

al State Hayward CROSS COUNTRY UPDATE

PIONEERS

Sep. 20

STUB TOES IN SEASON OPENER

Sacramento St. 24

HAYWARD 34

Chico 114

Nevada 116

UC Davis 124

S.F. St. 220

STEFANI STOUTT... "northern-most resident runner"... won the initial race of the year... a six way meet in Bidwell Park, Chico... but, that is where our winning abruptly stopped. There are numerous reasons why we did not perform up to the level that probably many of us and our enthusiasts had contemplated. To sum it all up, however, the two main factors were: 1) We are not yet ready to put a 5000 meter race together in proper form... this being our first meet and with school not having yet begun... plus my feeling that we should not yet be moved into mid-season running form. AND-2) Sacramento State was not only ready.... they are a darn good team. They had a super year of recruitment and they will be tough... ALL of the WAY... right up through the NATIONALS. It is going to be HAYWARD and SAC... tooth and nail to the finish. What we have to do is keep our "KOOL" and just keep working on the things that will make EACH OF US A BETTER PERFORMER... don't worry about what will beat SAC. If each of you realize your full potential.... we WILL HANDLE Sacramento. So now, it's on to the Fresno State Invitational where we will encounter Cal, Arizona, Cal Poly, Sac, SJ Cindergals, West Valley, Stanford, etc. etc.

RUNNER OF THE WEEK.... "Kudos" to STEFANI STOUTT who realized the result of a lot of hard work, faith, and willingness to gamble on going for the brass ring.

No commentary.... It is a little too premature in time (regards to total season) to start dissecting each person's race. That will come later. All in all... we had many more POSITIVE things than negatives... Our main aim this week is to see if we can cut that 66 second gap from FIRST thru FIFTH to... 46 sec.
89 second gap from FIRST thru SEVENTH to... 69 sec.

RESULTS.... (70+ finishers)

1. STEFANI STOUTT (H).....	18:29 (5000 mtrs.)	
2. Carol Flournoy Hannigan (S).....	18:37	~also~
3. MICHELE AUBUCHON (H).....	18:38	
4. Mary Anne Seannell (S).....	18:41	
5. Krista Roberts (S).....	18:44	
6. Robin Tracey (S).....	18:56	
7. Diana Pappas (S).....	19:01	
8. Terry Schmidt (N).....	19:05	
9. KAREY ROBINSON (H).....	19:11	
10. FRANIE CASTRO (H).....	19:30	
11. CONNIE HESTER (H).....	19:35	
12. LINDA ROBINSON (H).....	19:44	
14. DENISE BIGELOW (H).....	19:58	
19. COLLEEN MORAN (H).....	20:18	
28. JULIE HAYES (H).....	21:07	
31. TERESA JACKSON (H).....	21:22	
39. MARY FRASER (H).....	22:00	
41. CAROL DUNN (H).....	22:09	
45. KATHY CURTIS (H).....	22:35	
56. TAMMY BIHL (H).....	24:48	

Cal State Hayward CROSS-COUNTRY UPDATE

SEPT. 27, 1980

BULLETIN #2

IMPROVE

With 110 runners toeing the line..representing more than a dozen schools...the Womens 5000 meter run portion of the Fresno State

Invitational Cross Country Run got under way at 10:30 a.m. under a bright but forgiving sun... (temp. about 78 deg.). The depth of "quality" runners was nearly over-whelming in this year's edition of what has to be one of the West Coast's top harrier productions. CAL STATE HAYWARD was the first non-Div.I team in the scoring tables as they finished in 5th place (on a gross score basis, the Pioneers finished 22 pts. better than Stanford) and at the same time turned the tables on their other Div.III nemesis, Sacramento State. STEFANI STOUTT ran an excellent effort to gain the charmed "top 15" and bring home a trophy. FRANIE CASTRO ran her "best-ever" cross country run...a real "smart" and well disciplined effort to share with team-mate KAREY ROBINSON the honors of being selected our RUNNERS OF THE WEEK!!!!.....Congratulations to FRANIE and KAREY!!!! CONNIE HESTER is beginning to come back from late summer injuries, etc. and she will be "there" when we need her in late Oct. and Nov. COLLEEN MORAN was vastly improved over last week (only her second-ever cross country race of her life) and LINDA ROBINSON showed a real fine finalmile after a rather hesitant beginning. All in all... we are coming along just fine. Patience and faith in ourselves is what we need to maintain. (RJ)

This coming Saturday..it's the Cal Invitational: U.WASHINGTON, BRINGHAM YOUNG, UTAH STATE, CAL POLY, STANFORD (this is who we want to aim for this week!!!!), CAL, WISCONSIN, and who else?? "US!!!!".....that's who! Like old times..the only Div. III(or II) school in the entire meet.

