University of
Northern
Iowa
Women's
Track and Field
1980
CAROL GRUBER
Head Coach

Carol Gruber has been head coach of women's track and field at UNI since 1978. She is a native of Long Beach, California and a graduate of California State University at Long Beach. Prior to coming to UNI, she was assistant women's track and field coach at USC, where she also did graduate work.

Gruber is also head women's volleyball coach at UNI. She has led the Panthers to the regional playoffs in each of her two seasons at UNI. Her team won the state title a year ago. Gruber was previously assistant women's volleyball coach at Whittier College, and head volleyball coach for the California State University Girls' Sports Camp.

1980 Outlook

Second-year Head Coach Carol Gruber welcomes back 16 letter winners from the squad which placed second in last year's IAIAW State Meet. This nucleus, along with 16 newcomers, should provide an improved Panther track program and an exciting season of competition.

Gruber feels the Panthers' strongest area will be the sprints, where she will be able to run more women in fewer events. Tracy Wentzien and Colleen Howard return from a 400 meter relay team that finished second in last year's regionals. Wentzien will also run in the 200 meters and sprint relays. Howard will compete in both short sprints and sprint relays. Michelle Bohiken, Laurie Dennis, Karla Federspiel and Susie Ford will also compete in the sprints. Bohiken will run in the 1600 meter relay. Dennis in the 400 meters, Federspiel in the 100 meters (and possibly the 4 x 100 meter relay) and Ford in the 200 and 400 meter relays (and possibly some opens).

Another strong event for the Panthers should be the quarter-mile, with Deb Schmelting and Sheryl Sigmund returning from last year's team. Along with Kris Skov, in the 1500 meters and half-mile, there should be sufficient depth for the middle-distance events.

Equally strong for UNI will be the distance events. Shirley Walker and Terri Leisinger are returning, and Ann Novak and Kim Kaiser are newcomers. Walker will compete in the 1500 meters. Leisinger in the 10,000 meters, Novak in the 1500 and 3000 meters, and Kaiser in the 1500 and possibly 5000 meters. All four were in the UNI cross-country club last fall, and will be looking to improve their times this spring.

Shot-put should be the strongest field event for the Panthers, due to the addition of Sue Marhoul and Mary Sojka. Marhoul threw the shot 37 feet in high school last year, and Gruber expects her to surpass 40 feet this year. Sojka is a transfer student from Wartburg College, where she was an outstanding athlete in volleyball and track. Marhoul and Sojka will fight it out for top honors in the discus as well as shot-put.

LeAnn Erickson will be throwing the javelin for UNI this spring. She is a senior letter winner, and was the team's strongest javelin thrower a year ago.

Jan Messerschmidt will compete in the pentathlon this year. Of the five events (shot-put, high jump, long jump, 100 meter hurdles and 800 meter run), she is probably strongest in the long jump and 100 meter hurdles. At meets where the pentathlon is not a scheduled event, Messerschmidt will be used in other events.

Gruber feels UNI's weakest areas will be the high jump and long jump, due to a shortage of athletes in these events. She has no one outstanding person in either event.

"We'll have much greater depth and variety on the team this year," says Gruber. "There are many women who can perform in various events, both running and field. I won't have to run a few women in all the relays. Our goal is to qualify all of our relay teams for the nationals."

1980 Panthers

(left to right)
Row 1: Laurie Dennis, Kathy DeWald, Stacy Roberts, Deb Schmelting, Kathy Kessler, Kathy Kenney
Row 2: Kim Kaiser, Shirley Walker, Kris Skov, Georgia Norris, Sue Marhoul, Tracy Wentzien, Michelle Bohilen
Row 3: Donna Groesbeck, Cheryl Barber, Colleen Howard, Karla Federspiel, Laurie McLennan, Kim Ralston, Joan Sexton, Chris Ropa
Row 4: Terri Leisinger, Gini Edson, Janelle McBride, Tricia Underberg, Jan Messerschmidt, J'ne Day, Ann Novak, Sheryl Sigmund (not pictured: Erickson, Ford, Sojka)
### 1980 Roster

