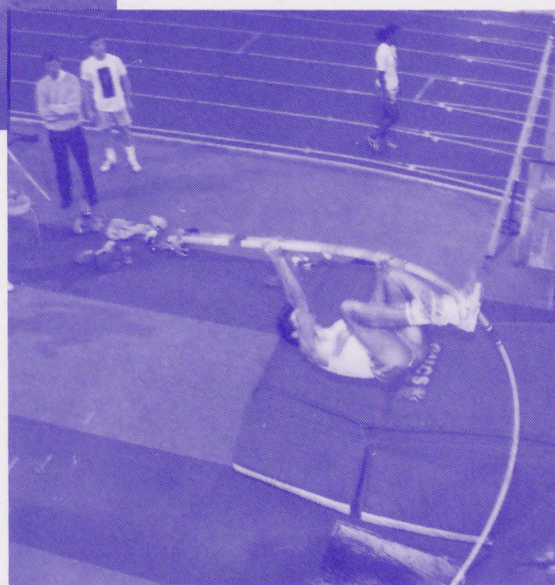


# 1989 MANKATO STATE MEN'S TRACK AND FIELD



*VAULTING TO THE TOP*

# THIS IS MANKATO STATE UNIVERSITY

Mankato State University, situated where the the Minnesota River turns and heads north, is located in the picturesque river valley town of Mankato, Minnesota. The Mankato State University campus sits high on the hill, with an excellent view of the surrounding countryside. Mankato is a community of over 40,000 people who are fine MSU supporters and all share in the school's achievements and accolades.

In the late 1950's, with added enrollments and the lack of adequate classroom and facility space at the lower valley campus, construction began on a new campus located on the hilltop overlooking the city of Mankato. The college's growing size and continued reputation for academic excellence led to university status in 1975. Four years later in 1979, Dr. Margaret R. Preska was selected as the 12th president of the school known to us at Mankato State University. Dr. Preska had been involved since February of 1979 in expanding the great development of MSU to its present heights, in 1989. MSU is the second largest of seven Minnesota State Universities with an enrollment estimated at 15,800 students.

Mankato State University offers preprofessional programs in Agriculture/Forestry, Dental, Engineering, Law, Medicine, Mortuary Science, Occupational Therapy, Pharmacy, Theology, and Veterinary Science. The University is divided into a College of Graduate Studies and six colleges and two schools at the undergraduate level: the College of Arts and Humanities, the College of Business, the College of Education, the College of Health, Physical Education and Nursing, the College of Natural Sciences, Mathematics and Home Economics, the College of Social and Behavior Sciences, the School of Nursing, and the School of Physics, Engineering and Technology.

All University functions now take place on the Highland Campus as the Valley Campus had been totally phased out. The expanded facilities, including a state-of-the-art computer science center completed in 1987, make Mankato State University one of the most up-to-date institutions of higher learning in the country.



MSU's Administration Building (foreground) overlooks the campus mall. The twin Gage Tower dormitories (background) house over 1,000 students.

## 1988-89 MSU SCHEDULE

### INDOOR

|            |                      |                |
|------------|----------------------|----------------|
| Dec. 3     | MSU Open             | Mankato        |
| Jan. 21    | Northwest Open       | Minneapolis    |
| Feb. 4     | Dominos Invitational | Mankato        |
| Feb. 10    | Stout Invitational   | Menominee, WI  |
| Feb. 18    | St. Cloud Open       | St. Cloud      |
| Feb. 24-25 | NCC                  | Vermillion, SD |
| Mar. 4     | MSU Open             | Mankato        |
| Mar. 10-11 | NCAA                 | Vermillion, SD |

### OUTDOOR

|            |                          |                 |
|------------|--------------------------|-----------------|
| Mar. 18-15 | Southern California Trip |                 |
| Apr. 7     | SDSU                     | Brookings, SD   |
| Apr. 15    | St. Thomas Invite        | St. Paul        |
| Apr. 22    | Carleton Relay           | Northfield      |
| Apr. 21-22 | Kansas Relays            | Lawrence, KS    |
| Apr. 28-29 | Drake Relays             | Des Moines, IA  |
| May 1-2    | NCC Decathlon            | Sioux Falls, SD |
| May 4      | Hamline                  | St. Paul        |
| May 12-13  | NCC                      | Sioux Falls, SD |
| May 24-27  | NCAA                     | Hampton, VA     |

