1982

1982 University of Northern Iowa Men's Track and Field

University of Northern Iowa

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1982 University of Northern Iowa Men's Track and Field
<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Class</th>
<th>Hometown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Russ Adams</td>
<td>Pole Vault</td>
<td>So.</td>
<td>Pocahontas, IA</td>
</tr>
<tr>
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<td>Long Sprints</td>
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<td>Hurdles</td>
<td>Jr.</td>
<td>Marshalltown, IA</td>
</tr>
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<td>Nashua, IA</td>
</tr>
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<td>Long Sprints</td>
<td>Fr.</td>
<td>Des Moines, IA</td>
</tr>
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<td>Short Put/Discus</td>
<td>Jr.</td>
<td>Buffalo Center, IA</td>
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<td>Long Sprints</td>
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<td>Muscatine, IA</td>
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<td>Waterloo, IA</td>
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<td>Fr.</td>
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<td>Distance</td>
<td>Fr.</td>
<td>Muscatine, IA</td>
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<td>Middle Distance</td>
<td>Jr.</td>
<td>Byron, MN</td>
</tr>
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<td>Darryl Goree</td>
<td>Hurdles</td>
<td>Fr.</td>
<td>Inkster, MI</td>
</tr>
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<td>Fr.</td>
<td>Hyde Park, MA</td>
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<td>Fr.</td>
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<td>Independence, IA</td>
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<td>So.</td>
<td>Lewiston, MN</td>
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<td>So.</td>
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<td>Jr.</td>
<td>Eldora, IA</td>
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<td>So.</td>
<td>Ankeny, IA</td>
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<td>Chris Leonard</td>
<td>Distance</td>
<td>Fr.</td>
<td>Sycamore, IL</td>
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<tr>
<td>Brian Makela</td>
<td>Distance</td>
<td>Jr.</td>
<td>Clinton, IA</td>
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<td>Distance</td>
<td>Jr.</td>
<td>Boone, IA</td>
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<td>Doug Nelson</td>
<td>Distance</td>
<td>Sr.</td>
<td>Oelwein, IA</td>
</tr>
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<td>Hurdles</td>
<td>Jr.</td>
<td>Nevada, IA</td>
</tr>
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<td>Jr.</td>
<td>Evansdale, IA</td>
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<td>Sr.</td>
<td>Waterloo, IA</td>
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<td>Tom Reints</td>
<td>High Jump</td>
<td>Jr.</td>
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</tr>
<tr>
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<td>Distance</td>
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<td>Fr.</td>
<td>Beverly, MA</td>
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<td>Jr.</td>
<td>Dubuque, IA</td>
</tr>
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<td>Kevin Smith</td>
<td>Hurdles/Decathlon</td>
<td>So.</td>
<td>Elkridge, IA</td>
</tr>
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<td>Short Sprints</td>
<td>So.</td>
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</tr>
<tr>
<td>Bret Younger</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Table of Contents
Northern Iowa '82 Roster ... Inside Cover
The Panther Coaching Staff ......... 1
Season Outlook .......................... 2-3
Long Sprinters, Middle
Distance Runners .......................... 4-5
Distance Runners .......................... 6-7
Short Sprinters .............................. 8
Pole Vaulters ............................... 9
Weight Men ................................. 10
Hurdlers ..................................... 11
High Jumpers, Long/ Triple Jumpers .......................... 12
Panther All-Americans, M-C Records .......................... 13
UNI Team, Freshman Indoor
Records ..................................... 14
UNI Team, Freshman Outdoor Records .......................... 15
A Look at the UNI-Dome .......................... 16
UNI-Dome Records .......................... 16
UNI Track Running
Mates ........................................ Inside Back Cover
1982 Indoor, Outdoor Schedules ................ Back Cover

UNI Quick Facts
Location: Cedar Falls, IA
Population: 39,000 est.
Founded: 1876
Enrollment: 10,954
President: Dr. John J. Kamerick
Athletic Director: Stan Sheriff
Asst. Athletic Director: John "Jersey" Jermier
Asst. Athletic Director: Sandra Williamson
Athletic Business Manager: Ann Hill
Head Track Coach: Lynn King (319) 273-6481
Asst. Track Coach: Chris Bucknam
Sports Information Director: Nancy Justis (319-273-6354)
Asst. Sports Information Director: Dave Starr (319-273-3642)
Nickname: Panthers
Colors: Purple and Old Gold
Affiliation: NCAA Division I
Conference: Mid-Continent Conference

The Panther Coaching Staff

King
Bucknam

When Lynn King took over as head track coach at Northern Iowa in 1976, he became only the third man ever to hold that position. King has continued to develop the deep tradition of great track and field teams at UNI and this year’s team should be no exception.

Following a four-year tenure at Rochester Community College in Minnesota, King came to UNI with a goal of making and developing the Panthers into a national power, not only in track and field, but in cross-country as well. In 1979 his outdoor track team finished fifth and cross country team fourth at nationals.

In 1978 the 1978 team won both conference crowns, established 22 new school records, had seven All-Americans, including one national champion in the discus, and finished ninth at nationals after qualifying 19 people for the meet.

That squad catapulted the Panthers into the national limelight. King's distance medley and 4 x 800 relays placed high in four of six prestigious relay meets, in addition to the fifth place in the national outdoor event and the fourth in the Division II cross country championships. It also won the first Mid-Continent Conference title.

Including one All-American at Rochester Community College, King has coached 24 All-Americans in several different events in nine years of coaching.

A native of Cedar Falls, King graduated from UNI in 1969 with a BA and received his master’s in 1971. He was a four-year starter on the Panther football team as defensive back and was an all-around performer for Coach Jack Jennett in track and field.

Lynn and his wife Jan have two children, Jason, 10, and Kelly, 8.

Chris Bucknam, 25, was selected as the first full-time assistant track and field coach at the University of Northern Iowa three years ago. A native of Beverly, MA, he attended Norwich University in Northfield, VT, where he was a four-year letterman on the track team, specializing in the middle and long distance events. He was elected co-captain of the squad his senior year.

Before coming to UNI, Bucknam spent one year at Northern Michigan doing graduate work in physical education.

UNI Track Running Mates

UNI-Dome Records

UNI Track Running Mates

Chris Bucknam

When Lynn King took over as head track coach at Northern Iowa in 1976, he became only the third man ever to hold that position. King has continued to develop the deep tradition of great track and field teams at UNI and this year's team should be no exception.

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In 1978, the Panther thinclads won the "Big Four" meet (Iowa, Iowa State, Drake and UNI) for the first time, finished second in the North Central Conference indoor and outdoor championships and crowned five All-Americans enroute to a 10th place finish at nationals.
1982 Panthers — Young Squad “Going for the Gold”

As Head Coach Lynn King takes his squad into its second year in Division I competition, he is counting on the premise that hard work and a productive pre-season will compensate for inexperience and youth. Thirty-eight of the Panthers’ 45 competitors are underclassmen, including 16 freshmen. Some of those youngsters just may have the talent to make up for their inexperience, however — an aspect of the 1982 season which makes King and Assistant Coach Chris Bucknam look forward to what could be in store for their squad this spring.

