



# 2001 MIAC WOMEN'S INDOOR TRACK AND FIELD PREVIEW



The 2001 MIAC Indoor Track and Field Championship will be held March 2-3, 2001 hosted at Saint John's University in Collegeville, Minn (with the pentathlon taking place March 1 at SJU). Watch for the University of St. Thomas, last seasons MIAC Champions, to continue their dominance as they have won the women's indoor championship 13 out of 16 years that it has been held since 1985.

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## Augsburg College

**Head Coach:** Dennis Barker

**2000 MIAC Championship:** 10th

**Key Returners:** (Name, Yr, Pos, Highlight)

Chrissy Baune (Jr., Marshall, Minn.) Middle distance

Teresa Lewandowski (Sr., Hastings, Minn.) Middle distance

Jen Eckman (Sr., Superior, Wis.) Weights

### **Season Preview:**

Several quality athletes are returning to an Augsburg College track and field program that continues to build numbers and depth for head coach Dennis Barker. Nine new school records were set during the indoor half of the track and field season in 2000, and combined with nine new outdoor marks, the quality of the Auggie track and field program continues to improve.

For the men's indoor squad, Barker noted that the team's strength will be in sprints and relay events. Desman Oakley (Sr., Indianola, Iowa) has been Augsburg's top hurdler throughout his career, and holds each indoor and outdoor hurdle mark. A Minnesota Intercollegiate Athletic Conference champion in the 55-meter hurdles two seasons ago, he finished second in the event last year at the league meet.

Distance runner Eric Bloemendal (Sr., Huntsville, Ontario) missed the indoor season last year battling injuries, but returns healthy this year, and will be joined by Christian Dawson (Jr., Invercargill, New Zealand/Cargill HS), who finished third in both the 1,000 and 1,500-meter runs at the MIAC meet.

On the women's side, Chrissy Baune (Jr., Marshall, Minn.), who owns nearly every middle distance school record, returns to defend her All-MIAC honors in three events -- the 3,000-(second), 800- and 1,500-meter (third each) runs. Teresa Lewandowski (Sr., Hastings, Minn.), who was injured just before the MIAC meet, also should shine in the middle distance events. She holds the school's mark in the outdoor 800-meter run.

Jen Eckman (Sr., Superior, Wis.) has shown improvement in the weights for the Auggies and should be a factor in the conference indoor weight events, Barker said.

## Bethel College

**Head Coach:** Suzanne Ray (1st season)

**2000 MIAC Championship:** 9th

**Key Returners:** (Name, Yr, Pos, Highlight)

Rachel Bjorklund (SR, Easton, MN) Distance runner

Angela Wolkowski (JR, Baraboo, WI) Distance runner

### **Season Preview:**

As Bethel looks to the 2001 track season, it will be another year of transition as Suzanne Ray takes over controls of the program. The Royals were under the leadership of interim coach Jason Boatman last season after he took over for Stacy Ingraham. Coach Ray is excited about a number of promising athletes and the quality coaching staff that she has been able to put together in her short time at Bethel.

The strength of the 2001 squad will be the distance events. Senior Rachel Bjorklund (Easton, MN) is an experienced runner and is setting her sights on qualifying for the NCAA national meet. Coach Ray also feels that junior Angela Wolkowski (Baraboo, WI) has



the potential to qualify for the national meet.

In the sprints and field events, Bethel will look to improve throughout the season. Coach Ray hopes to continue to bring in athletes that will help the Royals in these events.