SCORING

5000 meters

U.Arizona.....40
U.California.....58
Cal Poly (SLO).....78
U.Stanford.....128
HAYWARD STATE.....134
Sacramento St.....146
Arizona State.....176
S.J.Cindergals.....181
U.Nevada LV.....263
U.Nevada Reno.....310
West Valley JC.....347
Domingues Hill.....inc
Cal Lutheran.....inc

1. Schurmpfel(Stan).....	16:48		
2. Hansen(Ariz).....	16:51		
3. Reyes(SLO).....	16:51		
4. Peters(Ariz.St).....	16:59		
5. Oehm(Cal).....	17:09		
6. Lyons(Stan).....	17:15		
7. Crystal(Ariz).....	17:16		
8. Kaput(Ariz).....	17:22		
9. James(Ariz).....	17:24		
10. Richter(Cal).....	17:27	Mi.1	Mi.2
15. STEFANI STOUTT.....	17:52	5:26-6:04-5:47	
18. FRANIE CASTRO.....	18:01	5:30-6:08-5:47	
26. KAREY ROBINSON.....	18:22	5:32-6:20-5:53	
34. CONNIE HESTER.....	18:38	5:28-6:27-6:06	
45. COLLEEN MORAN.....	19:01	5:27-6:58-5:58	
60. LINDA ROBINSON.....	19:35	5:49-6:52-6:16	
63. DENISE BIGELOW.....	19:39	5:52-6:48-6:21	
74. TERESA JACKSON.....	20:24	5:52-7:09-6:43	
92. JULIE HAYES.....	21:15	6:05-7:23-6:06	

Cal State Hayward Women's Cross Country UPDATE

WOMENS CROSS COUNTRY BULLETIN #5....

October 18, 1980

PIONEERS SURVIVE " ANOTHER HAYWARD INV'T'L.

This year's meet had to be an all time high in goof ups... Meet maps were not totally correct...no PA system...few if any marshals on the course... what-ever I think I simply ran out of gas this time around.....I will have to think most carefully about whether or not we want to get involved in such a venture again next year. As for our performance in this meet....

Some of it was good....some was fair....I think we suffered from:

#1..."home" meets are bunnies for the athletes. It is not that a coach has to hold your hand and do a psych number on the athlete prior to competition ... but when there is absolutely no rapport prior to a home meet as compared to what-ever little I do provide prior to away competition...it does screw up the concentration on the part of some athletes.

#2.....We did have some individuals coming off of a week of less than outstanding health.....

Additionally...Some of you are so use to running as the 6th or the 8th or the 13th CSUHer in the big meets that when it comes time to be our 2nd or our 5th runner you have difficulty in measuring your pace and position within the context of your competitive field. Dig?????

All in all...not too bad....I PERSONALLY AM QUITE HAPPY TO SEE THAT HUMBOLDT STATE HAS SOME GOOD RUNNERS....It will make the conference more challenging more interesting, and more meaningful to all....

Scores:

1. Cal "B".....48
2. Humboldt....68
3. HAYWARD "B"..80
4. Nevada "A"...86
5. Chico "A"....97
6. Santa Clara.170
7. U. San Fran..198
8. HAYWARD "C"..215
9. Sonoma.....235
10. Nevada "B"..237
11. Chico "B"...272

5000 mtrs....Hillececece....

1. Terry Schmidt.....Nevada "A"....19:04.6
2. Bergsohn.....Hum.....19:11
3. Gottshalk.....Cal "B".....19:15
4. Sandel.....USF.....19:18
5. Jungsten.....Canada JC.....19:24

*****	mi.#1	mi.#2	5K
8. COLLEEN MORAN.....CSUH "B"...	5:26	11:23	19:40
20. TERESA JACKSON.....	5:33	11:38	20:11
22. LINDA ROBINSON.....	5:33	11:43	20:15
24. JULIE HAYES.....	5:40	11:53	20:25
25. DENISE BIGELOW.....	5:33	11:52	20:31
28. KATHY CURTIS.....	5:40	12:05	20:40
33. MARY FRASER.....CSUH "C"...	5:51	12:19	20:56
39. DIANA BATEMAN.....	5:41	12:20	21:12
58. LYNN HICKSON.....	6:02	13:16	23:07
64. DEBBIE ZWICK.....	6:34	13:50	23:30
65. TAMMY BIHL.....	6:16	13:48	23:40

92 finishers.....

