2001-02 Bulldog Schedules

2001 Cross Country

<table>
<thead>
<tr>
<th>DATE</th>
<th>MEET (LOCATION)</th>
<th>Intrasquad Meet (Thousand Hills St. Park)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 25</td>
<td>@ Western Illinois Invit. (Macon)</td>
<td></td>
</tr>
<tr>
<td>Sept. 1</td>
<td>@ UNO/Creighton Invit. (Macon)</td>
<td></td>
</tr>
<tr>
<td>Sept. 8</td>
<td>@ Illinois State Invit. (Ames)</td>
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</tr>
<tr>
<td>Sept. 14</td>
<td>Founders' Day Run (PS) (Minneapolis)</td>
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</tr>
<tr>
<td>Oct. 6</td>
<td>@ All-Missouri/Border States (Edwardsville, Ill.)</td>
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<tr>
<td>Oct. 13</td>
<td>Bulldog 5K (PS) (Emporia, Kan.)</td>
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</tr>
<tr>
<td>Oct. 20</td>
<td>@ MIAA Championships (Emporia, Kan.)</td>
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<tr>
<td>Nov. 3</td>
<td>@ South Central Regional (Joplin, Mo.)</td>
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<tr>
<td>Nov. 17</td>
<td>NCAA Div. II Championships (Slippery Rock, Pa.)</td>
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2001-02 Indoor Track & Field

<table>
<thead>
<tr>
<th>DATE</th>
<th>MEET (LOCATION)</th>
<th>Iowa State Holiday Classic (Ames)</th>
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<tbody>
<tr>
<td>Dec. 7</td>
<td>@ University of Iowa Open (Iowa City)</td>
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<tr>
<td>Jan. 12</td>
<td>@ Bill Hillenbrand Invitational (Vermillion, S.D.)</td>
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<tr>
<td>Jan. 19</td>
<td>@ Iowa State Open (Ames)</td>
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</tr>
<tr>
<td>Feb. 1</td>
<td>@ Augustana Triangular (Rock Island, Ill.)</td>
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</tr>
<tr>
<td>Feb. 8-9</td>
<td>Mule Relays (Warrensburg)</td>
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</tr>
<tr>
<td>Feb. 16</td>
<td>@ Knox Invit. (Galesburg, Ill.)</td>
<td></td>
</tr>
<tr>
<td>Feb. 22-23</td>
<td>@ MIAA Championships (Joplin)</td>
<td></td>
</tr>
<tr>
<td>Mar. 8-9</td>
<td>NCAA Div. II Championships (Boston)</td>
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2002 Outdoor Track & Field

<table>
<thead>
<tr>
<th>DATE</th>
<th>MEET (LOCATION)</th>
<th>Vernon Kennedy Heptathlon (Warrensburg)</th>
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<tbody>
<tr>
<td>Mar. 22-23</td>
<td>@ Augustana Opener (Rock Island, Ill.)</td>
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<tr>
<td>Mar. 30</td>
<td>Truman Open (Emporia, Kan.)</td>
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<tr>
<td>Apr. 6</td>
<td>@ Division II Challenge (Emporia, Kan.)</td>
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<tr>
<td>Apr. 19</td>
<td>@ Mule Relays (Warrensburg)</td>
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<tr>
<td>Apr. 25-27</td>
<td>@ Drake Relays (Des Moines, Iowa)</td>
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<tr>
<td>Apr. 27</td>
<td>@ Missouri-Kansas City Invit.</td>
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<tr>
<td>Apr. 28-29</td>
<td>@ MIAA Heptathlon (Joplin)</td>
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<tr>
<td>May 4-5</td>
<td>@ MIAA Championships (Emporia, Kan.)</td>
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<tr>
<td>May 11</td>
<td>@ Emporia St. Twilight Qual. (Emporia, Kan.)</td>
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<tr>
<td>May 23-25</td>
<td>NCAA Div. II Championships (San Angelo, Texas)</td>
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2002 NCAA DII Qualifying Standards

Indoor

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<tr>
<th>Event</th>
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<td>60 Meters</td>
<td>7.48</td>
<td>7.76</td>
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<td>55-Meter Hurdles</td>
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<td>8.39</td>
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<tr>
<td>400 Meters (&lt;200m/220 yds)</td>
<td>56.00</td>
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<td>55.1</td>
<td>57.60</td>
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<tr>
<td>(over 200m/220 yds)</td>
<td>54.80</td>
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<td>800 Meters (&lt;200m/220 yds)</td>
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<tr>
<td>(200m/220 yds-flat)</td>
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<tr>
<td>(over 200m/220 yds)</td>
<td>2:10.20</td>
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<td>Mile # (&lt;200m/220 yds)</td>
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<td>(200m/220 yds-flat)</td>
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<td>4:54.2</td>
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<td>(over 200 m/220 yds)</td>
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<td>5,000 Meters (&lt;200m/220 yds or less)</td>
<td>17:00.00</td>
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<td>(200m/220 yds-flat)</td>
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<td>1,600 M Relay (&lt;200m/220 yds)</td>
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<td>3:45.7</td>
<td>3:55.00</td>
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<tr>
<td>(over 200m/220 yds)</td>
<td>3:43.20</td>
<td>3:42.9</td>
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<tr>
<td>Mile Relay (&lt;200m/220 yds)</td>
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<td>(over 200m/220 yds)</td>
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Outdoor

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<th>PROVISIONAL FAT</th>
<th>PROVISIONAL MT</th>
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<td>5,000 Meters</td>
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<td>18:00.00</td>
<td>17:59.7</td>
</tr>
<tr>
<td>10,000 Meters</td>
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<td>38:00.00</td>
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<tr>
<td>100-Meter Hurdles</td>
<td>13.80</td>
<td>-</td>
<td>14.65</td>
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<tr>
<td>400-Meter Hurdles</td>
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<td>400-Meter Relay</td>
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<td>Mile Relay</td>
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</tbody>
</table>

#Size of track     #Altitude adjustment available

2001-02 Truman Women’s Track & Field/Cross Country Media Guide
Quick Facts

Location: Kirksville, Mo. 63501
President: Dr. Jack Magruder
Director of Athletics: Jerry Wollmering
Founded: 1867
Enrollment: 6,300
Nickname: Bulldogs
Colors: Purple & White
Conference: Mid-America Intercollegiate Athletics Association
Affiliation: NCAA Division II

Head Coach: John Cochrane
Years Coaching at Truman: 22nd year
Alma Mater: Iowa State ('68)
Office Phone: (660) 785-4341
Cross Country Course: Kirksville Country Club
Outdoor Track: Gardner Track
First Year of Cross Country: 1975
First Year of Track: 1973

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NEWSPAPERS
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Quincy, IL 62306
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Fax: (217) 221-3395

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St. Louis, MO 63101
800-365-0820
Fax: (314) 340-3070

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Kansas City, MO 64108
(816) 234-4355
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Fax: (217) 222-5078

WGEM
Chris Broughton
513 Hampshire St.
Quincy, IL 62301
(660) 728-6600
Fax: (217) 224-5786

ON THE COVER: LARGE PICTURE: Senior Megan Williams; TOP TO BOTTOM: Senior Karena Singleton, junior Jill Lowry and seniors Jamille Curry, Beth Luebbering and Kasye Hahn

Copy & Research: J.R. Belew
Assistant Editor: Melissa Ware ('87)

Cover Design: Amanda Stockham
Photography: Tim Barcus ('89), John Cochrane & Joanna Hoag

Printed by Truman Center for Printing and Publications

Visit the Truman Athletics Website at:
gobulldogs.truman.edu
Head Coach
John Cochrane

John Cochrane is in his 22nd season as head coach of the women's cross country and track and field teams at Truman. His teams have won five Mid-America Intercollegiate Athletics Association track & field championships and one cross country crown in his career.

