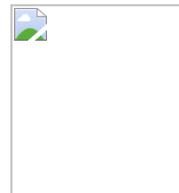




2001 MIAC WOMEN'S OUTDOOR TRACK AND FIELD PREVIEW

The 2001 MIAC Outdoor Track and Field Championship will be held May 11-12, 2001 hosted by Carleton College in Northfield, Minn (with the heptathlon and decathlon taking place May 3 and 4 at Carleton). Watch for the University of St. Thomas, last seasons MIAC Champions, to continue their dominance as they have won the women's outdoor championship 17 out of 19 years that it has been held since 1982.



| [Augsburg](#) | [Bethel](#) | [Carleton](#) | [Concordia](#) | [Gustavus](#) | [Hamline](#) | [Macalester](#) | [St. Benedict](#) | [St. Catherine](#) | [St. Mary's](#) | [St. Olaf](#) | [St. Thomas](#) |

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: 7th

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

Rachel Bjorklund, Sr. Easton, MN (Distance)

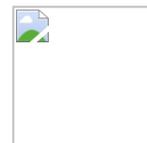
Angela Wolkowski, Jr. Baraboo, WI (Distance)

Jackie Danforth, Sr. Arden Hills, MN (Distance)

Gretta Schutte, Jr. Northfield, MN (Triple Jump)

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 Amble (interim, head coach Donna Rick's is on sabbatical)

2000 MIAC Championship: 3rd

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

Carrie Stuart, (Jr./Blaine, Minn.), hurdles, sprints, relays, multi-event

Sarah Paul, (Jr./Lawrence, Kan./Perry Lecompton), Jumps, relays, multi-events

Tamra Thayer, (Jr./Los Alamos, N.M.), pole vault

Kim Davis (So./Minneapolis/South), sprints, multi-events, hurdles, relays

Laura Bloedorn (So./Lakeville, Minn.), distance

Season Preview:

The Knights, fresh off a fourth-place finish at the 2001 MIAC Indoor Championships, are young and talented. A trio of juniors in Stuart, Paul and Thayer lead the team, while sophomore Davis and Bloedorn are also top performers. The "X" factor for the Knights during the outdoor season may be first-year twins Andrea and Melissa Grunst. The pair earned all-region honors in cross country this fall and were solid during the indoor season. They've never run competitively before this season, but their athleticism could give the Knights distance group some much-needed depth. Paul, the indoor pentathlon champion, looks to continue the tradition of talented multieventers started by All-American Sandy Helquist. Stuart, who was a bit injured during the indoor season, will make a run towards qualifying for her third straight NCAA Championships this spring, and Davis hopes for a break-out season.



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 in the 800 at the 2001 NCAA national indoor meet; 3rd place in the 1500 at the 2001 MIAC indoor meet; 2nd place at the 2000 MIAC Cross Country Championships.

Margaret Cropp (Sr., Verona, ND) - Throws - 2nd place in the javelin at the 2000 MIAC Outdoor Championships; MIAC champion in the javelin at the 1999 outdoor meet.

Sara Grineski (Sr., Moorhead, MN) - Sprints - MIAC record Holder and defending champion in the 100 meter hurdles; 2nd Place in the 55 meter hurdles at the 2001 MIAC Indoor Championships; Participant in the 100 meter hurdles at the 2000 NCAA Outdoor Championships.

Katie Martin (So., Bozeman, MT) - Distance - 4th Place in the 3000 at the 2001 MIAC Indoor Championships; 3rd Place in the 5000 at the 2000 MIAC Outdoor Championships.

Mariah Mougey (So., Enderlin ND) - Throws - 4th place in the discus at the 2000 MIAC Outdoor Championships; Participant in the discus at the 2000 NCAA Outdoor Championships.