<table>
<thead>
<tr>
<th>Name &amp; Class</th>
<th>Event</th>
<th>Hometown</th>
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</thead>
<tbody>
<tr>
<td>Cheryl Barber, Sr.</td>
<td>Javelin, shot-put</td>
<td>Storm Lake, IA</td>
</tr>
<tr>
<td>Michelle Bohlen, So.</td>
<td>400 meters, relays</td>
<td>Monticello, IA</td>
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<tr>
<td>J'ne Day, Fr.</td>
<td>800 and 400 meters</td>
<td>Gilmore City, IA</td>
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<tr>
<td>Laurie Dennis, Fr.</td>
<td>400 meters, relays</td>
<td>What Cheer, IA</td>
</tr>
<tr>
<td>Kathy DeWald, Jr.</td>
<td>Discus</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Virginia Edson, Jr.</td>
<td>800 and 1500 meters</td>
<td>Ionia, IA</td>
</tr>
<tr>
<td>LeAnn Erickson, Sr.</td>
<td>Javelin, discus</td>
<td>Waterloo, IA</td>
</tr>
<tr>
<td>Karla Federspiel, Fr.</td>
<td>200 meters, relays</td>
<td>La Porte City, IA</td>
</tr>
<tr>
<td>M. Susie Ford, So.</td>
<td>200 and 400 meters</td>
<td>Brooklyn, IA</td>
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<tr>
<td>Donna Groesbeck, Fr.</td>
<td>800 and 1500 meters</td>
<td>Charles City, IA</td>
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<tr>
<td>Colleen Howard, So.</td>
<td>100 and 200 meters</td>
<td>Emmetsburg, IA</td>
</tr>
<tr>
<td>Kim Kaiser, So.</td>
<td>1500 and 3000 meters</td>
<td>Cedar Falls, IA</td>
</tr>
<tr>
<td>Kathy Kenney, So.</td>
<td>High jump, long jump, 100</td>
<td>Cedar Rapids, IA</td>
</tr>
<tr>
<td>Kathy Kessler, Sr.</td>
<td>800 meters, relays</td>
<td>Dubuque, IA</td>
</tr>
<tr>
<td>Terri Leisinger, So.</td>
<td>3000, 5000 and 10,000</td>
<td>Waverly, IA</td>
</tr>
<tr>
<td>Janelle McBride, So.</td>
<td>Shot-put, discus, javelin</td>
<td>Farley, IA</td>
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<tr>
<td>Laurie McHernan, Fr.</td>
<td>400 meter, 400</td>
<td>Belle Plaine, IA</td>
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<tr>
<td>Susan Marhoul, Fr.</td>
<td>Shot-put, discus, javelin</td>
<td>Ridgeway, IA</td>
</tr>
<tr>
<td>Janet Messerschmidt, Pentathlon</td>
<td></td>
<td>West Des Moines, IA</td>
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<tr>
<td>Georgia Norris, So.</td>
<td>200 and 400 meters</td>
<td>Nemaha, IA</td>
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<tr>
<td>Ann Novak, So.</td>
<td>1500 and 3000 meters</td>
<td>Waterloo, IA</td>
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<tr>
<td>Kim Ralston, Jr.</td>
<td>100 and 200 meters</td>
<td>Ida Grove, IA</td>
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<tr>
<td>Stacy Roberts, Jr.</td>
<td>5000 and 10,000 meters</td>
<td>Mason City, IA</td>
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<td>Chris Ropa, Fr.</td>
<td>200 meters, long jump, relays</td>
<td>Stanwood, IA</td>
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<td>Deb Schmeling, Jr.</td>
<td>400 meters, 400 meter</td>
<td>Emmetsburg, IA</td>
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<td>Sheryl Sigmund, So.</td>
<td>400 meter, javelin, relays</td>
<td>Des Moines, IA</td>
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<td>Joan Sexton, Jr.</td>
<td>Discus</td>
<td>Ridgeway, IA</td>
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<td>Kris Skov, Jr.</td>
<td>400, 800 and 1500 meters</td>
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<td>Mary Sojka, So.</td>
<td>Shot-put, discus</td>
<td>Cedar Rapids, IA</td>
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<td>Tricia Underberg, Sr.</td>
<td>Shot-put, discus</td>
<td>Eagle Grove, IA</td>
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<td>Shirley Walker, Sr.</td>
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<tr>
<td>Tracy Wentzien, Jr.</td>
<td>200 meters, long jump, relays</td>
<td>Lincoln, IA</td>
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### 1980 Schedule

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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>Feb. 16</td>
<td>UNI Indoor Triangular (3 p.m.)</td>
<td>Cedar Falls, IA 50613</td>
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<tr>
<td>March 1</td>
<td>at Iowa Indoor Track Invitational</td>
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<tr>
<td>March 8</td>
<td>UNI Indoor Invitational (1 p.m.)</td>
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<tr>
<td>March 15</td>
<td>at Mankato State Indoor Invitational</td>
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<tr>
<td>April 5</td>
<td>at Western Illinois Westerwind Invitational</td>
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<tr>
<td>April 12</td>
<td>at Drake Invitational</td>
<td></td>
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<tr>
<td>April 19</td>
<td>at Northern Illinois Invitational</td>
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<tr>
<td>April 25-26</td>
<td>at Drake Relays</td>
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<tr>
<td>May 2-3</td>
<td>at IAIAW State Meet at Central</td>
<td></td>
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<tr>
<td>May 8-10</td>
<td>at Division II Regional Meet at Drake</td>
<td></td>
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### 1979 Results

<table>
<thead>
<tr>
<th>Event</th>
<th>Place</th>
<th>Rank</th>
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<tbody>
<tr>
<td>Iowa Invitational</td>
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<td>3rd of 4</td>
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<tr>
<td>UNI Indoor Invitational</td>
<td></td>
<td>5th of 6</td>
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<tr>
<td>Luther Dual</td>
<td></td>
<td>3rd of 9</td>
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<tr>
<td>Central Invitational</td>
<td></td>
<td>2nd of 9</td>
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<tr>
<td>Northern Illinois Invitational</td>
<td></td>
<td>2nd of 3</td>
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<tr>
<td>Central Triangular</td>
<td></td>
<td>1st of 8</td>
</tr>
<tr>
<td>Wisconsin-River Falls</td>
<td></td>
<td>2nd of 13</td>
</tr>
<tr>
<td>Invitational</td>
<td></td>
<td>14th of 21</td>
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</tbody>
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### UNI Quick Facts

- **Location:** Cedar Falls, IA 50613
- **Enrollment:** 10,400
- **Nickname:** Panthers
- **Colors:** Purple and Old Gold
- **Home Facility:** UNI-Dome
- **Track Office Phone:** (319) 273-2730
- **Athletic Director:** Stan Sheriff
- **Assoc. Athletic Director:** Sandra Williamson
- **Assoc. Athletic Director:** Robert Johnson
- **Sports Information Director:** Nancy Justis
- **Ass't Sports Information Director:** Mike Crawford
- **Sports Information Office:** (319) 273-6354