In 2001, he guided the cross country team to a third-place finish in the MIAA, marking the 17th time in the last 21 years that the Bulldogs have placed in the top four at the conference meet. That includes the team's first ever conference championship in 2000, seven second-place, five third-place and four fourth-place team finishes. The Bulldogs recorded their highest NCAA regional finish in 1990 with a second-place showing.

Over the last three years, his indoor track & field teams have placed in the top two at the MIAA meet. During the same span, his outdoor squads have been in the top three. The 1999-2000 squads claimed both the MIAA indoor and outdoor championships. The outdoor title was the team's first since 1983, while the indoor crown was last won by the Bulldogs in 1989-90.

When the Bulldogs won the MIAA outdoor track title in 1983, Cochrane was voted MIAA Coach of the Year. In 1999 indoor season, he was named MIAA Coach of the Year and the USTCA Great Lakes Coach of the Year for women's indoor track. In 2000, Cochrane was named the conference's indoor coach of the year and followed up with the outdoor honor later that year. He was also named the conference's cross country coach of the year for 2000.

Since Cochrane's arrival in 1980 at Truman, the Bulldog track program has produced 22 all-American performers and two national champions.

In 1990, the Bulldog track team charted its highest finish at the national indoor and outdoor championship meets, placing eighth and 10th, respectively. In that season, Cochrane led his team to its second consecutive indoor MIAA title.

Cochrane is a 1968 graduate of Iowa State University and received a master's degree in physical education from Truman in 1982. He has been in the coaching field for 32 years, including an 11-year stint at Williamsburg (Iowa) Community School. While there, Cochrane led his 1978 and 1979 cross-country teams to fifth-place finishes at the Iowa 2-A state meet, and in 1978, his track squad finished fourth in state competition. Prior to coaching at Williamsburg, Cochrane directed all sports at Colo, Iowa, for one year.

Cochrane received the Distinguished Service Award from the NCAA Division II cross-country coaches for his contributions to the sport in 1992. He was a 1996 recipient of the NCAA Division II Track Coaches Distinguished Service Award.

Cochrane and his wife, Christina, have two sons, David and Douglas.

Assistant Coach
Michelle Baier

Michelle Baier is in her third season as assistant coach for the women's track and field team. She focuses on coaching the throwers and also works with the sprinters at Truman. Baier also coordinates meet management for the Bulldogs.

She came to Truman in August of 1999 after serving the four previous seasons as a graduate assistant coach and also as an assistant coach at Pittsburg State University (Kan.), her alma mater.

While attending Pittsburg State, Baier was a member of the women's track and field team and was a three-time NCAA Division II qualifier in the javelin and shot. She was also a nine-time all-Mid-America Intercollegiate Athletics Association performer indoors and outdoors at Pittsburg. In 1995, she was the indoor conference shot put champion.
Bulldogs Return Solid Core in '01-02

Entering the 2002 indoor and outdoor seasons, the Bulldogs look to be on par with recent years. Much of the talent from the last few of seasons, all top three conference finishes indoors and out, is back in 2002.

The 2002 campaign will be the final appearance for many of the All-Americans, including seniors Jamille Curry, Kasey Hahn, Beth Luebbering, Karena Singleton and Megan Williams.

The 'Dogs lost only a handful of performers from last year, chiefly All-America pole vaulter Kristi Morton and their top hammer thrower, Heidi Shearer. Those two losses will leave Truman somewhat weaker in those events, but still with a solid core returning.

"On paper we look to be pretty good with a lot of talented people back," says head coach John Cochrane, who's in his 22nd year as the women's head coach. "But because of injuries and things, we're not where you'd expect us to be."

Who's hurt? Cochrane says the question should be, "Who hasn't been?"

Almost all of the sprinters and hurdlers have battled nagging health concerns. A few of the distance runners have also been limited in the early-going by injury.

None of the aches, pains, pulls, strains or sprains figures to shut anyone down for the season. But they've played a role in tuning up for the campaign.

While the 'Dogs get tuned up for the 2001-02 season, a good portion of the Mid-America Intercollegiate Athletics Association looks tough. Cochrane says the MIAA is also undergoing a "reshuffling" of sorts. That is, some middle-of-the-pack teams are gaining ground on the top squads.

In all, Truman returns nine athletes with national championship experience, including seven All-Americans.

The 'Dogs figure to be strong again in the sprints and hurdles. Senior Megan Williams is a two-time outdoor All-America in the 100-meter hurdles and will be shooting for her third indoor 55-meter and third outdoor 100-meter MIAA championships.

In the sprints, Truman returns its entire cast, led by junior Jill Lowry and seniors Jamille Curry and Kasey Hahn. Lowry captured the MIAA outdoor titles last year in the 100- and 200-meter dashes, while Hahn and Curry have combined to take the last two MIAA outdoor 400-meter crowns.

Hahn and Curry last year were joined by now sophomores Candi Jones and Sara Jessen on the All-America, school record-setting and conference champion 4x400-meter relay team. Jones also won the MIAA indoor title in 2001 in the 600-yard run and was all-MIAA in the outdoor 400 meters. Jessen earned all-league in both events as well, and added MIAA honors in the indoor 55-meter hurdles and outdoor 400-meter variety.

Senior Beth Luebbering figures to be even stronger this year than she was in 2001, a year that saw her slowed by injury. But even while recovering, Luebbering managed to add her 10th MIAA championship in the 2001 outdoor season as she won the 10,000 meters and advanced to the national meet. In the 2001 cross country season, Luebbering, an academic all-America, earned all-conference and all-region honors.

Luebbering leads a deep field of distance runners, which also benefits from the return of junior Jennifer Tesmer, the MIAA runner-up in the 10,000-meter run last year. Tesmer and senior Emily Komiskey were all-region honorees in the recently completed cross country season.

Truman also sees the return of senior Amy Johnson and sophomore Sonya Yamnitz, the team's two best steeplechasers last year in what was a new event for the women. Junior Alisha Smyth should add depth in the longer distance events, and Cammie Ewing and Bridget Luebbering team with Johnson and Yamnitz for potential in the middle-distances.

In the field events, Truman took its biggest hit with the loss of Morton, a two-time All-America pole vaulter. While the 'Dogs will be young in that event, All-America triple jumper Karena Singleton will be back for her final season. Singleton also teamed with Williams, Lowry and Curry to capture last year's outdoor MIAA 4x100-meter relay crown, the team's fourth straight in that event.

