

Women's Athletics

Hayward, San Francisco, Southern Oregon  
@ Humboldt State University  
April 25, 1981

It was a day for the distance runners. Four long distance runners, four personal records, two national qualifying times and one school record: Kathy Berggren ran 11:20.0 in the 3000 (P.R.); Marti McCracken finished the 3000 in 11:00.9 (P.R.); Dolores Adame qualified for nationals with her best ever 10,000 (38:26.0); Cindy Claiborne notched a personal best, a national qualifying mark and a school record with her time of 17:53.3 in the 5000.

Saturday was also a day to be held in tribute to the fans, officials and all of the athletes in Redwood Bowl. One of the largest crowds ever to see a women's meet at Humboldt State was treated to a meet run smoothly and effectively by the officials. But, the athletes topped all, as no fewer than 20 national qualifying marks were scored. Humboldt State would like to thank everyone involved.

Humboldt takes a break next weekend, then competes in the Golden State Conference Championships at Davis on May 9. The G.S.C. Heptathlon Championships will see Stasia Allen competing at Sonoma State on Tuesday, May 5.

Team Scores:	Hayward	217
	Southern Oregon	116
	San Francisco	103
	Humboldt	73

10,000 meters

1.	ADAME, Dolores-HSU	38:26.0
2.	GOODREAU SOSC	40:43.0

Javelin

1.	LOWE, Jill	HSU	35.17m
2.	ALLEN, Stasia	HSU	34.75m
3.	WINTERBOTHAM	SOSC	34.25m

4.	Joseph,	SOSC	32.95m
5.	Rosenblatt,	HAY	31.73m
6.	Upshaw,	HAY	19.40m

5,000

1.	Robinson, Kerry	HAY	17:49.0
2.	Claiborne, Cindy	HUM	17:53.3
3.	Jackson,	HAY	18:46.1
4.	Smith,	HAY	21:06.0

4 x 100 M. Relay

1.	O'Rourke, Bell,	SF	48.0
	Webster, Woodson		

400 M Dash

1.	Banks,	HAY	56.3
2.	Castro,	HAY	57.0
3.	Webster,	SF	58.4
4.	Guild,	HUM	60.0
5.	Adam,	SF	60.0
6.	McGregor,	HUM	1:05.0

Discus

1.	Ford,	HAY	44.12
2.	Czmowski,	SOSC	37.68
3.	Betham,	HUM	37.53
4.	Joseph,	SOSC	35.28
5.	Moore,	HUM	31.20
6.	Milsen,	HUM	30.27

100 M. Dash

1.	Bell	SF	12.1
2.	Woodsen,	SF	12.5
3.	Mendenhall,	SOSC	13.4
4.	Chavez,	SOSC	13.7



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2. Peters, Banks HAY 48.1  
Preisser, Buckley

High Jump

1. Faulkner, SF 5'2"  
2. Winterbotham, SOSC 5'0"  
3. Howard, HAY 5'0"  
4. Mendenhall, SOSC 4'10"  
5. Witherspoon, SOSC 4'10"  
6. Allen, HUM 4'10"

1500 M.

1. Moran, HAY 4:41.7  
2. Rieboldt HAY 4:42.7  
3. Hayes, HAY 4:50.6  
4. Brazil, SF 5:25.4  
5. McFall, SF 5:27.4  
6. Temple, SOSC 5:38.9

100 M Hurdles

1. Read SOSC 15.4  
2. O'Rourke SF 15.8  
3. Upshaw HAY 16.2  
4. Mendenhall SOSC 17.5  
5. Howard HAY 17.6

Long Jump

1. Davis HAY 5.19  
2. Upshaw HAY 5.11  
3. Peters HAY 5.01  
4. Buckley HAY 4.81  
5. Avila SF 4.55  
6. Moran HAY 4.23

Shot Put

1. Betham HUM 12.81  
2. Ford HAY 11.66  
3. Cznowski SOSC 11.36  
4. Allen HUM 11:09  
5. Davis HAY 10.21  
6. Faulkner SF 8.84

800 M.

1. Tuttle, SOSC 2:19.5  
2. Knowles, HAY 2:21.0  
3. Preisser, HAY 2:21.7  
4. Williams, SF 2:24.3  
5. Rose, SOSC 2:27.1  
6. Hickson, HAY 2:33.6

