

1980

Women's Track and Field 1980

University of Northern Iowa

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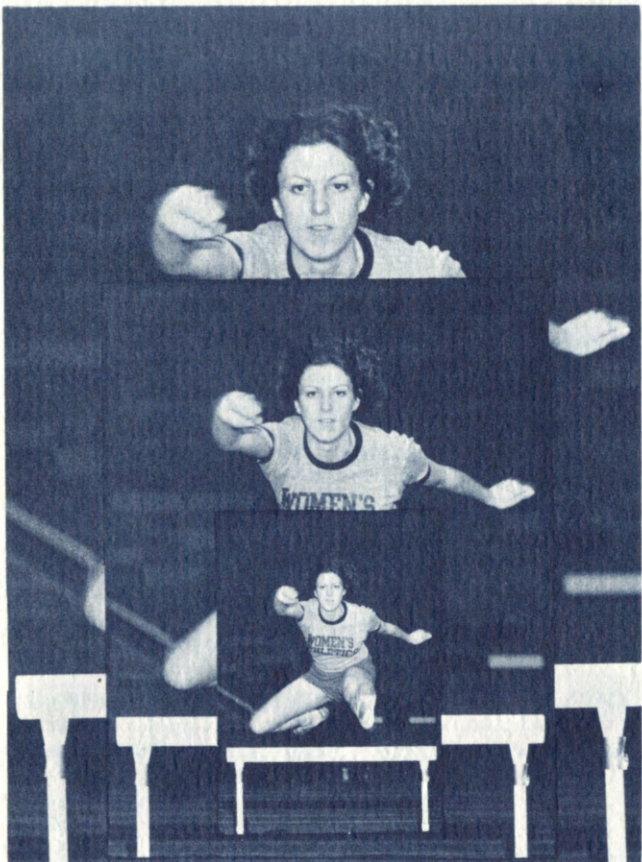
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Women's Track and Field 1980



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 IAAW 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 Bohlken, Laurie Dennis, Karla Federspiel and Susie Ford will also compete in the sprints. Bohlken 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 Schmeling 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.



1980 Panthers

(left to right)

Row 1: Laurie Dennis, Kathy DeWald, Stacy Roberts, Deb Schmeling, Kathy Kessler, Kathy Kenney

Row 2: Kim Kaiser, Shirley Walker, Kris Skov, Georgia Norris, Sue Marhoul, Tracy Wentzien, Michelle Bohlken

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)

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 3000 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 Roster

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

1980 Schedule

Feb. 16	UNI Indoor Triangular (3 p.m.)
March 1	at Iowa Indoor Track Invitational
March 8	UNI Indoor Invitational (1 p.m.)
March 15	at Mankato State Indoor Invitational
April 5	at Western Illinois Westerwind Invitational
April 12	at Drake Invitational
April 19	at Northern Illinois Invitational
April 25-26	at Drake Relays
May 2-3	at IAAW State Meet at Central
May 8-10	at Division II Regional Meet at Drake

1979 Results

Iowa Invitational	3rd of 4
UNI Indoor Invitational	5th of 6
Luther Dual	UNI 81-Luther 41
Central Invitational	3rd of 9
Northern Illinois Invitational	2nd of 9
Central Triangular	2nd of 3
Wisconsin-River Falls Invitational	1st of 8
IAIAW State Meet	2nd of 13
AAIAW Regional Meet	14th of 21

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