“We have some veterans who will score well for us this season,” mentioned King, “but I also am excited about the potential of some of our young performers. They, of course, are the key to our future and are the foundation upon which we’re going to have to build our program.”

A couple of “old-timers” must provide the foundation this year and assume the sorely-needed leadership role. Tom Reints (Shot Put), Doug Nelson (Distance), Kirk Nielson (Distance), Dan Rodamaker (Distance), Bryan Huhnerkoch (Distance) and gridiron standout Kelly Ellis (Sprints) are King’s seniors and figure to be vital performers. Good efforts and positive attitudes from these veterans could play an important part in the development and success of their younger teammates.

Reints enjoyed another fine season in ’81, breaking Mid-Continent Conference outdoor marks in both the shot put and hammer throw while also wiping out his own school mark in the hammer. If a pre-season injury to his tricep heals properly, King feels “Reints can be one of the best shot putters in this area.” King is attempting to get him ready for competition on the major relay circuit. Reints has a personal best of 58-4 in the shot and needs about two more feet to break Brent Gerringer’s school mark of 60-3¼.

Ellis is returning to track after a three-year layoff, but holds five freshman sprint records. King predicted “Ellis can run with most of the people we face this season and will be a very big key for us in the short sprints.” If Ellis can return to his old form, the Panthers may pick up some points in an area which has not been productive recently.

Hurdler Craig Nordlie was redshirted during the outdoor season in ’81, but smashed the UNI mark in the 60-yard high hurdles indoors at the Wisconsin Quad. His :07.48 (FAT) effort erased a mark that had stood since 1968 and been tied twice. He and sophomore Jay Connor should provide the Panthers with a very tough combination in the high hurdles, both indoors and outside.

Despite the talents of performers like Reints, Ellis and Nordlie, UNI must have an effective overall team effort — and King feels that some fine returning athletes coupled with “a productive recruiting year” could give him that effort.

Northern Iowa satisfied its desperate need for more quarter-milers by signing three sub-49 second quarter-men who will be counted upon in years to come. West Des Moines Dowling standout Mike Debo, Todd Kuehn (Jefferson, WI) and former Waterloo West star Mark Lelilig are the freshmen trio who King thinks can provide a good 400-meter corps.

Freshmen sprinters Don Samuel (Maywood, IL) and Doug Case (Marshalltown, IA) should help in this area, along with returning sophomores

Long jumper Jason Woodford teams up with Bobby Williams this season for a strong one-two punch in the long jump.
Terry Wintz and John Wisman. Two-miler Dan Fick and half-miler Paul Egger, both freshmen from Muscatine, could produce right away. King labels Egger as a "real sleeper" and was "pleased with his performances during pre-season workouts."

One area of the program which the Panther staff feels needs more "push" is the indoor season.

"I believe that we have to put new emphasis on our indoor workouts," King noted. "We have the opportunity to get some people to the national meet if we put them through some harder workouts and increase the volume of the actual practice time."

One aspect of the indoor season which pleases the staff is the fact that every UNI indoor meet is at home in the UNI-Dome. The Panthers have tentatively scheduled six indoor meets in the Dome, including the UNI Invitational and the UNI-Dome Open.

Another area which appears strong this spring is the fine middle distance corps which King considers "a very strong part of our team." Sophomore Kirk Anderson had a good freshman season and will be a key performer in the middle distances. Juniors Todd Peverill and Ken Rose could also be point threats and had promising pre-seasons.

Pole vaulter Russ Adams is only a sophomore, but could break former teammate Tim Jamerson's one-year-old school mark of 16-0. Adams has been over 16-0 in pre-season and "has everything going for him," according to King. Another sophomore, Mike Lang, is relatively inexperienced, but cleared 14-6 as a freshman.

That inexperience is what worries King somewhat; but it's a problem which disappears as the year progresses. The youngsters will have to come through as well as the vets if UNI hopes to take the M-CC title away from Eastern Illinois this year or place well at the Big Four meets. Time is the crucial element in track and field, however, and is the main factor in determining whether or not the Panthers gel in 1982.
Long Sprinters and Middle Distance Runners

Front (l-r): Jerry Kennedy, Mike DeBo, Mark Kral, Todd Kuehn, Terry Wintz.

Mike Debo . . . 5-11 . . . 155 . . . Freshman . . . Des Moines (W.D.M. Dowling H.S.)

A talented young runner with a potentially great future at UNI. Debo was runner-up at the state meet in the 400 meters and ran on the state championship two-mile relay squad. He won four track letters and two cross country letters at Dowling. Major: Business.
Career Bests: 400m - :48.6; 800m - 1:56.0; High Jump - 5-10

Mark Lellig . . . 6-0 . . . 176 . . . Freshman . . . Waterloo, IA (West H.S.)

Another very skilled runner who has consistently run below 49 seconds in the 400 meters. Lellig was the Iowa state champ in the 400 meters at West High and was also an all-conference football player. He lettered three times in track and twice in football at West and aspires to be a track coach upon graduation. Major: Education.
Career Bests: 200m - :23.4; 400m - :48.5; 800m - 1:53.2

Solomon Anderson . . . 6-2 . . . 165 . . . Sophomore . . . South Bend, IN (John Adams H.S.)

Anderson was redshirted after sustaining an injury late in the indoor season and is looking to make a strong comeback. He figures to run everything from 400 meters to 1000 meters this season. He was second in the Indiana state high school championships his senior year in the 800 meters. Major: Public Relations.
Career Bests: 500m - 1:05; 600m - 1:14.2; 800m - 1:53.3

Paul Egger . . . 6-2 . . . 155 . . . Freshman . . . Muscatine, IA (Muscatine H.S.)

