      | Sophomore |
| 21:04.7 | Abby Vanlandingham | Sophomore |
| 21:14.1 | Ruth Hinds         | Junior    |
| 21:23.1 | Heidi Bergman      | Frosh     |
| 21:28   | Micki Vargas       | Frosh     |
| 21:29.2 | Karen Hafford      | Frosh     |
| 21:53   | Christa Bryce      | Frosh     |
| 22:28.9 | Rachel Lewis       | Junior    |
| 22:35.9 | Celeste Beringer   | Sophomore |
| 23:50.9 | Mindy Fox          | Senior    |



# 1994 GFU CROSS COUNTRY PERFORMANCES

| WOMEN             | Whitman<br>Inv.<br>Sept. 10 | LC Inv. @<br>Mclver<br>Sept. 17 | Bear Fete<br>Sept. 24 | Willamette<br>Inv.<br>Oct. 1 | Sundodger<br>Inv.<br>Oct. 1 | WWU Inv.<br>Oct. 22 | GFC Open<br>Oct. 29 | Cascade Conf.<br>@ Bush Park<br>Nov. 5 | NAIA<br>Nationals<br>Nov. 19 |
|-------------------|-----------------------------|---------------------------------|-----------------------|------------------------------|-----------------------------|---------------------|---------------------|--|------------------------------|
| Barton, Brooke    | ---                         | ---                             | ---                   | ---                          | ---                         | 46-19:46            | ---                 | ---                                    | ---                          |
| Baltz, Karen      | 76-21:10.3                  | 29-21:11.7                      | 25-16:28.2            | 139-21:53.5                  | ---                         | 122-21:41           | 2-16:51.3           | ---                                    | ---                          |
| Bergman, Emily    | 24-19:37.1                  | 19-20:46.9                      | 13-15:33.3            | ---                          | 63-20:09.3                  | 96-20:55            | ---                 | 13-20:22                               | 240-21:31                    |
| Bergman, Heidi    | ---                         | 34-21:21.7                      | 32-16:52.8            | 150-22:22.3                  | ---                         | 135-22:29           | 5-17:18.6           | ---                                    | ---                          |
| Beringer, Celeste | ---                         | 61-23:39.6                      | 47-18:23.4            | 153-22:35.9                  | ---                         | 140-22:49           | 9-18:40.6           | ---                                    | ---                          |
| Bryce, Christa    | ---                         | ---                             | 46-18:20.2            | 138-21:53.0                  | ---                         | 150-23:31           | 8-18:17.3           | ---                                    | ---                          |
| Butler, Rima      | 29-19:42.9                  | 13-20:38.4                      | 12-15:32.9            | ---                          | 58-19:47.7                  | ---                 | ---                 | ---                                    | 98-19:45                     |
| Crawford, Eva     | ---                         | 31-21:14.5                      | 34-16:55.2            | 108-20:53.6                  | ---                         | 127-21:53           | ---                 | ---                                    | ---                          |
| Fox, Mindy        | 48-20:15.8                  | 64-24:19.9                      | ---                   | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Gilbert, Heather  | 17-19:17.6                  | 6-20:12.3                       | 11-15:23.8            | ---                          | 45-19:17.9                  | 44-19:44            | ---                 | 6-19:48                                | 137-20:11                    |
| Hafford, Karen    | ---                         | ---                             | 44-17:50.6            | 128-21:29.2                  | ---                         | 137-22:32           | 1-16:46.6           | ---                                    | ---                          |
| Hartwig, Dawn     | 21-19:32.2                  | 3-20:10.4                       | 8-15:17.1             | ---                          | 49-19:24.4                  | 57-19:55            | ---                 | 5-19:37                                | 52-19:09                     |
| Hinds, Ruth       | 28-21:18.1                  | 38-21:33.3                      | ---                   | 121-21:14.1                  | ---                         | 134-22:21           | 3-16:55.1           | ---                                    | ---                          |
| Kauffman, Jarae   | ---                         | 42-21:38.1                      | 29-16:44.4            | 101-20:43.4                  | ---                         | 104-21:00           | ---                 | 19-20:52                               | ---                          |
| Lewis, Rachel     | ---                         | 57-23:35                        | 43-17:45.1            | 152-22:28.9                  | ---                         | 154-24:02           | 7-18:07.6           | ---                                    | ---                          |
| Linder, Angela    | 60-20:35.7                  | 23-21:03.9                      | 27-16:39.4            | ---                          | 70-21:00.8                  | ---                 | ---                 | 20-20:57                               | ---                          |
| Morrow, Stephanie | 6-18:52.5                   | 9-20:20.9                       | 5-15:02.7             | ---                          | 24-18:38.6                  | 26-19:16            | ---                 | 2-19:14                                | 23-18:36                     |
| Taylor, Sandy     | 7-18:55.1                   | 11-20:36.7                      | ---                   | ---                          | 50-19:29.2                  | 45-19:45            | ---                 | 10-20:02                               | 85-19:38                     |
| Ulmer, Rebekah    | 5-18:47.9                   | ---                             | 3-14:44.9             | ---                          | dnf                         | 24-19:11            | ---                 | 1-19:00                                | 25-18:37                     |
| Vanlandingham, A. | 83-21:34.6                  | 52-22:26.6                      | 37-17:16.4            | 114-21:04.7                  | ---                         | 132-22:16           | 4-17:06.1           | ---                                    | ---                          |
| Vargas, Micki     | ---                         | ---                             | 38-17:23.8            | 127-21:28.0                  | ---                         | 133-22:17           | 6-17:35.3           | ---                                    | ---                          |
| # FINISHERS       | 111                         | 66                              | 56                    | 176                          | 80                          | 158                 | 10                  | 32                                     | 329                          |