The 'Dogs have little depth in the throws, where junior Becky Kudrna is the team's lone returnee with much experience. Kudrna placed eighth outdoors in the MIAA last year in the hammer and was ninth in the discus.

Several talented freshmen also factor into the mix. Christina Winkler shows promise in the hurdles, while Karla Jordan has a strong future in the jumps. Candace Hoskins, Niki Moore and Dani Rawlings may help in the distance events. Merande Green is developing in the pole vault.
2001-02 Track & Field Roster

Name | In/Out | Hometown | High School/Previous | Event
--- | --- | --- | --- | ---
Jamille Curry | Sr./Sr. | Chicago | Morgan Park | Sprints
Cammie Ewing | Fr./Fr. | Hannibal, Mo. | Hannibal | Mid-Distance
Merande Green | Sr./Sr. | Independence, Mo. | Blue Springs | Pole Vault
Kasey Hahn | Fr./Fr. | St. Louis | Ladue-Horton Watkins | Sprints
Sara Jessen | So./So. | Grandview, Mo. | Grandview | Mid-Distance
Amy Johnson | Sr./Sr. | Brookfield, Mo. | Brookfield | Hurdles
Candi Jones | So./So. | Blue Springs, Mo. | Blue Springs South | Distance
Karla Jordan | Fr./Fr. | Oskaloosa, Iowa | Oskaloosa | Sprints
Emily Komiskey | Sr./Sr. | Liberty, Mo. | Liberty | Jumps
Becky Kudrna | Jr./Jr. | Jefferson City, Mo. | Dubuque Wahlert | Distance
Brandy Leffler | Jr./Jr. | Gibbs, Mo. | Jefferson City Helias | Throws
Jill Lowry | Jr./Jr. | Jefferson City, Mo. | Brashear | Distance
Beth Luebbering | So./So. | St. Thomas, Mo. | Jefferson City Helias | Distance
Jackie McDuffey | So./So. | Pineville, Mo. | Jefferson City Helias | Distance
Niki Moore | Fr./Fr. | Bowling Green, Mo. | McDonald County | Mid-Distance
Dani Rawlings | Fr./Fr. | Fargo, N.D. | Bowling Green | Hurdles
Suzanne Schmidt | Jr./Jr. | Omaha, Neb. | Fargo South | Hept.
Karena Singleton | Sr./Sr. | Glenwood, Ill. | Elkhorn | Distance
Alisha Smyth | Jr./Jr. | Fairbanks, Alaska | Homewood-Flossmoor | Distance
Jennifer Tesmer | Jr./Jr. | Harrisonville, Mo. | Lathrop | Distance
Megan Williams | Sr./Sr. | Columbia, Mo. | Harrisonville | Distance
Christina Winkler | Fr./Fr. | High Ridge, Mo. | Hickman | Hurdles
Sonya Yamnitz | So./So. | Hallsville, Mo. | Northwest | Hurdles/Hept.
Leah Zidon | Jr./Jr. | Bondurant, Iowa | Jefferson City Helias | Distance

* Letters earned  # Returning squadmember

2001 Cross Country Roster

Name | Year | Hometown | High School
--- | --- | --- | ---
Cammie Ewing | Jr. | Hannibal, Mo. | Hannibal
Angie Haddock | Jr. | Columbia, Mo. | Hickman
Joanna Hoag | So. | Manhattan, Kan. | Manhattan
Candace Hoskins | Fr. | Grandview, Mo. | Grandview
Amy Johnson | Sr. | Blue Springs, Mo. | Blue Springs South
Emily Komiskey | Sr. | Galena, Ill. | Dubuque Wahlert
Brandy Leffler | Sr. | Gibbs, Mo. | Brashear
Beth Luebbering | Sr. | St. Thomas, Mo. | Jefferson City Helias
Bridge Luebbering | So. | St. Thomas, Mo. | Jefferson City Helias
Taran May | So. | Chillicothe, Mo. | Chillicothe
Nikki Moore | Fr. | Bowling Green, Mo. | Bowling Green
Dani Rawlings | Fr. | Fargo, N.D. | Fargo South
Suzanne Schmidt | Jr. | Omaha, Neb. | Elkhorn
Jody Shanks | Sr. | Liberty, Mo. | Liberty
Alisha Smyth | Jr. | Fairbanks, Alaska | Lathrop
Jennifer Tesmer | Jr. | Harrisonville, Mo. | Harrisonville
Sonya Yamnitz | So. | Hallsville, Mo. | Jefferson City Helias
Leah Zidon | Jr.. | Bondurant, Iowa | Bondurant-Farrar

Senior Amy Johnson is part of Truman’s solid stable of distance runners.
Returning All-Americas

**Jamille Curry**
Senior, Sprints
Chicago (Morgan Park)

*Truman: 2000-01 - Won the MIAA outdoor championship in the 400-meter dash, also setting the school record, and placed second in the 200 ... NCAA outdoor qualifier in the 400-meter dash and with the all-America and school-record breaking 4x400-meter relay team that placed fifth at the national meet and won the conference title ... was also on the conference championship-winning 4x100-meter relay squad ... placed third indoors in the 400 meters and fourth in the 200 at the MIAA Championships ... served on the second-place mile relay squad. 1999-00 - Earned all-MIAA honors outdoors in the 400-meter dash by placing sixth ... was also all-MIAA in the 4x400-meter relay which finished second and went on to place eighth at the NCAA Division II Championships ... placed second in the 400-meter dash at the MIAA Indoor Championships ... had a leg on the mile relay squad that set a new school record with a time of 3:57.73 at the Central Missouri Classic. 1998-99 - A USTCA All-Academic Team member ... national qualifier outdoors with the 4x100-meter relay squad ... was part of the first-place 4x100 and 4x400-meter relay teams at the MIAA meet, earning another all-conference honor with a sixth-place finish in the 400-meter dash ... earned all-MIAA honors indoors with the second-place mile relay team ... won individual all-conference accolades in the 600-yard run.*

**High School:** Curry ran track all four years. Her team was state champion in 1994-96. Curry also participated on the Fire Starters club team. She set the school record in the 300-meter run (44.01) in 1997.

**Personal:** Born Jan. 11, 1980, in Chicago ... the daughter of Sammy and Edna Curry ... a health/premedicine major.

### Curry's Bests

**INDOOR**
- 55m: 7.64
- 200m: 25.95
- 300m: 42.40
- 400m: 50.18
- 600y: 1:29.01
- 800m: 2:28.09
- Triple jump: 33.35

**OUTDOOR**
- 100m: 12.52
- 200m: 24.50
- 400m: 56.06
- Triple jump: 33.75

**Sara Jessen**
Sophomore, Sprints/Hurdles
Brookfield, Mo. (Brookfield)

*Truman: 2000-01 - Collected all-America honors in her first collegiate outdoor season as part of the 4x400-meter relay team that came in fifth at the NCAA Division II meet, won the conference title and set the school record ... earned an individual provisional qualification in the 400-meter hurdles, an event in which she placed fourth in the MIAA.*

**High School:** A four-year letterwinner in track & field, softball and basketball ... placed third at state twice in the 100-meter hurdles and took third in the 300-meter hurdles as a junior ... finished fifth in the 300 hurdles as a senior ... was a three-time all-conference selection in softball ... was also a two-time all-district honoree in softball ... started all four years as a pitcher in softball and as a guard in basketball.

