

**Women's 1979
Cross Country
Media Guide**



Women's 1979 Cross Country Guide

Media Information

The San Diego State University Women's 1979 Cross Country Media Guide has been designed to assist the media in coverage of the Aztecs. The guide contains team information, statistical facts and basic information on opponents, to name a few. For more information concerning Aztec cross country, contact Assistant Sports Information Director Lacy Lee Baker at (714) 265-5547 (work) and (714) 287-6845 (home). Photos are available upon request.

On the Cover

Cathy Clarke (left) and Jeanne Abare begin the SDSU Aztec Invitational at Balboa Park. Aztec teammate Diane Riley ran to a third place finish on the 5000 meter course.

Credits

The Women's 1979 Cross Country Media Guide was compiled and coordinated by Assistant Sports Information Director Lacy Lee Baker, with professional assistance from the SDSU Design Center.

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Former Aztec runners Cathy Clarke and Chris Smallwood are neck in neck in an Aztec race.

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Facts

Roster

<u>Name</u>	<u>Class</u>	<u>Exp</u>	<u>Age</u>	<u>Hometown</u>
Peggy Callahan	Sr.	1V	22	San Diego
Debbie Chaddock	Fr.	HS	18	Los Alamitos
Carol Crumly	So.	1V	19	Chula Vista
Theresa Cunningham	Fr.	HS	18	Studio City
Eliana Garcia	Fr.	HS	17	San Diego
Chris Gilbreth	Fr.	HS	18	Los Angeles
Vivien Harrell	So.	1V	19	Santa Barbara
Susan Hemond	So.	JC	19	San Marino
Valinda Hoagland	So.	1V	20	Spring Valley
Lynn Kanuka	So.	TR	19	Regina Saskatchewan Canada
Sherrie Torrants	Fr.	HS	18	Woodland Hills
Tracy Trisco	Fr.	HS	17	Newbury Park
Anne Marie Zampardo	Fr.	HS	18	Chula Vista

Fred LaPlante, Head Coach

Status

VARSIITY RETURNEES

Peggy Callahan (one)
 Vivien Harrell (one)
 Valinda Hoagland (one)

INCOMING FRESHMEN

RECRUITS

Debbie Chaddock
 Theresa Cunningham
 Eliana Garcia
 Chris Gilbreth
 Sherrie Torrants
 Tracy Trisco
 Anne Marie Zampardo

NEW ATHLETES

Carol Crumly (Transfer)
 Susan Hemond (Transfer)
 Lynn Kanuka (Transfer)

CLASS BREAKDOWN

Seniors (1) -- Callahan
 Juniors (0)
 Sophomores (5) --
 Crumly, Harrell,
 Hemond, Hoagland,
 Kanuka
 Freshmen (7) --
 Chaddock, Cunningham,
 Garcia, Gilbreth,
 Torrants, Trisco,
 Zampardo

Season Outlook

The 1978 Aztec team gets off to a good start in the Aztec Invitational. SDSU finished second with Arizona defending the title from 1977.



Young but enthusiastic seems to be the description of the San Diego State University women's cross country team for 1979. Seven freshmen and four sophomores laced together with one senior make up second year Coach Fred LaPlante's Aztecs.

"We know we've got more talent than last year; it's just how well they can adjust to collegiate running," LaPlante said.

The Aztecs will be trying to better 1978's Region 8 sixth place showing but will do so without the talents of graduated seniors Diane Riley and Jeanne Abare, last year's Nos. 1 and 2 runners.

No. 4 runner Valinda Hoagland is the top returnee for SDSU and should provide leadership for the 10 newcomers.

Lynn Kanuka of Regina, Saskatchewan, Canada, leads the list of new faces as a former Canadian National Cross Country Team member. Chris Gilbreth of Los Angeles, Sherrie Torrans of Woodland Hills, Debbie Chaddock of Los Alamitos and Anne Marie Zampardo of Chula Vista were all high school

standouts and are other names at the top of the list.

The Aztecs again will meet the top percentage of women's cross country teams in the nation which includes UCLA, California and Cal State Northridge. The Western Collegiate Athletic Association will be even stronger than last year with the admission of Arizona and Arizona State.

"Our major goal is to peak in the conference championship," LaPlante said. "UCLA and Arizona both have veterans and good newcomers and we'll have a tough battle with Long Beach State."

