



TIM GRUBER 5-11, 155 pounds, Jr from Soquel. Journalism major. He was an all-Northern California selection for Aptos High, where he also played basketball and ran track. Interests: fishing, surfing.

DARRYL HENICK 5-6, 115 pounds, Fr from Sacto. Undeclared major. He ran cross country for Rio Americana High. Interests: tennis, skiing.



GRAE VAN HOOSER 5-10½, 137 pounds, Jr from Reno, Nev. Psychology major. He won the Coaches Award for track at Lassen Junior College, where he also ran cross country. Interests: rock'n'roll.

ROGER INNES 6-0, 145 pounds, Sr from Upland. Biology major. He was the fifthman on last year's Division II championship team. Interests: backpacking, cross country skiing.



ARNULFO MORALES 5-11, 141 pounds, Fr from Camarillo. Psychology major. He was a member of last year's California high school cross country champs, Camarillo High. He was on the team which was second in the nation for the 4 x 1500 meter relay. Interests: music. Nickname: Alfonso.

OCTAVIO MORALES 5-8, 132 pounds, Fr from Camarillo. French major. He was the Daily News All-Around Athlete of the Year. He was a member of last year's California high school cross country champs, Camarillo High. Nickname: O.



MIKE MURRAY 5-8, 125 pounds, Fr from Sacramento. Political Science major. He was the captain of the cross country team for San Juan High. Interests: hiking, camping.

JIM NOONAN 5-11½, 149 pounds, Jr from Santa Rosa. Journalism major. He was a member of the 1979 Northern California cross country champs, Santa Rosa Junior College. Interests: writing, fishing, reading.



CASEY PERLEY 6-2, 165 pounds, Jr from Palm Desert. Forestry major. He was MVP on the cross country team for College of the Desert, a JC. Interests: sports.

1981 schedule

Sat.	Sept. 26	*Chico-Hayward	HSU	10 a.m.
Sat.	Oct. 3	*SF State	SF	7 p.m.
Sat.	Sept. 19	Jefferson Inv.	Ashland	10 a.m.
Sat.	Oct. 10	*Stanford Inv.	Palo Alto	11 a.m.
Sat.	Oct. 17	*Davis-S.F.	HSU	11 a.m.
Sat.	Oct. 24	*Stanis-Sonoma	Turlock	10 a.m.
*FWC championship				
		San Mateo	10 a.m.	
Sat.	Nov. 14	NCAA Div II	Boston	TBA

*league games
home meets at Patrick's Point

QUICK FACTS

LOCATION: Arcata, CA 95521
ENROLLMENT: 7,500
PRESIDENT: Alistair W. McCrone
ATHLETIC DIRECTOR: Frank Cheek
FACULTY REPRESENTATIVE: John Hennessey
MEN'S CROSS COUNTRY COACH: Jim Hunt
TRAINER: Dave Kinzer
COLORS: Green and Gold
NICKNAME: Lumberjacks
CONFERENCE: Far Western
1980 results: Division II champs
SPORTS INFORMATION DIRECTOR: Tom Trepjak
PHONE: 826-3631 or 826-3132

JAMES SHELEY 5-10, 130 pounds, Fr from Santa Maria. Range Management major. He ran cross country for Santa Maria High. Interests: backpacking.



BRUCE SMITH 6-0, 165 pounds, Jr from Ventura. Business major. He ran cross country for the second best JC team in the state last year, Ventura Junior College. Interests: photography.

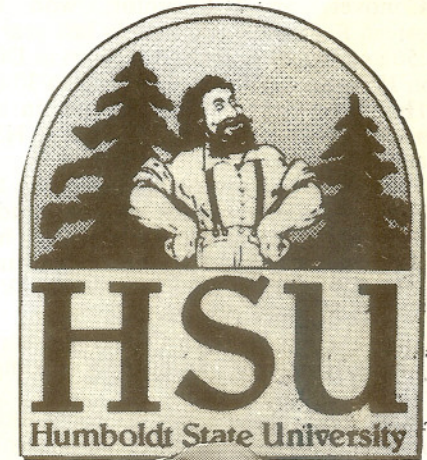
JOHN SURGE 5-10, 140 pounds, Fr from Camarillo. Journalism major. He was a member of the best high school cross country team in the state last year, Camarillo High. Interests: guitar, music, beach.

ROBERT TROCHA 5-9, 140 pounds, Sr from San Jose. Wildlife Management major. He was a member of last year's Golden Gate championship cross country team, West Valley Junior College. Interests: sports, biking, horses.

MIKE WILLIAMS 5-10, 145 pounds, So from Arcata. PE major. He was an all-county selection in track and cross country at Arcata High. He's married — his wife is Muneca — and he has a five-month old son, Randy. Interests: backpacking.



men's cross country



1981 Lumberjacks NCAA II champs

season outlook

Mark Conover leads the defending Division II men's cross country championship team in its quest for two titles in a row.