## **Carleton College**

**Head Coach:** Steve Ambroe (Interim)

**2000 MIAC Championship:** 5th

**Key Returners:** (Name, Yr, Pos, Highlight)

Laura Bloedorn (So./Lakeville, Minn.), Fourth in the 1000 meters at MIAC Championships

Megan Courtnage (Jr./Eugene, Ore./South Eugene), Sixth in the 5000 meters at MIAC Championships

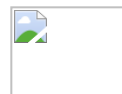
Kim Davis (So./Minneapolis/North), School record-holder in 200-meter hurdles

Carrie Stuart (Blaine, Minn.) - Fifth in 55-meter hurdles at MIAC Championships

Tamra Thayer (Jr./Los Alamos, N.M.) - broke 10-foot mark in pole vault last season

### **Season Preview:**

The women's indoor track and field will have to cope with some key losses to have hopes of repeating last year's fifth place finish at the MIAC Championships. The Knights lost All-American sprinters Sandra Helquist and Kelly Tan. They return junior hurdler Carrie Stuart (Blaine, Minn.), who placed fifth in the 55-meter high hurdles at the MIAC Championships. Sophomore Kim Davis (Minneapolis/ North), holds the school record for the 200-meter hurdles, looks to help in the sprinting events as well. Stuart and Davis were also members of last year's school- record setting 800-meter relay team. Although it lost key members of its long distance corps, the strong showing by the women's cross-country team this fall proves that long distance will again be a strength for the Knights. Carleton is looking for strong performances from sophomore Laura Bloedorn (So./Lakeville, Minn.), who placed fourth in the 1000 meters at the MIAC Championships, and junior Megan Courtnage (Jr./Eugene, Ore./South Eugene), who took sixth in the 5000 meters at the MIAC Championships, among others. Junior pole vaulter Tamra Thayer (Los Alamos, N.M.) broke the 10-foot barrier at last year's MIAC Championships and will be a strength for this squad. Steve Ambroe, an assistant coach with the Knights last season, will serve as interim coach this season while head coach Donna Ricks is on sabbatical.



## **Concordia College**

**Head Coach:** Marv Roeske (6th season)

**2000 MIAC Championship:** 2nd

**Key Returners:** (Name, Yr, Pos, Highlight)

Heidi Brendan (Sr., Minot, ND) - Distance - 2nd Place at the 2000 MIAC Cross Country Championships

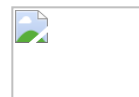
Sara Grineski (Sr., Moorhead, MN) - Sprints - 2nd Place in the 55M Hurdles at the 2000 MIAC Indoor Championships; School record Holder in the 55M Hurdles; Participant in the 55M Hurdles at the 2000 NCAA Indoor Championships

Katie Martin (So., Bozeman, MT) - Distance - 3rd Place in the 5000 at the 2000 MIAC Indoor Championships; 3rd Place in the 5000 at the 2000 MIAC Outdoor Championships

Angie Strom (Sr., Brandon, MN) - Pentathlon - Jumps - 3rd Place in the Pentathlon at the 2000 MIAC Indoor Championships; 5th Place in the High Jump at the 2000 MIAC Outdoor Championships

### **Season Preview:**

Concordia is in the infant stages of building a rich tradition in track and field. Winners of the MIAC Indoor Championships in 1998 and 1999, and runners-up in 2000 along with the 1999 outdoor championship give the Cobbers a positive outlook for the 2001 season. Last year the Cobbers used a solid balance to score points in 10 events and finished in second place. This year Concordia will have another well balanced team that will look to challenge for the title. Leading the way for Concordia will be Sara Grineski (Sr., Moorhead, MN) in the 55M Hurdles, Heidi Brendan (Sr., Minot, ND) and Katie Martin (So., Bozeman, MT) in the distance events and Angie Strom (Sr., Brandon, MN) in the Pentathlon and High Jump. Grineski finished second last year in the 55m Hurdles and ran at the NCAA National Meet. Martin finished third in the 5000 while Strom finished third in the Pentathlon. The Cobbers will also bring another strong group of throwers to the Championship Meet. Mariah Mougey (So., Enderlin, ND) is fresh off a strong showing at the 2000 NCAA Outdoor Championships in the discus, and will be looking to carry the success over to the throws in this year's indoor season. Although the Cobbers lost a few key athletes due to graduation, the stage is set for the Concordia to continue to establish a tradition of success in women's track and field.