The Aztecs will open the regular season on Sept. 22 in the Riverside Invitational.

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Aztec Facts

Location.....	San Diego, CA 92182
Enrollment.....	34,000
Nickname.....	Aztecs
Colors.....	Scarlet & Black
Conference.....	WCAA
Course.....	Balboa Park
President.....	Dr. Thomas B. Day
Athletic Director.....	Gene Bourdet
Associate Athletic Director.....	Mary Alice Hill
Sports Information Director.....	Bruce Herman

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Media Information

The San Diego State 1980 Women's Cross Country Media Guide is designed to assist the media in covering the Aztecs. The guide contains a roster, team information, statistics, and notes on 1980 opponents. For more information concerning the cross country team, contact Student Assistant Chip Cohen at (714) 265-5547 (Work) and (714) 465-4737 (Home), or Head Coach Fred LaPlante at (714) 265-5536 (Work) and (714) 286-0774 (Home). Photos are available upon request.

On the Cover

The Aztecs All-Conference runner Lynn Kanuka takes aim at setting new records for the Aztecs. Last year she set new meet and course marks at the UC Riverside and Aztec Invationals.

Credits

The 1980 Women's Cross Country Guide was compiled and coordinated by sports intern Charles (Chip) Cohen; professional assistance by the SDSU Design Center.



Facilities

Balboa Park

Though beautiful Balboa Park in downtown San Diego has been the site of cross country races for many years, the 5000 meter layout for women was first run in 1977.

The opening mile of the course crosses grass, pavement and dirt trails and is relatively flat, except for one 40-meter uphill about 800 meters from the start.

The second mile offers a challenging, rolling terrain, beginning with a sharp downgrade,

"Powder Hill," and ending with a brutal 100-meter incline known as the "Concrete Switchback."

The last mile and a fraction is completely flat along a seemingly never-ending row of tall palm trees. Both the start and finish are located near Sixth and Laurel Streets as the course is one circuit with no repetitions. With a little mobility, spectators can view the start, the mile mark, the two-mile mark and most of the last mile to the finish.

Top 10 Performers

1. Joan Hanson	Arizona	17:55.2*	1978
2. Robin Tracey	Antelope Valley	18:08*	1978
3. Jeanne Abare	SDSU	18:10	1978
4. Diane Riley	SDSU	18:13*	1978
5. Joy Hanson	Arizona	18:24*	1978
6. Debbie Rozak	Arizona	18:32*	1978
7. Majorie Kaput	Arizona	18:35*	1978
8. Sue Krenn	San Diego Track Club	18:37*	1978
9. Laurie Jewell	Long Beach State	18:43*	1978
10. Lauri Cline	Phoenix College	19:00*	1978

*Adjusted times

Aztecs

Pictured at right are Coach Fred LaPlante, Peggy Callahan, and Debbie Chaddock.



FRED LaPLANTE Head Coach

Eastern Michigan graduate Fred LaPlante will be back for his second year with the Aztecs after leading his initial SDSU squad to a sixth place regional finish, the best ever for a SDSU team.

Since coming to Montezuma Mesa, the 29-year-old LaPlante has been named WCAA Cross Country Coordinator, to the Region 8 Cross Country Committee, and this year will have double-duty coaching both the SDSU men's and women's cross country teams. LaPlante is also meet director for the Kinney Shoes National High School Invitational.

LaPlante, a runner in his own right in the 1500 meters and cross country, took the SDSU coaching job after coaching men's track as an assistant at Columbia University (New York, N.Y.).

He was also the head track coach for men and women at Garden City East High School in Garden City, Mich., men's head cross country coach at Washenaw Community College in Ann Arbor, Mich., men's head track coach at Hoover Junior High

School in Taylor, Mich. and graduate assistant track coach at Eastern Michigan.

The native of Toledo, Ohio, received his B.S. from Eastern Michigan in physical education and English in 1972 and obtained his master's from the same school in physical education.

In his running days, LaPlante was a NCAA-College Division All-American in the 1500 meters and was a member of two NCAA-CD national championship teams.

PEGGY CALLAHAN Senior 1V 22 La Mesa

Peggy will be back in 1979 for her second year as an Aztec cross country runner. Although she runs the longer distances in the fall, Peggy's specialties are the 800 and 1500 meter runs and 1600 and 3200 meter relays.