| DISTANCE          | 4930m                       | ? Long                          | 4k                    | 5k                           | 5k                          | 5k                  | 4k                  | 5k                                     | 5k                           |
| TEAM TIME         | 96:40                       | 102:07.2                        | 76:01.4               | 105:21                       | 96:38.1                     | 97:51               | 84:57.7             | 97:41                                  | 95:45                        |
| 1-5 SPREAD        | 44                          | 28                              | 48                    | 35                           | 69                          | 34                  | 32                  | 62                                     | 69                           |
| TEAM PLACE        | 2 / 12                      | 2 / 9                           | 1 / 7                 | 17 / 22                      | 8 / 12                      | 5 / 12              | ---                 | 1 / 4                                  | 7 / 35                       |
| MEN               | Whitman<br>Inv.<br>Sept. 10 | LC Inv. @<br>Mclver<br>Sept. 17 | Bear Fete<br>Sept. 24 | Willamette<br>Inv.<br>Oct. 1 | Sundodger<br>Inv.<br>Oct. 1 | WWU Inv.<br>Oct. 22 | GFC Open<br>Oct. 29 | Cascade Conf.<br>@ Bush Park<br>Nov. 5 | NAIA<br>Nationals<br>Nov. 19 |
| Beebe, Sean       | 18-26:47.4                  | 16-26:55.5                      | 2-20:53.5             | ---                          | 17-27:08.7                  | 27-26:36            | ---                 | 6-26:14                                | ---                          |
| Cheung, Raymond   | 75-28:47.7                  | 46-28:45.3                      | ---                   | 109-27:57.8                  | ---                         | 107-28:47           | 4-22:50.6           | ---                                    | ---                          |
| DeBell, Charles   | ---                         | 67-30:44.0                      | 59-23:47.5            | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Dixon, Dave       | 58-28:27.1                  | 43-28:38.3                      | 39-22:27.3            | ---                          | 85-29:35.9                  | 125-29:28           | ---                 | ---                                    | ---                          |
| Gibson, Erik      | 54-28:17.6                  | 30-27:48.6                      | 9-21:06.9             | ---                          | 43-28:20.9                  | 22-26:26            | ---                 | 2-25:23                                | 25-25:24                     |
| Haynes, Aaron     | 82-29:00.0                  | ---                             | ---                   | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Heuberger, Tom    | ---                         | ---                             | 43-22:35.5            | ---                          | 80-29:25.4                  | 100-28:33           | ---                 | 17-27:13                               | ---                          |
| Lindbo, Torrey    | 60-28:28.1                  | dnf                             | 23-21:57.2            | ---                          | ---                         | 93-28:17            | ---                 | 26-28:48                               | ---                          |
| MacLeod, Chris    | 81-28:58.6                  | 45-28:42.1                      | 47-22:42.1            | ---                          | 60-28:35.9                  | 101-28:36           | ---                 | 19-27:27                               | ---                          |
| Meador, Dan       | ---                         | 52-29:05.3                      | ---                   | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Nichols, Tim      | 74-28:46.5                  | 56-29:20.6                      | 25-21:59.8            | ---                          | ---                         | 95-28:21            | ---                 | 22-27:54                               | ---                          |
| Peacock, Andres   | ---                         | 73-33:17.8                      | 64-24:07.6            | 188-30:46.8                  | ---                         | 147-30:57           | 9-24:58.7           | ---                                    | ---                          |
| Rome, Chuy        | 32-27:27.2                  | ---                             | 15-21:36.3            | ---                          | 37-27:59.5                  | 64-27:34            | ---                 | 12-26:50                               | ---                          |
| Rosen, Curt       | 61-28:28.6                  | 31-27:49.7                      | 35-22:19.5            | ---                          | 49-28:28.2                  | 70-27:43            | ---                 | 11-26:37                               | ---                          |
| Ulmer, Jon        | ---                         | 37-28:22.4                      | 22-21:53.6            | ---                          | 82-29:29.9                  | 44-27:02            | ---                 | 21-27:39                               | ---                          |
| Young, Aaron      | ---                         | ---                             | 46-22:41.3            | ---                          | 97-30:12.2                  | 90-28:14            | ---                 | 18-27:18                               | ---                          |
| # FINISHERS       | 124                         | 76                              | 76                    | 212                          | 131                         | 164                 | 14                  | 30                                     | 330                          |
| DISTANCE          | 8070m                       | 8k                              | 4 miles               | 8k                           | 8k                          | 4 miles             | 8k                  | 8k                                     | 8k                           |
| TEAM TIME         | 139:27.4                    | 139:48.6                        | 107:30.1              | ---                          | 140:12.2                    | ---                 | ---                 | 132:17                                 | ---                          |
| 1-5 SPREAD        | 1:41                        | 1:42                            | 64                    | ---                          | 87                          | 76                  | ---                 | 1:50                                   | ---                          |
| TEAM PLACE        | 38242                       | 4 / 10                          | 2 / 8                 | ---                          | 6 / 13                      | 7 / 17              | ---                 | 2 / 4                                  | ---                          |

