

COLLEGE OF NOTRE NAME 1986 CROSS COUNTRY OPENER

SEPT. 6, 1986

The NOTRE DAME ARGONAUTS took off to Reno, Nevada for their season opener. Their opposition was University of Nevada-Reno, San Jose St., University of San Francisco, Santa Clara University, Calif. State at Stanislaus and Cal Poly at San Luis Obispo.

Our women started the action off at 10:15 am and had a fairly good race. As usual Linda Van Housen led the Lady Argonauts with a 2nd place finish. Linda was not quite up to par on this day but still ran a very competitive race (look for better things in the next few weeks). The real bright spots for our womens team had to be the excellent showing of two of our 4 freshmen. Sandrine deMarval and Susan Horstmeyer (both attended Menlo-Atherton last year) showed some real determination by placing in the top 15. They finished 8th and 13th respectfully. Returning senior Barbara Yates (Carlmont high) was our biggest surprize of the day. Last year she was our 7th women and thought it would be tough to make that spot this ^{year} came in as our 5th girl just 8 seconds behind Horstmeyer.

Our other 2 freshmen had a little trouble adjusting to the 90° heat and the 5000+ft. altitude. But Annette Ortiz (St. Marys Academy, Portland, Oregon) and Karla Witthar (Central Catholic, Portland, Oregon) will play a big role in the success of our team this year. They took 20th and 23rd.

Our biggest disappointment had to be the showing of our 3rd and 4th runners from last years team. Kim Himenes (St. Francis, Mt. View) and Eveleen Sheehan (Gunderson, San Jose) came into the season totally out of shape. We hope to correct this problem VERY SOON. Today they were our 6th and 7th runners.

As a team we placed 2nd and overall it was a good week end for the women.

Our men didn't quite fair out as well as the girls but we still had some very positive results.

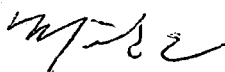
Led by Rico Aparicio (transfer from Pasadena C.C.) our men took a distant 5th. Rico placed 8th after leading for more than 3 miles. A side pain bothered him during the last 1½ miles causing him to loss some time. He still showed why he will push our number one man (Mike Montazer, Held out of this meet) when the two of them get out there together. Returning runner Dave Bachler (Shoreview, Seattle, Wa.) ran a very strong race, placing 25th, and showed to be in good early season shape.

Our two freshman had different experiences. Pat More ran very steady throughout the race and ended up being our third man finishing in 31st place. He was very strong at the finish. Pat is from Los Gatos High. Dan Fisher from Bellarmine Prep in San Jose went out a little to fast (7th at 3 mile mark) and came in at 38th place. Dan learned a valuable lesson about pace today. Look for these two to add alot to our young program.

Our returning #2 man, Dave McFadden (Mariner high, Seattle) asked me to not mention his performance today so I won't. But next week I will.

Please excuse mistakes as I just want to keep you inform^{ED} as to how your children or ex-athletes are doing with us here at C.N.D. Next week we travel to Sacramento for the Hornet Invite until then have a good week.

Coach Ipsen



RESULTS

WOMEN 5000 METERS

2nd	LINDA VAN HOUSEN	19:56
8th	SANDRINE deMARVAL	22:35
11th	LORENA FERRIERA	22:46
13th	SUSAN HORSTMAYER	23:37
14th	BARBARA YATES	23:45
17th	KIM HIMENES	24:20
19th	EVELEEN SHEEHAN	25:17
20th	ANNETTE ORTIZ	25:31
23rd	KARLA WITTHAR	26:25

MEN 4.5 MILES

9th	RICO APARICIO	25:49
25th	DAVE BACHLER	27:02
31st	PAT MORE	28:12
35th	DAVE McFADDEN	29:44
38th	DAN FIHSER	30:20

BOTH COURSES WERE VERY HILLY AND THE GROUND IN SOME AREAS WAS VERY ROUGH. THE TEMPERATURE WAS 90° AT RACE TIME AND THE WIND WAS NON-EXISTENT. IN SHORT IT WAS A GOOD TOUGH WAY TO START THE SEASON.

TEAM SCORES

WOMEN

1.	UNIVERSITY OF NEVADA-RENO	19
2.	COLLEGE OF NOTRE DAME	48
3.	CALIF. STATE-STANISLAUS	65
4.	UNIVER. OF SAN FRANCISCO	92
5.	SANTA CLARA UNIVERSITY	112

MEN

1.	CALIF. POLY SLO	25
2.	UNIVERSITY OF NEVADA-RENO	70
3.	SAN JOSE STATE	118
4.	SANTA CLARA UNIVERSITY	124
5.	COLLEGE OF NOTRE DAME	130
5.	CALIF. STATE-STANISLAUS	151
6.	Univer. of SAN FRANCISCO	242

COLLEGE OF NOTRE DAME 1986 CROSS COUNTRY MEET #2

SEPT. 13, 1986

For our second meet of the season we took of for Rocklin, Cal. for the Hornet Invitational hosted by California State University at Sacramento. Opposing our ARGONAUTS this week were the following Universities: Fresno State, Nevada, Reno, Hayward State Cal. St. Sacramento, Chico State, St. Marys, Sonoma State, Univer. of Pacific, Santa Clara University, Boise State, Univer. of Calif at Davis, San Jose State and Calif. Poly at San Luis Obispo.