She currently is the No. 2 school performer in the 800 and 1500 meter runs and No. 1 on the 1600 and 3200 meter relay teams.

This 5-9 journalism and advertising major was on the city cham-

pion track team at Crawford High. Born Dec. 31, 1956, Peggy also earned three letters in swimming in high school.

DEBBIE CHADDOCK Freshman HS 18 Los Alamitos

Debbie comes to SDSU with a strong background in cross country. Besides winning MVP awards at Los Alamitos High School for two years, she was third in the Empire League in 1978 and second in the '78 Buena Park Invitational.

The 5-6 freshman won art, physical education and English awards and a Charity League Scholarship.

Debbie will be a fine arts major and will run the 3000 and 5000 in the spring.

CAROL CRUMLY Sophomore 1V 19 Chula Vista

Carol is a transfer from Southwestern JC where she was the most valuable and captain in 1978.

At Hilltop High School in Chula Vista, the 5-8 Crumly was the Metro League champ in the mile and two-mile in



Pictured at left are Eliana Garcia, Chris Gilbreth, Vivien Harrell and Susan Hemond.

1978 and the outstanding runner in the Vista Relays, also in 1978. Other honors include most improved and most inspirational in track and most valuable in cross country and track.

Born Aug. 3, 1960, Carol is majoring in art.

THERESA CUNNINGHAM

Freshman

HS 18 Studio City

Theresa, nicknamed "Teece," made a name for herself in cross country at U.S. Grant High School in Van Nuys, Calif. In three years of varsity action, Theresa broke the school record, was named most valuable and best athlete and took fourth and second in the league.

In track, Teece was named most valuable and best athlete while also competing in tennis and volleyball.

Born June 4, 1961, she plans to minor in physical education.

ELIANA GARCIA

Freshman

HS 17 San Ysidro

Eliana came to SDSU from Southwest High where she was cross country captain for two years and held the best time for the school, the Metro cross country championship team. Eliana took first in the Metro League mile and second in the 880.

This 5-6 freshman was born Nov. 21, 1961 and hasn't declared a major.

CHRIS GILBRETH

Freshman

HS 18 Los Angeles

Born July 16, 1961, Chris is a newcomer to the Aztec force but comes with good credentials: 1979 city champ in the mile and two mile, 10th in the state in the mile, fourth in the city in cross country in 1979 and second in 1978, and Western League cross country champ in 1979.

Also at Westchester High School, Chris competed on the track team and was a Homecoming princess. She plans to major in math.

VIVIEN HARRELL

Sophomore

1V 19 Santa Barbara

Vivien ran for SDSU last season and returns as one of three veterans.

At San Marcos High School, the 5-8 Harrell was most improved and the Coach's Award recipient and captain of the team.

Born Feb. 25, 1960, she has not declared a major.

SUSAN HEMOND

Sophomore

JC 19 San Marino

This 5-5 newcomer to Montezuma Mesa will bring one year of junior college experience from Pasadena City College where she was second in the league and fourth in the Southern California finals.

In high school at Westridge and San Marino, Susan competed in volleyball and basketball.

Born Jan. 3, 1960, Susan has not declared a major. Her other interests are snow and water skiing, camping and traveling.



Pictured at left are Valinda Hoagland, Lynn Kanuka, Sherrie Torrans and Anne Marie Zampardo.

VALINDA HOAGLAND

Sophomore

tV 20 Spring Valley

Valinda was the No. 4 runner on last year's SDSU squad after a fruitful career at Monte Vista High School. The 5-10 returnee was a three-year letter-woman and all-leaguer.

At SDSU, Valinda is majoring in physical education and hopes to become a coach. She was born June 30, 1959.

LYNN KANUKA

Sophomore

Tr 19 Canada

Lynn is a transfer from the University of Saskatchewan in Canada and comes to SDSU with three years of eligibility.

As the fifth place finisher in the Senior Canadian Nationals this summer, Kanuka qualified for the 1979 Cross Country team and competed in the World Championships in Ireland.

At Marian High in Regina, Saskatchewan, she was the Provincial High School champion in cross country and also competed in basketball, volleyball and track.

The 5-foot junior was born July 11, 1960 and also enjoys dancing and tennis. She will be majoring in physical education with emphasis in athletic training.