**7TH ANNUAL BEAR FETE INVITATIONAL , at CHAMPOEG STATE PARK, 9-24-94**  
Mild, dry

**WOMEN (4k)**

|    |                           |     | <u>TEAM TIMES</u>        |         |
|----|---------------------------|-----|--------------------------|---------|
| 1  | <u>GEORGE FOX COLLEGE</u> | 36  | (3-5-7-10-11---12-24)    | 76:01.4 |
| 2  | Seattle University        | 38  | (2-6-8-9-13---16-17)     | 76:09.6 |
| 3  | Alaska-Fairbanks          | 66  | (1-4-14-19-28)           | 78:30.2 |
| 4  | Clark College             | 107 | (15-18-20-26-31---32-33) | 81:39.8 |
| 5  | Pacific University        | 132 | (22-23-25-27-35---38)    | 85:20.0 |
| 6  | Western Oregon            | 150 | (21-29-30-34-36---37-39  | 89:32.0 |
| -- | Bruin Track Club          | INC | (orig. 6-31-48.....)     |         |

**INDIVIDUALS (56 finishers)**

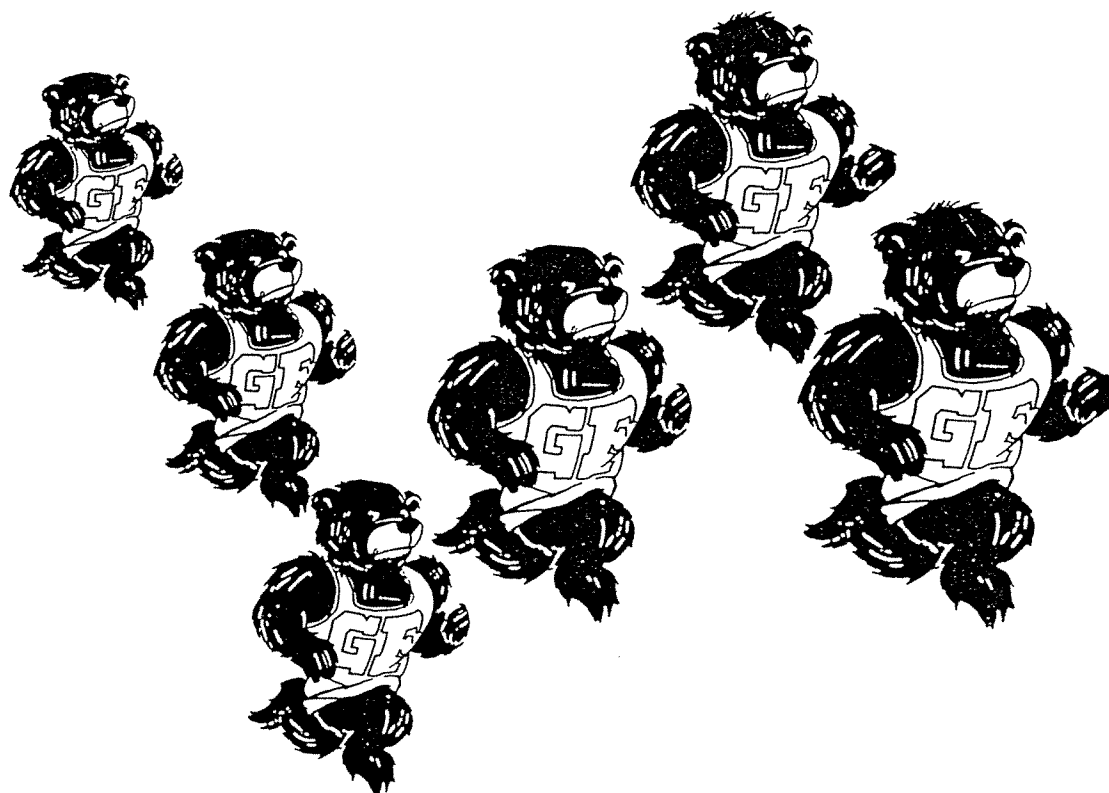
| INDIVIDUALS (56 finishers) |    |                    |     |   | BEH. #1 |      | PQA            | AV 1k  | AV MI | PROJ. 5K |       |
|----------------------------|----|--------------------|-----|---|---------|------|----------------|--------|-------|----------|-------|
| 1                          | 1  | Bjorg Torsteinsrud | AF  | 4 | 14:24.9 |      |                |        |       |          |       |
| 2                          | 2  | Tricia Satre       | S   | 1 | :40.1   |      |                |        |       |          |       |
| 3                          | 3  | Rebekah Ulmer      | GF  | 1 | :44.9   | - -  | 5:44-6:09-2:52 | 88.5   | 3:41  | 5:54     | 18:26 |
| 4                          | 4  | Kelli Aldis        | AF  | 3 | 15:00.0 |      |                |        |       |          |       |
| 5                          | 5  | Stephanie Morrow   | GF  | 4 | :02.7   | 18   | 5:56-6:18-2:49 | 90.3   | 3:43  | 6:01     | 18:46 |
| 6                          | xx | Dianne Petersen    | BTC |   | :07.2   |      |                |        |       |          |       |
| 7                          | 6  | Sally Shaw         | S   | 2 | :07.5   |      |                |        |       |          |       |
| 8                          | 7  | Dawn Hartwig       | GF  | 3 | 17.1    | 32   | 6:04-6:20-2:53 | 91.7   | 3:49  | 6:07     | 19:06 |
| 9                          | 8  | Rebecca Elijah     | S   | 2 | 19.9    |      |                |        |       |          |       |
| 10                         | 9  | Jenny Egan         | S   | 1 | 21.9    |      |                |        |       |          |       |
| 11                         | 10 | Heather Gilbert    | GF  | 3 | 23.8    | 39   | 6:04-6:21-2:59 | 92.4   | 3:51  | 6:10     | 19:15 |
| 12                         | 11 | Rima Butler        | GF  | 1 | 32.9    | 48   | 6:04-6:26-3:03 | 93.3   | 3:53  | 6:13     | 19:26 |
| 13                         | 12 | Emily Bergman      | GF  | 3 | 33.3    | 49   | 6:04-6:26-3:03 | 93.3   | 3:53  | 6:13     | 19:26 |
| 14                         | 13 | Jenny Farrell      | S   | 3 | 40.2    |      |                |        |       |          |       |
| 15                         | 14 | Maria Bray         | AF  | 2 | 52.6    |      |                |        |       |          |       |
| 16                         | 15 | Jessica Oldis      | CC  | 2 | 58.4    |      |                |        |       |          |       |
| 17                         | 16 | Sarah Ullrich      | S   | 2 | 16:02.3 |      |                |        |       |          |       |
| 18                         | 17 | Ann Marie Cummins  | S   | 3 | :04.4   |      |                |        |       |          |       |
| 19                         | 18 | Ginger Conroy      | CC  | 1 | :06.6   |      |                |        |       |          |       |
| 20                         | 19 | Erin Dodd          | AF  | 2 | :06.9   |      |                |        |       |          |       |
| 21                         | 20 | Angie Ashmore      | CC  | 1 | 13.3    |      |                |        |       |          |       |
| 22                         | 21 | Roni DelSol        | WO  | 4 | 19.4    |      |                |        |       |          |       |
| 23                         | 22 | Sarah Girard       | P   | 2 | 23.5    |      |                |        |       |          |       |
| 24                         | 23 | Renske Wierstra    | P   | 1 | 26.8    |      |                |        |       |          |       |
