



*2009 WOMEN'S CROSS COUNTRY*

# ***CENTRAL COLLEGE***

***MEDIA GUIDE***





Founded —1853

Enrollment — 1,700

Affiliation — Reformed Church in America

President — Dr. David Roe

Membership — Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year coeducational liberal arts college of the Reformed Church in America. Located 40 miles southeast of Des Moines, Central offers its 1,700 students learning opportunities not only on the Pella campus, but on branch campuses in London, England; Merida, Mexico; Leiden, the Netherlands; and Bangor, Wales; and at study centers in Granada, Spain; Hangzhou, China; Paris, France; and Vienna, Austria.

Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

### **The A.N. Kuyper Athletics Complex**

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977), the baseball and softball fields (1978), Ryerson Golf Practice Range (2005), tennis courts (1992), soccer field (2005) and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball diamonds and football fields. Golf meets are held at the Bos Landen Golf Club, two miles southwest of the campus on Highway T-15.

### **Directory**

Sports Information Director	Larry Happel
Office	(641) 628-5278
Home	(641) 628-2754
Cell	(641) 780-6118
Fax	(641) 628-5340
E-mail	sportsinfo@central.edu
Central athletics Web page	<a href="http://www.central.edu/athletics">www.central.edu/athletics</a>



### ATHLETICS DEPARTMENT STAFF

Athletics director Al Dorenkamp  
 Special assistant to the athletics director John Edwards  
 Director of intramurals Adam Stevens  
 Athletics office manager Jeffy Schuring  
 Athletics secretary Becky Cook  
 Head athletic trainer Leslie Duinink  
 Assistant athletic trainer Dustin Briggs  
 Assistant athletic trainer Chris Viesselman  
 Athletic training education program director John Roslien  
 Strength and conditioning/ Ron Schipper Fitness Center coordinator Jake Anderson  
 Assistant strength and conditioning Kyle Johnson  
 Athletics and special events supervisor Charlie Estabrook  
 Building and grounds manager Randy Shives  
 Sports information director Larry Happel

### FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Andrew Green, assistant professor of political science  
 Dr. Edmond Willis, professor of psychology  
 Dr. Lori Witt, assistant professor of history

### COACHING STAFF

**Baseball** Adam Stevens  
 Assistant baseball Brandon Townsend  
 Assistant baseball TBA  
**Basketball - Men's** Mike Boschee  
 Assistant basketball Joe Steinkamp  
 Assistant basketball TBA  
**Basketball - Women's** Jerry Nikkel  
 Assistant basketball Andy Campbell  
 Assistant basketball Gary Boeyink  
**Cross country - Men's/women's** Joe Dunham  
 Associate cross country Stephen Fyfe  
 Assistant cross country Bryan George  
**Football** Jeff McMartin  
 Assistant football Jeff Bollard--receivers  
 Assistant football Dick Bowzer--quarterbacks/receivers  
 Assistant football Darrell Brand--kickers/punters  
 Assistant football Don De Waard--co-defensive coordinator/linebackers  
 Assistant football Reid Evans--offensive line  
 Assistant football Eric Jones--tight ends  
 Assistant football Matt Paulsen--defensive backs  
 Assistant football Zach Pfantz--co-defensive coordinator/defensive line  
 Assistant football Jeff Sanger--defensive ends  
 Assistant football Austen Scheuler--defensive backs

Assistant football

Assistant football

#### Golf - Men's

Assistant golf

Assistant golf

#### Golf - Women's

#### Soccer - Men's

Assistant soccer

Assistant soccer

#### Soccer - Women's

Assistant soccer

#### Softball

Associate softball

Assistant softball

Assistant softball

#### Tennis - Men's/women's

Assistant tennis

#### Track and field - Men's/women's

Associate track and field

Assistant track and field

Assistant track and field

Assistant track and field

Assistant track and field

Assistant track and field

#### Volleyball

Assistant volleyball

Assistant volleyball

#### Wrestling

Assistant wrestling

Assistant wrestling

Drew Sikkink--offensive line

Jerry Southmayd--running backs

Charlie Estabrook

Tom Linton

Clint Brown

Jodee Schaben

Garry Laidlaw

Kyle Halfpop

John Milligan

Colin Kuchy

Kevin Schalk

George Wares

Alicia O'Brien

Mary Vande Hoef

Jake Fisher

Steve Tyler

Nick Rohner

Joe Dunham

Guy Mosher

Stephen Fyfe

Bryan George

Eric Pingel

Scott Tjeerdsma

Allan Walz

Kent Clayberg

Cindy Nikkel

Rhea Softley

Eric Van Kley

Jason Zastrow

Matt Diehl

## HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

<b>Name</b>	<b>Sport</b>	<b>E-mail</b>	<b>Office phone</b>
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
Kuchy, Colin	Women's soccer	kuchyc@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Dunham, Joe	Men's and women's track and field, men's and women's cross country	dunhamj@central.edu	628-7603
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Tyler, Steve	Men's and women's tennis	tylers@central.edu	628-5194
Nikkel, Jerry	Women's basketball	nikkelj@central.edu	628-7652
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Van Kley, Eric	Wrestling	vankleye@central.edu	628-5422
Wares, George	Softball	waresg@central.edu	628-5195
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591

### **Fax numbers**

Athletics department (641) 628-5356  
Sports information office (641) 628-5340

# Women's cross country

## 2009 men's and women's schedule

Sept. 5	Central Dutch Inv.	Pella
Sept. 19	St. Olaf (Minn.) Inv.	Northfield, Minn.
Sept. 25	Augustana (Ill.) Brissman-Lundeen Inv.	Davenport
Oct. 10	Coe Inv.	Cedar Rapids
Oct. 17	Jim Drews/Tori Neubauer Classic	West Salem, Wis.
Oct. 31	Iowa Conference championships	Waverly
Nov. 14	NCAA Division III Central Regional	Oakland Acres
Nov. 21	NCAA Division III championships	Cleveland, Ohio

## WOMEN'S CROSS COUNTRY QUICK FACTS

**2008 Iowa Conference finish:** 4th

**Starters lost:** 3 (Hannah Anderson, Jessica Clark, Connie Eshelman)

**Starters returning:** 4 (Amber Mayer, Angie Berry, Amy Ledvina, Melanie Louis)

**Letterwinners lost/returning:** 3/12

### Joe Dunham

#### Head coach

Joe Dunham is in his first season as Central's head men's and women's cross country coach and entering his second season as head men's and women's track and field coach at Central.

The 2009 Iowa Conference men's track and field coach of the year, Dunham led the Dutch to the men's outdoor league crown.

A three-time all-America cross country honoree who also earned track and field all-America recognition at Denison University (Ohio) and Keene State College (N.H.), Dunham served as head track and field coach at St. Norbert for four seasons and cross country coach for three years. He resigned following the 2007 spring season to enter private business. During his tenure at St. Norbert, the Green Knights broke 41 school records and had numerous NCAA Division III meet qualifiers while capturing an individual national title in the 800 meters. His squads consistently placed near the top of the Midwest Conference despite not having an on-campus track facility.

Earlier Dunham spent two years as an assistant at Trinity College (Conn.), helping the women's cross country squad place second in the 2003 NCAA Division III meet. He earned a master's degree at Trinity.

### Stephen Fyfe

#### Associate head coach

Stephen Fyfe is in his 11th season on the men's and women's cross country coaching staff at Central, and his first as associate head coach. Fyfe filled in as interim head coach in 2006 and again in 2008. He's also an assistant for the men's and women's track and field squads. A 1987 Central graduate, Fyfe earned three varsity letters in cross country and four in track and field. He continues to compete in road races and has completed 13 marathons. Fyfe received masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

### Bryan George

#### Assistant coach

George, a 2006 Central graduate, is in his second season as assistant cross country and assistant track and field coach.

He served in the 2006-07 year, then returned in 2009 after completing two years as a graduate assistant coach in track and field and cross country at Illinois State Univ., where he is completing a master's degree.

At Central George earned all-America honors as a middle distance runner. He served as a track and field cocaptain in 2006 and was voted the squad's MVP. He was also an all-Iowa Conference and all-NCAA Division III Central Region performer in cross country and was named to the ESPN The Magazine Academic All-America track and field team.

George also serves as a sports information assistant at Central and was a graduate sports information assistant in 2006-07.

## 2008 results

Sept. 6	Central Dutch Invitational	Pella	3rd of 8 teams
Sept. 13	Les Duke Invitational	Grinnell	7th of 24 teams
Sept. 27	Roy Griak Invitational	St. Paul, Minn.	13th of 36 teams
Oct. 11	Dan Huston Invitational	Waverly	4th of 12 teams
Oct. 18	Tori Neubauer Classic	West Salem, Wis.	13th of 21 teams
Nov. 1	Iowa Conference Championships	Storm Lake	4th of 9 teams
Nov. 15	NCAA Division III Central Regional	Grinnell	13th of 26 teams
Nov. 22	NCAA Division III Championships	Hanover, Ind.	--

### Sept. 6, 2008

#### Central Dutch Invitational at Pella, Iowa

#### Central College cross country course 5,000 meters

#### Team standings

1. Luther, 46; 2. Iowa Central, 75; **3. Central, 79**; 4. Simpson, 92; 5. St. Ambrose, 100; 6. Grand View, 116; 7. Clarke, 182; 8. Buena Vista, 247;

#### Individual results

1. Obsie Birru, Grand View	18:10
3. Angie Berry, Central	18:52
5. Jess Clark, Central	19:11
10. Amy Ledvina, Central	19:45
38. Melanie Louis, Central	20:54
39. Meghann Burt, Central	20:56
40. Maggie Wehde, Central	21:00
41. Jenni Hufford, Central	21:03
48. Amber Mayer, Central	21:25
59. Heather Shives, Central	21:52
60. Liz Arensten, Central	21:55
62. Mandie Barkley, Central	21:59
63. Connie Eshelman, Central	22:05
66. Kelsey Tompkins, Central	22:18
67. Eve Reinhold, Central	22:20
71. Sara Davis, Central	22:29
89. Kate Callan, Central	23:15
116. Heidi Sartorius, Central	25:15

### Sept. 13, 2008

#### Les Duke Invitational at Grinnell, Iowa

#### Oakland Acres Golf Course 6,000 meters

#### Team standings

1. Wartburg, 104; 2. Carleton (Minn.), 141; 3. Bethel (Minn.), 142; 4. St. Olaf (Minn.), 144; 5. Truman State (Mo.), 193; 6. Loras, 198; **7. Central, 209**; 8. Hamline (Minn.), 221; 9. Washington University (Mo.), 234; 10. Morningside, 272; 11. Iowa Central, 282; 12. Gustavus Adolphus (Minn.), 283; 13. Doane (Neb.), 362; 14. Cornell, 378; 15. Simpson, 407; 16. St. Scholastica (Minn.) 408; 17. Macalester (Minn.), 416; 18. Grand View, 427; 19. Grinnell, 449; 20. Coe, 513; 21. Clarke, 611; 22. Iowa Western, 701; 23. Dubuque, 734; 24. Buena Vista, 776.