## MSU QUICK FACTS

**LOCATION:** Mankato, MN, 56001

**ENROLLMENT:** 15,800

**NICKNAME:** Mavericks

**COLORS:** Purple and Gold

**AFFILIATION:** NCAA Div. II, North Central Conference

**PRESIDENT:** Dr. Margaret R. Preska

**MEN'S ATHLETIC DIRECTOR:** Don Amiot

**HEAD TRACK AND FIELD COACH:** Mark Schuck

**ASSISTANT COACHES:** Lee Loewen, Matt Kolb, Shawn Donlan, Jack Brooks

**1987-88 NCC Finish:** 1st Indoor, 2nd Outdoor

**SPORTS INFORMATION DIRECTOR:** Paul Allan

**ATHLETIC PHONE:** (507) 389-6111

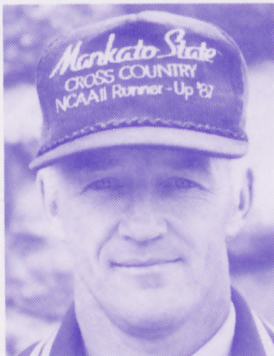
**COACH SCHUCK'S PHONE:** (507) 389-5486

**SID PHONE:** (507) 389-2625



## MEET THE COACHES

### HEAD COACH MARK SCHUCK



With the retirement of Chuck Peterson, **Mark Schuck** moves up from his assistant position to take the reins of the Maverick Men's Track and Field team. Schuck has been the Mankato State cross country head coach for ten years. This past fall Schuck guided the MSU cross country team to its first ever NCAA Division II national championship. Schuck's cross country teams have finished in the top 10 in the National meet six times in his ten years as head coach. In addition to last season's national title, Schuck has a second place (1987), a third place (1981), and two fifth place finishes (1980, 1986) in the national cross country meets to his credit. Schuck is a 1969 Mankato State graduate and while at MSU, Schuck was a letter winner in track and basketball. In addition to his coaching duties, Schuck serves as assistant athletic director and is the Student Relations Coordinator for the College of Health and Physical Education. Schuck previously served as head track and cross country coach

### ASSISTANT COACHES



**LEE LOEWEN.** Loewen, a member of the Mankato State Hall of Fame, is in his second year with the MSU track coaching staff. Loewen placed second in the high hurdles at the 1956 national outdoor meet and was fourth in the Olympic trials. He still holds the MSU record in the outdoor high hurdles at 13.9. Loewen works extensively with the sprinters and hurdlers.



**JACK BROOKS.** A Mankato State graduate, Brooks was a standout hurdler for the Mavericks and holds the indoor high hurdles record. He was a four-year letterman at MSU and a three-year semifinalist at the national meet. He will work with the hurdlers and middle distance runners.



**MATT KOLB.** One of the truly outstanding athletes to ever compete for Mankato State. Kolb, who is concluding his studies with MSU, holds the MSU and state of Minnesota pole vaulting record with a 17-7 1/2 mark. The former team captain placed sixth at the NCAA Division I meet and was a three-time All-American. Won the bronze medal in the 1987 National Sports Festival. Competes for the Lay Witness Track Club.



**SHAWN DOLAN.** Noted as one of the finest technicians of the shot, discus, and javelin in the Northwest area. Dolan, who is a native of Forrest Lake, MN is a former shot and discus thrower for MSU in the 70's. Will work with the weight events.



**ED STUART.** Volunteer coach, who will help out with the jumpers. Former National Champion, and All-American in the long jump (26' 2 1/4") for MSU. Still holds the MSU long jump record which he set in 1982. One of two MSU outdoor individual National champs. Came to MSU from Nassau, Bahamas. Competes for the Lay Witness Track Club.

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**HARVEY MILLS, Sophomore, Long jump, Milwaukee WI.** Had a indoor season best 46' 7" effort in the triple jump. . Won the St. Thomas Open long jump.



**MIKE SMITH, Sophomore, Distance, Olympia, MN.** Member of the National Champion CC team. . . earned All-American honors in CC. . . finished third in NCC steeplechase (9:16).



**ROBERT LAWSON, Senior, Sprints, Milwaukee, WI.** Finished first at the Southern Minnesota relays 55m dash in 6.29. . . Was a member of MSU's 4X100m relay time that qualified for the NCAA Division II meet.



**JOHN SCHUSTER, Sophomore, Distance, Des Moines, IA.** Won the NCC the NCC Indoor 1000m. . . Member of National champ CC team. . . earned All-American honors in CC.



**FRED BERG, Junior, Pole vault, Brooklyn Center, MN.** Finished fourth at NCC outdoor meet. . . Finished fourth at the Oklahoma Baptist Quad. . . cleared 15' 2" at the NCC indoor meet for third place.