SHERRIE TORRANS

Freshman

HS 18 Woodland Hills

Sherrie is a graduate of El Camino High School where she was first all-league and first all-city in 1978. In 1977, she was second all-league and sixth all-city.

Born March 4, 1961, Sherrie ran track also and enjoys sewing, cooking, camping and body surfing.

Sherrie will major in home economics and hopes to go into fashion merchandising.

TRACY TRISCO

Freshman

HS 17 Newbury Park

Tracy ran the mile and two-mile at Newbury Park High School but made her real "claim to fame" as a racewalker, competing in the AAU indoor and outdoor nationals 1975-78. She was named to the AAU International Women's Racewalk Team in 1977.

Tracy was born Oct. 15, 1961, and hasn't declared a major. She enjoys ballet, drawing and sailing.

ANNE MARIE ZAMPARDO

Freshman

HS 18 Chula Vista

Anne Marie is a small-framed 5-1 runner but was the 1978 Metro Champ and '78 CIF Champ (Section II) while at Hilltop High School.

Born July 15, 1961, Anne Marie competed in track in high school also, running a 5:13.8 in the mile.

She plans to major in business administration and enjoys the piano, macrame and sports in general.

Opponents

western collegiate
WCAA
athletic association



Riverside Invitational

SEPT. 22 AT RIVERSIDE (11 a.m.)

The Aztecs should meet some of Southern California's best teams. It will be the opening meet for the SDSU young team.

Aztec Invitational

OCT. 6 AT BALBOA PARK (10 a.m.)

Defending champion Arizona is picked to be the favorite again. The Aztecs finished second in 1978 and should give another good showing on the home course.

UCLA Invitational

OCT. 19 AT WESTWOOD (2:30 p.m.)

The University of Oregon, probably the top contender for the AIAW Cross Country national title, heads a list of teams for this invitational. The University of California won the event in 1978.

WCAA Championship

OCT. 27 AT WESTWOOD (TBA)

The WCAA contest gets tougher every year, especially with the addition of Arizona and Arizona State. The Arizona Wildcats are picked to win the championship with UCLA giving them a close second. The Aztecs should have a good showing followed by other schools Long Beach State, Arizona State and USC.

Region 8

NOV. 3 AT SACRAMENTO (TBA)

The University of California, Cal State Northridge and Cal Poly San Luis Obispo look to be strong competitors for the Region 8 crown. The Aztecs will try to improve their 1978 sixth place finish.

Results

1977

The Aztec cross country team made a good showing for their first year in operation. As a team, the squad finished third in the Aztec Invitational. Two runners, Diane Riley and Jeanne Abare finished high enough in regionals to run in the AIAW nationals.

Abare-9th in regionals
107 in nationals

Riley-25th in regionals,
120 in nationals

1978

In 1978, the Aztecs placed second in a strong Aztec Invitational field and did well in other meets. A sixth place finish at regionals was the highlight of the season. Diane Riley qualified for nationals

Riley-21st in regionals,
111 in nationals

1978 Meet by Meet Results

SAN DIEGO ALL-COMERS MEET-- Balboa Park

Aztec Jeanne Abare finished first, setting a meet and course record at 18:10.0; no team scores; 25 finishers

BERKELEY INVITATIONAL -- Tilden Park (Berkeley)

Jan Oehm of UC Berkeley set course record at 17:54.9; Abare fourth at 18:45; Berkeley 19, Long Beach State 74, SDSU 105, Chico State 123, Sacramento State 143, Cal State Hayward 182, UC Davis 211, San Francisco 251, Riverside NTS; 71 finishers.

AZTEC INVITATIONAL -- Balboa Park

Joan Hanson of Arizona set a course and meet record, 17:55; Aztec Diane Riley was third at 18:13; Arizona 30, SDSU 80, Long Beach State 81, Phoenix College 84, S.D. Track Club Open 96; Texas-El Paso 169, Orange Coast 173, Glendale CC 214, S.D. Track Club 224; 94 finishers.

LONG BEACH INVITATIONAL -- El Dorado Park

Riley and Abare set a course and meet record at 18:15.0 (tie); Long Beach 25, SDSU 32, USC 79; 22 finishers.

UCLA INVITATIONAL -- Campus Course

Ann Richter of UC Berkeley set a meet and course record at 17:31.9; Abare 13th at 18:49; Berkeley 18, UCLA 38, Long Beach State 80, SDSU 127, Pomona 159, UC Irvine 166, USC 185, Cal State LA 192, Premier Track Club 308; 69 finishers.