| 25                         | 24 | Karen Baltz        | GF  | 2 | 28.2    | 1:43 | 6:27-6:57-3:04 | 98.8   | 4:07  | 6:35     | 20:35 |
| 26                         | 25 | Christine Marshall | P   | 1 | 36.8    |      |                |        |       |          |       |
| 27                         | xx | Angela Linder      | GF  | 2 | 39.4    | 1:54 | 6:20-7:07-3:12 | 99.9   | 4:10  | 6:39     | 20:49 |
| 28                         | 26 | Heather Dolan      | CC  | 1 | 40.4    |      |                |        |       |          |       |
| 29                         | xx | Jarae Kauffman     | GF  | 2 | 44.4    | 1:59 | 6:33-7:02-3:09 | 1:40.4 | 4:11  | 6:41     | 20:55 |
| 30                         | xx | Elise Whiting      | Una |   | 46.5    |      |                |        |       |          |       |
| 31                         | xx | Angela Murrell     | BTC |   | 51.7    |      |                |        |       |          |       |
| 32                         | xx | Heldi Bergman      | GF  | 1 | 52.8    | 2:08 | 6:32-7:06-3:15 | 1:41.3 | 4:13  | 6:45     | 21:06 |
| 33                         | 27 | Martha Anslinger   | P   | 2 | 54.1    |      |                |        |       |          |       |
| 34                         | xx | Eva Crawford       | GF  | 4 | 55.2    | 2:10 | 6:31-7:07-3:17 | 1:41.5 | 4:14  | 6:46     | 21:09 |
| 35                         | 28 | Robyn Findlater    | AF  | 3 | 17:05.8 |      |                |        |       |          |       |
| 36                         | xx | Tracy Lundahl      | S   | 1 | 12.4    |      |                |        |       |          |       |
| 37                         | xx | Abby Vanlandingham | GF  | 2 | 16.4    | 2:31 | 6:35-7:21-3:20 | 1:43.6 | 4:19  | 6:54     | 21:35 |
| 38                         | xx | Micki Vargas       | GF  | 1 | 23.8    | 2:39 | 6:38-7:24-3:22 | 1:44.4 | 4:21  | 6:57     | 21:45 |
| 39                         | 29 | Lena Baucum        | WO  | 2 | 37.2    |      |                |        |       |          |       |
| 40                         | 30 | Terri Voss         | WO  | 3 | 38      |      |                |        |       |          |       |
| 41                         | xx | Erin Beary         | S   | 3 | 40.2    |      |                |        |       |          |       |
| 42                         | 31 | Nina Skulbru       | CC  | 1 | 41.1    |      |                |        |       |          |       |
| 43                         | xx | Rachel Lewis       | GF  | 3 | 45.1    | 3:00 | 6:47-7:31-3:27 | 1:46.5 | 4:26  | 7:06     | 22:11 |
| 44                         | xx | Karen Hafford      | GF  | 1 | 50.6    | 3:06 | 6:36-7:42-3:33 | 1:47.1 | 4:28  | 7:08     | 22:19 |
| 45                         | 32 | Trisha Nelson      | CC  | 2 | 18:04.6 |      |                |        |       |          |       |
| 46                         | xx | Christa Bryce      | GF  | 1 | 20.2    | 3:35 | 6:49-7:55-3:36 | 1:50.0 | 4:35  | 7:20     | 22:55 |
| 47                         | xx | Celeste Berlinger  | GF  | 2 | 23.4    | 3:38 | 7:03-7:59-3:21 | 1:50.3 | 4:36  | 7:21     | 22:59 |
| 48                         | xx | Debbie Kintrea     | BTC |   | 23.8    |      |                |        |       |          |       |
| 49                         | 33 | Lisa Warneke       | CC  | 1 | 36.9    |      |                |        |       |          |       |
| 50                         | 34 | Cindy Foley        | WO  | 1 | 51      |      |                |        |       |          |       |
| 51                         | 35 | Sarah Saxton       | P   | 1 | 58.8    |      |                |        |       |          |       |
| 52                         | 36 | Stephanie Cook     | WO  | 1 | 19:06.4 |      |                |        |       |          |       |
| 53                         | 37 | Emily Lyon         | WO  | 1 | 9.1     |      |                |        |       |          |       |
| 54                         | xx | Rose Dash          | Una |   | 19:27.3 |      |                |        |       |          |       |
| 55                         | 38 | Alicia Haffner     | P   | 1 | 20:10.2 |      |                |        |       |          |       |
| 56                         | 39 | Anna Kattau        | WO  | 1 | 20:24.3 |      |                |        |       |          |       |