The two-time all-stater from Muscatine has shown "great promise and ability during pre-season workouts." King predicted Egger "could be a very successful runner for UNI" and lauded his hard work and determination. He won eight letters in four sports and anchored the state champion two-mile relay team as a senior. Major: Undecided.
Career Bests: 440y - :49.5; 880y - 1:55.6; 440 LH - :55.6
Terry Wintz 5-11 165 Sophomore Milford, IA (Milford, H.S.)
Came to UNI mainly as a short sprinter, but was moved to the quarter his rookie year. He didn’t have a particularly good season as a freshman, but improved toward the end of the 1981 season and is capable of running in the 47-second range. Wintz capped his 1981 outdoor season with a fourth-place finish in the 200 meter run at the M-C event. Major: Business. 
Career Bests: 300m - :32.5; 400m - :48.9

Todd Kuehn 5-9 150 Freshman Jefferson, WI (Jefferson H.S.)
Kuehn could provide some help in the 400 meters. He ran a :48.6 as a prep. He was injured late last season and did not place in the Wisconsin state meet, but was still one of the finest quarter-milers in the state. Todd won eight letters in three sports at Jefferson and was an all-conference football and basketball player. Major: Administrative Management. 
Career Bests: 100m - :11.0; 200m - :22.2; 400m - :48.7

Kirk Anderson 6-1 160 Sophomore Mason City, IA (Mason City H.S.)
King feels Anderson “is just now starting to realize what his potential is” and mentioned he “will be a key performer for us this season.” He will probably run everything from 400 meters to 1500 meters this spring. Anderson won the 800-yard run at the Big Four Indoor Meet last year (1:55.8) and took third in the conference outdoor meet in the 1500-meter run (3:52.26). As a prep at Mason City, he lettered eight times in three sports and was the Iowa state cross-country champion as a senior. Major: Sociology. 
Career Bests: 440y - :50.0; 880y - 1:51.0; 600m - 1:14.6; 1000m - 2:15.0; Mile - 4:08.0

Todd Peverill 5-11 140 Junior Evansdale, IA (Waterloo East H.S.)
Hasn’t reached his potential yet at UNI after an outstanding prep career at Waterloo East. King predicted that Peverill “would be an important part of the overall team picture if he can put it all together.” Peverill won the 880 run at the UNI Invitational last year (1:55.86) and placed fourth at the Wisconsin Quad in the 800 meters (1:56.2). His prep honors include all-state and All-American distinction in both track and cross-country. Major: Business Management. 
Career Bests: 440y - :48.5; 600y - 1:14; 880y - 1:53.0; 1000m - 2:14; Mile - 4:09

Ken Rose 5-11 153 Junior Mason City, IA (Mason City H.S.)
Rose has been a “very consistent” performer and is always a “very hard working and courageous runner,” according to King. He was the Iowa state champion in the 800 meters at Mason City and had the fastest time indoors in the half-mile for the Panthers last year. He was third at the Big Four Meet outdoor half-mile (1:54.48) in ’81, while taking first place at the UNI-Dome Open indoors in the 1000-yard run (2:15.30). Major: Physical Education. 
Career Bests: 880y - 1:53.8; Mile - 4:13.0
Distance Runners

Front (l-r): Tim Harris, Jim Whitcomb, Greg Skopec, Dan Fick, Bryan Huhnerkoch.

Doug Nelson ... 5-11 ... 140 ... Senior ... Boone, IA (Boone H.S.)
The Panthers are expecting big things from Nelson in the wake of a "phenomenal cross-country season" which included all-American recognition. He was also the M-CC cross country champion and was tabbed as the Mid Continent Conference Runner of the Year" last fall. Nelson owns school indoor bests in the 5000 meters (14:38.4) and the three-mile run (14:11.6), as well as running on the record-setting 4 x 1600-meter relay team. Major: Management.
Career Bests: Mile - 4:15; 2-Mile - 9:05.0; 3-Mile - 14:11.0 (School Record); 5000m - 14:38.0 (School Record) 4-Mile - 19.46; 5-Mile - 24:46

Chris Leonard ... 5-10 ... 135 ... Sophomore ... Ankeny, IA (Ankeny H.S.)
Leonard had a record-breaking campaign in his first year with the Panthers and hopes to do bigger things this season. The former all-stater from Ankeny shattered the freshman 10,000-meter outdoor record (30:19.41) at the conference championships last May en route to a second place finish. He also bettered freshman marks in the three-mile run (14:26.2) and the 5000 meters (14:56.1). King is "hoping for another fine track season from Leonard after disappointing results in cross-country last fall because of a foot injury." Major: Art
Career Bests: Mile - 4:19.8; 2-Mile - 9:06.0; 5000m - 14:50.0; 10,000m - 30:19.41 (Freshman Record)

Dan Fick ... 5-8 ... 135 ... Freshman ... Muscatine, IA (Muscatine H.S.)
Fick is "the fastest high school two-miler ever recruited at UNI." Although unproven in the collegiate ranks, his prep statistics give reason to expect big things from him. His 9:16.0 time at the state meet last spring earned him a second place spot and the distinction of being perhaps the top senior two-miler in Iowa last year. He is also a two-time all-stater in cross-country. Major: Biology
Career Bests: Mile - 4:27.0; 2-Mile - 9:16.0; 880y - 2:05.0
Jim Whitcomb ... 5-8 ... 135 ... Junior ... Glenwood, IA (Glenwood H.S.)
Whitcomb doesn't have an abundance of talent but has a good attitude and is a "very hard worker." He enjoyed an excellent cross-country season, and has the benefits of maturity and experience going for him which will make him tough to beat. Whitcomb has the squad's second best time in the 3000-meter steeplechase (9:39.0) and had an '81 personal best of 15:19.0 in the 5000 meters. Major: Mathematics
Career Bests: Mile - 4:20.0; 2-Mile - 9:19.0; 3000m (SC) - 9:39.0; 5000m - 15:19.0; 5-Mile - 15:17.0

Bryan Huhnerkoch ... 5-11 ... 148 ... Senior ... Lewiston, MN (Lewiston H.S.)
A runner who could make a big difference in the fortunes of the distance corps "with as much talent as anybody in that group" according to King. Huhnerkoch (pronounced HUNNER-COOK) holds a pair of UNI outdoor track marks in the six-mile run (29:08.0) and the 10,000-meter run (29:59.0). He placed fourth at the M-CC meet at 10,000 meters a year ago and is coming off his finest cross-country season at Northern Iowa. Major: Mathematics/Economics
Career Bests: 880y - 1:57.6; Mile - 4:16.6; 2-Mile - 9:14.5; 3000m(SC) - 9:26.9; 6-Mile - 29:08.0 (School Record); 10,000m - 29:59.0 (School Record)

Kirk Nielson ... 6-2 ... 165 ... Senior ... Oelwein, IA (Oelwein H.S.)
A veteran cross-country and track performer, Nielson has been “Mr. Consistency” during his career at UNI. King describes him as a “steady runner with a wealth of experience.” He was a member of the 1979 cross-country squad which took fourth in the Division II championships. Major: History
Career Bests: 1000y - 2:17.0; Mile - 4:16.0; 2-Mile - 9:16.0

Head Coach Lynn King demonstrates the Aerobic Exerciser, which helps simulate training at high altitudes. The device allows a tougher cardiovascular workout with less stress on the body, and can simulate altitudes of up to 7,500 feet.
Kelly Ellis ... 5-8 ... 163 ... Senior ... Waterloo, IA (Waterloo West H.S.)