Angie Strom (Sr., Brandon, MN) - Heptathlon - Jumps - 5th Place in the Heptathlon at the 2000 MIAC Outdoor 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 Outdoor Championships 1999 as well as the indoor champions from 1999 and 1998. The Cobbers are coming off a second place finish at the 2001 MIAC Indoor Championships, their eighth straight "top three" performance at a MIAC championship meet. Last year the Cobbers used spectacular performances by several athletes to finish in second place. This year Concordia will try and use their well-balanced team to contend for the title. Leading the way for Concordia will be Sara Grineski (Sr., Moorhead, MN) in the 100 meter hurdles, Heidi Brendan (Sr., Minot, ND) and Katie Martin (So., Bozeman, MT) in the distance events, Angie Strom (Sr., Brandon, MN) in the heptathlon and high jump and Mariah Mougey in the discus. Grineski was last year's MIAC outdoor championship Performer of the meet as she broke the league record in the 100 meter hurdles. She then went on to participate at the NCAA National Meet. Martin recently finished placed fourth in the 3000 at the 2001 indoor championships and last year finished third in the 5000 at the outdoor meet. Mariah Mougey (So., Enderlin, ND) will look to improve on her fourth place finish in the discus from a year ago. She was also a participant at the 2000 NCAA Outdoor Championships. Once again the Cobbers are poised to make a run at the championship and qualify several athletes for the national meet.



Gustavus Adolphus College

Head Coach: Tom Thorkelson (2nd Season)

2000 MIAC Championship: 5th

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

Stacy Horner, SR, Plymouth, Minnesota: Sprints (Finished 2nd in the 400 meters and was a member of MIAC champion 400-meter relay team)

Amy Buran, SR, Ham Lake, Minnesota: Throws (Finished 7th in the shot put)

Kate Krueger, SR, Richmond, Minnesota: Multi-events (Member of conference champion 400-meter relay team)

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. Luehmann earned All-American honors at the NCAA Indoor Championships, placing sixth in the shot put event. The sprints will be led by senior All-American Stacy Horner, who scored 26 points at the MIAC Indoor meet. 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. Freshman Lindsey Weis finished as the conference runner-up in the triple jump at the MIAC Indoor meet and hopes to improve on that performance in the Outdoor Championships.



Hamline University

Head Coach: Loreena Anderson

2000 MIAC Championship: 8th

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); 5th at MIAC indoor meet in 55m Hurdles.

Anne Poduska (Sr., Mt. Vernon, IA); 5th at MIAC indoor meet in weight throw

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

Katie Christensen (Fr., New Auburn, WI); fourth in MIAC indoor Pentathlon

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 Liz Hajek (Jr., Stillwater, Minn.) and Marissa Lightbourne (Jr., Nassau, Bahamas). Hajek took fifth this past winter in the MIAC indoor championship in the 55-meter high hurdles. 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.). Katie Christensen (FY, New Auburn, WI) took fourth in the indoor Pentathlon.



College of Saint Benedict

Head Coach: Robin Balder-Lanoué (2nd year)

2000 MIAC Championship: 9th

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



Caroline Boatz, Sr., Pole Vault, Finished third at the NCAA Indoor National Championships this winter.

Nikki Tuma, Sr., Pole Vault, All-MIAC in 1999-00.

Molly Miller, So., 100-meter hurdles, School record in the 100 meter hurdles, All-MIAC in 1999-00.

Jenny Ewertz, Jr., Sprints, Holds five school records in sprints, All-MIAC in 1999-00.

Jenny Bruns, So., Sprints, Holds two school records in indoor relays.

Season Preview:

The College of Saint Benedict Track and Field team is eagerly awaiting the snow to melt off the track to improve on their sixth place finish at the 2001 indoor MIAC Championships. Both young talent and veterans lead the Blazers this season. The senior pole vault duo of Caroline Boatz, a 2001 indoor All-American and Nikki Tuma both look to repeat as All-MIAC performers. Sophomore Molly Miller provisionally qualified for the National outdoor meet last year in the 100-meter hurdles and is joined by Sophomore Andrea Barnett in leading the Blazers over the hurdles. Returning All-MIAC Junior Jenny Ewertz leads a talented young sprinting crew that will compete against the MIAC's best. Sophomores Ali Judkins, Jenny Bruns and junior Jamie Laurich join Ewertz to make formidable relay teams. Senior Chrissy Johnson who looks to improve on her two top 11 performances at the 2001 MIAC Indoor Championships leads the distance squad. Alison Kern led a great throwing team indoors that looks to improve and score more points outside.