SEVENTH ANNUAL

# BEAR FETE

CROSS COUNTRY  
INVITATIONAL  
GEORGE FOX COLLEGE



SEPTEMBER 24, 1994  
CHAMPOEG STATE PARK

# 11:00 -- WOMEN'S 4,000 METER RACE

## PAST CHAMPIONS:

|             |                                      |         |
|-------------|--------------------------------------|---------|
| <u>1988</u> | Sue Carrigg, Portland Running Club   | 14:56.2 |
| <u>1989</u> | Randi Taruscio, Western Oregon State | 14:41.1 |
| <u>1990</u> | Jill Beals, George Fox College       | 14:16.1 |
| <u>1991</u> | Susan Gallagher, Nike Portland       | 13:52.4 |
| <u>1992</u> | Juli Cyrus, George Fox College       | 14:12.1 |
| <u>1993</u> | Juli Cyrus, George Fox College       | 14:14.3 |
| <u>1994</u> |                                      |         |

## TEAM

|             |                    |    |
|-------------|--------------------|----|
| <u>1988</u> | Linfield           | 63 |
| <u>1989</u> | George Fox College | 26 |
| <u>1990</u> | Central Oregon CC  | 26 |
| <u>1991</u> | Nike Portland      | 23 |
| <u>1992</u> | George Fox College | 15 |
| <u>1993</u> | George Fox College | 20 |
| <u>1994</u> |                    |    |

## TEAM TIME RECORDS (5 runner total):

|             |                    |         |
|-------------|--------------------|---------|
| <u>1988</u> | Linfield           | 78:36.1 |
| <u>1989</u> | George Fox College | 76:58.9 |
| <u>1990</u> | Central Oregon CC  | 73:55.2 |
| <u>1991</u> | Nike Portland      | 72:29.6 |
| <u>1992</u> | George Fox College | 73:49.6 |
| <u>1993</u> | George Fox College | 75:24.3 |
| <u>1994</u> |                    |         |

### ALASKA FAIRBANKS

(White/Blue)

COACH -- Paul Beberg

|                    |   |
|--------------------|---|
| Kelli Aldis        | 3 |
| Maria Bray         | 2 |
| Linda Cartwright   | 3 |
| Erin Dodd          | 2 |
| Robyn Findlater    | 3 |
| Juniper Mack       | 2 |
| Brite Niezek       | 2 |
| Bjorg Torsteinsrud | 4 |

### BRUIN TRACK CLUB

|                 |     |
|-----------------|-----|
| Jill Beals      | '92 |
| Juli Cyrus      | '94 |
| Debbie Kintrea  | '92 |
| Dianne Petersen | '92 |

### CLARK COLLEGE (Navy)

COACH -- Larry Beatty

|               |   |
|---------------|---|
| Angie Ashmore | 1 |
| Ginger Conroy | 1 |
| Heather Dolan | 2 |
| Trisha Nelson | 2 |
| Jessica Oldis | 2 |
| Nina Skulbru  | 1 |
| Lisa Warneke  | 1 |

### UNATTACHED

Tracy Elliot  
Elise Whiting

### GEORGE FOX (Navy/Gold)

COACH -- Wes Cook

|                    |   |
|--------------------|---|
| Brooke Barton      | 2 |
| Karen Baltz        | 2 |
| Emily Bergman      | 3 |
| Heidi Bergman      | 1 |
| Celeste Beringer   | 2 |
| Christa Bryce      | 1 |
| Rima Butler        | 1 |
| Jenny Christiansen | 2 |
| Eva Crawford       | 4 |
| Mindy Fox          | 4 |
| Heather Gilbert    | 3 |
| Karen Hafford      | 1 |
| Heidi Haley        | 2 |
| Dawn Hartwig       | 3 |
| Ruth Hinds         | 3 |
| Jarae Kauffman     | 2 |
| Rachel Lewis       | 3 |
| Angela Linder      | 2 |
| Stephanie Morrow   | 4 |
| Sandy Taylor       | 3 |
| Rebekah Ulmer      | 1 |
| Abby Vanlandingham | 2 |
| Micki Vargas       | 1 |

### PACIFIC UNIVERSITY

(White/Red/Black)

|                    |   |
|--------------------|---|
| Martha Anslinger   | 2 |
| Christine Earnest  | 3 |
| Sarah Girard       | 2 |
| Alicia Haffner     | 2 |
| Christine Marshall | 1 |
| Amy Meyer          | 1 |
| Marcy Morgan       | 1 |
| Michelle Neron     | 2 |
| Jessica Offley     | 1 |
| Sarah Saxton       | 1 |
| Becky Jo Webb      | 2 |
| Renske Wierstra    | 1 |

### SEATTLE UNIVERSITY

(White/Red)

COACH -- John Crawford

|                   |   |
|-------------------|---|
| Erin Beary        | 3 |
| Ann Marie Cummins | 3 |
| Jenny Egan        | 1 |
| Rebecca Elijah    | 2 |
| Jenny Farrell     | 3 |
| Tracy Lundahl     | 1 |
| Tricia Satre      | 1 |
| Sally Shaw        | 2 |
| Sarah Ullrich     | 2 |