One of the most celebrated athletes in UNI history, Ellis has found success both on the track and on the football field. The speedster from Waterloo West holds nearly every Northern Iowa football rushing record, including his single-game high of 382 yards, a school mark and an NCAA record. He will be the key performer in the Panther sprint corps this year as well, and owns five freshman indoor records along with a pair of freshman outdoor marks. Ellis holds school bests indoors in the 60-yard dash (0:06.2) and 300-yard dash (0:31.4), besides running on the record-setting 440 relay team in 1978. He was also a member of the 880 relay and 4 x 400-meter relay foursomes which set outdoor records in '78. King predicts “Ellis can run with most of the people we come up against this year” and that “he should make a big difference for us this season.”

Major: Business
Career Bests: 60y - 0:06.2 (Freshman & School Record); 300y - 0:31.4 (Freshman & School Record); Long Jump - 23-2 (Freshman Record); 100m - 10.53 (Freshman Record); 200m - 21.71 (Freshman Record)

Doug Case ... 6-0 ... 153 ... Freshman ... Marshalltown, IA
(Marshalltown H.S.)

King has been “pleased with Case’s pre-season times” and hopes he can carry that effort over into the indoor season. He ran a 10.6 in the 100 meters in the Iowa state meet last spring, which was good enough for a third-place finish. Case earned three track letters and one baseball letter at Marshalltown and made an all-conference baseball team last summer. Major: Undecided
Career Bests: 100m :10.60; 200m :22.30; Long Jump 20-11

Don Samuel ... 6-0 ... 160 ... Freshman ... Maywood, IL

A promising young performer who garnered all-conference, all-state and all-American honors as a prep in track. Samuel’s past success and talent seem to be a good indicator of his UNI potential. King tabbed Samuel as a “fine young sprinter who could run well for us this season.” Major: Pre-Medicine
Career Bests: 60y :06.3; 100m :10.6; 200m :21.7

Steve Harris ... 5-10 ... 183 ... Freshman ... Oak Park, IL (Oak Park Riverforest H.S.)

A talented athlete who had a productive gridiron season last fall for UNI, and hopes to double his success on the track. King indicated he “has been very happy with Harris’ performance thus far, and his potential to help in the sprints.” Harris was conference champion in the 100 meters as a senior and placed third in the district meet. Major: Undecided
Career Bests: 50y :05.51; 60y :06.47; 100m :10.9; 200m :22.2; 300m :33.4
John Wisman ... 6-4 ... 190 ... Sophomore ... Mason City, IA
(Mason City H.S.)
Wisman was one of the top sprinters in the state his senior year at Mason City. He was the state runner-up in both the 100 and 200 meters and captured conference titles in both those races. He topped a successful freshman year with a third-place finish in the Big Four indoor 440-yard dash (.51.1) and a fourth-place spot outdoors in the 400-meter dash. Major: Ethnic Health
Career Bests: 300y :31.8; 440y :48.4

Jim Thompson ... 5-11 ... 168 ... Sophomore ... Ames, IA (Ames H.S.)
After a good freshman year, Thompson is looking to gain some more experience and strength in his second year. He was one of the Panthers' top sprinters last year, placing fourth at the M-CC outdoor championships in the 100 meters. He also is likely to again be a performer in the sprint relays. Thompson was a member of the 1980 state champion Ames High School team and ran on first-place squads in the 4 x 100 and 4 x 200-meter relays. Major: Geology
Career Bests: 60y - :06.8; 300y - :33.2; 100m - :11.04; 200m - :22.8

Pole Vaulters

Russ Adams ... 6-2 ... 175 ... Sophomore ... Pocahontas, IA
(Pocahontas H.S.)
The 1980 state high school champ from Pocahontas has been "flirting" with the 16-0 barrier and could break former teammate Tim Jamerson's school record (16-0) before he is through. King tabs Adams "as the key man in this event" and added that "he has the talent, dedication and everything else going for him to potentially rank among the top vaulters in UNI track and field history." He placed second in the M-CC meet his first year while finishing fourth at UNI Invitational and fifth at the UNI-Dome Open. Major: Business
Career Bests: Pole Vault - 15-0

Mike Lang ... 6-1 ... 175 ... Sophomore ... Olympia Fields, IL (Rich Central H.S.)
Although Lang has been vaulting for only two years, he had a good freshman year (third in the M-CC) and owns a personal best of 14-6. King doesn't feel Lang "is a good technician in the event" but pointed out that he "is a good natural athlete with the ability to crack the 15-foot mark this season." He earned 10 letters in four sports at Rich Central High School and was a conference champion in his first season of vaulting. Major: Agri-Business
Career Bests: Pole Vault - 14-6

Troy Becker ... 5-9 ... 145 ... Freshman ... Elk Run Heights, IA (Waterloo Columbus H.S.)
"An outside shot" at some meet points this year, Becker is a small, quick athlete with the potential to make great improvement this season. King feels "hard work and more experience" will make a big difference in Becker's performance in '82. If he can mature early in the season, the Panther vaulting corps would have three threats in the event this season. Major: Undecided
Career Bests: Pole Vault: - 14-6; Long Jump - 21-0
Weight Men

(l-r): Matt Haven, Tom Reints, Arnie Doden, Bill Shea.

Tom Reints ... 6-1 ... 265 ... Senior ... Waterloo, IA (Columbus H.S.)

Reints holds the Panther school mark in the hammer throw (177-7) and figures to have a good chance to wipe out the shot put record this season. King classified him "as one of the best shot putters in the Midwest, with a good shot at hitting the 60-foot barrier, which would break the UNI indoor record (60-3¼) and qualify him for nationals." He has won a pair of M-CC titles in both the shot and the hammer, and holds the conference records in those events (shot - 57-3; hammer - 171-4). Earlier in his career he qualified for the Division II nationals in the shot and hammer, and won the 1979 Kansas Relays hammer throw. Last season he placed sixth at the Drake Relays in the shot put and took second place in both the Big Four indoor and outdoor meets. An avid weightlifter, Reints is currently ranked 19th in the United States in the bench press with a 480-pound best. Major: Physical Education

Career Bests: Hammer Throw - 177-7; Shot Put - 58-4; Discus - 137-6

Arnie Doden ... 6-1 ... 243 ... Junior ... Buffalo Center, IA (Buffalo Center H.S.)

An extremely dedicated, hard-working athlete who is stronger and bigger than last year. King noted "that if there is anybody who deserves success, it would be Dodin because of his dedication." He could give UNI a very tough one-two combination with Reints if he can show some improvement. Dodin placed fifth in the shot and fourth in the discus at the Big Four meet last spring, while taking second in the M-CC shot put competition (51-2) and third in the discus (155-4). Major: Geology

Career Bests: Shot Put - 51-6½; Discus - 166-8

Matt Haven ... 6-6 ... 235 ... Sophomore ... Independence, IA (Jefferson H.S.)

Haven went to the state meet four consecutive years in high school, earning all-state recognition in the discus three times. He established a UNI freshman record in the discus last spring with a 164-10 heave and has thrown 170 feet this fall. King "is looking forward to seeing what he can do this spring with added weight and strength." Major: Industrial Arts Education

Career Bests: Discus - 164-10 (Freshman Record)

Bill Shea ... 6-0 ... 215 ... Sophomore ... Beverly, MA (Beverly H.S.)

