Northern Iowa Cross Country 1977

University of Northern Iowa

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Northern Iowa
Cross Country
1977
Playing Follow the Leader

An Outlook

When Bob Friedman returns for his final season at Northern Iowa this fall, he'll not only be looked upon for leadership but the senior from Carroll, Ia. will be the Panthers' best bet for All-American honors.

The two-time All-American at 1500 meters heads a respectable list of five lettermen that return this season for head coach Lynn King.

King, in his second year as the Panther mentor, underlines the fact that Friedman will be the main key for the Panthers this season.

"The bulk of leadership will fall on his shoulders this fall," says King.

"We're counting on a great deal from him and his ability to come through in the big meets for us."

Another intriguing factor this season is the healthiness of incoming Steve Ostwinkle from Algona, Ia. "We can be a very healthy team with a healthy Ostwinkle," said King. "He could well be one of the best distant runners to attend Northern Iowa in the last eight years."

Friedman will play the role of Pied Piper to an excellent crop of incoming freshmen following at his footsteps.

Winona, Minn. freshman Ken Trautman has been consistent at 15:00 for three miles and was the state mile champion with a 4:17 mile to his credit. Another Minnesotan, Bryan Huhnerkoch from Lewiston, has a 15:15 in the three mile but was honored his senior year as being ranked the No. 1 small school distant runner in Minnesota.

Another freshman prospect is Beloit, Wis. native Dave Davies. Davies won the state two-mile title and revealed in the title of captain of his state champion cross country team. He's also another 15:00 three-mile runner. Other freshmen to look for are Bob Smallwood from Bettendorf, Ia. and Doug Nelson from Boone, Ia. Both have respectable times of 9:26 for two miles.

Senior letterman Steve Weisenborn from Sac City ran in the No. four and five spots for the Panthers last season and showed big improvement, according to coach King. He'll also be relied upon in a leadership role and to score valuable points this fall. Letterman Joe Teeling, junior from Dubuque, ran in the No. five and six slots for UNI last fall and, according to King, could be one of the best cross country runners ever at Northern Iowa.

Kim Sprain could be the biggest surprise this fall. Sprain ran as the number 4 man in the NCAA meet and will be counted on for needed points in the close meets this fall.

Another returning letter winner, from two years ago, is Ron Gomis. Gomis is back in school this fall after a year's absence. Sophomore Don Schultz was injured in the first time trial last fall but will be back to add needed depth. Sophomore John McMichael from Des Moines is considered the best pace runner and showed vast improvement last year. Marathon winner Paul Kammaratever has showed consistency and should be strong this fall.
Head Coach
Lynn King

Lynn King heads into his second year as head cross country and track coach one year wiser and one year bolder.

In his rookie season at Northern Iowa, King led his Panther Harriers to a fourth place finish in the North Central Conference cross county meet and second place in the NCC indoor and outdoor track championships. His Panther runners went on to finish a very respectable 10th in the NCAA Division II track and field championships last spring in Fargo, N.D.

King is only the third track and cross country coach UNI has had, following in the footsteps of A.D. Dickinson and Jack Jennett.

The 31-year old Cedar Falls, La. native brought a wealth of knowledge and experience to UNI. In four years at Rochester Community College, King-coached track teams captured the Minnesota Junior College Athletic Association Track Championships twice and never placed lower than third. In 1975, he was named 1975 National Junior College Cross Country Coach of the year after his team placed second in the Region XIII JC Championships.

King led Rochester to the Five-State Track Championships in 1976, as his team won 10 events and set new region records in three of those. He literally turned Rochester Community College into a hot-bed of talent when his runners and field event men rewrote the school record book.

King is a 1964 graduate of Cedar Falls High School and graduated from UNI in 1969 with a B.A. in Physical Education. He was a four-year member of Jennett’s track teams and selected co-captain his senior year. He was also a two-year starter for the Panther football team.

The Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 10</td>
<td>ISU Invitational</td>
<td>Ames, la.</td>
<td>4 miles</td>
</tr>
<tr>
<td>Sept. 17</td>
<td>DRAKE</td>
<td>Cedar Falls, la.</td>
<td>5 miles</td>
</tr>
<tr>
<td>Sept. 20</td>
<td>ROCHESTER COMMUNITY COLLEGE</td>
<td>Cedar Falls, la.</td>
<td>4 miles</td>
</tr>
<tr>
<td>Sept. 24</td>
<td>Loras, Wis. Lacrosse</td>
<td>Dubuque, la.</td>
<td>5 miles</td>
</tr>
<tr>
<td>Oct. 8</td>
<td>Iowa</td>
<td>Iowa City, la.</td>
<td>5 miles</td>
</tr>
<tr>
<td>Oct. 15</td>
<td>Tom Jones Invitational</td>
<td>Madison, Wisc.</td>
<td>5 miles</td>
</tr>
<tr>
<td>Oct. 22</td>
<td>Iowa, Drake, Iowa State</td>
<td>Ames, la.</td>
<td>5 miles</td>
</tr>
<tr>
<td>Oct. 28</td>
<td>USTFF</td>
<td>Cedar Falls, la.</td>
<td>5 miles</td>
</tr>
<tr>
<td>Nov. 5</td>
<td>North Central Conference</td>
<td>Sioux Falls, la.</td>
<td>10,000 meters</td>
</tr>
<tr>
<td>Nov. 12</td>
<td>NCAA Division II</td>
<td>Chicago, Ill.</td>
<td>10,000 meters</td>
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</tbody>
</table>

1976 Results

ISU Invitational — 7th place
Drake 25, UNI 30
Wisconsin-LaCrosse 21, UNI 40
Iowa 24, UNI 37
Illinois 24, UNI 31
Tom Jones Invitational — 5th place
UNI 15, Loras 49
North Central Conference Championships — 4th place
NCAA Division II Championships — 21st place
Cross Country Roster

NAME | HOMETOWN | CLASS
-- | -- | --
Brown, Steve | Rochester, Mn. | So.
Cook, Bradley | Cedar Falls, Ia. | Fr.
Davies, Dave | Beloit, Wi. | Fr.
Friedman, Robert* | Carroll, Ia. | Jr.
Gomis, Ron* | Grimes, Ia. | So.
Huhnerkoch, Bryan | Lewiston, Mn. | Fr.
Kammarmeyer, Paul | Rock Rapids, Ia. | Fr.
Karamitos, Rex | Mason City, Ia. | Fr.
McMichael, John | Des Moines, Ia. | Fr.
Merkey, Steve | Ottumwa, Ia. | Fr.
Myers, Wayne | Algona, Ia. | So.
Nelson, Doug | Boone, Ia. | Fr.
Rogers, Steven | Brandon, Ia. | Jr.
Ross, Denny | Newton, Ia. | Fr.
Schultz, Don | Greeley, Ia. | Fr.
Smallwood, Bob | Bettendorf, Ia. | Fr.
Trautmann, Ken | Winona, Mn. | Fr.
Tucker, Greg | Boone, Ia. | Fr.
Weisenborn, Steve* | Sac City, Ia. | Jr.
Schadle, Rick | Waterloo, Ia. | Fr.

*Indicates Letterman

Panther Records

Freshmen records
3 mile: 15:09 Ron Peters 1971
4 mile: 20:26 Jeff Niffenegger 1976
5 mile: 25:06 Rich Twedt 1970
6 mile: 29:46 Rich Twedt 1970

Varsity records
3 mile: 14:40 Rich Twedt 1971
4 mile: 19:32 Steve MacTaggart 1976
5 mile: 24:08 Rich Twedt 1972
6 mile: 29:46 Rich Twedt 1970

UNI All-Americans

Ron Peters 1973-74

Quick Facts About UNI

Location Cedar Falls, Iowa 50613
Enrollment 10,400
Founded 1876
Conference North Central
President Dr. John Kamrider
Athletic Director Stan Sheriff
Head Coach Lynn King
Sports Information Director Jim Ferree
Office: 319-273-6354 Home: 319-266-7112