**Personal:** Born June 5, 1982 in Brookfield, Mo. ... the daughter of Kirk and Susan Jessen ... a chemistry major.

### Jessen's Bests

**INDOOR**
- 55mH: 8.46
- 60mH: 9.40
- 400mH: 1:00.99
- 600m: 1:35.09
- 600mH: 1:14.21

**OUTDOOR**
- 100mH: 15.24
- 400mH: 1:02.53

**Kasye Hahn**
Senior, Sprints
St. Louis (Ladue-Horton Watkins)

*Truman: 2000-01 - A national qualifier in the 400-meter dash while also serving on the all-America and school-record breaking 4x400-meter relay squad that came in fifth at the NCAA meet and won the MIAA title ... finished as runner-up in the 400 meters at the MIAA outdoor meet, also taking seventh in the 200 ... placed second indoors in the 400-meter dash at the MIAA Championships ... was also seventh in the 200 ... was on both the mile and two-mile relay squads that were second and third, respectively, at the conference meet. 1999-00 - Won the MIAA championship in the 400-meter dash and was part of the 4x400-meter relay squad that placed second in the conference and earned all-America honors with an eighth-place finish at the Division II Championships ... picked up all-conference honors indoors with a sixth-place finish in the 600-yard run ... a member of the all-MIAA mile relay squad, which set a school record of 3:57.73. 1998-99 - Served on the MIAA championship-winning 4x400-meter relay team and was also all-conference in the 400-meter dash ... an academic all-MIAA selection indoors and outdoors ... also on the MIAA Commissioner's Academic Honor Roll ... was all-MIAA with a sixth-place finish in the 400-meter dash at the indoor MIAA meet. High School: Hahn lettered four years in track and three in field hockey. Her team was conference champion from 1996-98. Hahn was part of a first-place 4x400 relay team at the 1997 state meet. She was MVP of the track team in '97.

**Personal:** Born Nov. 6, 1979, in St. Louis ... the daughter of Dewaine Hahn ... an exercise science/pre-physical therapy major.

### Hahn's Bests

**INDOOR**
- 200m: 25.99
- 400m: 57.41
- 500m: 1:16.43
- 600y: 1:27.48
- 800m: 2:23.28

**OUTDOOR**
- 200m: 25.01
- 400m: 56.45

### Candi Jones
Sophomore, Sprints
Oskaloosa, Iowa (Oskaloosa)

*Truman: 2000-01 - Earned all-America honors as part of the 4x400-meter relay team that finished fifth at the NCAA Division II Championships, won the conference title and set the school record ... placed third in the 400 meters at the outdoor MIAA meet ... won the indoor conference title in the 600-yard run and was on the mile and two-mile relay teams that finished second and third, respectively, at the MIAA meet. High School: Four-year letterwinner in track & field and a two-time letterman in cross country ... was a four-time first-team all-conference performer in track and earned all-state honors three times ... a two-time first-team all-league performer in cross country ... a three-year letterman and starter at guard in basketball as well. Personal:** Born Sept. 3, 1982 in Oskaloosa, Iowa ... the daughter of Charles and Vicki Jones ... an exercise science/prephysical therapy major.

### Jones' Bests

**INDOOR**
- 400m: 56.90
- 600y: 1:15.12
- 800m: 2:20.94

**OUTDOOR**
- 200m: 25.80
- 400m: 56.63

**Jamille Curry (left) and Kasye Hahn have captured back-to-back All-America honors in the 4x400-meter relay.**
Returning All-Americas

Beth Luebbering
Senior, Distance/Cross Country
St. Thomas, Mo. (Helias)

Truman: 2001 Cross Country - Was the Bulldogs' top finisher in six of the seven meets in the fall ... captured her third all-conference honor in cross country by placing eighth at the MIAA meet ... earned all-region in cross country with an 11th-place showing at the South Central Regional. 2000-01 - Earned her third consecutive outdoor conference crown in the 10,000-meters and also brought home all-MIAA honors in the 3,000- and 5,000-meter events ... qualified for the NCAA Division II Championships in the 10,000-meters and placed 15th ... finished third indoors in the 5,000 meters and fifth in the 3,000 at the conference meet. '00 Cross Country - Finished 11th at the MIAA meet, helping the Bulldogs claim their first conference crown in cross country ... placed 12th at the regional. 1999-00 - MIAA champion outdoors in the 3,000, 5,000 and 10,000-meter events ... earned her second all-America honor in the 10,000-meter run when she took fifth at the NCAA Division II meet ... also placed 13th in the 3,000-meter run at the national meet and was named a first-team Verizon Academic All-America in the spring ... repeated as conference champion indoors in the 3,000 meters and also added the crown in the 5,000 meters with a conference and school record time of 17:32.18 ... also all-MIAA indoors in the mile run ... placed 10th at the NCAA Division II Indoor Championships in the 5,000-meters. '99 Cross Country - Placed in the top 10 in six meets and was the team's top finisher in each ... was second at the MIAA Championships and 17th at the Great Lakes Regional ... named to the MIAA Commissioner's Academic Honor Roll. 1998-99 - Earned all-America honors by placing sixth at the outdoor national championships in the 10,000-meter run ... won MIAA titles in the 3,000-, 5,000- and 10,000 meters ... was MIAA champion indoors in the 3,000-meter run, also receiving honors for academic all-MIAA ... was second in the 5,000 meters at the conference meet ... named to the USTCA All-Academic Team ... also an MIAA Presidential Scholar. '98 Cross Country - Finished fifth at the MIAA Championships ... was the team's top finisher (17th) at the Great Lakes Regional ... was among the team's top three runners all season and was the Bulldogs' top finisher three times ... named academic all-MIAA and an MIAA Presidential Scholar. High School: Won three letters in track and one in cross country ... placed first as a senior at the state championships in the 1,600 meters and second in the 3,200 meters, and was on the first-place 4x800-meter relay team ... first-team all-state in track and cross country. Personal: Born Oct. 26, 1979, in Jefferson City, Mo. ... the daughter of Robert and Betty Luebbering ... an agricultural science/pre-vet major.

Karen Singleton
Senior, Sprints/Triple Jump
Glenwood, Ill. (Homewood-Flossmoor)

Truman: 2000-01 - Placed 12th at the NCAA Division II outdoor meet in the triple jump and was also a national qualifier in the 200-meter dash ... placed second in the triple jump at the MIAA Championships, setting a school record with a mark of 39’-6” ... also fourth in the 200-meter dash at the MIAA meet, and served on the championship-winning 4x100-meter relay team ... finished third at the MIAA Indoor Championships with a triple jump of 37’-5” ... an NCAA Division II provisional qualifier indoors with a triple jump of 37’-5.25”. 1999-00 - Finished third in the triple jump and fourth in the 200-meter dash at the MIAA meet ... also part of the MIAA champion 4x100-meter relay team ... placed seventh in the triple jump and earned all-America accolades at the NCAA Division II outdoor meet ... set a school record with a triple jump of 39’-2.25” ... also set an indoor school record in the triple jump when she leaped 38’-3.5” for the MIAA title ... earned all-conference honors indoors swith a third-place finish in the 200-meter dash. 1998-99 - Was conference runner-up in the triple jump, and earned all-MIAA accolades in the 100 meters ... set school records indoors and outdoors in the triple jump ... Placed fourth in triple jump at the MIAA indoor meet. High School: Was a four-year letter winner in track and won the conference championship in the triple jump as a senior ... a member of the second-place 800-medley relay team at the state meet in 1997 and 1998. Personal: Born Nov. 15, 1980, in Chicago ... the daughter of Andrew and Brenda Singleton ... a visual communication/art major.