**RAY SPAHN, Senior, Hurdles, Edina MN.** Finished second at the St. Thomas open in the 110m high hurdles in a 1988 best of 15.0. . . Finished 7th at the U of M Invite (15.28).

## OUTLOOK

In the past two years the men's track and field teams at Mankato State have brought home two NCC Indoor titles, two second place outdoor finishes, and nine All-Americans. First year head coach Mark Schuck feels the 1989 version of the Maverick track and field squad has what it takes to meet those standards, that being quality and quantity. "We have a strong team with many outstanding and quality individuals along with good depth to go with that quality" says coach Schuck. We are the returning Indoor Champs and our goal is to win the conference and to qualify as many athletes as we can for the Division II meet."

As two time defending North Central Conference Indoor Champs, Schuck has a strong group of seasoned veterans returning to defend that title. Three-time All-American in his freshman season, Mike Yonkey returns to defend his conference titles in the shot and discus events. National qualifiers Moo Muhammed (sprints), Robert Lawson (sprints), Stan McClure (sprints) and Bob Kern (pole vault) return along with the "Pack Attack", John Schuster, Mike Schweizer, Pete Bushman, Mike Smith, who all competed on MSU's National Champion cross country team this fall.

Schuck and assistant coach Lee Loewen have a fine group of sprinters to work with, to go along with Muhammed, Lawson, McClure, are sophomore Harvey Mills with newcomers Troy Tiege, Jon Sackett and Matt Vought to add solid depth. With this group of sprinters the Mavs should be able to field some competitive sprint relay teams throughout the year.

The distance corps is lead by the "Pack Attack" Mike Schweizer, Pete Bushman, Mike Smith, John Schuster and John Deremiah, all who achieved All-American status this past fall in cross country.

Dan Denardo is expected to be one of the conferences top performers in the steeplechase.

The middle distances corps have team captain Kevin Johnson, Rob Litchy, transfer Brian Sether, along with junior Paul Wiehe and sophomore Bryan Edwards. One can expect good things from this group of tracksters. Seniors Ray Spahn and Kevin Johnson are expected to lead the hurdlers throughout the year.

The field events look to be another plus for Schuck. All-American Mike Fairchild has chosen to sit out this season but should be back next season. Schuck looks for sophomores Wade Fraundienst and Luke Frieling to contribute heavily. Schuck feels both have the potential to go seven feet. Long jumpers should be led by Muhammed, Fraundienst, Stacy Fox, Harvey Mills, and newcomer Todd Warren. Mills is also expected to lead the triple jumpers. The weight events will be led by the All-American, Yonkey. Todd Matuska, Chris Rousemiller, Scott Eid, and Nate Duda are expected to contribute also. Schuck has an outstanding group of pole vaulters to work with. Seniors Bob Kern, Fred Berg, Darryn Witt and Curt Maertens, along with sophomore Jeff Saucier and new comer Joe Steichen give MSU outstanding depth in this event.

Schuck also feels the schedule has taken a "step forward". The Mavs have added a different southern trip to their schedule. They will be training in the Los Angeles area for eight days with two meets scheduled during that time. The Mavs will also be taking part in the Drake Relays and the Kansas Relays. Schuck is looking at North Dakota State, South Dakota State along with his squad to be the front runners come conference time.

With this group of tracksters, Schuck can only expect to add to the list of conference titles and All-Americans in then years to come.