THIS SATURDAY....

THE 3rd ANNUAL GOLDEN STATE CONFERENCE CHAMPIONSHIPS @ CHICO.....

RUNNERS OF THE WEEK....(Thought I forgot...huh?)....Well it wasn't too easy...but I had to go with.....

COLLEEN MORAN (in spite of the wrong turn, etc.)

and....(yes I know Teresa ran a he___ of a race--she did last week too) and JULIE HAYES!!!
yes I know Kathy ran a tremendous race...she always does!!!

Cal State Hayward Cross Country UPDATE



PIONEERS' SWEEP CONFERENCE

OCT. 25, 1980.....

HOOKER OAKS PARK...CHICO, CA.....

Since I started coaching in 1949, I have been involved in only one clean sweep in X Country....and that wasn't by one of my teams but by an opponent in a very well balanced league championship. Not counting duals or three way meets (where anything is possible)...perfect scores of 15 are a real rarity and so today's outcome had to be a real EYE OPENER.....Not just because we finished 1-2-3-4-5 but mostly because of the manner in which it occurred.

MICHELE AUBUCHON led through the first mile with FRANNIE CASTRO and a closely pursuing STEFANI STOUTT about 20 to 30 yards behind. Right after that duo was a tough looking KAREY ROBINSON. An ailing CONNIE HESTER (who was not scheduled to compete today due to strained rib muscles) was involved in a three-way battle with Scannel of Sac and Humboldt's great freshman Bergsohn. By the time that the runners had circumscribed the picturesque eastern loop with its golden hues of autumn-ripened grasses and grains, and had emerged from the thicket of valley oaks just a hundred yards from the two mile mark, it was obvious that the Pioneers were attempting something special. AUBUCHON was still in the lead but Stoutt had closed the gap to 10 yards. CASTRO was running under control with HESTER and ROBINSON running together as if one. The runners tucked into the wood enshrouded portion to the northwest and when they again emerged with but 600 meters remaining, the leader was the Oregon transplant. STOUTT raced across the concrete bridge which served to herald the "final surge" in this demanding run. AUBUCHON was still mainting a tough tempo with CASTRO now in trouble. ROBINSON and HESTER coming up to challenge but at the same time serve as encouragement and an additional and well needed target for concentration. It was indeed an ominous sight to see Hayward runner after Hayward runner streak across the final 200 meters of grass to record a seldom seen finish. (STEFANI STOUTT improved on her course record, set on 9/20, by 40 seconds!!!!)

What will transpire in the next few weeks of competition, only time will tell....but for this day...for all of our team ...who performed so well..for the MORANS and BIGELOWs and FRASERS....but especially for those 5 veteran runners...who just a year ago had brought us the National title.....for those 5, this had to be an experience!..an accomplishment....that they would never forget and that they could relish for the rest of their lives..it was "THEIRS".

HAYWARD-15; Sacramento-46; Humboldt-85; UCD-90; Chico-131; Sonoma-196; SFS-198

NAME	M1.1	M1.2	M1.3	5K	Imp. 9/20	
1. STOUTT.....	5:33	5:51	5:51	17:49	(:40)	9. Pappas (Sac).....18:38
2. AUBUCHON...	5:27	5:54	6:05	18:00	(:38)	10. Tracey (Sac).....18:49
3. CASTRO.....	5:32	5:54	6:12	18:12	(:78)	12. MORAN.....5:42 6:23 6:19 19:00 (:78)
4. HESTER.....	5:38	6:03	5:58	18:13	(:82)	16. BIGELOW.....5:56 6:18 6:27 19:17 (:41)
5. ROBINSON, K.	5:37	6:01	6:02	18:14	(:57)	21. ROBINSON, L. 6:52 6:43 6:37 19:50 (:06)
6. Scannell (Sac).....				18:24...		23. JACKSON.....6:00 6:38 6:40 19:56 (:86)
7. Hamigan (Sac).....				18:24		26. FRASER.....6:18 6:37 6:30 20:04 (:116)
8. Bergsohn (Hum).....				18:36		28. HAYES.....6:16 6:38 6:34 20:07 (:60)
						36. CURTIS.....6:16 6:49 6:57 20:41 (:114)