

1975

Northern Iowa Cross Country 1975

University of Northern Iowa

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NORTHERN IOWA



Steve MacTaggart and James VanNostrand

Cross Country 1975

Quick Facts

Location	Cedar Falls, Iowa 50613
Enrollment	8,800
Founded	1876
Conference	North Central
School Colors	Purple and Old Gold
Nickname	Panthers
President	Dr. John Kamerick
Athletic Director	Stan Sheriff
Head Coach	Jack Jennett
Sports Information Director ..	James W. Shaffer (319) 273-2761

Prospects for 1975

With the exception of graduated two-time All-American Ron Peters, Northern Iowa cross country returns its entire squad in 1975. The Panthers are considered a heavy contender for top honors in the ever hectic North Central Conference battle. After an impressive 5-2 dual season and third place conference ranking in 1974, UNI is prepared to handle about any challenge thrown their way.

The core of experience this season lies around juniors Jamie VanNostrand, Steve MacTaggart and Bob Connell; plus sophomores Bob Friedman and Ron Gomis. Aiding the cause is Fred Schultz, a sophomore transfer from Luther. Several promising freshmen are also expected to provide excellent depth. Mike Duncan, Mike Molesworth and Keith Witham head the frosh prospects and offer Head Coach Jack Jennett a much broader nucleus to work with.

The competition? Every bit as tough as expected! The perennial power of the NCC, South Dakota State is back to defend their 1974 title and will miss services of four-time All-American Gary Bentley.

With their 1974 team intact, South Dakota hopes to better the runnerup spot they managed in last fall's competition. "It's going to be tough," says Jennett, "but I think we have an excellent chance at winning the conference championship. We're also looking forward to our competition outside the league with the Air Force, Drake and always tough Iowa State." As rough as things may seem, the Panthers own the individual potential to rank among the best they face this season.

MacTaggart leads the list of returning lettermen after an 11th place finish in 1974's 51-man NCC race. VanNostrand ran a close 14th and went onto place 82nd in the NCAA Division II Cross Country Championships a year ago, ahead of half the field. UNI earned 15th as a team in national competition.

The North Central harrier race is always a neck-to-neck affair. Look for the Panthers to stride with the leaders for top honors.

The Coaches

Jack Jennett undertakes the duties of head cross country and track coach to begin his 14th season as one of UNI's most successful mentors.

The record speaks for itself—11 North Central Conference track crowns (six outdoor and five indoor) and one cross country title. Jennett-tutored athletes have put UNI in the national limelight by earning 20 All-American honors in track and six via cross country. Jennett's most successful cross country team was the 1964 North Central Conference champions. The Panthers finished 3rd in the NCC last season and 15th nationally in the NCAA Division II championships.



Jennett



Schmidt

After attending Drake University where he played football and competed in track, Jennett began his coaching career in the prep ranks at Lake City. He coached at Morningside and Buena Vista colleges before coming to UNI.

He and wife Myrna have three daughters; Pam and Wynn are both married and Lori, 17 is still at home, residing in Cedar Falls with her parents.

Assisting Jennett is graduate assistant Keith Schmidt, a recent graduate, Northern Iowa's track program.

Schmidt placed sixth in the 1975 NCAA Division II pole vault competition to earn All-American honors. He holds the school record at 15-6.

He received his B.A. degree in physical education and is married to the former Marcia Thayer.

1975 Panther Schedule

Date	Opponent	Location	Distance	Time
Sept. 13	Iowa State Invitational	Ames	4 miles	11 a.m.
Sept. 20	Drake, Air Force	Cedar Falls	5 miles	11 a.m.
Sept. 26	Luther	Decorah	4 miles	4 p.m.
Oct. 4	So. Dak., Wartburg	Cedar Falls	5 miles	11 a.m.
Oct. 11	Northern Illinois	DeKalb, IL	5 miles	11 a.m.
Oct. 18	Wisconsin Invitational	Madison, WI	5 miles	10:30 a.m.
Oct. 25	Loras or State Federation	Dubuque Cedar Falls	5 miles	10:30 a.m. 4 p.m.
Nov. 1	North Central Conference	Fargo, ND	5 miles	11 a.m.
Nov. 7	State Federation or Loras	Cedar Falls Dubuque	5 miles	4 p.m. 10:30 a.m.
Nov. 15	NCAA Division II	Anaheim, CA	5 miles	10 a.m.
Nov. 24	NCAA Division I	Philadelphia, PA	6 miles	11 a.m.

Home Course — Pheasant Ridge Municipal Golf Course off Birdsall Park Drive.

The Roster

Name	Class	Hometown (High School)
*Connell, Robert	Jr.	Waterloo (Columbus)
Coppock, Dave	Soph.	Cedar Falls
Cornish, Kevin	Fr.	Sigourney
Duncan, Mike	Fr.	Waterloo (Columbus)
Fish, Vern	Sr.	Perry
*Friedman, Robert	Soph.	Carroll (Kemper)
Frevert, Brian	Fr.	Greene
Gomis, Ron	Soph.	Grimes (Johnston)
Lind, Richard	Jr.	Rochester, Minn. J.C.
**MacTaggart, Steve	Jr.	Strawberry Point (Starmont)
Molesworth, Mike	Fr.	Sioux City (Heelan)
Schultz, Fred	Soph.	Decorah (Decorah)
*VanNostrand, James	Jr.	Des Moines (Lincoln)
Whitham, Keith	Fr.	Holstein

*Designates Varsity Letters Won

1974 Results

UNI	5th	Iowa State Invit.
*UNI	28	Air Force 29
-UNI	32	Drake 25
*UNI	25	Luther 30
UNI	2nd	Les Duke Invit.
*UNI	20	Nebraska Wesleyan 43
-UNI	41	South Dakota 18
*UNI	15	Northern Illinois 49
UNI	5th	Wisconsin Invit.
*UNI	20	Loras 43
UNI	3rd	North Central Conf.
UNI	15th	NCAA Division II

Dual Meet Record: Won 5, Lost 2

UNI

All-Americans

William Jenkins	1941
Rich Twedt	1970-71-72-73
Ron Peters	1973-74

Panther Records

3-mile		
Freshman:	Ron Peters,	15:09
Varsity:	Rich Twedt,	14:40
Course:	Mike Slack,	14:28
4-mile		
Freshman:	Rich Twedt,	20:30
Varsity:	Ron Peters,	20:18
Course:	Bill Dressel,	19:51
5-mile		
Freshman:	Rich Twedt,	25:06
Varsity:	Rich Twedt,	24:08
Course:	Roger Schegel,	25:54
6-mile		
Freshman:	Rich Twedt,	29:46
Varsity:	Rich Twedt,	29:46

North Central Finishes

1974	3rd
1973	3rd
1972	4th
1971	4th
1970	3rd (tie)
1969	4th
1968	2nd
1967	3rd
1966	2nd