A performer with an abundance of natural talent which he must work with and utilize in order to help this season. He threw over 50 feet as a freshman and could improve upon that distance with some added strength and weight. Shea lettered three times in football and received four track letters in high school. Major: Community Recreation

Career Bests: Shot Put - 50-10
Hurdlers

Front (l-r): Scott Smith, Bret Younger.
Back (l-r): Craig Nordlie, Darryl Goree, Jay Connor, Kevin Smith.

Craig Nordlie . . . 6-0 . . . 175 . . . Senior . . . Nevada, IA (Nevada H.S.)
Nordlie is a “highly talented” athlete and one of the finest hurdlers in the history of the Northern Iowa track program. He holds the school indoor record in the 60-yard high hurdles at :07.48 and should be one of the Panthers’ leading point threats this season. He had an outstanding indoor season in ’81, taking first place in the UNI-Dome Open, the UNI Invitational, the Wisconsin Quad and the Mankato State dual meet, while placing second in the Big Four indoor meet. He did not compete outdoors last season in order to participate in spring football practice. Nordlie enjoyed a very productive ’81 gridiron campaign finishing second on the squad in receptions and leading the nation in kickoff returns for much of the season; King looks for Nordlie “to have another good year indoors, and the potential to help in the 110-meter high hurdles and 400-meter intermediates outside.” Major: Public Relations
Career Bests: 60y HH - :07.48 (FAT) (School Record); 110m HH - :14.2; 400m IH - :53.2

Jay Connor . . . 6-3 . . . 165 . . . Sophomore . . . Nashua, IA (Nashua H.S.)
King lauded Connor’s 1981 performance as “a great effort on his part,” and noted that he “picked up a lot of the slack when we lost Nordlie.” Connor finished second in the M-CC outdoor meet in the 110-meter high hurdles last spring, but will probably concentrate more on the 400-meter intermediate hurdles during the outdoor season this year. Connor came to UNI as the 1980 prep state champ in the 110 high hurdles. Major: Undecided
Career Bests: 60y HH - :07.59; 110m HH - :14.68; 400m IH - :55.5; 440y - :49.9

Daryl Goree . . . 6-1 . . . 185 . . . Junior . . . Inkster, MI (Robichend H.S.)
Goree is a former Michigan state high hurdle champ and could be a pleasant surprise for the Panthers this year. He has ran a :13.9 high hurdle time in high school and has shown good potential in pre-season workouts. Because of a two-year layoff from competition, the UNI staff feels “he is a little raw, but that he definitely has the natural ability to help out.” Major: Sociology
Career Bests: (All in High School) 110m HH - :13.9; 220y - :21.9

Bret Younger . . . 5-10 . . . 150 . . . Sophomore . . . Atlantic, IA (Atlantic H.S.)
The two-time state champ from Atlantic broke the all-time Iowa state record in the 400-meter low hurdles in both 1979 and 1980. He had trouble adjusting to the collegiate intermediate hurdles his freshman year, but is “a tough competitor” and looks to be returning to old form during pre-season workouts. He topped his 1981 outdoor performances with a fifth-place finish in the 400-meter intermediate hurdles at the M-CC meet last spring. Major: Recreation
Career Bests: 400m IH - 55.0
High Jumpers & Long/Triple Jumpers

Long Jump

Bobby Williams . . . 5-10 . . . 143 . . . Sophomore . . . Maywood, IL
(Proviso East H.S.)
Williams finished his rookie season at UNI in grand style, shattering the school long jump mark
with a 24-2 1/4 leap at the M-CC meet. He took first place with that effort and placed third in the triple
jump at the conference championships. King labels him as an "outstanding young competitor
with a bright future" and feels "he has made great progress in collegiate competition." Major: Business
Career Bests: Triple Jump - 48-0; Long Jump - 24-2 1/4 (School Record); 60y - :06.5

Jason Woodford . . . 5-10 . . . 160 . . . Junior . . . South Bend, IN
(John Adams H.S.)
Second to Williams in the '81 M-CC long jump, Woodford has also made great progress and
figures to challenge the 24-foot barrier this season. Besides providing the other half of a great
one-two punch in the long and triple jump for UNI, he will be an important member of the Panther 4
x 100-meter relay squad. Woodford's aspirations include winning the conference title in the long
jump and to keep improving each week of the season. Major: Public Relations
Career Bests: Long Jump - 23-10; 60y - :06.5; 100y - :10.7

High Jump

Kirk Hobbs . . . 6-2 . . . 180 . . . Junior . . . Cedar Rapids, IA
Hobbs was a state champion high school performer in this event in the 1979 state champion-
ships. He will have to improve upon that effort to score well in the collegiate ranks, but has the
ability to make the adjustment. He is also a wide receiver on the UNI football squad and enjoyed
his best season on the gridiron last fall. Major: Business Management
Career Bests: High Jump - 6-8

Barry Rinehart . . . 6-1 . . . 168 . . . Sophomore . . . Britt, IA
(Britt H.S.)
Rinehart sat out last year, but is coming into the program with good high school credentials. He
has a personal best of 6-7 in the high jump and was a two-time conference champion at Britt High
School, while placing second in the state meet his senior year. He won 10 letters in four sports at
Britt and ran on the state champion 4 x 400-meter relay squad. Major: Public Relations
Career Bests: High Jump - 6-7
Panther All-Americans

1939 William Jenkins (Cross Country)
1969 Larry McCready (120 High Hurdles)
Wayne Carpenter (Mile Run)

1970 Wayne Carpenter (Mile Run)
Mike McCready (Shot Put)
Rich Twedt (Cross Country)

1969 Larry McCready (120 High Hurdles)

1971 Mike McCready (Shot Put)
Mike McCready (Discus)
Rich Twedt (Cross Country)
Rich Twedt (3-mile Run)

1972 Mike McCready (Shot Put)
Rich Twedt (Cross Country)

1973 Rich Twedt (Cross Country)
Ron Peters (Cross Country)
Dennis Roloff (440 Yd. Dash)
Dennis Schultz (Mile Run)
Dave Anderson (Mile Relay)
Mike Byington
Steve DeSerano
Dennis Roloff

1974 Dennis Schultz (Mile Run)
Rich Twedt (6 Mile Run)
Scott Noltensmeier (120 High Hurdles)
Steve Ford (Pole Vault)
Kent Wessely (High Jump)
Bill Cook (Decathlon)

1975 Keith Schmidt (Pole Vault)
1976 Bob Friedman (1500 Meter Run)
John Holler (Shot Put)

1977 Bob Friedman (1500 Meter Run)
John Holler (Shot Put)
Brent Geringer (Discus)
Bill Glassmaker (800 Meter Run)
Bill Lawson (Decathlon)

1978 Brent Geringer (Discus, National Champion — Shot Put)
Bob Friedman (1500 Meters)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
Tom Rogers (Pole Vault)

1979 Bob Friedman (1500 Meters)
Brent Geringer (Shot Put, Discus)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
Tom Akers (400 High Hurdles)
Tim Jamerson (Pole Vault)

1980 Bill Lawson (Decathlon)
1981 Doug Nelson (Cross Country)

Mid-Continent Conference Outdoor Records

100 Meter — 10.6, Steve Safranski, Western Illinois, 1980.

400 Meter — 47.18, Harvey Thomas, Western Illinois, 1980.*
800 Meter — 1:50.74, Harvey Thomas, Western Illinois, 1979.


400 Meter Intermediate Hurdles — 52.0, Tom Akers, Northern Iowa, 1979.


1600 Meter Relay — 3:15.0, Western Illinois (Calvin Lawyer, Harvey Thomas, Tony Robinson, Al Kennedy), 1979.


High Jump — 6-8, James Melton, Western Illinois, 1980.