Megan Williams
Senior, Hurdles
Columbia, Mo. (Hickman)

Truman: 2000-01 - Placed seventh outdoors in the 100-meter hurdles at the NCAA Division II Championships, earning all-America honors for the second time ... broke conference and school records with a first-place time of 13.89 seconds in claiming her second straight MIAA 100-meter hurdles crown ... won her second straight MIAA indoor championship in the 55-meter hurdles with a school and conference record time of 8.11 seconds ... placed eighth for all-America honors in the 55-meter hurdles at the NCAA Division II Indoor Championships. 1999-00 - Won the MIAA championship in the 100-meter hurdles with a time of 14.22 seconds ... placed eighth in that event at the NCAA Division II meet, earning all-America accolades ... captured the indoor MIAA championship in the 55-meter hurdles, also earning all-conference honors in the 200-meter dash ... was a national qualifier indoors in the 55-meter hurdles. 1998-99 - Won all-MIAA recognition when she placed fourth in the 100-meter hurdles at the conference outdoor meet ... an MIAA Presidential Scholar and an academic all-MIAA choice indoors and outdoors ... placed third in the the 55-meter dash at the MIAA indoor meet, placing third for all-conference honors. High School: A three-year letter winner in track ... earned all-state honors and set school records in the 300- and 100-meter hurdles as a senior ... also served as captain her final season. Personal: Born July 11, 1980, in Columbia, Mo. ... the daughter of Michael and Deborah Williams ... a biology major.
Returning MIAA Champion

**Jill Lowry**

Junior, Sprints
Jefferson City, Mo. (Jefferson City)

**Truman: 2000-01** - Captured two individual conference titles by winning both the 100- and 200-meter dashes at the MIAA outdoor meet ... Contributed to the conference championship-winning 4x100-meter relay team ... Made her first NCAA Division II Championships appearance by qualifying in both the 100 and 200 meters ... Earned all-conference honors indoors in the 200- and 55-meter dashes at the MIAA Championships by placing third and fourth in the events, respectively. **1999-00** - Took second place in both the 100 and 200-meter dashes at the outdoor Truman Open ... Was part of the 4x400-meter relay team that was first at Augustana (Ill.) and Northwest Missouri ... Also ran a leg on the sprint medley relay team that placed 11th at the Drake Relays ... Served on the Bulldogs' distance medley squad that set the indoor school record at the Arkansas State Classic ... Placed second in the 600-yard run at the CMSU indoor Classic.

**High School:** Lettered four years in track and three in cross country ... A four-time state qualifier in track, earning all-state accolades as a junior and again as a senior ... Was named Most Improved on her cross country team as a junior and as a senior.

**Personal:** Born Aug. 7, 1981 in Florissant, Mo. ... the daughter of William and Valerie Lowry ... a pre-physical therapy major ... hopes to become a physical therapist.

**Returning Letterwinners**

**Cammie Ewing**

Junior, Distance/Cross Country
Hannibal, Mo. (Hannibal)

**Truman: 2001 Cross Country** - Competed in six cross country meets and collected a 16th-place finish at Western Illinois in the opener ... finished 38th at the MIAA meet. **2000-01** - Helped the two-mile relay team to a third-place finish at the MIAA Indoor Championships. **’00 Cross Country** - Finished 32nd at the All-Missouri/Border States Championships and ninth at the Miner Invitational. **1999-00** - Ewing missed the track & field seasons. **’99 Cross Country** - Finished among the team's top five in several meets ... Collected a 12th-place finish at Washington (Mo.) and a 13th-place finish at the Miner Invitational ... An MIAA Commissioner's Academic Honor Roll selection. **1998-99** - An academic all-MIAA performer indoors ... Placed second in the two-mile relay, fifth in the 800-meter run and sixth in the mile for all-conference honors ... **’98 Cross Country** - Recorded four top finishes for the Bulldogs, including a second-place finish at William Jewell ... Came in 13th at the MIAA meet.

**High School:** Earned four letters in track, two in cross country and three in softball ... Was first-team all-state and all-district in track, and was part of record-setting 4x400 and sprint medley relay teams.

**Personal:** Born April 14, 1980, in Hannibal, Mo. ... the daughter of Shawn and Ann Janes ... an exercise science/pre-physical therapy major.

**Amy Johnson**

Senior, Distance/Cross Country
Blue Springs, Mo. (Blue Springs South)

**Truman: 2001 Cross Country** - Took part in six of the seven cross country meets in the fall ... finished 21st at the Nebraska-Omaha/Creighton Invitational and 18th at Western Illinois. **2000-01** - Set the school record of 12:09.40 in the first year of the outdoor 3,000-meter steeplechase ... placed fifth in the event at the MIAA Championships ... finished seventh in the indoor mile at the conference championships with a career-best time of 5:21.80. **’00 Cross Country** - Placed 20th at the MIAA meet as the Bulldogs won their first ever MIAA cross country title ... Was 46th at the NCAA Division II South Central Regional. **1999-00** - Participated on the first-place 4x400 relay team at the outdoor Truman Open ... Placed eighth in the mile at the CMSU Classic during the indoor season. **’99 Cross Country** - Had her best finish with a 19th-place showing at the Miner Invitational ... an MIAA Commissioner's Academic Honor Roll selection. **1998-99** - Competed in the 800-, 1,500- and 3,000-meter events outdoors and ran the mile indoors. **’98 Cross Country** - Improved her time by nearly four minutes in her first season with the Bulldogs.

**High School:** A four-time letterwinner in track and also won two in cross country ... A first-team all-district performer in track ... Served as team captain as a senior.

**Personal:** Born Sept. 13, 1980, in Kansas City, Mo. ... the daughter of Mark & Patricia Johnson ... a business administration/finance major.
Returning Letterwinners

Emily Komiskey
Seniors, Distance/Cross Country
Galena, Ill. (Dubuque-Wahlert)

Truman: 2001 Cross Country - Competed in six cross country meets in the fall ... garnered all-region honors with a 15th-place finish at the South Central Regional ... placed 13th at the MIAA meet. 2000-01 - Placed eighth at Iowa State in the 3,000 meters during the indoor season. 00 Cross Country - Finished 33rd at the MIAA Championships as the Bulldogs claimed their first conference crown ... Took 10th at the Miner Invitational. 1999-00 - Finished 13th in the 3,000 meters and eighth in the 5,000 at the outdoor MIAA meet. Came in second outdoors in the 5,000 at the Mule Relays. 99 Cross Country - Was among Truman's top five all season, and she finished 17th at the MIAA Championships ... Had four top-25 finishes ... An MIAA Commissioner's Academic Honor Roll selection. 1998-99 - Earned all-MIAA honors outdoors in the 3,000 meters, finishing eighth ... Was part of the MIAA's second-place two-mile relay team at the indoor league championships. 98 Cross Country - Garnished a seventh-place finish at William Jewell and also collected a 11th-place showing at the Miner Invitational. 98 Cross Country - Finished 13th in the 3,000 meters during the indoor season. Senior Emily Komiskey was one of three Truman cross country athletes to earn All-Region accolades in 2001, joining Jennifer Tesmer and Beth Luebbering. Junior Suzanne Schmidt (back left) garnered top-25 showings at the MIAA and regional cross country championships.