Conover, an NR senior, won the Western Regionals at Cal Poly last year in 30:56 and led all American runners at Division II Nationals, placing second in 30:04.

Humboldt State is one step up on last year's defending champs, Cal Poly, HSU coach Jim Hunt says.

"Last year we always had winning the national title in the back of our mind," Hunt said. "But we felt that Cal Poly had superior manpower. They had 14 outstanding runners. They were like Who's Who of young distance runners."

Since the Far Western Conference is not particularly strong, Hunt had a simple strategy for last year.

"Our only chance was to come along slowly and then put a lot of emphasis on nationals," Hunt said. "We didn't think we'd have any trouble winning the conference, so that wasn't a psychological factor."

Humboldt won the conference easily, then, after qualifying in the regionals, sharpened up during the two weeks before nationals.

Two of last year's top five runners are back — Conover and fifth-man Roger Innes. Other top runners include senior Wayne Arrison, freshman Arnulfo

Morales, sophomore Mike Williams and junior Pat Brady. Freshman Octavio Morales and sophomore Mike Baca should also be among the top runners.

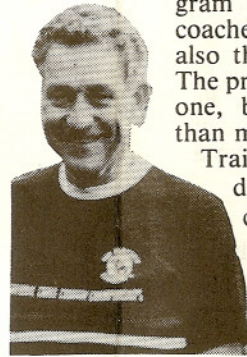
The reason Cal Poly could not win back-to-back championships, Hunt says, is because the team had too much competition within its own team. The team members would expend much of its energy jockeying for the top spots.

That won't be the case with Humboldt State, Hunt says.

"Our top runners won't have to look for an eighth or ninth man breathing down their necks all the time, trying to take their place," he said. "Our runners will be able to run conservatively in the early meets and come on strong in the end. At least, that's our plan."

The distance running program at Humboldt State is coached by Jim Hunt, who is also the men's track mentor. The program is not an unusual one, but has more to offer than many.

Trails, dirt roads, beaches, dunes, hills and a golf course provide 13 different courses to work on.



Wayne Arrison-Eureka; Roger Innes-Upland; Tim Becker-Fullerton; Jim Hunt Mark Conover-Orinda
Steve Kretsinger-Long Beach; Danny Grimes-Saratoga; Frank Ebner-West Covina

player profiles



CHRIS AMARAL 6-0, 143 pounds, Jr from San Jose. Biology major. He was a member of last year's Golden Gate Conference championship team, West Valley Junior College, where he was voted Most Improved Runner of 1980. Interests: guitar, outdoors, track trivia.



MIKE BACA 5-8, 135 pounds, So from Ventura. Sociology major. He was MVP and an all-county selection for St. Bonaventure High, where he ran fifth in the CIF two-mile championships. Interests: good times, good music.



TOM DORST 5-9, 140 pounds, Jr from San Jose. Business major. He was captain and voted Most Improved runner for West Valley Junior College, the GGC champs in 1979. Interests: piano, stamps, backpacking. Nickname: Jose.

WAYNE ARRISON 6-0, 175 pounds, Sr from Eureka. PE major. He was MVP and captain for College of the Redwood's cross country and track teams. He was an all-country selection while at Eureka High. Interests: sports.



PAT BRADY 5-10, 132 pounds, Jr from Canyon Country. Geology major. He was MVP for College of the Canyons cross country and track teams. Interests: fishing, target shooting.



RICARDO GARCIA 5-5, 125 pounds, Fr from Visalia. Computer Science major. He was twice an all-America selection for Mt. Whitney High. Interests: fishing, hunting.



STEVE ATKINSON 6-0, 140 pounds, Jr from San Diego. Business major. He ran cross country at Mesa Junior College.



MARK CONOVER 5-10, 135 pounds, Sr from Orinda. Natural Resource major. He was second in the Division II cross country nationals last year, and 23rd in the Division I nationals. Interests: loud music, outdoors.



T. DAVID GREEN 5-9, 138 pounds, Fr from La Jolla. Oceanography major. He ran cross country for La Jolla High.



LORI JOHNSON 5-8, 135 pounds, freshman from Boise, ID. Zoology/Wildlife Management major. She ran on the cross country and track teams at Capital High, where she also played basketball and volleyball. She was 3rd in the 880 and 5th in the mile at a state meet. Interests: horseback riding, camping, cooking. Nickname: Stretch.

DIAN KEHRES 5-2, 130 pounds, junior from Santa Rosa. Forestry major. She was awarded a Most Valuable award for cross country while at Santa Rosa Junior College. Interests: Art.



SHEILA MASKOVICH 5-6, 118 pounds, junior from ????. Theater Arts major. She was voted Most Inspirational runner last year for Humboldt. She set a track school record in the 10,000 meters. She is married with three children. Interests: drama.