Pole Vault — 16-0, Tim Jamerson, Northern Iowa, 1981.

Shot Put — 57-3, Tom Reints, Northern Iowa, 1981.

Discus — 194-3, Brent Geringer, Northern Iowa, 1979.

Hammer Throw — 171-4, Tom Reints, Northern Iowa, 1981.


Decathlon — 7,128 points, Bill Lawson, Northern Iowa, 1980.
*Set in trials.
UNI Indoor Records

50 yd. Dash — :05.5, Jim Finnessey, 1966; Larry White, 1969; Rick Freeburg, 1972
60 yd. Dash — :06.2, Bill Hall, 1949; Frank Robinson, 1957; Al Atherton, 1977; Kelly Ellis, 1978
300 yd. Dash — :31.4, Kelly Ellis, 1978
440 yd. Dash — :49.2, Larry Daniels, 1968
600 yd. Run — 1:12.02, Bill Glassmaker, 1978
880 yd. Run — 1:52.9, Bill Glassmaker, 1978
1000 yd. Run — 2:10.6, Bill Glassmaker, 1979
Mile Run — 4:09.6, Dennis Schultz, 1974
2-Mile Run — 8:54.7, Dave O'Brien, 1979
3-Mile Run — 14:11.6, Doug Nelson, 1981
5000m — 14:38.4, Doug Nelson, 1981
60 H.H. — :07.48 FAT, Craig Nordlie, 1981
60 L.H. — :06.8, Larry McCreedy, 1969
60 I.H. — :07.1, Kent Wessely, 1972
70 H.H. — :08.3, Tom Akers, 1978; Craig Nordlie, 1979
50 yd. High — :06.3, Ron Gerard, 1965; Larry McCreedy, 1965
50 yd. Lows — :05.9, Larry McCreedy, 1968; Kent Wessely, 1972
50 yd. I.H. — :06.5, Ron Hamel, 1972
High Jump — 6-10, Rick Friedman, 1979
Long Jump — 23-7½, Mark Chardoulias, 1975
Triple Jump — 49-¼, Bill Lawson, 1978
Pole Vault — 16-0, Tom Rogers, 1979
Shot Put — 60-3½, Brent Geringer, 1979
440 Relay — :43.1, Al Atherton, Mike Shaw, John Harland, Kelly Ellis, 1978
2-Mile Relay — 7:43.79, Clark Rasmussen, Bob Friedman, Terry Brennan, Bill Glassmaker, 1978
Distance Medley — 10:00.3, Ken Hopkins, Bill Glassmaker, Terry Brennan, Bob Friedman, 1978

UNI Freshman Indoor Records

60 yd. Dash — :06.2, Kelly Ellis, 1978
300 yd. Dash — :31.4, Kelly Ellis, 1978
440 yd. Dash — :49.4, Dennis Roloff, 1972
600 yd. Dash — 1:13.8, Clark Rasmussen, 1977
880 yd. Dash — 1:55.2, Steve MacTaggart, 1974
1500m Run — 4:05.3, Scott Thiel, 1978
Mile Run — 4:14.8, Steve MacTaggart, 1974
2-Mile Run — 8:54.7, Dave O'Brien, 1979
70 yd. H.H. — :08.3, Craig Nordlie, 1979
70 yd. L.H. — :08.3, Kent Wessely, 1971
60 yd. L.H. — :07.1, Larry McCreedy, 1966
60 yd. I.H. — :07.3, Kent Wessely, 1971
Pole Vault — 15-3½, Tom Winder, 1980
Triple Jump — 46-3½, Bobby Williams, 1981
Shot Put — 52-5, Tom Reints, 1978
High Jump — 6-8, Kirk Hobbs, 1980
2-Mile Relay — 8:02.0, Ecker, T. Teeling, Niffenegger, Cook, 1977
Mile Relay — 3:24.9, Pavervill, Ross, Tims, Thumm, 1980
5000m — 14:56.1, Chris Leonard, 1981
UNI Outdoor Records

100 yd. Dash — 09.5, Dave Harshkamp, 1971
440 yd. Dash — 46.8, Dennis Roloff, 1972
800m Dash — 1:48.55, Bill Glassmaker, 1979
880 yd. Dash — 1:50.7, Dennis Schultz, 1974
1500m Run — 3:44.06, Bob Friedman, 1979
Mile Run — 4:03.7, Dennis Schultz, 1974

3000m Steeplechase — 9:15.8, Steve MacTaggart, 1977
2-Mile Run — 9:15.0, Rich Twedt, 1971
3-Mile Run — 13:52.0, Rich Twedt, 1971
5000m Run — 14:31.3, Larry McCready, 1967
8800m Run — 14:50.7, Steve McCready, 1967

10,000m Run — 29:59.0, Bryan Huhnerkoch, 1979

120 H.H. — :13.6, Larry McCready, 1967
400m H.H. — :52.0, Tom Akers, 1979
440 l.H. — :53.1, Mark Sanborn, 1967

High Jump — 6'6½, Kent Wessely, 1974
Long Jump — 24'2½, Bobby Williams, 1981
Triple Jump — 50-2, Bill Lawson, 1977
Pole Vault — 16-0, Tim Jamerson, 1981

Shot Put — 58-6, John Holler, 1978
Discus — 199-6, Brent Geringer, 1979
Javelin — 207-4 ¾, Lloyd Gnagy, 1937
Hammer — 177-7, Tom Reints, 1981

440 Relay — :41.5, Keith Schmidt, Rick Freeburg, Dennis Roloff, Steve Mott, 1973
880 Relay — 1:26.33, Wes Dickson, Kelly Ellis, Ken Hopkins, Mike Shaw, 1978
400m Relay — :41.2, Tom Akers, Kelly Ellis, Wes Dickson, Mike Shaw, 1978
Mile Relay — 3:14.1, Dave Anderson, Steve DeSerano, Mike Byington, Dennis Roloff, 1973