#### Individual results

1. Marie Borner, Bethel (Minn.)	22:08
18. Angie Berry, Central	23:48
30. Jess Clark, Central	24:22
42. Amber Mayer, Central	24:41
49. Amy Ledvina, Central	24:53
70. Hannah Anderson, Central	25:14
114. Melanie Louis, Central	25:58
120. Jenni Hufford, Central	26:05
121. Maggie Wehde, Central	26:05
152. Connie Eshelman, Central	26:45
161. Liz Arentsen, Central	26:52
166. Kelsey Tompkins, Central	26:59
206. Heather Shives, Central	27:46
209. Mandie Barkley, Central	27:49
224. Eve Reinhold, Central	28:05
256. Sara Davis, Central	28:58
284. Kate Callan, Central	30:12
291. Heidi Sartorius, Central	30:39

### Sept. 27, 2008

#### Roy Griak Invitational at St. Paul, Minn.

#### Les Bolstad Golf Course 6,000 meters

#### Team standings

1. Wis.-Eau Claire, 110; 2. Wartburg, 151; 3. Wis.-LaCrosse, 160; 4. Carleton (Minn.), 170; 5. St. Thomas (Minn.), 183; 6. Luther, 202; 7. Bethel (Minn.), 217; 8. St. Olaf (Minn.), 232; 9. Washington & Lee, 239; 10. Wis.-Stevens Point, 277; 11. Wis.-Platteville, 281; 12. St. Benedict (Minn.), 249; **13. Central, 412**; 14. Ohio Northern, 422; 15. Hamline (Minn.), 425; 16. Emory (Ga.), 434; 17. Gustavus Adolphus (Minn.), 437; 18. North Central (Ill.), 482; 19. Wis.-River Falls, 507; 20. Wis.-Whitwater, 520; 21. Macalester (Minn.), 541; 22. Lakehead (Canada), 545; 23. Carroll (Wis.), 583; 24. Concordia-Moorhead (Minn.), 632; 25. St. Scholastica (Minn.), 635; 26. Coe, 704; 27. Northwestern (Minn.), 847; 28. St. Mary's (Minn.), 862; 30. Wis.-Superior, 890; 31. Ripon (Wis.), 940; 32. North Central (Minn.), 1006; 33. Concordia (Wis.), 1026; 34. North Park (Ill.), 1094; 35. Northland (Wis.), 1113; 36. Crown (Minn.), 1140.

### Individual results

1. Becca Jordahl, Wis.-River Falls	21:59
34. Jess Clark, Central	23:50
48. Angie Berry, Central	24:04
109. Amber Mayer, Central	24:49
125. Hannah Anderson, Central	24:59
145. Amy Ledvina, Central	25:17
236. Jenni Hufford, Central	26:15
259. Connie Eshelman, Central	26:29
275. Kelsey Tompkins, Central	26:36
289. Meghann Burt, Central	26:47
310. Liz Arentsen, Central	27:09
311. Heather Shives, Central	27:10
319. Mandie Barkley, Central	27:18
350. Eve Reinhold, Central	27:45
385. Heidi Sartorius, Central	28:25
387. Kate Callan, Central	28:27
388. Sara Davis, Central	28:27
389. Molly VonHolten, Central	28:28

### Oct. 11, 2008

#### Dan Huston Invitational at Waverly, Iowa Max Cross Country Course 6,000 meters

#### Team standings

1. Wartburg, 43; 2. Wis.-La Crosse, 80; 3. St. Olaf (Minn.), 95; **4. Central, 135**; 5. Wis.-Platteville, 149; 6. Iowa Central, 170; 7. Gustavus Adolphus (Minn.), 175; 8. Simpson, 202; 9. Cornell, 221; 10. Martin Luther (Minn.), 315; 11. Milwaukee Engineering (Wis.), 354; 12. Des Moines Area CC, 396.

### Individual results

1. Anna Kraayenbrink, Wartburg	22:09
13. Jess Clark, Central	23:17
17. Angie Berry, Central	23:22
36. Amber Mayer, Central	24:01
42. Hannah Anderson, Central	24:21
44. Amy Ledvina, Central	24:24
62. Connie Eshelman, Central	25:03
68. Claudia Garcia, Central	25:08
71. Melanie Louis, Central	25:14
78. Jenni Hufford, Central	25:30
95. Meghann Burt, Central	26:16
97. Kelsey Tompkins, Central	26:21
101. Molly VonHolten, Central	26:32
109. Kate Callan, Central	26:49
116. Eve Reinhold, Central	27:01
123. Liz Arentsen, Central	27:18
127. Sara Davis, Central	27:23
149. Heidi Sartorius, Central	29:29

### Oct. 18, 2008

#### Tori Neubauer Invitational at West Salem, Wis. Maple Grove Country Club 6,000 meters

#### Team standings

1. South Dakota State, 81; 2. Minnesota, 82; 3. Wartburg, 146; 4. Wis.-Eau Claire, 154; 4. North Dakota State, 154; 6. Wis.-La Crosse, 185; 7. Iowa Central, 190; 8. Nebraska Wesleyan, 228; 9. North Dakota, 250; 10. St. Olaf (Minn.), 270; 11. Wis.-Platteville, 328; 12. Luther, 339; **13. Central, 294**; 14. Gustavus Adolphus (Minn.), 422; 15. Hamline (Minn.), 423; 16. Macalester (Minn.), 428; 17. St. Benedict (Minn.), 435; 18. Simpson, 472; 19. Augustana (Ill.), 524; 20. Wis.-Stout, 558; 21. Aurora (Ill.), 629; 22. St. Catherine (Minn.), 646; 23. St. Mary's (Minn.), 695; 24. Dubuque, 852.

### Individual results

1. Anna Kraayenbrink, Wartburg	21:32
33. Jess Clark, Central	22:51
62. Amber Mayer, Central	23:16
69. Angie Berry, Central	23:22
130. Amy Ledvina, Central	24:10
199. Connie Eshelman, Central	24:53
217. Jenni Hufford, Central	25:01
233. Melanie Louis, Central	25:14
234. Meghann Burt, Central	25:15
259. Kelsey Tompkins, Central	25:36
267. Hannah Anderson, Central	25:43
272. Molly Von Holten, Central	25:47
297. Mandie Barkley, Central	26:01
300. Kate Callan, Central	26:02
303. Heather Shives, Central	26:03
334. Liz Arentsen, Central	26:24
343. Eve Reinhold, Central	26:31
254. Sara Davis, Central	26:44
378. Heidi Sartorius, Central	27:21

### Nov. 1, 2008

#### Iowa Conference Championships at Storm Lake, Iowa 6,000 meters

#### Team standings

1. Wartburg, 28; 2. Luther, 49; 3. Loras, 90; **4. Central, 109**; 5. Simpson, 136; 6. Cornell, 147; 7. Coe, 177; 8. Dubuque, 267; 9. Buena Vista, 277.

### Individual results

1. Mary Bridget Corken, Loras	20:26
15. Jess Clark, Central	21:42
19. Angie Berry, Central	21:55
22. Amber Mayer, Central	22:03
30. Amy Ledvina, Central	22:22
32. Hannah Anderson, Central	22:23
52. Connie Eshelman, Central	23:14

55. Melanie Louis, Central	23:17
63. Jenni Hufford, Central	23:34
67. Kelsey Tompkins, Central	23:44
75. Molly VonHolten, Central	24:06
82. Mandie Barkley, Central	24:14
83. Meghann Burt, Central	24:15
92. Liz Arentsen, Central	24:45
95. Heather Shives, Central	24:50
103. Sara Davis, Central	25:20
109. Kate Callan, Central	25:40
120. Heidi Sartorius, Central	26:33
126. Eve Reinhold, Central	27:17

**Nov. 15, 2008**

**NCAA Division III Central Regional  
at Grinnell, Iowa  
Oakland Acres Golf Course  
6,000 meters**

**Team standings**

1. Wartburg, 92; 2. Luther, 95; 3. St. Thomas (Minn.),117; 4. Bethel (Minn.),165; 5. Carleton (Minn.),170; 6. Loras,172; 7. Nebraska Wesleyan, 191; 8. St. Olaf (Minn.), 200; 9. St. Benedict (Minn.), 239; 10. Hamline

**Individual honors**

**Academic all-Iowa Conference**

Hannah Anderson (3.62, Biology)  
Angie Berry (3.55, History-secondary education)  
Meghann Burt (3.58, Psychology)  
Jess Clark (3.77, Chemistry)  
Jenni Hufford (3.73, Elementary education)