400 M. Hurdles

1. Buckley HAY 1:04.6  
2. Read SOSC 1:05.9  
3. Upshaw HAY 1:07.0  
4. O'Rourke SF 1:09.0  
5. Zwick HAY 1:12.6  
6. Temple SOSC 1:19.6

200 M Dash

1. Bell SF 24.8  
2. Bankz HAY 25.1  
3. Webster, SF 25.6  
4. Woodsen SF 25.8  
5. Castro HAY 26.8  
6. Guild HUM 27.7

3000 M

1. Hester HAY 10:02.3  
2. Reiboldt HAY 10:20.7  
3. Claiborne HUM 10:23.3  
4. Bigelow HAY 10:50.0  
5. MG SF 10:51.8  
6. McCracken HUM 11:00.9

4 X 400M Relay

1. Adams, Williams, Woodsen, Bell SF 4:02.7  
2. Read, Tuttle, Rose, Chavez SOSC 4:12.6  
3. Knowles, Buckley, Preisser, HAY 4:13.1  
Moran  
4. Upshaw, Howard, Hester, Hayes HAY 4:22.1



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Dear Coach,

Humboldt State is busy preparing itself for the conference and national championships that are approaching in May. Humboldt has qualified nearly all of its team members for the conference meet. Plus Stasia Allen(Heptathlon) Michelle Betham(Shot Put) and Cindy Claiborne(5000) have qualified for the Division III national meet to be held in Hayward on May 21-23.

Humboldt State historically has made slow progress in its women's program. But the support needed to develop a sound program is now evident at Humboldt, as clearly shown by the great strides the program has made in just one year.

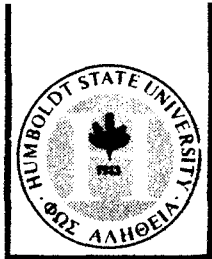
The major hangup for the program now is lack of athletes. Since we are still a small program we need strength in all areas and we can guarantee each girl a chance to contribute to the team. However, we need your help in locating student-athletes who would like to participate in our program. You can assist us by sending the names, best marks, and addresses of capable and interested student-athletes. Each student can then receive information directly from me.

I have included information on the program with this letter. If after reading this material you still have questions, please write or call (collect). We are proud of what is happening at Humboldt and are quite willing to discuss it with you.

Sincerely,

David Wells

Women's Cross Country and  
Track and Field Coach



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HUMBOLDT STATE UNIVERSITY  
WOMEN'S CROSS COUNTRY  
AND TRACK AND FIELD

Humboldt State is a small school nestled in the redwoods along the Northern California coast. With 6500 students, it allows you to be a significant part of the University community. The scenic forest lands and beaches provide a beautiful area in which to train and enjoy many other outdoor activities.

Humboldt State is an A.I.A.W. Division III institution competing in the Golden State Conference. The teams in our league are: CSU Chico, CSU Hayward, CSU Sacramento, UC Davis, San Francisco State, Sonoma State, and Stanislaus State. By conference rules we are unable to give out athletic scholarships. However, many other scholarships, grants, and awards may be obtained through the financial aids office on campus.

Last fall, the cross country team, headed by freshman standout Claudia Bergsohn and veteran performers Sheila Maskovich and Dolores Adame, literally ran its way into national prominence. A fine season was capped by the team's third place finish in the RegionVIII meet held in Long Beach, California: and with a tenth place showing in the AIAW National Championships held in Seattle Washington. In that meet Bergsohn was the top freshman finisher (and top Humboldt finisher) at 17th place. Backing her up were Maskovich, Adame, Shane Felix, Marti McCracken, Nina Beatie and Sandy Waters.

The 1981 women's track team will have a strong distance squad reporting from the cross country group. Also, in other events several returning women add strength and maturity to the team. Senior Karen Costello, school record holder at 200 meters in 26.3, comesback with a season of distance running under her belt and expects to run the 400 and 800. Junior Michelle Betham returns her 45' ½" shotputting ability to the team after a year of red-shirting. And multi-talented heptathlete, Stasia Allen, expects a good year of running, jumping and throwing. These women are the voices of experience on the 25 member squad and should help to guide the team through a year of improvement.

Humboldt women's cross country and track and field are being coached by David Wells. Wells, a native of Eureka, is a doublegraduate of Stanford University, with a B.A. in Economics and an M.A. in Education. He has served as a graduate assistant at Stanford, head cross country coach at Allen Hancock College in Santa Maria, and as track coach at College of the Redwoods in Eureka.