WAIAW REGION 8 CHAMPIONSHIP -- El Dorado Park

Julie Brown of Cal State Northridge set meet and course record at 17:02; Riley 21st at 18:15; Berkeley 32, Northridge 58, Cal Poly SLO 61, UCLA 102, Hawaii 188, SDSU 240, Stanford 249, Sacramento 253, Hayward 262, Cal Lutheran 282, UC Santa Barbara 286, Long Beach State 329, Cal Poly Pomona 333, UC Irvine 341, San Diego 364, Claremont 434, UC Riverside 506, San Francisco 531; 154 finishers.

AIAW NATIONALS -- Denver, Colo.

Mary Decker of Colorado won in 16:59.4; Lori Thrupp of Stanford was No. 1 runner from Region 8 in 17:40.5; Riley finished 111th in 18:59.

Special Notes

Last year's No. 1 and No. 2 runners Diane Riley and Jeanne Abare work out in San Clemente Canyon.



Aztec Invitational

The University of Arizona will be trying to keep their Aztec Invitational streak of victories going when the SDSU-hosted event takes place this Oct. 6.

Arizona has won the honors since the meet began for women in 1977.

Wildcat Joan Hansen has the best mark on the 5,000 meter Balboa Park course (17:55.2), winning in 1978. Sister Joy Hansen won in 1977.

The 1979 field will also be strong with UTEP, Phoenix College, UCLA and Long Beach State entered, to name a few.

Co-Captains

The 1979 co-captains are sophomore Valinda Hoagland and junior Lynn Kanuka.

TOP FINISHERS

Joan Hansen, Arizona
Robin Tracey, Antelope
Diane Riley, SDSU
Joy Hansen, Arizona
Debbie Rozak, Arizona
Majorie Kaput, Arizona
Sue Krann, SDTC Open
Jeanne Abare, SDSU
Lori Jewell, Long Beach
Lauri Cline, Phoenix C.

Organizations

SDSU
AZTECS



western collegiate
WCAA
athletic association

University

From its humble founding in 1897 under a local board of trustees to the present day where degrees are earned in 123 areas, San Diego State University has seen many successful faces, not only excelling in the area of athletics but also academics.

The sixth president of this institution, Dr. Thomas B. Day, has taken a major interest in Aztec athletics. His support and leadership have put academics and athletics in their proper perspective -- hand in hand.

QUICK FACTS

President: Dr. Thomas B. Day
Location: San Diego, Calif.
Enrollment: 33,000
Athletic Director: Gene Bourdet
Associate Athletic Director: Mary Alice Hill
Head Cross Country Coach: Fred LaPlante
Head SID: Bruce Herman
Assistant SID: Lacy Lee Baker
Nickname: Aztecs
Colors: Scarlet & Black
Conference: WCAA
Course: Balboa Park

Conference

On Sept. 29, 1976, five college institutions with nationally recognized intercollegiate women's athletic programs met to have their first formal meeting as the Western Collegiate Athletic Association. In 1979, two more schools joined, making the WCAA what it is today.

Corporately, Cal State Fullerton, Long Beach State, San Diego State, UCLA, USC, Arizona and Arizona State have formed to make one of the nation's most competitive and powerful women's intercollegiate athletic conferences in the nation.

Affiliation

The Association for Intercollegiate Athletics for Women (AIAW) was established in 1971, by women in athletics, to provide governance and leadership dedicated to the assurance of standards of excellence and

educational soundness in women's intercollegiate athletics.

Within the AIAW, SDSU is a member of Region 8, which encompasses California, Nevada and Hawaii.

Schedule

SEPTEMBER

15	Red & Black Meet (Intrasquad)	Balboa Park (5000 meters)	10 a.m.
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22	Riverside Invit.	Riverside	11 a.m.
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OCTOBER

6	Aztec Invitational	Balboa Park (5000 meters)	10 a.m.
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19	UCLA Invitational	Westwood (5000 meters)	2:30 p.m.
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27	WCAA Championship	UCLA	TBA
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NOVEMBER

3	WIAW Region 8 Championship	Sacramento	TBA
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17	AIAW National Championship	Tallahassee, Fla.	1 p.m.
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