**All-time records**

**Individual records**

**Best two-mile time** - 11:19, Lori Nolte, Wis.-La Crosse Inv., La Crosse, Wis.; Oct. 21,1978  
**Best 5,000-meter time** - 17:50, tie, Cam Ratering, ALAW Region VI, Ames, Iowa; Oct. 31, 1980; NCAA Div. III Central Regional, Davenport.; Nov. 21, 1981  
**Best 6,000-meter time** - 21:53, Beth Cunningham, Augustana Brissman-Lundeen Inv., Davenport; Sept. 4, 2004

**Team records**

**Most consecutive meet championships** - 6, 1985  
**Most meet championships, season** - tie, 6, 1981, 1985

**Central College Cross Country Course records**

**(course opened in 2004)**

**Women's 5,000 meters** - 18:41, Kristy Feldman, unattached, Sept. 3, 2005  
**Women's collegiate 5,000 meters** - 18:10, Obsie Birru, Grand View, Sept. 6, 2008  
**Women's collegiate 6,000 meters** - 20:15, Missy Buttry, Wartburg, Oct. 30, 2004  
**Girls' high school 4,000 meters** - 14:50, Danielle Nowasell, Grinnell, Sept. 1, 2007

**Central Dutch Invitational meet records**

**(first held, 2004)**

**Women's collegiate 5,000 meters** - 18:10, Obsie Birru, Grand View, Sept. 6, 2008  
**Girls' high school 4,000 meters** - 14:50, Danielle Nowasell, Grinnell, Sept. 1, 2007

(Minn.), 296; 11. Gustavus Adolphus (Minn.), 320; 12. Macalester (Minn.), 355; **13. Central, 368**; 14. Concordia-Moorhead (Minn.), 383; 15. Cornell, 428; 16. Simpson, 430; 17. Grinnell, 468; 18. Coe, 477; 19. St. Mary's (Minn.), 513; 20. St. Catherine (Minn.), 514; 21. St. Scholastica (Minn.), 519; 22. Augsburg (Minn.), 591; 23. Minnesota-Morris, 680; 24. Martin Luther (Minn.), 724; 25. Dubuque, 828; 26. Crown (Minn.), 847.

**Individual results**

1. Marie Borner, Bethel (Minn.)	21:28
50. Amber Mayer, Central	24:08
61. Jess Clark, Central	24:18
72. Angie Berry, Central	24:34
92. Constance Eshelman, Central	25:04
93. Amy Ledvina, Central	25:06
125. Melanie Louis, Central	25:55
156. Hannah Anderson, Central	27:43

**2008 team awards**

**Most Valuable Performer** - Jess Clark  
**Most Improved Performer** - Amber Mayer  
**Rookie of the Year Award** - Melanie Louis  
**2008 captains** - Jess Clark, Amy Ledvina, Jenni Hufford

## 2008 women's cross country individual results

(place finish in parentheses)

	Central Inv. (5k)	Les Duke Inv. (6k)	Roy Griak Inv. (6k)	Dan Huston Inv. (6k)	Tori Neubauer Inv. (6k)	Iowa Conf. (6k)	NCAA Central Regional (6k)
Hannah Anderson	DNC	<b>25:14 (70)</b>	<b>24:59 (125)</b>	<b>24:21 (42)</b>	25:43 (267)	<b>22:23 (32)</b>	<b>27:43 (156)</b>
Liz Arentsen	21:55 (60)	26:52 (161)	27:09 (310)	27:18 (123)	26:24 (334)	24:25 (92)	DNC
Mandie Barkley	21:59 (62)	27:49 (209)	27:18 (319)	DNC	26:01 (297)	24:14 (82)	DNC
Angie Berry	<b>18:52 (3)</b>	<b>23:48 (18)</b>	<b>24:04 (28)</b>	<b>23:22 (17)</b>	<b>23:22 (69)</b>	<b>21:55 (19)</b>	<b>24:34 (72)</b>
Meghann Burt	<b>20:56 (39)</b>	DNC	26:47 (289)	26:16 (95)	25:15 (324)	24:15 (83)	DNC
Kate Callan	23:15 (89)	30:12 (284)	28:27 (387)	26:49 (109)	26:02 (300)	25:40 (109)	DNC
Jess Clark	<b>19:11 (5)</b>	<b>24:22 (30)</b>	<b>23:50 (34)</b>	<b>23:17 (13)</b>	<b>22:51 (33)</b>	<b>21:42 (15)</b>	<b>24:18 (61)</b>
Sara Davis	22:29 (71)	28:58 (256)	28:27 (388)	27:23 (127)	26:44 (354)	25:20 (103)	DNC
Connie Eshelman	22:05 (63)	26:45 (152)	<b>26:29 (259)</b>	<b>25:03 (62)</b>	<b>24:53 (199)</b>	<b>23:15 (52)</b>	<b>25:04 (92)</b>
Claudia Garcia	DNC	DNC	DNC	25:08 (68)	DNC	DNC	DNC
Jenni Hufford	<b>21:03 (41)</b>	<b>26:05 (120)</b>	<b>26:15 (236)</b>	25:30 (78)	<b>25:01 (217)</b>	23:34 (63)	DNC
Amy Ledvina	<b>19:45 (10)</b>	<b>24:53 (49)</b>	<b>25:17 (145)</b>	<b>24:24 (44)</b>	<b>24:10 (130)</b>	<b>22:22 (30)</b>	<b>25:06 (93)</b>
Melanie Louis	<b>20:54 (38)</b>	<b>25:58 (114)</b>	DNC	25:14 (71)	<b>25:14 (233)</b>	<b>23:17 (55)</b>	<b>25:55 (125)</b>
Amber Mayer	21:25 (48)	<b>24:41 (42)</b>	<b>24:49 (109)</b>	<b>24:01 (36)</b>	<b>23:16 (62)</b>	<b>22:03 (22)</b>	<b>24:08 (50)</b>
Eve Reinhold	22:20 (67)	28:05 (224)	27:45 (350)	27:01 (116)	26:31 (343)	27:17 (126)	DNC
Heidi Sartorius	25:15 (116)	30:39 (291)	28:25 (385)	29:29 (149)	27:21 (378)	26:33 (120)	DNC
Heather Shives	21:52 (59)	27:46 (206)	27:10 (311)	DNC	26:03 (303)	24:50 (95)	DNC
Kelsey Tompkins	22:18 (66)	26:59 (166)	26:36 (275)	26:21 (97)	25:36 (259)	23:44 (67)	DNC
Molly Von Hollten	DNC	DNC	28:28 (389)	26:32 (101)	25:47 (272)	24:06 (75)	DNC
Maggie Wehde	<b>21:00 (40)</b>	26:05 (121)	DNC	DNC	DNC	DNC	DNC

Team finish	3rd of 8	7th of 24	13th of 36	4th of 12	13th of 24	4th of 9	13th of 26
Points	79	209	412	135	394	109	368
Spread	2:04	1:26	1:27	1:08	2:02	:41	:58

Varsity team scorers in **bold**

\* Junior varsity race

## Central Dutch Invitational meet champions

### Women's collegiate (5,000 meters)

Year	Winner	School	Time
2004	Beth Cunningham	Central	19:13
2005	Jen Wendt	Simpson	18:42
2006	Angie Berry	Central	19:32
2007	Joyce Cheruiyot	Iowa Central	18:48
2008	Obsie Birru	Grand View	18:10

### All-time top 5,000-meter runners

No.	Name	Time	Year
1.	Cam Ratering	17:50	1980
2.	Connie Kemp	17:53	1986
3.	Lori Nolte	18:00.5	1981
4.	Jackie Schwes	18:06	1981
5.	Ingrid Elvebak	18:14	1986
6.	Kim Lehman	18:18	1981
7.	Jean Sedlacek	18:20	1983
8.	Deb Worden	18:35	1980
9.	Julie Nowlan	18:40	1979
10.	Robin Rasmussen	18:42	1979

### All-time top 6,000-meter runners

No.	Name	Time	Date
1.	Beth Cunningham	21:53	Sept. 24, 2004
2.	Angie Berry	22:23	Nov. 10, 2007
3.	Jill Rozendaal	22:28	Sept. 23, 2005
4.	Jess Clark	22:51	Oct. 18, 2008
5.	Nicki Thomas	23:05	Sept. 23, 2005
6.	Amber Mayer	23:16	Oct. 18, 2008
7.	Lori Risser	23:20	Sept. 24, 2004
8.	Teresa Wauters	23:33	Sept. 21, 2002
9.	Hannah Anderson	23:38	Oct. 3, 2007
10.	Katie Elsbernd	23:40	Nov. 16, 2002
11.	Jess Clark	23:43	Oct. 14, 2006
12.	Heidi Rathje	23:54	Sept. 23, 2005
13.	Mackenzie Lauman	23:58	Sept. 23, 2005

### Girls' high school (4,000 meters)

Winner	School	Time
Lauren Jones	Centerville	17:04
Sarah Larsen	Cedar Falls	15:19
Leah Blanchard	Cedar Falls	15:54
Danielle Nowasell	Grinnell	14:50
Sara Dickinson	Oskaloosa	14:55

No.	Name	Time	Year
11.	Beth Cunningham	18:43	2004
12.	Teresa Newcomb	18:43	1990
13.	Jill Rozendaal	18:45	2005
14.	Jill Katzer	18:49	1983
15.	Angie Berry	18:52	2008
16.	Teresa Wauters	18:57	2001
17.	Kathy Simon	18:57.2	1981
18.	Paulette Bendixen	18:59	1982