### WESTERN OREGON

(White/Red)

COACH -- Alex Wright

ASST. Wayne Spinney  
Nikki Becker

|                |   |
|----------------|---|
| Lena Baucum    | 2 |
| Stephanie Cook | 1 |
| Roni DelSol    | 4 |
| Cindy Foley    | 1 |
| Cindy Gatlin   | 4 |
| Anna Kattau    | 1 |
| Terri Voss     | 3 |
| Emily Lyons    | 1 |



# 11:40 -- MEN'S 4,000 METER RACE

## PAST CHAMPIONS:

## INDIVIDUAL

|             |                                 |         |
|-------------|---------------------------------|---------|
| <u>1988</u> | Stewart Trost, Oregon State U.  | 21:08.9 |
| <u>1989</u> | Mark Mohnen, George Fox College | 20:33.7 |
| <u>1990</u> | Chris Katon, Central Oregon CC  | 19:44.0 |
| <u>1991</u> | Jon Wright, George Fox College  | 19:56.4 |
| <u>1992</u> | Ron Marsh, Bruin Track Club     | 20:08.7 |
| <u>1993</u> | Ron Marsh, Bruin Track Club     | 20:26.1 |
| <u>1994</u> |                                 |         |

## TEAM

|             |                       |    |
|-------------|-----------------------|----|
| <u>1988</u> | Willamette University | 39 |
| <u>1989</u> | George Fox College    | 29 |
| <u>1990</u> | George Fox College    | 28 |
| <u>1991</u> | Nike Portland         | 25 |
| <u>1992</u> | George Fox College    | 20 |
| <u>1993</u> | George Fox College    | 43 |
| <u>1994</u> |                       |    |

## TEAM TIME RECORDS (5 runner total):

|             |                       |          |
|-------------|-----------------------|----------|
| <u>1988</u> | Willamette University | 108:46.1 |
| <u>1989</u> | George Fox College    | 105:46.2 |
| <u>1990</u> | George Fox College    | 107:07.7 |
| <u>1991</u> | George Fox College    | 101:02.0 |
| <u>1992</u> | George Fox College    | 105:03.5 |
| <u>1993</u> | George Fox College    | 107:38.7 |
| <u>1994</u> |                       |          |

### ALASKA FAIRBANKS

(White/Blue)

COACH -- Paul Beberg

|                |   |
|----------------|---|
| Calvin Alden   | 2 |
| Hans Axelsson  | 2 |
| Brian Charlton | 2 |
| Karl Granroth  | 3 |
| Eddie Kohler   | 2 |
| Jesse Lassley  | 1 |
| Andy McCarthy  | 2 |
| Brian Rildley  | 3 |

### BRUIN TRACK CLUB

|                |               |
|----------------|---------------|
| Kevin Ball     | Larry Mock    |
| Scott Ball     | Mark Mohnen   |
| Todd Bos       | John Smith    |
| Randy Dalzell  | Forest Thomas |
| Ell Lane       | John Tyler    |
| Dwight Larabee | Jon Wright    |
| Jeff Larson    |               |
| Ron Marsh      |               |

### CLARK COLLEGE (Navy)

COACH -- Larry Beatty

|                     |   |
|---------------------|---|
| Tarom Alden-Odekirk | 1 |
| Ernie Ammons        | 2 |
| Dan Clanton         | 1 |
| Ryan Cross          | 1 |
| Andy Davis          | 1 |
| John DeAngelo       | 1 |
| Uriel Gutierrez     | 2 |
| Kahn Khabra         | 1 |
| Jason Lisle         | 1 |
| Marco Lopez         | 1 |
| Jason Reed          | 1 |
| David Sobolewski    | 1 |

### UNATTACHED

Mario Beaudoin  
Josh Derby  
Steve Woodley

### GEORGE FOX (Navy/Gold)

COACH -- Wes Cook

|                |   |
|----------------|---|
| Phil Autrey    | 1 |
| Sean Beebe     | 2 |
| Raymond Cheung | 2 |
| Charles DeBell | 3 |
| Dave Dixon     | 2 |
| Erik Gibson    | 3 |
| Aaron Haynes   | 1 |
| Tom Heuberger  | 3 |
| Torrey Lindbo  | 4 |
| Chris MacLeod  | 2 |
| Dan Meader     | 1 |
| Andres Peacock | 2 |
| Chuy Rome      | 3 |
| Curt Rosen     | 2 |
| Jon Ulmer      | 2 |

### HIGHLINE C.C. (White/Green)

COACH -- Tony DeAugustine

|                   |   |
|-------------------|---|
| Jeremy Clark      | 2 |
| David Dringenberg | 1 |
| Josh Florence     | 1 |
| Lewis Matthews    | 1 |
| Scott Stanley     | 1 |
| Brian Von Howten  | 2 |
| Brad Williams     | 2 |
| Jon Wimmer        | 1 |

### PACIFIC UNIVERSITY

(White/Red/Black)

COACH -- Scott Ball

|                |   |
|----------------|---|
| Walter Budzik  | 1 |
| Ryan Melton    | 2 |
| Brett Meyer    | 2 |
| Bryan Olmstead | 1 |
| Zephyr Sincemy | 1 |
| Wayne Smith    | 1 |
| Blade Timm     | 1 |
| Jeremy Wedell  | 1 |

### SEATTLE UNIVERSITY

(White/Red)