Things didn't get off on the right foot this week but everyone pulled together and we faired pretty well. To start with 3 of our top 7 girls (4th, 5th and 7th) didn't make the departure time of 6:45am. Barbara Yates was sick with the flu and Susan Horstmeyer and Eveleen Sheehan over slept. To make things a little more difficult our #6 girl, Kim Himenes had been sick for the night but wanted to run anyway.

With 10 teams in the womens race we felt the best we could do was to try and break into the top half of the field. Our girls really came through. Linda Van Housen avenged her loss of last week to Renos Patty Young by winning the 5000 meter race in an excellent early season time of 17:10. She was never challenged and ran very relaxed. We started to see the real Lorena Ferreira as she toughed out a very good 18:56 and moved back into our #2 spot and she placed a solid 19th. Our super freshman Sandrine deMarval also had an excellent day finishing 26th in 19:10. She led Lorena for 3/4 of the race. With the absence of the 3 girls mentioned earlier we needed a gutty preformance from our other girls and that is just what we got from Kim Himenes as she placed 41st in the 84 girl field. Kim is started to show us what we can expect in the next few weeks. Her time of 20:05 was exceptional when you consider the situation. With the weather a lot cooler and being about 4000 ft. closer to sea level our two Portland recruits showed a tremendous improvement. Annette Ortiz was running stride for stride with Kim for most of the first 2 miles and faded slightly over the last hilly mile but her effort was outstanding, she will be there when it counts. Karla Witthar also cut over 4 minutes from her time of last week and gave us reason to believe that when we roll into late Oct. she will help.

On the mens side we had our full compliment of runners and the team was really up for this meet. Unfortunately our top runner decided to try and come in last. This effort really took away from the job that our top 4 men did on this day. Rico Aparicio was our top finisher at 33rd (he played for our varsity soccer team Friday night) but our top performances were turned in by Dave Bachler, Pat More and Dan Fisher. More had to have a shot in the Knee on Tues. and put on quite a show by running in the 1/3 of the field until the final mile where he had some fatigue problems the same can be said for Fisher. Dan started his kick thinking he was done when in fact he still had 1 mile to go. Once these two freshman get used to the college distances they will be a big help. Bachler, a Soph., ran one of his best races since coming to CND. Dave was steady on his pace thru-out the race and had a very strong last mile. Dave McFadden (can't leave you out 2 wks. in a row) showed more patients this week and ran well for about 3 miles then hit the mental wall. He claims he tired do to the fact that he was the cook for our Friday night team dinner. He said he would do better next week if I just put him in charge of the desert. We'll see. Mike Montazer did all he could do to come in last (claiming "I am not the runner I once was") and his effort was a disgrace to running. It may have been his last at CND.

RESULTS

WOMEN 5000 METERS

1st	Linda Van Housen	17:10
19th	Lorena Ferreira	18:56
26th	Sandrine deMarval	19:10
41st	Kim Himenes	20:05
54th	Annette Ortiz	21:20
60th	Karla Witthar	22:06

MEN 5 MILES

33rd	Rico Aparicio	26:37
54th	Dave Bachler	27:39
60th	Pat More	27:55
72nd	Dan Fisher	28:36
79th	Dave McFadden	28:59
80th	Mike Montazer	29:01

BOTH COURSES WERE ROLLING HILLS WITH GOOD FOOTING AND AN EXCELLENT START AND FINISH AREA. THE TEMPERATURE WAS 70° AT RACE TIME AND IT WAS NOT WINDY.

TEAM SCORES

WOMEN

1. FRESNO STATE	29
2. UN. NEVADA, RENO	76
3. HAYWARD STATE	96
4. COLL. OF NOTRE DAME	134
5. SACRAMENTO STATE	144
6. CHICO STATE	201
7. ST. MARYS COLLEGE	203
8. SONOMA STATE	212
9. UN. OF PACIFIC	266
10. SANTA CLARA	INC.

MEN

1. BOISE STATE	45
2. FRESNO STATE	49
3. CAL. POLY SLO	61
4. UN. NEVADA, RENO	88
5. CALIF. at DAVIS	175
6. CHICO STATE	182
7. COLL. OF NOTRE DAME	205
8. SAN JOSE STATE	209
9. SANTA CLARA	236

Coach Ipsen