### Site

Brissman-Lundeen Inv. - Credit Island, Davenport
NCAA Div. III Central Regional, St. Olaf Cross Country Trails, Northfield, Minn.
Brissman-Lundeen Inv. - Credit Island, Davenport
Tori Neubauer Inv. - Maple Grove Golf Course, West Salem, Wis.
Brissman-Lundeen Inv. - Credit Island, Davenport
Tori Neubauer Inv. - Maple Grove Golf Course, West Salem, Wis.
Brissman-Lundeen Inv. - Credit Island, Davenport
Les Duke Inv. - Oakland Acres Golf Course, Grinnell
Tori Neubauer Inv. - Maple Grove Golf Course, West Salem, Wis.
NCAA Div. III Central Regional - Oakland Acres Golf Course, Grinnell
Tori Neubauer Inv. - Maple Grove Golf Course, West Salem, Wis.
Brissman-Lundeen Inv. - Credit Island, Davenport
Brissman-Lundeen Inv. - Credit Island, Davenport

## Central's NCAA Division III national championship meet history

Year	Name	Finish	Team finish
1979*	<b>Cam Ratering</b>	<b>13th</b>	<b>4th</b>
	Julia Nowlan	24th	4th
	Robin Rasmussen	35th	4th
	Becky Wilson	42nd	4th
	Laurie Haddy	51st	4th
	Lori Nolte	DNF	4th
1980*	<b>Cam Ratering</b>	<b>6th</b>	<b>6th</b>
	Lori Nolte	43rd	6th
	Robin Rasmussen	66th	6th
	Deb Worden	76th	6th
	Kim Lehman	84th	6th
	Laurie Haddy	96th	6th
	Kristi Ostrich	125th	6th
1981*	<b>Jackie Schwers</b>	<b>5th</b>	<b>1st</b>
	<b>Lori Nolte</b>	<b>7th</b>	<b>1st</b>
	<b>Cam Ratering</b>	<b>9th</b>	<b>1st</b>
	<b>Robin Rasmussen</b>	<b>11th</b>	<b>1st</b>
	<b>Jan Sedlacek</b>	<b>15th</b>	<b>1st</b>
	Kim Lehman	26th	1st
	Kathy Simon	31st	1st
1982	Julia Nowlan	NA	--
1984	Ingrid Elvebak	47th	--
1986	Ingrid Elvebak	29th	--
	Connie Kemp	57th	--
1989	Teresa Newcomb	53rd	--
1990	Teresa Newcomb	54th	--
2004	<b>Beth Cunningham</b>	<b>20th</b>	--
2006	Angie Berry	37th	--
2007	Angie Berry	63rd	--

\*team qualifiers; others are individual qualifiers

All-Americans in **bold**

(Central competed in the AIAW until 1981, when the first NCAA Division III women's championship meet was held.)

## Central's team MVPS

1974 - Becky Muhs	1987 - Connie Kemp	2000 - Steph Paris
1975 - Becky Muhs	1988 - Teresa Newcomb	2001 - Suzy Van Wyngarden
1976 - Jan Hunerdosse	1989 - Teresa Newcomb	2002 - Beth Cunningham
1977 - Deb Worden	1990 - Teresa Newcomb	2003 - Beth Cunningham
1978 - Lori Nolte	1991 - Carey Dieleman	2004 - Beth Cunningham
1979 - Lori Nolte, Deb Worden	1992 - Carey Dieleman	2005 - Jill Rozendaal
1980 - Cam Ratering	1993 - Anita Miller	2006 - Angie Berry
1981 - Lori Nolte	1994 - Anita Miller	2007 - Angie Berry
1982 - Julie Nowlan	1995 - Heather Hoekstra	2008 - Jess Clark
1983 - Jean Sedlacek	1996 - Heather Sandholm	
1984 - Ingrid Elvebak	1997 - Heather Hoekstra	
1985 - Ingrid Elvebak	1998 - Sara Luse	
1986 - Ingrid Elvebak	1999 - Jen Osteen	

## Year-by-year results

Year	Iowa Conference	NCAA Regional	Coach	Year	Iowa Conference	NCAA Regional	Coach
1974	--	--	Bill Herzog	1994	5th	16th	Jean Manecke
1975	--	--	Bill Herzog	1995	4th	12th	Jean Manecke
1976	--	--	Bill Herzog	1996	4th	--	Jean Manecke
1977	--	--	Bill Herzog	1997	5th	14th	Dianna Elder
1978	--	--	Bill Herzog	1998	7th	21st	Mike Gruver
1979	--	1st*	Mike Sullivan	1999	4th	12th	Mike Gruver
1980	--	1st*	Mike Sullivan	2000	4th	14th	Kendrick Clay
1981	--	1st**	Mike Sullivan	2001	3rd	11th	Kendrick Clay
<b>1982</b>	<b>1st</b>	<b>4th</b>	<b>Mike Sullivan</b>	2002	5th	12th	Kendrick Clay
1983	2nd	3rd	Mike Sullivan	2003	5th	18th	Jeff Bovee
1984	3rd	7th	Pamela Richards	2004	3rd	14th	Jeff Bovee
<b>1985</b>	<b>1st</b>	<b>3rd</b>	<b>Pamela Richards</b>	2005	3rd	16th	Jeff Bovee
1986	2nd	5th	Pamela Richards	2006	6th	14th	Stephen Fyfe
1987	3rd	9th	Pamela Richards	2007	3rd	11th	David Paulsen
1988	4th	13th	Pamela Richards	2008	4th	13th	Stephen Fyfe
1989	6th	10th	Pamela Richards				
1990	5th	15th	Pamela Richards				
1991	5th	17th	Pamela Richards				
1992	6th	17th	Pamela Richards				
1993	5th	18th	Pamela Richards				

\*AIAW meet; NCAA competition began in 1981

\*\*NCAA Division III champions

Iowa Conference championships in **bold**

## Career-best 6,000-meter times by returning runners

Name	Time	Date	Site
Angie Berry	22:23	Nov. 10, 2007	NCAA Div. III Central Regional - Northfield, Minn.
Amber Mayer	23:16	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Hannah Anderson	23:38	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Amy Ledvina	24:07	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Jenni Hufford	24:46	Sept. 21, 2007	Brissman/Lundeen Inv. - Credit Island Park, Davenport, Iowa
Molly Von Holten	25:01	Sept. 21, 2007	Brissman/Lundeen Inv. - Credit Island Park, Davenport, Iowa
Claudia Garcia	25:08	Oct. 11, 2008	Dan Huston, Inv. - Max Cross Country Course, Waverly, Iowa
Kelsey Tompkins	25:10	Oct. 14, 2006	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Meghann Burt	25:14	Sept. 21, 2007	Brissman/Lundeen Inv. - Credit Island Park, Davenport, Iowa
Melanie Louis	25:14	Oct. 11, 2008	Dan Huston, Inv. - Max Cross Country Course, Waverly, Iowa
Mandie Barkley	26:01	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Kate Callan	26:02	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Heather Shives	26:03	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Maggie Wehde	26:05	Sept. 13, 2008	Les Duke Inv. - Oakland Acres Golf Course, Grinnell, Iowa
Liz Arentsen	26:24	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Eve Reinhold	26:31	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Sara Davis	26:43	Oct. 18, 2008	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Emily Miller	27:04	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.
Heidi Sartorius	27:20	Oct. 13, 2007	Tori Neubauer Inv. - Maple Grove Country Club, La Crosse, Wis.

## 2009 preseason roster

Name	Yr.	Hometown/High school
***Angie Berry	Sr.	Norwalk, Iowa/Norwalk
Jenna Broghamer	Fr.	Iowa City, Iowa/West
**Meghann Burt	Jr.	Slater, Iowa/Ankeny Christian
Kate Callan	So.	Clinton, Iowa/Clinton
Sara Davis	So.	Melbourne, Iowa/West Marshall
Claudia Garcia	Jr.	Iowa City, Iowa/City
***Jenni Hufford	Sr.	Ankeny, Iowa/Ankeny
Lisa Ledford	Fr.	Marshalltown, Iowa/Marshalltown
***Amy Ledvina	Sr.	Tama, Iowa/South Tama
*Melanie Louis	So.	Davenport, Iowa/Central
***Amber Mayer	Sr.	Essex, Iowa/Shenandoah
Melony McDermott	Fr.	Britt, Iowa/Garner-Hayfield
Heidi Sartorius	So.	Cedar Falls, Iowa/Cedar Falls
*Heather Shives	Sr.	Knoxville, Iowa/Knoxville
**Rachelle Tipton	Sr.	Newton, Iowa/Newton
*Kelsey Tompkins	Sr.	Webster City, Iowa/Webster City
Pa Vang	Fr.	Des Moines, Iowa/East
*Molly Von Holten	Jr.	Walnut, Ill./Bureau Valley
Kelli Ziskovsky	Fr.	Dallas Center, Iowa/Dallas Center-Grimes
*letters earned		

## Outlook

New Central women's cross country coach Joe Dunham's first task is finding a way to keep the Dutch healthy.

Several runners are coming off injury-riddled seasons but with five of last year's top seven runners returning, Dunham is confident Central can improve on its fourth-place Iowa Conference finish.

Key among those Dunham hopes to keep out of the training room this fall is senior Angie Berry, who is looking to end a noteworthy collegiate career at the NCAA Division III national meet Nov. 14 at Cleveland, Ohio. She was a national qualifier as a freshman but has had to battle to stay in peak condition. Berry placed 19th at the 2008 conference meet.

"Angie will be an important part of the success of this team," Dunham said. "We need her to be healthy and make sure she's where she needs to be.

"She's feeling a lot better right now. The potential is there and the desire is there. And this year we have some good runners for her to train with so that she's not alone out there. I think that will help."

Among those good runners is senior Amber Mayer, who had a breakthrough junior season. She was Central's third runner at the conference meet, finishing 22nd, then was the squad's top finisher at the NCAA Division III Central Regional.