COACH -- John Crawford

|                          |   |
|--------------------------|---|
| Brian Bass               | 1 |
| Mark Cornick             | 2 |
| Anthony DeNatale         | 1 |
| Francesco Ferraro        | 1 |
| Eric Fredrickson         | 1 |
| Brian French             | 3 |
| Jamie Gardner            | 4 |
| Uriah Halpin             | 1 |
| Luke Hansen              | 3 |
| Glenn Henke              | 2 |
| Shelton Kappenda-Jackson | 3 |
| Israel Richmond          | 2 |
| Ryan Wood                | 1 |

### WESTERN OREGON (White/Red)

COACH -- Alex Wright

ASST. Wayne Spinney  
Nikid Becker

|                  |   |
|------------------|---|
| Jason Charvat    | 3 |
| Bryan Cunningham | 3 |
| Aaron Grimes     | 2 |
| Dan Hawk         | 3 |
| James Latimer    | 2 |
| Craig Nail       | 2 |
| Collin Olson     | 2 |
| Tadd Reaney      | 3 |
| Charlie Wilson   | 4 |

# 1994 GFU CROSS COUNTRY PERFORMANCES

| WOMEN             | Whitman<br>Inv.<br>Sept. 10 | LC Inv. @<br>Mclver<br>Sept. 17 | Bear Fete<br>Sept. 24 | Willamette<br>Inv.<br>Oct. 1 | Sundodger<br>Inv.<br>Oct. 1 | WWU Inv.<br>Oct. 22 | GFC Open<br>Oct. 29 | Cascade Conf.<br>@ Bush Park<br>Nov. 5 | NAIA<br>Nationals<br>Nov. 19 |
|-------------------|-----------------------------|---------------------------------|-----------------------|------------------------------|-----------------------------|---------------------|---------------------|--|------------------------------|
| Barton, Brooke    | ---                         | ---                             | ---                   | ---                          | ---                         | 46--19:46           | ---                 | ---                                    | ---                          |
| Baltz, Karen      | 76--21:10.3                 | 29--21:11.7                     | 25--16:28.2           | 139--21:53.5                 | ---                         | 122--21:41          | 2--16:51.3          | ---                                    | ---                          |
| Bergman, Emily    | 24--19:37.1                 | 19--20:46.9                     | 13--15:33.3           | ---                          | 63--20:09.3                 | 96--20:55           | ---                 | 13--20:22                              | 240--21:31                   |
| Bergman, Heidi    | ---                         | 34--21:21.7                     | 32--16:52.8           | 150--22:22.3                 | ---                         | 135--22:29          | 5--17:18.6          | ---                                    | ---                          |
| Beringer, Celeste | ---                         | 61--23:39.6                     | 47--18:23.4           | 153--22:35.9                 | ---                         | 140--22:49          | 9--18:40.6          | ---                                    | ---                          |
| Bryce, Christa    | ---                         | ---                             | 46--18:20.2           | 138--21:53.0                 | ---                         | 150--23:31          | 8--18:17.3          | ---                                    | ---                          |
| Butler, Rima      | 29--19:42.9                 | 13--20:38.4                     | 12--15:32.9           | ---                          | 58--19:47.7                 | ---                 | ---                 | ---                                    | 98--19:45                    |
| Crawford, Eva     | ---                         | 31--21:14.5                     | 34--16:55.2           | 108--20:53.6                 | ---                         | 127--21:53          | ---                 | ---                                    | ---                          |
| Fox, Mindy        | 48--20:15.8                 | 64--24:19.9                     | ---                   | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Gilbert, Heather  | 17--19:17.6                 | 6--20:12.3                      | 11--15:23.8           | ---                          | 45--19:17.9                 | 44--19:44           | ---                 | 6--19:48                               | 137--20:11                   |
| Hafford, Karen    | ---                         | ---                             | 44--17:50.6           | 128--21:29.2                 | ---                         | 137--22:32          | 1--16:46.6          | ---                                    | ---                          |
| Hartwig, Dawn     | 21--19:32.2                 | 3--20:10.4                      | 8--15:17.1            | ---                          | 49--19:24.4                 | 57--19:55           | ---                 | 5--19:37                               | 52--19:09                    |
| Hinds, Ruth       | 28--21:18.1                 | 38--21:33.3                     | ---                   | 121--21:14.1                 | ---                         | 134--22:21          | 3--16:55.1          | ---                                    | ---                          |
| Kauffman, Jarae   | ---                         | 42--21:38.1                     | 29--16:44.4           | 101--20:43.4                 | ---                         | 104--21:00          | ---                 | 19--20:52                              | ---                          |
| Lewis, Rachel     | ---                         | 57--23:35                       | 43--17:45.1           | 152--22:28.9                 | ---                         | 154--24:02          | 7--18:07.6          | ---                                    | ---                          |
| Linder, Angela    | 60--20:35.7                 | 23--21:03.9                     | 27--16:39.4           | ---                          | 70--21:00.8                 | ---                 | ---                 | 20--20:57                              | ---                          |
| Morrow, Stephanie | 6--18:52.5                  | 9--20:20.9                      | 5--15:02.7            | ---                          | 24--18:38.6                 | 26--19:16           | ---                 | 2--19:14                               | 23--18:36                    |
| Taylor, Sandy     | 7--18:55.1                  | 11--20:36.7                     | ---                   | ---                          | 50--19:29.2                 | 45--19:45           | ---                 | 10--20:02                              | 85--19:38                    |
| Ulmer, Rebekah    | 5--18:47.9                  | ---                             | 3--14:44.9            | ---                          | dnf                         | 24--19:11           | ---                 | 1--19:00                               | 25--18:37                    |
| Vanlandingham, A. | 83--21:34.6                 | 52--22:26.6                     | 37--17:16.4           | 114--21:04.7                 | ---                         | 132--22:16          | 4--17:06.1          | ---                                    | ---                          |
| Vargas, Micki     | ---                         | ---                             | 38--17:23.8           | 127--21:28.0                 | ---                         | 133--22:17          | 6--17:35.3          | ---                                    | ---                          |