## **Gustavus Adolphus College**

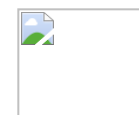
**Head Coach:** Tom Thorkelson (Second Season)

**2000 MIAC Championship:** 8th

**Key Returners:** (Name, Yr, Pos, Highlight)

Stacy Horner, Sprints, Senior, Plymouth, Minnesota (Finished 2nd in the 400 meters and was a member of conference champion 800 and 1600 meter relay teams)

Kajsa Larson, Sprints, Senior, St. Paul, Minnesota (Member of conference champion 800 and 1600 meter relay teams)



Amy Buran, Throws, Senior, Ham Lake, Minnesota (Finished 6th in the shot put)

Kate Krueger, Multi-events, Senior, Richmond, Minnesota (Finished 9th in the pentathlon)

**Season Preview:**

Head Coach Tom Thorkelson is excited about the addition of twenty first-year competitors and the quality of the newcomers.

Thorkelson feels that the team will have solid depth in every event, however he feels the team will be particularly strong in the throws where senior Amy Buran returns along with newcomers Tona Schmidtke, who was a State Champion in the discus and Jackie Luehmann, who was a State Champion in the shot put. The sprints will be led by senior All-American Stacy Horner as well as Kajsa Larson. Hurdles will be helped by the addition of Ellen Graef who was the State Champion in the 300 hurdles last year. The distance group will be led by seniors Stef Lenz and Laura Graen, who are three-year letterwinners who both placed at the MIAC Outdoor meet last year.

## **Hamline University**

**Head Coach:** Loreena Anderson

**2000 MIAC Championship:** 7th

**Key Returners:** (Name, Yr, Pos, Highlight)

**Season Preview:**

Season Outlook: The Pipers women's indoor track team will look to improve upon last season's team performance and will strive to increase the marks of individual achievement in every facet of the sport. Head coach Loreena Anderson is excited, ready and busy preparing her Piper squad for what should prove to be another season of competitive efforts and personal bests.



## **Macalester College**

**Head Coach:** Martin Peper (1st season)

**2000 MIAC Championship:** 6th

**Key Returners:** (Name, Yr, Pos, Highlight)

Liz Hajek (Jr., Stillwater, MN); 4th at MIAC indoor meet in 55m Hurdles.

Anne Poduska (Sr., Mt. Vernon, IA); 7th at MIAC indoor meet in shot put.

Joelle Farrell (Sr., Boardman, OH); 1999 All-MIAC high jumper, studied abroad last year.

Marrisa Lightbourne (Jr., Nassau, Bahamas) MIAC 55m hurdle finalist.

**Season Preview:**

Macalester men's coach Martin Peper takes over the women's program as well this year as Vanessa Seljeskog was promoted to associated athletic director after 14 years in charge of the women's team. The Scots will be rebuilding after losing a great senior class, which included All-Americans Holly Harris (sprints), Megan Auger (distance) and Yarrow Moench (distance), as well as Liz Connors (distance) and Megan June (high jump).

There is still an abundance of talent for Coach Peper to work with and the Scots are looking to place in the top half of the conference.

Mac will be steady in the hurdles with the return of provisional national qualifier Liz Hajek (Jr., Stillwater, Minn.) and Marissa Lightbourne (Jr., Nassau, Bahamas). Liz Durney (So., Penn Grove, Calif.) takes over for Harris as the team's top sprinter, while the Scots should be in good shape in the jumps with the return of Joelle Farrell (Sr., Boardman, Ohio) and Ellie Lewis (So., Grand Rapids, Minn.). Anne Poduska (Sr., Mt. Vernon, Iowa) is one of the MIAC's top throwers, and heading the distance runners will be Marnie Christensen (So., New Glarus, Wis.) and Meg Duhr-Schultz (So., Green Lake, Wis.).