"We're looking at Amber as a leader," Dunham said. "She just needs to be more confident. She had a great year. Now she needs to take that next step. I think it's finally starting to click with her. She has to understand that she's capable of running with the top runners in the region."

Another veteran is senior Amy Ledvina, a three-year letterwinner who was in Central's top five in every race in 2008. She placed 30th at the conference meet.

"Amy's another leader," Dunham said. "She's certainly a top-five runner for us again and is someone we need to have run well."

Sophomore Melanie Louis was also a varsity regular.

"Melanie can be in our top seven if we can keep her healthy," Dunham said.

Senior Jenni Hufford cracked the top seven four times last year.

"Injuries caused her a lot of problems," Dunham said. "She could compete for a varsity spot, it's just a matter of staying healthy."

Dunham likes the intangibles that seniors Kelsey Tompkins and Heather Shives bring.

"Kelsey's someone everyone else can look at and get energy from," Dunham said. "She can help the younger runners get better and understand what it takes to be a college runner. She's been working really hard. I'm excited to see what she can do.

"Heather will bring great leadership as well. She is coming off of a great track season and showed a lot of improvement."

Injuries have slowed the progress of several other varsity contributors, including juniors Meghann Burt, Claudia Garcia and Molly Von Holten.

"Meghann had a great track season," Dunham said. "With the injuries she's had, we have to be careful with her. But we

got her excited about the longer races in track and I think that will translate to a better cross country season.”

Garcia was able to compete in just one race in 2008, but was Central’s No. 7 runner in that one.

“Claudia showed a little promise,” Dunham said. “She could certainly be a contender.

“Molly (Von Holten) could definitely be in the top five. We have to figure out the mileage we need to keep her healthy and still compete well. She’s a very gifted athlete and is capable of great things, even with lower mileage.”

Senior Liz Arentsen will also get a look.

“I think last year Liz started to understand what she’s capable of doing,” Dunham said. “I think she’s someone who could really help us. I’m excited to see what her fitness level is when she comes in.”

But Dunham is also expecting at least two freshmen to earn varsity spots.

“I’m excited about our freshman class,” he said.

Consequently Dunham thinks his squad can overcome the graduation loss of team MVP Jess Clark. He calls Luther and Wartburg the favorites in an exceptionally strong Iowa Conference. Both squads will contend for NCAA national meet berths. But Dunham gives the Dutch a shot at third in the league, with potential for some postseason noise as well.

“I think we’ll be better than people expect,” he said. “A lot depends on our front-runners and what kind of depth we develop.”

# Central College championship history

---

## NCAA Division III national team championships (11)

1974 - Football	1993 - Women's basketball, softball
1981 - Women's cross country	1998 - Volleyball
1982 - Women's track and field	1999 - Volleyball
1988 - Softball	2000 - Volleyball
1991 - Softball	2003 - Softball

## NCAA Division III national individual championships (25)

### 1982

Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thurn  
Women's outdoor track and field, 4 x 100 meter relay  
Marcie Thurn

Women's outdoor track and field, long jump

### 1983

Lisa Broek, Nancy Cisar, Marti Haan, Marcie Thurn  
Women's outdoor track and field, 4 x 100 meter relay

### 1984

Nancy Cisar  
Women's outdoor track and field, 200 meter dash, 400  
meter dash

Lori Sears  
Women's outdoor track and field, 400 meter hurdles,  
long jump

### 1985

Brian Goldsworthy  
Men's golf

### 1986

Lori Sears  
Women's outdoor track and field, 100 meter hurdles

### 1987

Tim Hackel  
Wrestling, 126 pounds

### 1991

Chad Beck  
Wrestling, 126 pounds

Jon McGovern  
Wrestling, 167 pounds

### 1992

Jon McGovern  
Wrestling, 167 pounds

### 1994

Craig Cantrall  
Men's outdoor track and field, high jump

### 1997

Zech Schiebout  
Men's outdoor track and field, discus

### 2000

Nate Koerselman, Adam Hartford, Tommy Tavegia, Chris  
McCullough  
Men's outdoor track and field, 4 x 400 meter relay

### 2001

Katie Brees  
Women's indoor track and field, long jump  
Chris McCullough, Adam Hartford, Tony Brownlee, Tommy  
Tavegia  
Men's outdoor track and field, 4x400 meter relay

Peter Wagner  
Men's outdoor track and field, decathlon

### 2002

Chris McCullough, Matt McCombs, Peter Wagner, Tony  
Brownlee  
Men's outdoor track and field, 4 x 400 meter relay

### 2003

Peter Wagner  
Men's outdoor track and field, decathlon

### 2004

Raegan Schultz  
Women's outdoor track and field, heptathlon

### 2005

Cale Van Genderen  
Men's indoor track and field, high jump;  
men's outdoor track and field, high jump

### 2007

Alicia Whisner  
Women's outdoor track and field, javelin

## NCAA Division III players of the year (7)

### 1985

Brian Goldsworthy  
Men's golf

### 1995

Emilie Hanson  
Women's basketball

### 1998

Abbie Brown  
Volleyball

### 1999

Abbie Brown  
Volleyball

### 2000

Donell Hotze  
Softball  
Candace Wilson  
Volleyball

### 2003

Libby Hysell  
Softball

## Honda Division III Collegiate Woman Athlete of the Year

### 2003

Libby Hysell

## NCAA postgraduate scholarship winners (20)

1970 - Vern Den Herder, football  
1973 - Dana Snoap, men's basketball  
1980 - Jeff Verhoef, men's basketball  
1982 - Cam Ratering, women's cross country, track  
1983 - Lisa Broek, women's track  
1986 - Scott Lindell, football  
1988 - Rick Perry, football  
1989 - Chris Hoffman, wrestling  
1991 - Rich Kacmarynski, football  
1995 - Emilie Hanson, women's basketball

## NCAA Iowa Woman of the Year (5)

1995 - Emilie Hanson, women's basketball  
2001 - Candace Wilson, volleyball  
2002 - Angie Nielsen, volleyball  
2004 - Raegan Schultz, women's track and field, volleyball  
\*2006 - Katie Pederson, volleyball, women's track and field  
\*Starting in 2006, honorees were selected by conference rather than state

## NCAA Top Eight Award

1995 - Emilie Hanson, women's basketball

## NCAA Division III national statistical championships (23)

### Individual (10)

#### Baseball

1994 - Most doubles, 18, Chris Johnson  
2005 - Hit by pitch, 0.56 per game, Shea Stamp

#### Men's basketball

2007 - Highest field goal percentage, 69.7, Keith Pedersen

#### Women's basketball

1993-94 - Highest scoring average, 29.6, Emilie Hanson  
1994-95 - Highest scoring average, 27.8, Emilie Hanson

#### Football

1977 - Most yards rushing, 147.7 per game, Don Taylor  
1988 - Highest passing efficiency rating, 152.5, Steve Flynn

#### Softball

1991 - Most victories, 26, Jamie Mahnke  
1993 - Lowest ERA, 0.25, Missey Allen  
1996 - Lowest ERA, 0.66, Kara Stanley

Rick Sanger, football  
2001 - Roger Dortch, men's golf  
2002 - Tony Brownlee, men's track and field  
Jon Hietbrink, men's golf  
2004 - Raegan Schultz, women's track and field  
2005 - Jamie Stark, volleyball  
2006 - Nick Cochrane, men's tennis  
Adam Duerfeldt, baseball  
2007 - Ben Bollard, men's track and field  
Alicia Whisner, women's track and field

## NCAA Silver Anniversary Award

1998 - Harry Smith, football

## College Football Hall of Fame

### South Bend, Ind.

1996 - Vern Den Herder, defensive end, 1967-70  
2000 - Ron Schipper, coach, 1961-96

## National Fastpitch Coaches Association Hall of Fame

2007 - George Wares, coach, 1985-

## Team (13)

### Football

1988 - Highest scoring offense, 37.6 points per game  
2002 - Net punting, 31.3 yards per punt  
2006 - Turnover margin, plus 1.9 per game  
Fewest fumbles lost, 2

### Softball

1987 - Lowest ERA, 0.72, Central  
1989 - Lowest ERA, 0.53, Central  
1991 - Lowest ERA, 0.79, Central  
Most stolen bases, 141, Central  
1992 - Most stolen bases, 120, Central  
1993 - Highest winning percentage, .950 (38-2), Central  
2003 - Lowest ERA, 0.72

### Volleyball

1997 - Highest hitting percentage, .328, Central  
1999 - Highest winning percentage, 1.000 (41-0), Central