PATTY McGRATH 5-5, 125 pounds, freshman from Buena Park. Wildlife Management major. She won a Most Valuable award for track and cross country at Western High.

DARCIE McINTYRE 5-3, 102 pounds, freshman from Bishop. Natural Resource Planning major. She was voted a Most Valuable award at Bishop Union High. Interests: outdoor sports, violin, sewing, relating.

KIM PIERATT 5-8½, 132 pounds, freshman from Hydesville. Journalism major. She was cross country and track captain and the Outstanding Senior Athlete at Fortuna High. Interests: photography, snow skiing.



1981 schedule

Sat.	Sept. 19	*Berkeley Inv.	Berkeley
Sat.	Sept. 26	*SF-Fres Inv.	SF
Sat.	Oct. 3	*GSC meet	Sonoma
Sat.	Oct. 10	*Stanford Inv.	Palo Alto
Sat.	Oct. 17	*GSC meet	HSU
Sat.	Oct. 24	*GSC meet	SF
Sat.	Nov. 7	Regionals	Long Beach
Sat.	Nov. 21	Nationals	TBA

*league games
home meets at Patrick's Point

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NICKNAME: Lumberjacks
CONFERENCE: Golden State
SPORTS INFORMATION DIRECTOR: Tom Trepniak
PHONE: 826-3631 or 826-3132



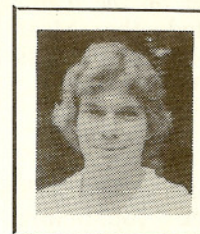
DANIELLA PLUMB 5-6, 140 pounds, junior from San Rafael. Fisheries major. She was captain and most valuable player for the swimming and soccer teams at Marin Academy High, where she also played volleyball, gymnastics and basketball. Interests: backpacking, rock climbing, canoeing.

JULIE VOGT 5-7½, 150 pounds, freshman from Palos Verdes Estates. Oceanography major. She ran cross country and track at Palos Verdes High. Interests: Guitar.

SANDY WATERS 5-6½, 114 pounds, sophomore from Arcata. Undeclared major. She ran cross country for three years at Arcata High, where she also ran track and played tennis. Interests: cooking, needlepoint.



1981 Lumberjacks women's cross country



Dave Wells
second-year head coach

season outlook

In recent years women's cross country in the Golden State Conference has been dominated by two of the nation's best teams, Hayward State and Sacramento State.

Because of that dominance, Humboldt State had the nation's tenth best women's cross country team in Division III of the AIAW last year without winning a conference meet.

Things are different this year, however, as HSU won a meet for the first time ever in the conference meet at Sonoma State University.

"Sonoma's flat course made a big difference," Coach Dave Wells said. "We run on a lot of hills up here (at Humboldt). With the flat course we were able to go out fast.

Sophomores Cindy Claiborne and Claudia

Bergsohn were the fastest, finishing first and second with times of 18:30.2 and 18:36.

The Lumberjacks grabbed five of the first 15 spots. The other three top HSU finishers were freshman Kim Pieratt, seventh at 19:15; senior Dolores Adame, 14th at 19:28; and sophomore Sandy Waters, 15th at 19:32.

Humboldt's times were one- to two-minutes faster than meets earlier this season.

"Usually we conserve our energy early in the race," Wells explained, "but that's because we usually have to save up for hills." Sonoma's flat course allowed the Lumberjacks to start fast and stay fast.

Team scores for the Sonoma meet were: Humboldt, 39; Chico, 56; Sacramento, 65; Davis "B", 97; Sonoma, 158; USF, 163; SF State, 178; and Mills, 190.

player profiles



DOLORES ADAME 5-2, 115 pounds, senior from Sonora. PE major. She was selected the Athlete of 1978 at Sonora High, where she also played basketball and ran track. Interests: Art.



KATHY DAVIS 5-2, 108 pounds, sophomore from Fairfield. PE major. She was voted Most Improved for the cross country team at Armijo High. She married Aug. 29.

CLAUDIA BERGSOHN 5-2½, 100 pounds, sophomore from Goleta. Undeclared major. She is the leading runner on the team. She was selected the Most Valuable and All-league for cross country at Dos Pueblos High.



SHANE FELIX 5-7, ??? pounds, junior from Antioch. Art Major. She was the Most Valuable Player for cross country and track at Antioch High. Interests: Art.



CINDY CLAIBORNE 5-8, 125 pounds, sophomore from Chico. Nursing major. She was team captain and Most Valuable Distance Runner for cross country and track at Pleasant Valley High. Interests: skiing, swimming, ice skating. Nickname: Fish Head and Guppy Lips.



KATHY FRANCIS 5-8, 134 pounds, freshman from Fountain Valley. Forestry major. She was captain of the track and cross country teams at LaQuinta High, where she was also MVP of the cross country team. Interests: camping, backpacking.



DOLORES ADAME

SHANE FELIX