Sprint Medley — 3:22.5, Rick Freeburg, Steve DeSerano, Dennis Roloff, Dennis Schultz, 1973

Distance Medley — 9:48.13, Bill Glassmaker, Steve Ecker, Joe Teeling, Bob Friedman, 1979

Shuttle Hurdle — :58.9, Craig Nordlie, Gary King, Bill Ewan, Tom Akers, 1979
Decathlon — 7261, Bill Lawson, 1980
Marathon — 2:30.49, Kim Sprain, 1979

UNI Freshman Outdoor Records

100 yd. Dash — 09.7, Al Morgan, 1974
100m Dash — :10.53, Kelly Ellis, 1978
220m Dash — 21.71, Kelly Ellis, 1978
440 yd. Dash — 46.8, Dennis Roloff, 1972
400m Dash — 48.7, Dave Thumm, 1980
880 yd. Dash — 1:55.2, Don McCullough, 1969
800m Dash — 1:54.0, Ken Rose, 1980
1500m Run — 3:51.8, Todd Peverill, 1980
Mile Run — 4:14.8, Dennis Schultz, 1971

3000m Steeplechase — 9:29.2, Jamie VanNostrand, 1974
5000m Run — 14:32.0, Dave O'Brien, 1979
10,000m Run — 30:19.41, Chris Leonard, 1981
110m H.H. — 14.59, Craig Nordlie, 1977
440 l.H. — 55.1, Gary King, 1977
Long Jump — 24-2½, Bobby Williams, 1981
High Jump — 6-6½, Steve High, 1971
Triple Jump — 46-11½, Bobby Williams, 1981
Discus — 164-10, Matt Haven, 1981
Javelin — 175-11, Steve Sheets, 1981
Shot Put — 56-11¼, Mike McCready, 1969
Hammer — 168-5, Tom Reints, 1978
440 Relay — 42.8, Schmidt, Mott, Roloff, Freeburg, 1972
880 Relay — 1:29.6, Davis, Gilmore, McCready, Miller, 1966
Sprint Medley — 3:29.7, Brand, Campbell, White, Daniels, 1967
Distance Medley — 10:41.8, Gilmore, Davis, Witt, Denney, 1966
Mile Relay — 3:20.6, Brand, Daniels, White, Campbell, 1967
The UNI-Dome: One of America's Premier Indoor Facilities

UNI supporters and the entire state of Iowa realized a dream-come-true with the completion of the UNI-Dome — a completely covered, multi-purpose facility with an air-supported roof — in February of 1976. The Dome combines the features of three buildings — a football stadium, a field house and a large auditorium. It hosts such events as concerts, exhibitions and convocations, as well as football, basketball, softball, field hockey, wrestling and track meets.

Approximately 16,400 spectators can be seated for track meets and other Dome events. The facility features a 220-yard oval running track on a synthetic floor area which can also be utilized for basketball and tennis. The 168,000-sq. ft. building rises 124 feet above the arena floor and is supported by a network of 12 stranded steel cables and four air blowers. Two 40,000 cfm (15 hp) fans circulate air and maintain air pressure, while two additional 135,000 cfm (125 hp) fans are used during inflation of the roof or during mass exiting.

The Dome has been labeled "a track showcase," and is home for major relays such as the UNI-Dome Open, the Iowa Intercollegiate Big Four Meet and the A.D. Dickinson Relays. UNI is hosting the AIAW National Women's Indoor Championships this spring (March 11-13) and plans to continue hosting several major sports and entertainment events inside the giant structure.

UNI-Dome Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Medalist</th>
<th>Club/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>66-10½, Al Feurbach (PC Track)</td>
<td>1976</td>
</tr>
<tr>
<td>High Jump</td>
<td>7-3, Brian Tijens (NC-Manly)</td>
<td>1981</td>
</tr>
<tr>
<td>Long Jump</td>
<td>24½, Jeff Byrd (Lincoln)</td>
<td>1981</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>50-4, Peter Pratt (Mankato State)</td>
<td>1977</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>16-6, Dave Nielsen (Iowa)</td>
<td>1976</td>
</tr>
<tr>
<td>60 yd. Dash</td>
<td>:06.23, Jeff Byrd (Lincoln)</td>
<td>1981</td>
</tr>
<tr>
<td>60 yd. High Hurdles</td>
<td>:07.1, Greg Rumple (Drake U)</td>
<td>1976</td>
</tr>
<tr>
<td>70 yd. High Hurdles</td>
<td>:08.3, Tom Akers (UNI), 1978;</td>
<td>1978</td>
</tr>
<tr>
<td></td>
<td>Ricky Davenport, 1979; Craig</td>
<td></td>
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<tr>
<td></td>
<td>Nordlie (UNI) 1979</td>
<td></td>
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<tr>
<td>440 yd. Dash</td>
<td>:49.4, Royd Lake (University of</td>
<td>1976</td>
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<td></td>
<td>Iowa)</td>
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<tr>
<td>600 yd. Run</td>
<td>1:10.8, David Korir (Iowa State)</td>
<td>1976</td>
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<tr>
<td>880 yd. Run</td>
<td>1:52.9, Bill Glassmaker (Univ.</td>
<td>1979</td>
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<td>of Northern Iowa)</td>
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<td>1,000 yd. Run</td>
<td>2:09.49, Randy Wilson (UNATT)</td>
<td>1980</td>
</tr>
<tr>
<td>1,500m Run</td>
<td>3:47.5, John Clarke (Iowa)</td>
<td>1977</td>
</tr>
<tr>
<td>Mile Run</td>
<td>4:06.1, Jeff Meyers (Iowa State)</td>
<td>1977</td>
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<tr>
<td>Two Mile Run</td>
<td>8:50.85, Richard Kaitany (Iowa</td>
<td>1980</td>
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<td>State)</td>
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<td>5000m Run</td>
<td>14:28.6, Mike Palmquist (Good</td>
<td>1981</td>
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<td>Times TC)</td>
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<tr>
<td>Two Mile Walk</td>
<td>15:01.3, Jeff Moznczak (WI-P)</td>
<td>1977</td>
</tr>
<tr>
<td>440 yd. Relay</td>
<td>:43.2, UNI (Atherton, Harland,</td>
<td>1977</td>
</tr>
<tr>
<td></td>
<td>Wes Dickerson, Ebenezer)</td>
<td></td>
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<tr>
<td>Mile Relay</td>
<td>3:19.7, University of Iowa (MD,</td>
<td>1977</td>
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<tr>
<td></td>
<td>Slak, Andy Jensen, BM)</td>
<td></td>
</tr>
<tr>
<td>Sprint Medley Relay</td>
<td>3:34.1, UNI (Ebenezer, Roberts,</td>
<td>1976</td>
</tr>
<tr>
<td></td>
<td>Froehle, Connell)</td>
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<tr>
<td>Distance Medley Relay</td>
<td>10:00.3, UNI (Hopkins, Brennan,</td>
<td>1978</td>
</tr>
<tr>
<td></td>
<td>Glassmaker, Friedman)</td>
<td></td>
</tr>
<tr>
<td>Shuttle Hurdle Relay</td>
<td>:29.5, Northern Iowa, 1979</td>
<td></td>
</tr>
<tr>
<td>Two Mile Relay</td>
<td>7:43.79, UNI (Rasmussen, Brennan,</td>
<td>1978</td>
</tr>
<tr>
<td></td>
<td>Friedman, Glassmaker)</td>
<td></td>
</tr>
</tbody>
</table>
Front (l-r): Nancy Sickmann, Kelly McKenney, Lora Olson, Tammie Kray, Michele Gaffney, Bobbie Thacker, Julie Shaw.
Back (l-r): Joan Green, Jeanne Massey, Sherry Manson, Patrice Hilby, Joni Gustason, Kris Mesenbrink, Ann Paxson, Natalie Kaloupek.