## Top 10 national team finishes (64)

**1974**

Football, first

**1979**

Women's cross country, fourth

**1980**

Women's cross country, sixth

**1981**

Women's track and field, fourth

Women's cross country, first

Men's golf, ninth

**1982**

Women's track and field, first

Men's golf, 10th

**1983**

Women's golf, third

Men's golf, sixth

Women's track and field, fourth

**1984**

Women's track and field, second

Men's golf, sixth

Football, second

**1985**

Wrestling, second

Men's golf, fifth

Football, final four

**1986**

Wrestling, eighth

Women's golf, second

Softball, second

Football, final eight

**1987**

Wrestling, eighth

Softball, fourth

Men's golf, sixth

Women's golf, third

Football, final four

**1988**

Women's golf, third

Softball, first

Football, second

**1989**

Wrestling, fifth

Women's golf, second

Softball, fourth

Football, final eight

**1990**

Wrestling, seventh

Softball, third

Women's golf, sixth

Football, final four

**1991**

Wrestling, fourth

Softball, first

Women's golf, fourth

**1992**

Wrestling, sixth

Football, final eight

**1993**

Women's basketball, first

Women's golf, fifth

Softball, first

**1994**

Softball, third

Men's track, seventh

**1995**

Men's golf, sixth

Softball, third

**1996**

Men's golf, 10th

**1997**

Softball, tie, fifth

Men's golf, seventh

Volleyball, third

**1998**

Volleyball, first

**1999**

Volleyball, first

**2000**

Men's track and field, third

Volleyball, first

Football, final eight

**2001**

Men's track and field, sixth

Softball, second

**2002**

Men's track and field, seventh

Men's golf, ninth

**2003**

Softball, first

**2004**

Men's golf, tie, ninth

**2007**

Football, final eight

## Iowa Conference titles (145)

**1930** - Basketball

**1931** - Basketball

**1932** - Basketball

**1936** - Basketball

**1939** - Football (tie with Upper Iowa)

**1945** - Football

**1946** - Football (tie with Upper Iowa)

**1947** - Baseball

**1948** - Baseball

**1956** - Football

**1958** - Basketball (tie with Upper Iowa)

**1964** - Football (tie with Upper Iowa)

**1965** - Football

**1966** - Football

**1967** - Football

**1969** - Men's golf (tie with William Penn)

**1970** - Men's tennis (tie with Luther)

**1971** - Men's basketball (tie with Wartburg, William Penn)

**1974** - Football

**1975** - Baseball

**1976** - Men's golf

**1977** - Men's basketball

Football

Men's golf

Men's tennis  
**1978** - Men's basketball  
 Football (tie with Buena Vista, Dubuque, Luther)  
**1979** - Men's basketball  
 Men's tennis  
 Men's track and field  
**1980** - Men's basketball  
 Men's tennis  
**1981** - Men's golf  
 Men's tennis  
 Football  
**1982** - Men's golf  
 Men's tennis  
 Women's golf  
 Women's cross country  
**1983** - Women's basketball (tie with William Penn)  
 Men's golf  
 Men's tennis  
 Women's track and field  
**1984** - Wrestling  
 Men's tennis  
 Men's golf  
 Women's track and field  
 Women's golf  
 Volleyball (tie with William Penn)  
**1985** - Wrestling  
 Men's basketball  
 Women's basketball (tie with Buena Vista, Simpson,  
 William Penn)  
 Men's golf  
 Men's tennis  
 Women's track and field  
 Football  
**1986** - Women's cross country  
 Women's golf  
 Men's golf  
 Men's tennis  
 Softball  
 Women's track and field  
 Women's golf  
 Volleyball  
 Football  
**1987** - Men's golf  
 Men's tennis  
 Women's track and field  
 Women's golf  
 Football  
**1988** - Men's golf  
 Volleyball  
 Women's golf  
**1989** - Wrestling  
 Men's golf  
 Football  
 Women's golf  
**1990** - Softball  
 Men's golf  
 Women's golf

Football  
**1991** - Men's basketball (tie with Wartburg)  
 Men's golf  
 Men's track and field  
 Softball  
**1992** - Wrestling  
 Men's basketball (tie with Simpson)  
 Men's track and field  
 Men's golf  
 Football  
**1993** - Women's basketball  
 Men's track and field  
 Men's golf  
 Softball  
 Volleyball  
**1994** - Men's basketball  
 Women's basketball  
 Men's track and field  
 Men's golf  
 Football  
**1995** - Men's basketball (tie with Simpson)  
 Women's basketball (tie with Buena Vista, Luther)  
**1996** - Softball (tie with Buena Vista)  
 Men's golf  
 Men's tennis  
 Volleyball  
**1997** - Men's track and field  
 Volleyball  
**1998** - Women's basketball (tie with Luther, Simpson)  
 Men's track and field  
 Men's golf  
 Football  
 Volleyball  
**1999** - Men's golf  
 Volleyball  
**2000** - Softball (tie with Coe, Simpson)  
 Men's tennis  
 Men's track and field  
 Football  
 Volleyball  
**2001** - Men's golf  
 Men's track and field  
 Football  
 Volleyball  
**2002** - Men's golf  
 Softball  
 Football (tie with Coe, Wartburg)  
 Volleyball (tie with Wartburg)  
**2003** - Men's golf  
 Softball  
 Volleyball  
**2004** - Men's track and field  
 Softball  
 Volleyball  
**2005** - Football (tie with Coe)  
 Volleyball

**2006** - Baseball (tie with Simpson)  
 Football  
 Volleyball (tie with Simpson)

**2007** - Men's golf  
 Football  
 Volleyball

**2009** - Men's golf  
 Softball  
 Men's track and field

**Iowa Conference all-sports titles (23)**

**Men (14)**

1977	1985	1992
1979	1987	1993
1980	1988	1994
1981	1990	1995
1982	1991	

**Women (9)**

1983	1990
1984	1994 (tie)
1985	2001
1986	2004
1987	

**NACDA Director's Cup Division III all-sports finishes**

Year	Place	Pts.	Year	Place	Pts.	Year	Place	Pts.
1995-96	47	222.5	2000-01	12	459	2005-06	94	165.5
1996-97	t-40	232.5	2001-02	21	376	2006-07	80	228.5
1997-98	38	170	2002-03	43	280.5	2007-08	87	228.5
1998-99	t-34	160	2003-04	33	328	2008-09	124	154.5
1999-2000	25	329	2004-05	96	164			

approx. 450 NCAA Division III schools

**ESPN The Magazine Academic All-Americans, selected by CoSIDA (46)**

**1979**

Chris Adkins, football  
 Brent Aufdembrink, football

**1983**

Denise Boll, women's basketball  
 Lisa Broek, women's track  
 Tony Carey, men's golf

**1984**

Denise Boll, women's basketball

**1985**

Sue Poppens, women's basketball  
 Brian Goldsworthy, men's golf  
 Todd Sutphen, baseball  
 Scott Lindell, football  
 Neil Gray, football

**1986**

Scott Lindell, football

**1987**

Beth Van Voorhis, women's tennis

**1988**

Shannan Mattiace, women's tennis  
 Rick Perry, football  
 Gregg Gustafson, football  
 Dallas Bogner, men's tennis

**1989**

Rick Hassman, baseball  
 Shannan Mattiace, women's tennis

**1990**

Matt Melvin, men's basketball  
 Shannan Mattiace, women's tennis

**1991**

Rich Kacmarynski, football

**1992**

Nate Hart, men's basketball  
 Heather Reedy, softball  
 Chris Hulleman, football

**1993**

Blake Jessen, basketball  
 Heather Reedy, softball  
 Mindi Remsburg, softball  
 Jayna Blom, women's track and field

**1994**

\*Emilie Hanson, women's basketball  
 Jason Sanders, football

**1995**

\*Emilie Hanson, women's basketball  
 Matt Bandstra, football

**1996**

Ryan Murphy, men's tennis

**1997**

Ryan Murphy, men's tennis

**1998**

Jason Darling, baseball

**2000**

Angie Nielsen, volleyball

**2004**

Raegan Schultz, women's track and field  
 Jamie Stark, volleyball

**2005**

Adam Duerfeldt, baseball  
 Jason Ford, men's tennis

**2006**

\*Adam Duerfeldt, baseball  
 Nick Cochrane, men's tennis  
 Bryan George, men's track and field  
 Ben Bollard, football

**2007**

Ben Bollard, men's track and field

\*Academic all-American player of the year

### All-America Scholars Golf Team (39)

1984 - Brian Goldsworthy	Steve Rheinschmidt	2000 - Shannon Hoekstra	2007 - Jeff Millet
1985 - Brian Goldsworthy	1990 - Jeff Woods	2001 - Courtney Brooks	Issac Rodenberg
1986 - Bill Spurbeck	1991 - Mark Smith	Roger Dortch	Reid Turner
Kim Doyle	1992 - Bill Conger*	Jon Hietbrink	2008 - Reid Turner
1987 - Bill Spurbeck	Brent Peterson	Tim White	2009 - Andy Petersen
Joe Jaspers	1993 - Bill Conger*	2002 - Jon Hietbrink	Andrew Townsend
Brent Peterson	Chad Hoekstra	Tim White	*True-Temper Scholarship
1988 - Joe Jaspers	1994 - Jason Brown*	2004 - Patrick McElyea	winner
Pat Jackson	1997 - Brad Dutler	Nick Grossman	
Steve Kimball	1998 - Chris Huston	Kyle Matzen	
1989 - Jeff Woods	Justin Schulte	2005 - Nick Grossman	

### Intercollegiate Tennis Coaches Association Scholar-Athlete Tennis Team (8)

1984 - Dan Lazenby	1987 - Ahi Afridi, Alan Brown, Eric Ellefson
1986 - Ahi Afridi, Alan Brown	1988 - Dallas Bogner, Chuck Ray

### Scholastic All-American Wrestling Team (8)

1988 - Chris Hoffman	1996 - Brent Dunlap
1989 - Chris Hoffman, Shaun Van Vark	2001 - Jeremy Hendricks
1992 - Lynn Silver, Brad Kreiner	2005 - Peter Howard

### USTFCCCA All-Academic Track and Field team (45)

1994	Matt Jens	Ben Bollard	Rachel Boeke
Craig Cantrall	Matt McCombs	Bryan George	Guy Dierikx
Andy Goodman	Lindsay Schultz		Kari Hutchinson
Nate Smith	Raegan Schultz	2007	Emily Teas
		Angie Berry	Rachelle Tipton
2001	2003	Rachel Boeke	Jill Ziskovsky
Tony Brownlee	Jenn Hansen	Ben Bollard	
Katie Button	Lindsay Schultz	Guy Dierikx	2009
Jenn Hansen	Raegan Schultz	Cody Huisman	Rachel Boeke
Lucas Nims	Cale Van Genderen	Kari Hutchinson	Emily Teas
	Tanner Whipple	Chelsey Keller	Rachelle Tipton
2002	2006	Alex Miller	Jill Ziskovsky
Tony Brownlee	Alex Costigan	Alicia Whisner	
Katie Button	Chelsey Keller	Adam Wolf	
Abby Gonzales	Alicia Whisner	2008	
Jenn Hansen			

### American Volleyball Coaches Association Academic Team Honor Roll selections (10)

1997	2001	2003	2005	2007
2000	2002	2004	2006	2008

### Successful Farming all-American Farm Team (11)

1995 - Mark Kacmarynski, football	1998 - Jay Rhoten, men's track
1996 - Stacy Sonneck, softball	Andrew Paulsen, football
Mark Kamarynski, football	1999 - Jina Bos, women's track
1997 - Stacy Sonnek, softball	Jeff Sanger, football
Jay Rhoten, men's track	2000 - Jeff Sanger, football
Matt Paulsen, football	Team discontinued after 2000.