The Blazer season will be highlighted by a Spring Break trip to Savannah, Georgia in early April. CSB's schedule also features a home meet on March 31st at the Saint John's Track, the Tommie Twilight meet on May 2nd and the Outdoor MIAC Championships at Carleton 11-12.

College of St. Catherine

Head Coach: Greg Binstock (1st season)

2000 MIAC Championship: 12th

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

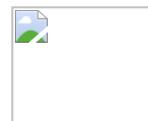
Sydney Larson, senior, sprints

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 Spanning, 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 (20th season)

2000 MIAC Championship: 4th

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

Megan Daymont So. 800M/1500M MIAC Champion/All-American

Janet Hengel Sr. Pole Vault/Hurdles MIAC Champion/All-American

Becky Peterson FY Multi-events/hurdles Indoor All-Conference

Anne Sateren Sr. 3K/5K Returning All-Conference

Lisa Eidenschink So. Discus National Qualifier/All-Conference

Season Preview:

The Oles return a strong nucleus of athletes that make the prospects for this season exciting. Leading the Oles will be co-captain Janet Hengel (Sr., Sartell, MN). Hengel is a returning All-American pole vaulter, having finished fourth in the NCAA Division III Outdoor Track and Field Championships last spring.

The middle distance crew will be led by Megan Daymont (So., Northfield, MN). Daymont was the team MVP last season and was voted the MIAC Athlete of the Meet at the 2000 Indoor Conference Championships. Daymont will look to defend her titles in the 800M and 1500M races.

The distance events will be led by Anne Sateren (Sr., Minneapolis, MN) and Leah Dvorak (So., Elma, IA) will be the top returning Ole in the multi events. Lisa Eidenschink (So., Detroit Lakes, MN) a national outdoor qualifier in the discus has aspirations of adding All-American discus thrower to her resume.

Head coach Chris Daymont says, "We will be young, but have excellent senior leadership and some strong individual performers that will help guide the team throughout the season. We're looking forward to another great season of track and field."

University of St. Thomas

Head Coach: Joe Sweeney (21st season)

2000 MIAC Championship: 1st

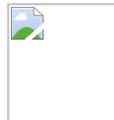
Key Returners: (Name, Yr, Pos, Highlight)

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

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

Tish Dusich, SO (mid-distance), 2000 MIAC Indoor 600 champ, 2001 MIAC Indoor 600/800 champ

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



Kara Hedin, SR, (hurdles/jumps), All-American, 5X MIAC triple jump champ

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. The Toms won the 2001 MIAC indoor meet by 50 points over runner-up Concordia.

UST coach Joe Sweeney has guided the Toms to 44 of a possible 56 MIAC team championships in cross country, indoor track and outdoor track over the last 19 seasons.

The Toms won seven events 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; and in the 2001 indoor championships, UST won nine events and won for the 14th time in 17 all-time meets. Tish Dusich set MIAC meet records in winning both the the 600 and 800; Kara Hedin set a meet record in the triple jump and also won the long jump; Kelly Faris won the 3,000 and had two runner-up finishes; and Jill Ylonen won the 200 and anchored the winning 4x200; Katie Arnes won the high jump; and Katie Bestul won the 55 hurdles.

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

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. Meidl broke the UST indoor record and qualified for nationals.

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

Archive:

[2000 Championship](#)

[1999 Championship Results / Story](#)

[1998 Championship Page/Results](#)

2000 Team Scores

PL	TEAM	POINTS
1	St. Thomas	184.5
2	Concordia	149.0
3	Carleton	107.0
4	St. Olaf	96.0
5	Gustavus	77.0
6	Macalester	58.5
7	Bethel	54.0
8	Hamline	53.0
9	St. Benedict	52.0
10	Augsburg	17.0
11	St. Mary's	5.0
12	St. Catherine	2.0