## **College of Saint Benedict**

**Head Coach:** Robin Balder-Lanoue

**2000 MIAC Championship:** 4th

**Key Returners:** (Name, Yr, Pos, Highlight)

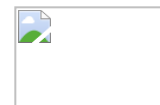
**Season Preview:**

The Blazer indoor Track and Field team will have 8 athletes heading overseas to study this upcoming year. However, the team is full of depth. We expect that depth to help us out tremendously this season!

In the sprints and hurdles, expect returning all-conference runner, Jen Ewertz, to be a threat. Joining Ewertz, will be Jen Bruns, Ali Judkins, and Jamie Laurich, who have all scored in the conference. Molly Miller will be returning as a threat in the short hurdles.

Four distance and middle distance athletes will be overseas, but expect great performances by returning seniors Crissy Johnson, Colleen Gross, and Julie Schmitz. Other returnees to help will be Anne Ceronsky, Eva Burgoyne, and Johanna Myers.

In the field events, we have 2 returning NCAA provisional pole vault qualifiers, Caroline Boatz and Nikki Tuma. I expect their senior year to be outstanding!



In the throws, we have returnee Kate Otremba, along with 5 first year throwers.

In the jumps, we expect first year, Amber Menson, senior/ first year, Ali kern, and junior, Heather Adams to contribute to the team.

## **College of St. Catherine**

**Head Coach:** Greg Binstock (1st season)

**2000 MIAC Championship:** 12th

**Key Returners:** (Name, Yr, Pos, Highlight)

Sydney Larson, senior, sprints

Nancy Eichten, senior, throws

Katie Fuhrman, junior, mid-distance

**Season Preview:**

Coach Greg Binstock, in his first season as head coach is hoping to improve on last seasons' twelfth place finishes. The Wildcats will be led by tri-captains Sydney Larson (Sr., sprints), Nancy Eichten (Sr., throws), and Katie Fuhrman ( Jr., mid-distance). Also returning to this years line-up is senior Jeanna Spannring, a past national qualier in the discus. With a strong underclass entourage of sophomore and first-year athletes, Binstock is anticipating a much improved season as several Wildcats will battle for points at the "ever-tough" MIAC conference championships.



## **Saint Mary's University**

**Head Coach:** Paul Thornton (1st season)

**2000 MIAC Championship:** 11th

**Key Returners:** (Name, Yr, Pos, Highlight)

Clara Setzer (Sr., Red Wing, Minn., Heptathlon)

Kari Pederson (Sr., Hastings, Minn., Jumps, Sprints)

**Season Preview:**

Paul Thornton will be the first to admit that he's no miracle worker.



He can't walk on water, make it rain at the snap of his fingers — and he can't transform the Saint Mary's University track and field teams into conference champions in a year.

Give him two or three years — now that's another story.

'There's no question our goal is to become a conference power,' admitted Thornton. 'But that's not something that's going to happen overnight — it's going to take some time.'

And, while Thornton may be a patient man, he does expect to begin seeing early results of his team's transformation.

Right now.

'I've challenged these teams,' Thornton said. 'I know it's going to take some time for everyone to buy into my system, my ideals and my way of doing things. But if they stick with it and give me 100 percent every day, the successes won't be far behind.'

In fact, Thornton has already seen dramatic improvement — and his team hasn't even had a meet yet.

'In one of our first practices of the season, we had everyone run six 400s at their own pace with two minutes rest in between. Most of them quit after three,' explained Thornton. 'We did the same thing a month later, and people were doing anywhere from eight to 16, so it's obvious we are on the right track.'

Where that track will lead, however, is a question Thornton has no answer for.

Yet.

'Right now, my expectations are for us to do better than we ever have before,' said Thornton, who is looking for veterans like Chris Beach (Maple Grove, Minn.), Clara Setzer (Red Wing, Minn.) and Kari Pederson (Hastings, Minn.) to lead the way. 'I firmly believe that this year, our women's team can finish as high as seventh — and score in up to 10 events. On the men's side, our men's team is looking to make a top-10 finish — and score in at least eight events.'

And that's just the tip of the iceberg.