## All-Americans (328 times, 201 athletes)

- 1960** - John Carle, men's basketball
- 1966** - Dennis Descoteau, football
- 1967** - Doug Van Boven, football
- 1969** - Vern Den Herder, football
- 1970** - Vern Den Herder, football  
John Edwards, baseball
- 1973** - Gerald Piester, men's outdoor track and field
- 1974** - Terry Youngblood, men's outdoor track and field  
Al Dorenkamp, football
- 1977** - Don Taylor, football
- 1978** - Jason Locke, men's outdoor track and field  
Don Keller, men's outdoor track and field
- 1979** - Jerry Fitzsimmons, men's cross country  
Cam Ratering, women's cross country
- 1980** - Jeff Verhoef, men's basketball  
Cam Ratering, women's cross country
- 1981** - Stacy Bandy, wrestling  
Lisa Broek, women's outdoor track and field  
Nancy Cisar, women's outdoor track and field  
Laurie Haddy, women's outdoor track and field  
Carla Huddle, women's outdoor track and field  
Kim Lehman, women's outdoor track and field  
Goldie Nicholson, women's outdoor track and field  
Robin Rasmussen, women's outdoor track and field,  
women's cross country  
Cam Ratering, women's outdoor track and field,  
women's cross country  
Marcie Thurn, women's outdoor track and field  
Lori Nolte, women's cross country  
Jan Sedlacek, women's cross country  
Jackie Schwes, women's cross country  
Brad Depke, men's outdoor track and field
- 1982** - Lisa Broek, women's outdoor track and field  
Paula Casey, women's outdoor track and field  
Nancy Cisar, women's outdoor track and field  
Laurie Haddy, women's outdoor track and field  
Cam Ratering, women's outdoor track and field  
Jackie Schwes, women's outdoor track and field  
Marcie Thurn, women's outdoor track and field  
Rose Van Egmond, women's outdoor track and field  
Kean Richard, men's outdoor track and field
- 1983** - Stacy Bandy, wrestling  
Lisa Broek, women's outdoor track and field
- Nancy Cisar, women's outdoor track and field  
Marti Haan, women's outdoor track and field  
Marcie Thurn, women's outdoor track and field  
Augie Lugo, men's tennis  
Mike Shanahan, men's outdoor track and field
- 1984** - Murray Anderson, wrestling  
Bryant Hancock, wrestling  
Dale Lawrence, wrestling  
Kelly McGovern, wrestling  
Nancy Cisar, women's outdoor track and field  
Lori Sears, women's outdoor track and field  
Kevin Geary, men's outdoor track and field  
Joe Martin, men's outdoor track and field  
Jerry Quick, men's outdoor track and field  
Matt Schulte, men's outdoor track and field  
Scott Foehle, football  
Rich Thomas, football
- 1985** - Ed Ergenbright, wrestling  
Dale Lawrence, wrestling  
Duane Lawrence, wrestling  
Scot Storjohann, wrestling  
Brian Goldsworthy, men's golf  
Rich Thomas, football
- 1986** - Keving Azinger, wrestling  
Tim Hackel, wrestling  
Kelly McGovern, wrestling  
Cindy Messer, softball  
Lori Sears, women's outdoor track and field  
Joe Jaspers, men's golf  
Jeff Blythe, football
- 1987** - Matt Diehl, wrestling  
Tim Hackel, wrestling  
Paul Veak, wrestling  
Jay McGovern, wrestling  
Brad Eggers, wrestling  
Cindy Kline, women's golf  
Laurie Suttin, softball  
Kris Thompson, softball  
Joe Jaspers, men's golf
- 1988** - Jim Bruxvoort, men's indoor track and field,  
men's outdoor track and field  
Paul Lovell, men's indoor track and field  
Cindy Kline, women's golf  
Pat Jackson, men's golf  
Laurie Suttin, softball  
Chris Hoffman, wrestling  
Mike Stumberg, football
- 1989** - Chris Hoffman, wrestling  
Chad Beck, wrestling  
Scot Dierks, wrestling

Jenny Wistrom, women's golf  
Brenda Vigness, softball  
Jim Bruxvoort, men's outdoor track and field  
Kris Reis, football

**1990** - Steve Weers, wrestling  
Jon McGovern, wrestling  
Joe Stutting, wrestling  
Jim Bruxvoort, men's outdoor track and field  
David Ellingson, men's indoor track and field,  
men's outdoor track and field  
Jeff Wallerich, men's outdoor track and field  
Jason Snyder, men's outdoor track and field  
Dan Wallace, men's outdoor track and field  
Julie Fortin, women's outdoor track and field

**1991** - Chad Beck, wrestling  
Jon McGovern, wrestling  
Jamie Mahnke, softball  
Christi Van Werden, softball  
Eric Pingel, men's outdoor track and field

**1992** - Jon McGovern, wrestling  
Bruce Kuennen, wrestling  
Joel Marsden, wrestling  
Brad Kreiner, wrestling  
Emily Grimes, softball  
Julie Nelson, softball  
Jenny Semler, softball  
Eric Pingel, men's outdoor track and field  
Craig Cantrall, men's outdoor track and field  
Chris Hulleman, football  
Bill Mulder, football

**1993** - Tracy Wilson, women's basketball  
Bruce Kuennen, wrestling  
Brian Reece, wrestling  
John Guenther, men's golf  
Craig Cantrall, men's outdoor track and field  
Brian Dunlap, men's outdoor track and field  
Les McCracken, men's outdoor track and field  
Mike Morris, men's outdoor track and field  
Nate Smith, men's outdoor track and field  
Dan Zimmerman, men's outdoor track and field  
Emily Grimes, softball  
Missey Allen, softball  
Jenny Semler, softball  
Jeff Helle, football

**1994** - Dan Gabrielson, wrestling  
Emilie Hanson, women's basketball  
Craig Cantrall, men's indoor track and field,  
men's outdoor track and field  
Nate Smith, men's indoor track and field,  
men's outdoor track and field  
Michael Morris, men's outdoor track and field  
Brian Dunlap, men's indoor track and field,

men's outdoor track and field  
Dan Zimmerman, men's indoor track and field,  
men's outdoor track and field  
Les McCracken, men's indoor track and field,  
men's outdoor track and field  
Mark Kacmarynski, football  
Rick Sanger, football  
Jeff Helle, football  
Andy Goodman, men's cross country

**1995** - Emilie Hanson, women's basketball  
Dan Gabrielson, wrestling  
Ryan Erickson, men's indoor track and field  
Brent Ferneau, men's indoor track and field,  
men's outdoor track and field  
Eddie Heim, men's indoor track and field,  
men's outdoor track and field  
Nate Smith, men's indoor track and field,  
men's outdoor track and field  
Dan Zimmerman, men's indoor track and field,  
men's outdoor track and field  
Kevin Lucken, men's golf  
Missey Allen, softball  
Lynette Mullen, softball  
Rick Sanger, football  
Matt Bandstra, football

**1996** - Brent Lawrenson, wrestling  
Missey Allen, softball  
Lynette Mullen, softball  
Rob Akers, men's golf  
Mark Kacmarynski, football

**1997** - Greg Breeding, wrestling  
Darin Fisher, men's golf  
Zech Schiebout, men's outdoor track and field  
Jay Rhoten, men's outdoor track and field  
Kara Stanley, softball  
Matt Paulsen, football  
Abbie Brown, volleyball  
Candace Wilson, volleyball

**1998** - Jina Bos, women's outdoor track and field  
Sean Clark, men's outdoor track and field  
Adam Hartford, men's outdoor track and field  
Andrew Paulsen, men's outdoor track and field,  
football  
Nate Korselman, men's outdoor track and field  
Jay Rhoten, men's outdoor track and field  
Jon Lindaman, men's outdoor track and field  
Cory Woods, men's outdoor track and field  
Abbie Brown, volleyball  
Candace Wilson, volleyball

**1999** - Ryan Cunningham, wrestling  
Sean Clark, men's indoor track and field,  
men's outdoor track and field

Brad Gaskill, men's outdoor track and field  
Nate Koerselman, men's outdoor track and field  
Jon Lindaman, men's indoor track and field,  
men's outdoor track and field  
Marc Vander Velden, men's outdoor track and field  
Abbie Brown, volleyball  
Candace Wilson, volleyball  
Angie Nielsen, volleyball

**2000** - Katie Brees, women's indoor track and field,  
women's outdoor track and field  
Donell Hotze, softball  
Annie Van Wetzling, softball  
Sean Clark, men's outdoor track and field  
Adam Hartford, men's outdoor track and field  
Nate Koerselman, men's outdoor track and field  
Chris McCullough, men's outdoor track and field  
Tommy Tavegia, men's outdoor track and field  
Marc Vander Velden, men's outdoor track and field  
Peter Wagner, men's outdoor track and field  
Jeff Sanger, football  
Reid Evans, football  
Justin Snyder, football  
Candace Wilson, volleyball  
Angie Nielsen, volleyball

