Northern Iowa Cross Country 1975

University of Northern Iowa

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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.

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

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

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
*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