Brandy Leffler
Seniors, Distance/Cross Country
Gibbs, Mo. (Brashear)

Truman: 2001 Cross Country - Ran in four cross country meets during the fall ... finished 12th in the season opener at Western Illinois. 2000-01 - Was eighth in both the 1,500- and 5,000-meter runs at the MIAA Outdoor Championships ... Placed fifth in the mile at the indoor Iowa Open. 00 Cross Country - Finished 10th at the William Jewell Invitational. 1999-00 - Finished 10th outdoors in the 3,000 meters at the MIAA meet. 99 Cross Country - Was among the Bulldogs' top five runners all season ... Finished seventh at the Washington (Mo.) and Miner Invitationals ... Came in 25th at the MIAA Championships. 1998-99 - Competed in the 3,000-meter run and the two-mile relay at the MIAA indoor meet and was second in both for all-MIAA honors ... Was part of the school record-holding indoor distance medley team. 98 Cross Country - Had her top finish at the Miner Invitational, where she placed 11th. 98 Cross Country - Finished 14th at William Jewell and 24th at the Miner Invitational. 98 Cross Country - Finished 14th at William Jewell and 24th at the Miner Invitational. High School: Lettered four years in track and basketball and earned another in cross country ... Finished first in the 3,200-meter run at the state meet and second in the 1,600-meters. Personal: Born Oct. 6, 1979, in Lincoln City, Ore. ... the daughter of Bill and Karen Leffler ... an exercise science management major.

Bridget Luebbering
Sophomore, Distance/Cross Country
St. Thomas, Mo. (Helias)

Truman: 2000-01 - Did not compete in the outdoor portion of the season ... Finished eighth indoors in the 800-meters at the MIAA Championships and also earned third-place finishes in the mile at both the Mule Relays and Cyclone Holiday Classic with the squad's two fastest miles of the season. 00 Cross Country - Finished 14th at William Jewell and 24th at the Miner Invitational. High School: Lettered four years in track and two in cross country ... A four-time all-conference, all-district and all-state performer in track and was part of the four-time state champion 4x800-meter relay team ... Helped her high school squad to state track & field championships in 1997 and '98. Personal: Born Sept. 11, 1981 in Jefferson City, Mo. ... the daughter of Robert and Betty Luebbering ... a psychology major ... the sister of Truman all-America Beth Luebbering.
Returning Letterwinners

Jackie McDuffey
Sophomore, Hurdles/Heptathlon
Pineville, Mo. (McDonald County)

Truman: 2000-01 - A national qualifier outdoors in the 400-meter hurdles after turning in a time of 1:01.74 for second place in the event at the MIAA Championships ... Earned all-conference honors in the heptathlon with a fourth-place finish and in the 100-meter hurdles with a sixth-place showing ... Earned all-MIAA honors indoors in the 55-meter hurdles (third place) and 400-meter dash (fifth place) ... Also served on the MIAA runner-up mile relay team.

High School: A four-year letterwinner in track & field and a two-year honoree in basketball ... was all-state twice in the high jump and once in the 300-meter hurdles ... set school records in the 300-meter hurdles and was on record setting 4x400- and 4x800-meter relay teams.

Personal: Born April 14, 1990 in Bakersfield, Calif. ... the daughter of Rick Sterner and Sharon McDuffey ... majoring in physical therapy.

Jody Shanks
Senior, Distance/Cross Country
Liberty, Mo. (Liberty)

Truman: 2001 Cross Country - Competed in all seven cross country meets in the fall, collecting a 17th-place finish at the MIAA meet and 29th at the South Central Regional ... finished 22nd at the All-Missouri/Border States Invitational ... was also eighth at Western Illinois and 11th at the UNO/Creston Invitational. 2000-01 - Was fourth in the 1,500-meter run and eighth in the 800 meters at the MIAA Outdoor Championships ... Finished eighth in the 5,000-meter run and 11th in the 3,000 at the MIAA indoor meet. '00 Cross Country - Captured fifth place at the Miner Invitational. 1999-00 - Finished 15th in the 800 meters at the outdoor MIAA meet ... Placed eighth in the 800 meters and was on the fourth-place two-mile relay team at the conference indoor championships. '99 Cross Country - Had an 11th-place finish at the Southern Stampede and was 14th at the MIAA Championships. 1997-98 - Earned all-MIAA honors in the 1,500 meters ... Named academic all-MIAA ... Took fifth in both the 800-meter run and the mile at the MIAA indoor meet, earning all-league honors. '97 Cross Country - Placed 13th at the MIAA indoor championships and was the squad's No. 2 finisher at the Great Lakes Regional.

High School: A four-year letterwinner in track ... Also won three letters in volleyball and one in cross country ... Was all-city in cross country and all-conference in volleyball.

Personal: Born Feb. 16, 1979, in Dodge City, Kan. ... the daughter of Dennis and Vicki Shanks ... an exercise science/pre-physical therapy major ... hopes to become a physical therapist.

Suzanne Schmidt
Junior, Distance/Cross Country
Omaha, Neb. (Elkhorn)

Truman: 2001 Cross Country - Saw action in all seven cross country meets in the fall ... usually finished among the Bulldogs' top five ... placed fourth at Western Illinois and fifth at the Nebraska-Omaha/Creston Invitational ... finished 23rd at the South Central Regional and 24th in the MIAA. 2000-01 - Did not compete in the indoor or outdoor seasons. '00 Cross Country - Placed 11th as Truman's top finisher at the South Central Regional ... Was 18th at the MIAA Championships. 1999-00 - Placed ninth and 11th in the 1,500 and 3,000-meter runs, respectively, at the MIAA Outdoor Championships ... Finished second in the 1,500 meters at the Augustana (Ill.) outdoor meet ... Came in seventh in the 3,000-meter run and 13th in the 5,000 at the MIAA indoor meet ... Tallied a second-place in the 3,000 at the CMSU Classic indoors. '99 Cross Country - Had her best finish when she placed 12th at the Miner Invitational.

High School: Won three letters in track and cross country ... Set school records in the mile and two-mile runs, and was also part of the school record-setting distance medley relay team ... helped her team to a cross country state title as a senior.

Personal: Born Dec. 17, 1979 in Lombard, Ill. ... the daughter of David and Lois Schmidt ... majoring in Spanish and English.