**2001** - Annie Van Wetzling, softball  
Libby Hysell, softball  
Katie Brees, women's indoor track and field,  
women's outdoor track and field  
Tony Brownlee, men's indoor track and field,  
men's outdoor track and field  
Adam Hartford, men's indoor track and field,  
men's outdoor track and field  
Chris McCullough, men's outdoor track and field  
Tommy Tavegia, men's indoor track and field,  
men's outdoor track and field  
Peter Wagner, men's indoor track and field,  
men's outdoor track and field  
Angie Nielsen, volleyball

**2002** - Jeremy Hendricks, wrestling  
Molly Parrott, women's basketball, softball  
Libby Hysell, softball  
Tim White, men's golf  
Katie Button, women's indoor track and field  
Abby Gonzales, women's indoor track and field,  
women's outdoor track and field  
Lindsay Schultz, women's outdoor track and field  
Reagan Schultz, women's outdoor track and field  
Tony Brownlee, men's indoor track and field,  
men's outdoor track and field  
Matt Jens, men's outdoor track and field  
Matt McCombs, men's indoor track and field,  
men's outdoor track and field  
Chris McCullough, men's indoor track and field,

men's outdoor track and field  
Peter Wagner, men's indoor track and field,  
men's outdoor track and field

**2003** - D.J. Cobler, men's indoor track and field  
Matt McCombs, men's indoor track and field  
Peter Wagner, men's indoor track and field,  
men's outdoor track and field  
Tanner Whipple, men's indoor track and field  
Cale Van Genderen, men's outdoor track and field  
Jenn Hansen, women's outdoor track and field  
Lindsay Schultz, women's outdoor track and field  
Raegan Schultz, women's outdoor track and field  
Libby Hysell, softball  
April Miller, softball

**2004** - Patrick McElyea, men's golf  
Lindsay Schultz, women's outdoor track and field  
Raegan Schultz, women's indoor track and field  
women's outdoor track and field  
Alicia Whisner, women's outdoor track and field  
Cale Van Genderen, men's indoor track and field,  
men's outdoor track and field  
Tanner Whipple, men's outdoor track and field  
Beth Cunningham, women's cross country

**2005** - D.J. Cobler, men's outdoor track and field  
Guy Dierikx, men's outdoor track and field  
Justin Koeppel, men's outdoor track and field  
Kevin Pitz, men's outdoor track and field  
Cale Van Genderen, men's indoor track and field,  
men's outdoor track and field  
Alicia Whisner, women's outdoor track and field  
Ryan Johnson, football  
Vance Schuring, football

**2006** - Zac Bailey, men's outdoor track and field  
Ben Bollard, men's indoor track and field,  
men's outdoor track and field  
Teddy Clark, men's indoor track and field  
Alex Costigan, women's outdoor track and field  
Guy Dierikx, men's indoor track and field,  
men's outdoor track and field  
Bryan George, men's indoor track and field  
Craig Hernandez, men's outdoor track and field  
Justin Koeppel, men's indoor track and field,  
men's outdoor track and field  
Kevin Pitz, men's indoor track and field,  
men's outdoor track and field  
Brian Respeliers, men's indoor track and field  
Alicia Whisner, women's outdoor track and field  
Dana Wilkerson, women's outdoor track and field  
Zach Zellweger, men's indoor track and field  
Nick Reed, football  
Taylor Vanden Wynboom, football  
Brant VerMeer, football

**2007** - Ben Bollard, men's outdoor track and field  
Guy Dierikx, men's indoor track and field,  
men's outdoor track and field, football  
Craig Hernandez, men's outdoor track and field  
Alex Miller, men's outdoor track and field  
Alicia Whisner, women's outdoor track and field  
Joel Winters, men's golf  
Greg Altmaier, football

**2008** - Kari Hutchinson, women's indoor track and field  
Emily Teas, women's indoor track and field  
Jill Ziskovsky, women's indoor track and field  
Rachelle Tipton, women's indoor track and field  
Jason Fisher, men's indoor track and field  
Guy Dierikx, men's indoor track and field,

### Iowa Conference MVPs (91)

**1969** - Don Ver Meer, men's golf

**1970** - Vern Den Herder, football  
Bob Parrott, men's tennis

**1973** - Steve Paris, wrestling

**1974** - Al Dorenkamp, football

Terry Youngblood, men's track

**1977** - Don Taylor, football

**1978** - Jerry Fitzsimmons, men's cross country  
Pat Espinosa, men's tennis

**1979** - Jerry Fitzsimmons, men's cross country,  
men's track

Jeff Verhoef, men's basketball

**1980** - Jeff Verhoef, men's basketball

**1981** - Bruce Wendt, football  
Mark Muyskens, men's cross country  
Kevin Luttrell, men's tennis  
Ron Peterson, men's golf

**1982** - Augie Lugo, men's tennis  
Ron Peterson, men's golf

**1983** - Karen Collentine, volleyball  
Pam Coon, women's tennis  
Augie Lugo, men's tennis

**1984** - Kim Doyle, women's golf  
Karen Collentine, volleyball  
Augie Lugo, men's tennis  
Nancy Cisar, women's track and field

**1985** - Rich Thomas, football  
Cindy Kline, women's golf  
Ingrid Elvebak, women's cross country  
Steve Muller, men's basketball  
Jeff Schneekloth, men's tennis  
Brian Goldsworthy, men's golf

**1986** - Ingrid Elvebak, women's cross country  
Jo Beth Castleberry, volleyball  
Cindy Kline, women's golf  
Kelly McGovern, wrestling  
Jeff Schneekloth, men's tennis

**1987** - Cindy Kline, women's golf

men's outdoor track and field

Alex Miller, men's outdoor track and field  
Luke Bolander, men's outdoor track and field  
Matt Patrick, men's outdoor track and field  
Kurtis Brondyke, men's outdoor track and field  
Kelly Harris, softball

**2009** - Kurtis Brondyke, men's indoor track and field,  
men's outdoor track and field

Ethan Miller, men's indoor track and field,  
men's outdoor track and field

Rachel Boeke, women's outdoor track and field  
Rachael Everingham, softball  
Sarah Paulson, women's golf

Bill Spurbeck, men's golf

Laurie Sutzen, softball

**1988** - Mike Stumberg, football

Lori Ellwood, women's basketball

Joe Jaspers, men's golf

**1990** - Ron Saak, football

Shari King, women's golf

Pat Jackson, men's golf

**1991** - Rich Kacmarynski, football

Christi Van Werden, softball

**1992** - Jana Daberkow, women's golf

Chad Hoekstra, men's golf

Emily Grimes, softball

**1993** - Tracy Wilson, women's basketball

Chad Hoekstra, men's golf

Emily Grimes, softball

**1994** - Mark Kacmarynski, football

Andy Goodman, men's track and field,  
men's cross country

Nate Smith, men's track and field

Emilie Hanson, women's basketball

Todd Isley, men's golf

**1995** - Emilie Hanson, women's basketball

**1996** - Maggie Brown, volleyball

**1997** - Jay Rhoten, men's track and field

Abbie Brown, volleyball

**1998** - Jay Rhoten, men's track and field

Abbie Brown, volleyball

**1999** - Wade Van Vark, baseball

Abbie Brown, volleyball

**2000** - Chris McCullough, men's track and field

Jeff Sanger, football

Candace Wilson, volleyball

**2001** - Roger Dortch, men's golf

Angie Nielsen, volleyball

**2002** - Peter Wagner, men's track and field

Tim White, men's golf

**2003** - Peter Wagner, men's track and field

Libby Hysell, softball

**2004** - Corrie Schmidt, softball  
Tanner Whipple, men's track and field  
Jamie Stark, volleyball

**2005** - Katie Pederson, volleyball  
Vance Schuring, football

**2006** - Adam Duerfeldt, baseball  
Vance Schuring, football

**2007** - Andy Petersen, men's golf  
Tim Connell, football

**2008** - Andy Petersen, men's golf  
Guy Dierikx, men's indoor track and field  
Kelly Harris, softball  
Kari Hutchinson, women's outdoor track and field  
Sarah Paulson, women's golf

## **Des Moines Register Sports Hall of Fame**

**1976** - Richard "Babe" Tysseling '32; baseball, men's basketball, football, track and field, coach, athletics director

**1988** - Vern Den Herder '70; football, men's basketball, NFL player

**2002** - Dick Schultz '50; baseball, men's basketball, football, Division I basketball coach, athletics director, NCAA executive director, U.S. Olympic Committee president

## **Central College Athletics Hall of Honor**

### **2002**

Vern Den Herder; football, men's basketball  
Dr. Camilla Ratering McCalmont; women's cross country,  
women's track and field  
Ron Schipper; Head football coach, athletics director  
Dick Schultz; Baseball, men's basketball, football  
Richard "Babe" Tysseling; baseball, men's basketball,  
football, track and field  
Jeff Verhoef; men's basketball

### **2003**

Dr. Richard Dykstra; football  
Gertrude Beintema; athletic department office manager  
Marcie Thurn Rohach; women's track and field  
Clarence Wilkins; men's basketball  
Brian Goldsworthy; Men's Golf

### **2004**

Denise Boll Baker; Women's basketball  
Dr. Kenneth Weller; Central College president, NCAA  
vice-president  
Dana Snoap; men's basketball

### **2005**

Tom Stone; football  
Nancy Cisar Wright; women's track and field  
Scot Storjohann; football, wrestling

### **2006**

Laurie Suttén Flynn; softball, women's basketball  
Joe Jaspers; men's golf, men's basketball  
Scott Lindell; Football  
Lori Nolte; women's cross country, women's track and field

### **2007**

Eldon Schulte; football, basketball, men's track and field  
Lisa Broek; track and field  
Rich Thomas; football

### **2008**

Harold De Bie; men's basketball  
Bruce Heerema; football, men's track and field  
Christi Van Werden; softball, women's basketball