| # FINISHERS       | 111                         | 66                              | 56                    | 176                          | 80                          | 158                 | 10                  | 32                                     | 329                          |
| DISTANCE          | 4930m                       | ? Long                          | 4k                    | 5k                           | 5k                          | 5k                  | 4k                  | 5k                                     | 5k                           |
| TEAM TIME         | 96:40                       | 102:07.2                        | 76:01.4               | 105:21                       | 96:38.1                     | 97:51               | 84:57.7             | 97:41                                  | 95:45                        |
| 1-5 SPREAD        | 44                          | 28                              | 48                    | 35                           | 69                          | 34                  | 32                  | 62                                     | 69                           |
| TEAM PLACE        | 2 / 12                      | 2 / 9                           | 1 / 7                 | 17 / 22                      | 8 / 12                      | 5 / 12              | ---                 | 1 / 4                                  | 7 / 35                       |
| MEN               | Whitman<br>Inv.<br>Sept. 10 | LC Inv. @<br>Mclver<br>Sept. 17 | Bear Fete<br>Sept. 24 | Willamette<br>Inv.<br>Oct. 1 | Sundodger<br>Inv.<br>Oct. 1 | WWU Inv.<br>Oct. 22 | GFC Open<br>Oct. 29 | Cascade Conf.<br>@ Bush Park<br>Nov. 5 | NAIA<br>Nationals<br>Nov. 19 |
| Beebe, Sean       | 18--26:47.4                 | 16--26:55.5                     | 2--20:53.5            | ---                          | 17--27:08.7                 | 27--26:36           | ---                 | 6--26:14                               | ---                          |
| Cheung, Raymond   | 75--28:47.7                 | 46--28:45.3                     | ---                   | 109--27:57.8                 | ---                         | 107--28:47          | 4--22:50.6          | ---                                    | ---                          |
| DeBell, Charles   | ---                         | 67--30:44.0                     | 59--23:47.5           | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Dixon, Dave       | 58--28:27.1                 | 43--28:38.3                     | 39--22:27.3           | ---                          | 85--29:35.9                 | 125--29:28          | ---                 | ---                                    | ---                          |
| Gibson, Erik      | 54--28:17.6                 | 30--27:48.6                     | 9--21:06.9            | ---                          | 43--28:20.9                 | 22--26:26           | ---                 | 2--25:23                               | 25--25:24                    |
| Haynes, Aaron     | 82--29:00.0                 | ---                             | ---                   | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Heuberger, Tom    | ---                         | ---                             | 43--22:35.5           | ---                          | 80--29:25.4                 | 100--28:33          | ---                 | 17--27:13                              | ---                          |
| Lindbo, Torrey    | 60--28:28.1                 | dnf                             | 23--21:57.2           | ---                          | ---                         | 93--28:17           | ---                 | 26--28:48                              | ---                          |
| MacLeod, Chris    | 81--28:58.6                 | 45--28:42.1                     | 47--22:42.1           | ---                          | 60--28:35.9                 | 101--28:36          | ---                 | 19--27:27                              | ---                          |
| Meador, Dan       | ---                         | 52--29:05.3                     | ---                   | ---                          | ---                         | ---                 | ---                 | ---                                    | ---                          |
| Nichols, Tim      | 74--28:46.5                 | 56--29:20.6                     | 25--21:59.8           | ---                          | ---                         | 95--28:21           | ---                 | 22--27:54                              | ---                          |
| Peacock, Andres   | ---                         | 73--33:17.8                     | 64--24:07.6           | 188--30:46.8                 | ---                         | 147--30:57          | 9--24:58.7          | ---                                    | ---                          |
| Rome, Chuy        | 32--27:27.2                 | ---                             | 15--21:36.3           | ---                          | 37--27:59.5                 | 64--27:34           | ---                 | 12--26:50                              | ---                          |
| Rosen, Curt       | 61--28:28.6                 | 31--27:49.7                     | 35--22:19.5           | ---                          | 49--28:28.2                 | 70--27:43           | ---                 | 11--26:37                              | ---                          |
| Ulmer, Jon        | ---                         | 37--28:22.4                     | 22--21:53.6           | ---                          | 82--29:29.9                 | 44--27:02           | ---                 | 21--27:39                              | ---                          |
| Young, Aaron      | ---                         | ---                             | 46--22:41.3           | ---                          | 97--30:12.2                 | 90--28:14           | ---                 | 18--27:18                              | ---                          |
| # FINISHERS       | 124                         | 76                              | 76                    | 212                          | 131                         | 164                 | 14                  | 30                                     | 330                          |
| DISTANCE          | 8070m                       | 8k                              | 4 miles               | 8k                           | 8k                          | 4 miles             | 8k                  | 8k                                     | 8k                           |
| TEAM TIME         | 139:27.4                    | 139:48.6                        | 107:30.1              | ---                          | 140:12.2                    | ---                 | ---                 | 132:17                                 | ---                          |
| 1-5 SPREAD        | 1:41                        | 1:42                            | 64                    | ---                          | 87                          | 76                  | ---                 | 1:50                                   | ---                          |
| TEAM PLACE        | 38242                       | 4 / 10                          | 2 / 8                 | ---                          | 6 / 13                      | 7 / 17              | ---                 | 2 / 4                                  | ---                          |