Alisha Smyth
Junior, Distance/Cross Country
Fairbanks, Alaska (Lathrop)

Truman: 2001 Cross Country - Took part in six of the seven cross country meets in the fall ... collected an 11th-place finish at the season-opening Western Illinois Invitational ... finished 26th at the MIAA meet. 2000-01 - Finished fourth in the 10,000-meter run at the MIAA outdoor meet ... Placed ninth in both the 3,000 and 5,000-meter events at the MIAA Indoor Championships. '00 Cross Country - Finished 38th at the MIAA Championships. Was eighth at the Miner Invitational. 1999-00 - Smyth '99 Cross Country - Finished 14th at the Washington (Mo.) Invitational and 16th at the Miner Invitational. 1999-98 - Saw action in several distance races in the outdoor season ... Recorded her personal best time with a 14th-place finish in the 3,000-meter run at the Truman Open ... Finished fourth in the 3,000 at Truman's home meet with NWMSU. '98 Cross Country Did not compete.

High School: A three-time letterman in cross country ... Also earned one letter in track and two in soccer ... Voted most improved in the soccer and cross country.

Personal: Born April 14, 1980, in Fairbanks, Alaska ... the daughter of William and Lucy Smyth ... majoring in English and history.

Vicki Shanks
Senior, Distance/Cross Country
Liberty, Mo. (Liberty)

Truman: 2001 Cross Country - Competed in all seven cross country meets in the fall, collecting a 17th-place finish at the MIAA meet and 29th at the South Central Regional ... finished 22nd at the All-Missouri/Border States Invitational ... was also eighth at Western Illinois and 11th at the UNO/Creston Invitational. 2000-01 - Was fourth in the 1,500-meter run and eighth in the 800 meters at the MIAA Outdoor Championships ... Finished eighth in the 5,000-meter run and 11th in the 3,000 at the MIAA indoor meet. '00 Cross Country - Captured fifth place at the Miner Invitational. 1999-00 - Finished 15th in the 800 meters at the outdoor MIAA meet ... Placed eighth in the 800 meters and was on the fourth-place two-mile relay team at the conference indoor championships. '99 Cross Country - Had an 11th-place finish at the Southern Stampede and was 14th at the MIAA Championships. 1997-98 - Earned all-MIAA honors in the 1,500 meters ... Named academic all-MIAA ... Took fifth in both the 800-meter run and the mile at the MIAA indoor meet, earning all-league honors. '97 Cross Country - Placed 13th at the MIAA indoor championships and was the squad's No. 2 finisher at the Great Lakes Regional.

High School: A four-year letterwinner in track ... Also won three letters in volleyball and one in cross country ... Was all-city in cross country and all-conference in volleyball.

Personal: Born Feb. 16, 1979, in Dodge City, Kan. ... the daughter of Dennis and Vicki Shanks ... an exercise science/pre-physical therapy major ... hopes to become a physical therapist.

McDuffey's Bests

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Shanks' Bests

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Smyth's Bests

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Schmidt's Bests

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Returning Letterwinners

Jennifer Tesmer
Junior, Distance/Cross Country
Harrisonville, Mo. (Harrisonville)

Truman: 2001 Cross Country - Among the Bulldogs’ top four finishers throughout the cross country season … earned all-region honors with a sixth-place showing at the South Central Regional … her regional time of 22:31.1 was a mere six seconds from the last individual national qualifying spot … finished 11th at the MIAA meet and 14th at the All-Missouri/Border States Invitational. 2000-01 - Placed second in the 10,000 meters at the MIAA Outdoor Championships and was fifth in both the 3,000- and 5,000-meter events … Finished fourth at the MIAA indoor meet in the 5,000-meter run, and also brought home sixth in the 3,000 meters … Earned a provisional qualifying mark at the Mule Relays with a time of 17:51.12 in the 5,000 meters. ’00 Cross Country- Among the Bulldogs’ top four runners all season … Collected a first-place finish at the Miner Invitational and finished 12th at the MIAA Championships, helping the team to its first conference championship … Took 17th at the South Central Regional.

1999-00 - Earned all-conference honors in three events as a freshman … Finished as runner-up in the 5,000-meter run at the MIAA outdoor meet … Placed second in both the 5,000 and 10,000 meters at the MIAA outdoor meet. ’99 Cross Country - Was 21st at both the conference race.

High School: A four-year letterman in track and cross country … A three-time all-conference and all-district performer in cross country … Competed at the state cross country championships all four years and led her team to the conference and district championships as a junior. A two-time all-district and two-time state qualifier in the 3,200 meters in track … Also lettered one year in basketball.

Personal: Born Feb. 13, 1981 in Kansas City, Mo. … the daughter of Michael and Kathleen Tesmer … a pre-business administration major.

Tesmer’s Bests
INDOOR
800m: 2:32.19
1,500m: 4:51.40
Mile: 5:21.10
3,000m: 10:27.43
5,000m: 17:51.12
OUTDOOR
1,500m: 4:57.83
3,000m: 10:33.88
5,000m: 18:19.11
10,000m: 38:45.14

Sonya Yamnitz
Sophomore, Distance/Cross Country
Hallsville, Mo. (Helias)

Truman: 2001 Cross Country - Ran in all seven cross country meets during the fall … placed 23rd at the MIAA meet and also had a sixth-place finish at Western Illinois … was 12th at the Nebraska-Omaha/Creighton Invitational. 2000-01 - Finished eighth in the 3,000-meter steeplechase at the MIAA Outdoor Championships … Earned a third-place finish in the same event at the Northwest Missouri Invitational with a career-best time of 12:18.19 … Also ran the 1,500- and 800-meter events during her initial season … Placed fourth in the 1,500 at the Mule Relays … Finished eighth in the indoor mile at the MIAA Championships and brought home fourth in the 3,000 at the Graphic Edge Invitational. ’00 Cross Country- Took 15th at both the Missouri-Rolla and William Jewell meets.

High School: A three-year letterwinner in cross country and a four-year letterwinner in track & field … was all-state three-times in track & field … was part of the state championship winning 4x800-meter relay squad … placed seventh at state in the mile … was part of two state championship track & field teams (1997 and 1998).

Personal: Born Jan. 6, 1982 in Columbia, Mo. … the daughter of Ron and Brenda Yamnitz ... a health science major.

Yamnitz’ Bests
INDOOR
800m: 2:26.65
1,000m: 3:07.91
1,500m: 4:45.10
Mile: 5:21.19
3,000m: 10:55.90
OUTDOOR
800m: 2:26.66
1500m: 5:03.64
2000m steeple: 8:01.24
3000m steeple: 12:18.19

Leah Zidon
Junior, Distance/Cross Country
Bondurant, Iowa (Bondurant-Farrar)

Truman: 2001 Cross Country - Competed in the first two meets of the season, before sitting out with an injury … finished third at Western Illinois and ninth at the Nebraska-Omaha/Creighton Invitational. 2000-01 - Sat out the indoor and outdoor track & field seasons. ’00 Cross Country-Finished 10th at the MIAA Cross Country Championships, earning her second all-conference honor in cross country … Was the Bulldogs’ No. 2 runner throughout most of the season. 1999-00 - Placed eighth in the 1,500-meter run and ninth in the 3,000 at the MIAA Outdoor Championships … Earned all-conference honors in the 3,000-meter run during the indoor campaign by placing fifth at the conference meet … Also served on the all-MIAA two-mile relay team. ’99 Cross Country- Finished fifth at the league meet to earn all-MIAA accolades in her first season as a Bulldog … Came in 17th at the Great Lakes Regional as the Bulldogs’ top finisher … Was a solid No. 2 runner throughout the year.