'The challenge for me as coach is to maximize the abilities of each and every athlete,' Thornton said. 'And by doing that, hopefully, we will be able to broaden the horizons when it comes to our expectations.'

'Right now, it is a huge accomplishment for any of our athletes to qualify for the conference championships,' continued Thornton. 'For a number of teams, qualifying (for the conference championships) isn't an accomplishment, but rather, an expectation.'

'That's where we want to get to.'

## **St. Olaf College**

**Head Coach:** Chris Daymont (20 seasons)

**2000 MIAC Championship:** 3rd

**Key Returners:** (Name, Yr, Pos, Highlight)

Janet Hengel (Sr., Sartell, MN) All-American

Sarah Daymont (Sr., Northfield, MN,

Megan Daymont (So., Northfield, MN)

Leah Dvorak (So., Elma, A)

Megan Call (Jr., Logan, UT)

**Season Preview:**

The 2001 St. Olaf women's track team will be young, but are looking forward to the challenge of the new season. The Oles lost valuable point scorers with the graduation of All-American distance runner Christina Vetter (Chisago Lakes, MN) and the Oles best sprinter, Amanda Olson, (Northfield, MN) . However, there is a strong nucleus of returning athletes that make the prospects for the upcoming season exciting.



## **University of St. Thomas**

**Head Coach:** Joe Sweeney (21st season)

**2000 MIAC Championship:** 1st

**Key Returners:** (Name, Yr, Pos, Highlight)

Katie Arnes, SR (HJ), 2000 Outdoor All-American

Katie Bestul, SR (hurdles), 2000 Outdoor All-American

Tish Dusich, SO (middle-distance), 2000 MIAC Indoor 600 champion

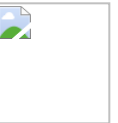
Kelly Faris, SR (distance), 2X MIAC cross country champ, 4th in 2000 NCAA CC meet

Emily Menden, JR (hurdles), 2000 NCAA outdoor qualifier

Jill Ylonen, SO (sprints) 2000 NCAA outdoor qualifier

**Season Preview:**

The 2001 St. Thomas women's track and field team will look to use quality in the sprints and hurdles in its bid to repeat as MIAC champion.



Coach Joe Sweeney guided the Toms to nine consecutive indoor team titles from 1989-97, and after Concordia won in 1998 and 1999, the Toms came back in 2000 to double the margin of the runner-up Cobbers.

The Toms had seven firsts in winning the 2000 conference indoor meet. Last May, they posted five firsts and five runner-up placings in winning the 2000 MIAC outdoor meet for the 15th time in 16 seasons.

Indoors, Tish Dusich set an MIAC meet record in winning the 600 (1:36.78); Katie Arnes tied the MIAC meet record with a winning jump of 5-5 3-4; Jenni Mooney won the 3000; Heidi Vogel won the 200; Katie Bestul won the 55 hurdles; and Kelly Faris won the 5,000.

Returning UST outdoor champs are Jill Ylonen in the 100 meters; Hedin in the Triple Jump, Sara Diercks in the Javelin; Arnes in the High Jump; and Katie Bestul, Heidi Vogel and Ylonen (4x100 relay).

Senior All-American hurdler-jumper Kara Hedin may bypass her senior season. To offset that, Sweeney is looking for a boost from freshman Nicole Meidl of Stillwater, who took second in the pole vault and third in the long jump in the Minnesota state high school meet.

**2000 MIAC Women's Track and Field Championship Results: WOMEN'S RESULTS**

**Links:** [1999 Indoor Track and Field Results](#)

**2000 MIAC Women's Indoor Track  
and Field Championship Results**

<b>School</b>	<b>Pts</b>
St. Thomas	190.5
Concordia	91.5
St. Olaf	87.0
St. Benedict	84.5
Carleton	76.5
Macalester	62.5
Hamline	56.0
Gustavus	51.0
Bethel	45.5
Augsburg	28.0
Saint Mary's	6.0
St. Catherine	1.0