UNI Track Running Mates

<table>
<thead>
<tr>
<th>Name</th>
<th>Hometown</th>
<th>Year</th>
<th>Major</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carma Allan</td>
<td>Parkersburg, IA</td>
<td>Sr.</td>
<td>Education</td>
</tr>
<tr>
<td>Tommie Fry</td>
<td>Des Moines, IA</td>
<td>Jr.</td>
<td>UNDC</td>
</tr>
<tr>
<td>Michelle Gaffney</td>
<td>Lamont, IL</td>
<td>So.</td>
<td>Nutrition</td>
</tr>
<tr>
<td>Joan Green</td>
<td>Council Bluffs, IA</td>
<td>Jr.</td>
<td>Education</td>
</tr>
<tr>
<td>Patrise Hilby</td>
<td>Dubuque, IA</td>
<td>So.</td>
<td>Business</td>
</tr>
<tr>
<td>Natalie Kaloupek</td>
<td>Newton, IA</td>
<td>Fr.</td>
<td>UNDC</td>
</tr>
<tr>
<td>Tammy Kray</td>
<td>Story City, IA</td>
<td>Fr.</td>
<td>UNDC</td>
</tr>
<tr>
<td>Kelly McKenney</td>
<td>Larchwood, IA</td>
<td>So.</td>
<td>Voc. Home Ec.</td>
</tr>
<tr>
<td>Sherry Manson</td>
<td>Clear Lake, IA</td>
<td>Jr.</td>
<td>Middle School Math</td>
</tr>
<tr>
<td>Jeanne Massey</td>
<td>Dubuque, IA</td>
<td>So.</td>
<td>UNDC</td>
</tr>
<tr>
<td>Kris Mesenbrink</td>
<td>Cherokee, IA</td>
<td>Jr.</td>
<td>Nursing</td>
</tr>
<tr>
<td>Lora Olson</td>
<td>Charles City, IA</td>
<td>Jr.</td>
<td>Business</td>
</tr>
<tr>
<td>Ann Paxson</td>
<td>Waterloo, IA</td>
<td>Fr.</td>
<td>UNDC</td>
</tr>
<tr>
<td>Julie Shaw</td>
<td>Nevada, IA</td>
<td>Jr.</td>
<td>Accounting</td>
</tr>
<tr>
<td>Nancy Sickmann</td>
<td>Lake Zurich, IL</td>
<td>Sr.</td>
<td>Elem. Ed.</td>
</tr>
<tr>
<td>Bobbie Thacker</td>
<td>Muscatine, IA</td>
<td>So.</td>
<td>Education</td>
</tr>
</tbody>
</table>

The UNI Track Running Mates is a group which provides helpful assistance to the team and coaching staff during the season, particularly at track and field meets.
## 1982 UNI Men’s Track Schedule

### Indoor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Time</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 23</td>
<td>Alumni Meet</td>
<td>Noon</td>
<td>UNI-Dome, Cedar Falls, IA</td>
</tr>
<tr>
<td>Jan. 30</td>
<td>Big Four Meet</td>
<td>Noon</td>
<td>UNI-Dome, Cedar Falls, IA</td>
</tr>
<tr>
<td>Feb. 6</td>
<td>St. Cloud State, Stout State</td>
<td>Noon</td>
<td>UNI-Dome, Cedar Falls, IA</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>Western Illinois (Dual)</td>
<td>7 p.m.</td>
<td>UNI-Dome, Cedar Falls, IA</td>
</tr>
<tr>
<td>Feb. 20</td>
<td>Mankato State, Wisconsin — LaCross</td>
<td>Noon</td>
<td>UNI-Dome, Cedar Falls, IA</td>
</tr>
<tr>
<td>Feb. 27</td>
<td>UNI-Dome Open</td>
<td>10 a.m.</td>
<td>UNI-Dome, Cedar Falls, IA</td>
</tr>
<tr>
<td>Mar. 13</td>
<td>NCAA National Indoor Meet</td>
<td></td>
<td>Detroit, MI</td>
</tr>
</tbody>
</table>

### Outdoor Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Time</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar. 19</td>
<td>Iowa State Open</td>
<td>Noon</td>
<td>Ames, IA</td>
</tr>
<tr>
<td>Mar. 27</td>
<td>Western Illinois Quad (W. Illinois, S. Illinois-Edwardsville, NE Missouri, Northern Iowa)</td>
<td>1 p.m.</td>
<td>Macomb, IL</td>
</tr>
<tr>
<td>Apr. 3</td>
<td>Northwest Missouri State Invitational a.m.</td>
<td></td>
<td>Maryville, MO</td>
</tr>
<tr>
<td>Apr. 3</td>
<td>Texas Relays</td>
<td>10 a.m.</td>
<td>Austin, TX</td>
</tr>
<tr>
<td>Apr. 10</td>
<td>Iowa State Invitational</td>
<td></td>
<td>Ames, IA</td>
</tr>
<tr>
<td>Apr. 16-17</td>
<td>Kansas Relays</td>
<td></td>
<td>Lawrence, KS</td>
</tr>
<tr>
<td>Apr. 23-24</td>
<td>Drake Relays</td>
<td></td>
<td>Des Moines, IA</td>
</tr>
<tr>
<td>May 1</td>
<td>Big Four Meet</td>
<td>Noon</td>
<td>Ames, IA</td>
</tr>
<tr>
<td>May 7-8</td>
<td>Mid-Continent Conference Championships</td>
<td></td>
<td>Macomb, IL</td>
</tr>
<tr>
<td>May 14-15</td>
<td>TFA-USA National Championships</td>
<td></td>
<td>West Lafayette, IN</td>
</tr>
<tr>
<td>May 21-22</td>
<td>Tom Black Invitational</td>
<td></td>
<td>Knoxville, TN</td>
</tr>
<tr>
<td>June 3-5</td>
<td>NCAA National Outdoor Meet</td>
<td></td>
<td>Provo, UT</td>
</tr>
</tbody>
</table>