High School: Lettered four years in track and three years in cross country … An all-conference performer in each sport and was a three-time state qualifier in track … Also qualified for state one year in cross country.

Personal: Born Nov. 29, 1980 in Fargo, N.D. … the daughter of John and Candy Zidon … a psychology major.

Zidon’s Bests
INDOOR
800m: 2:22.99
Mile: 5:07.75
3,000m: 10:28.78
OUTDOOR
1,500m: 5:08.45
3,000m: 10:57.74
5,000m: 19:35.42
10,000m: 40:33.30

Sonya Yamnitz
Sophomore, Distance/Cross Country
Hallsville, Mo. (Helias)

Truman: 2001 Cross Country - Ran in all seven cross country meets during the fall … placed 23rd at the MIAA meet and also had a sixth-place finish at Western Illinois … was 12th at the Nebraska-Omaha/Creighton Invitational. 2000-01 - Finished eighth in the 3,000-meter steeplechase at the MIAA Outdoor Championships … Earned a third-place finish in the same event at the Northwest Missouri Invitational with a career-best time of 12:18.19 … Also ran the 1,500- and 800-meter events during her initial season … Placed fourth in the 1,500 at the Mule Relays … Finished eighth in the indoor mile at the MIAA Championships and brought home fourth in the 3,000 at the Graphic Edge Invitational. ’00 Cross Country- Took 15th at both the Missouri-Rolla and William Jewell meets.

High School: A three-year letterwinner in cross country and a four-year letterwinner in track & field … was all-state three-times in track & field … was part of the state championship winning 4x800-meter relay squad … placed seventh at state in the mile … was part of two state championship track & field teams (1997 and 1998).

Personal: Born Jan. 6, 1982 in Columbia, Mo. … the daughter of Ron and Brenda Yamnitz ... a health science major.

Yamnitz’ Bests
INDOOR
800m: 2:26.65
1,000m: 3:07.91
1,500m: 4:45.10
Mile: 5:21.19
3,000m: 10:55.90
OUTDOOR
800m: 2:26.66
1500m: 5:03.64
2000m steeple: 8:01.24
3000m steeple: 12:18.19

Joanna Hoag
Sophomore, Distance/Cross Country
Manhattan, Kan. (Manhattan)

Truman: 2000-01 - Competed in the 800- and 1,500-meter events during the outdoor season … Charted her career-best 1,500-meter time of 5:43.84 at the Mule Relays and placed 10th … Ran the 3,000 meters at the Iowa State Cyclone Classic during the indoor season and in the 800 meters at the Iowa Open. ’00 Cross Country- Finished third at the Founders’ Day Run with a 5,000-meter time of 20:43.

Hoag’s Bests
INDOOR
800m: 2:50.50
3,000m: 12:05.14
OUTDOOR
800m: 2:47.69
1500m: 5:43.84
Returning Squadmembers

Becky Kudrna
Junior, Throws
Jefferson City, Mo. (Helias)

Truman: 2000-01 - Took eighth in the hammer and ninth in the discus at the MIAA Outdoor Championships. Finished 13th in the weight throw at the indoor conference meet. 1999-00 - Finished 11th at the MIAA Championships in the discus with a throw of 130'-8". Placed fourth in the hammer throw at the Truman Open (132'-8") and sixth in the shot put at the Augustana Open (34'-5") Charted a career-best in the weight throw during the indoor season at the CMSU Invitational with a throw of 39'-9.25" for seventh place.Logged a personal best 35'-11.25" throw in the shot put at the Mule Relays.

High School: A two-year letterwinner in track & field as a throwing athlete. Has set school records in the 800 and was part of two school record-setting relays.

Personal: Born Nov. 10, 1980 in Jefferson City, Mo. ... the daughter of Lee and Marge Kudrna ... an exercise science major.

Kudrna's Bests

<table>
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<td>Shot Put: 34'-5&quot;</td>
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<td>Weight Throw: 44'-7&quot;</td>
<td>Discus: 124'-6&quot;</td>
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<tr>
<td>Hammer: 138'-8&quot;</td>
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</table>

Taran May
Sophomore, Distance/Cross Country
Chillicothe, Mo. (Chillicothe)

Truman: 2001 Cross Country - Competed in two cross country meets in the fall. 2000-01 - Ran in the 3,000-, 5,000- and 10,000-meter events and competed in three outdoor meets. Competed in the 5,000 at two outdoor meets and also ran in the 3,000 meters at another. 00 Cross Country - Competed in four meets.

High School: Earned three letters in track & field and two in cross country. Named team MVP as a senior in cross country. Earned all-conference and all-district honors and qualified for the state meet as a senior in cross country. A three-year starter in basketball and a two-year starter in volleyball.

Personal: Born May 8, 1982 in Cincinnati, Ohio ... the daughter of Bill and Deborah May ... majoring in communication disorders.

Newcomers

Merande Green
Freshman, Pole Vault
Independence, Mo. (Blue Springs)

High School: Earned two letters in track & field ... set a school record in the pole vault in the spring of 2001.

Personal: Born Aug. 18, 1983 in Independence, Mo. ... the daughter of David and Esther Green ... a biology major ... hopes to become an animal trainer.

Candice Hoskins
Freshman, Mid-Distance
Grandview, Mo. (Grandview)

High School: Earned four letters in cross country and four in track & field ... was team MVP in cross country as a junior and as a senior ... earned first-team all-conference honors in cross country as a senior ... was all-state in track & field in both the 800 meters and 4x400-meter relay ... set school records in the 800 and was part of two school record-setting relays.

Personal: Born Sept. 7, 1983 in Grandview, Mo. ... the daughter of Tyrone and Deborah Hoskins ... a biology major ... her father participated in track & field at Truman.

Dani Rawlings
Freshman, Distance/Cross Country
Fargo, N.D. (Fargo South)

High School: Earned three letters in cross country and two in soccer ... was a three-time all-conference performer in cross country and an all-state runner her senior year ... was also all-conference on her soccer team which finished third in the state.

Personal: Born June 8, 1982 in Fargo, N.D. ... the daughter of Rodney and Jane Rawlings ... a business major.

Christina Winkler
Freshman, Hurdles/Heptathlon
High Ridge, Mo. (Northwest)

High School: A four year letterwinner in track & field ... earned all-state honors as a junior and senior ... set school records in track & field for the 300-meter hurdles, 100-meter hurdles and 400-meter dash ... also part of school record-setting 4x800 and sprint medley relays ... also a three-year letterman in basketball, earning all-district honors as a senior ... captured two letters in volleyball and was all-conference and all-district in that sport.

Personal: Born Feb. 13, 1983 in St. Louis ... the daughter of David Winkler and Marilyn Baker ... an undeclared major.