## 1989 MSU MEN'S TRACK & FIELDS ROSTER

| NAME                | YR | EVENT       | HOMETOWN          |
|---------------------|----|-------------|-------------------|
| Dan Augdahl         | JR | Distance    | Bloomington, MN   |
| Todd Baerny         | JR | Distance    | Kent, WA          |
| Fred Berg           | SO | Pole Vault  | Brklyn Cnt, MN    |
| Pete Bushman        | SR | Distance    | Pine Island, MN   |
| Dan Denardo         | SR | Distance    | Chaska, MN        |
| Larry Denny         | FR | Mid. Dist.  | Aitkin, MN        |
| John Deremiah       | JR | Distance    | Twin Falls, ID    |
| Ben Dose            | FR | Sprinter    | Rochester, MN     |
| Nate Duda           | SR | Javelin     | Hopkins, MN       |
| Bryon Edwards       | SO | Distance    | Des Moines, IA    |
| Scott Ehde          | FR | Mid. Dist.  | Luverne, MN       |
| Scott Eid           | SO | Weights     | Excelsior, MN     |
| Stacy Fox           | SO | Triple Jump | Millville, MN     |
| Wade Frauendienst   | SO | High Jump   | Gaylord, MN       |
| Luke Frieling       | SO | High Jump   | Blaine, MN        |
| Brad Ganzer         | SO | Pole Vault  | Brklyn. Cnt. MN   |
| Russell Hendricksen | FR | Sprinter    | New London, MN    |
| Kevin Johnson       | SR | Hurdles     | Eden Prairie, MN  |
| Robert Kern         | SR | Pole Vault  | Mankato, MN       |
| Robert Lawson       | SR | Sprints     | Milwaukee, WI     |
| Rob Litchy          | SO | Mid. Dist.  | Stillwater, MN    |
| Stan McClure        | JR | Sprints     | Golden Valley, MN |
| Curt Maertens       | SR | Pole Vault  | Brklyn Cntr, MN   |
| Todd Matuska        | SO | Shot Put    | Pipestone, MN     |
| Harvey Mills        | SO | Sprints     | Milwaukee, WI     |
| Moo Muhammad        | JR | Sprints     | Racine, WI        |
| Jason Olsen         | FR | Distance    | Hutchinson, MN    |
| Chris Rousemiller   | SO | Weights     | Minneapolis, MN   |
| Mike Ritter         | SO | Pole Vault  | Zumbrota, MN      |
| Jeff Saucier        | SO | Pole Vault  | Mankato, MN       |
| John Schuster       | SO | Distance    | Des Moines, IA    |
| Mike Schweizer      | JR | Distance    | Des Moines, IA    |
| Brian Sether        | FR | Distance    | Alexandria, MN    |
| David Smisek        | SR | Distance    | New Hope, MN      |
| Mike Smith          | SO | Distance    | Olympia, MN       |
| Ray Spahn           | SR | Hurdles     | Edina, MN         |
| Joe Steichen        | FR | Pole Vault  | Custer, SD        |
| Troy Tiege          | FR | Sprinter    | Maple Lake, MN    |
| Matt Vought         | FR | Sprinter    | Crystal, MN       |
| Todd Warren         | SO | Long Jump   | Edina, MN         |
| Paul Wiehe          | JR | Mid Dist    | Roseville, MN     |
| Darryn Witt         | SR | Pole Vault  | Custer, SD        |
| Mike Yonkey         | SO | Weights     | Wells, MN         |



## MAVERICK RECORDS

### MENS INDOOR TRACK AND FIELD RECORDS

|             |             |                                                 |      |
|-------------|-------------|-------------------------------------------------|------|
| Shot        | 53' 9 1/2"  | Mike Yonkey                                     | 1988 |
| Long Jump   | 26' 2 3/4"  | Ed Stuart                                       | 1982 |
| Pole Vault  | 17' 7 3/4"  | Matt Kolb                                       | 1986 |
| Triple Jump | 50' 8"      | Peter Pratt                                     | 1977 |
| High Jump   | 7' 3 1/4"   | Mike Fairchild                                  | 1988 |
| 55M         | 6.34 FAT    | M. Muhammad                                     | 1988 |
|             | 6.1 MT      | James Everett                                   | 1976 |
| 200M        | 22.53 FAT   | M. Muhammad                                     | 1987 |
| 300M        | 35.07 FAT   | Stan McClure                                    | 1987 |
| 400M        | 48.19 FAT   | John Beaudot                                    | 1984 |
| 500M        | 1:05.13 FAT | Joe Vortherms                                   | 1980 |
| 800M        | 1:52.84 MT  | Joe Roscoe                                      | 1976 |
| 1000M       | 2:27.80 FAT | Shawn Bernier                                   | 1987 |
| 1500M       | 3:50.34 FAT | Shawn Bernier                                   | 1988 |
| 3000M       | 8:19.5 MT   | Shawn Bernier                                   | 1987 |
| 5000M       | 14:36.9 MT  | R. Learmetros                                   | 1983 |
| 55M H.H.    | 7.3 MT      | Jack Brooks                                     | 1976 |
|             |             | Jon Ritter                                      | 1981 |
| 4 X 400     | 3:21.7      | R. Miller, D. Wilson, S. S. Manthie, F. Dorsett | 1975 |

### MEN'S OUTDOOR RECORDS

|                 |             |                                                   |      |
|-----------------|-------------|---------------------------------------------------|------|
| Shot            | 54' 8"      | Mike Yonkey                                       | 1988 |
| Discus          | 173' 10"    | Mike Yonkey                                       | 1988 |
| Long Jump       | 26' 2 3/4"  | Ed Stuart                                         | 1982 |
| Triple Jump     | 52' 1 1/2"  | Peter Pratt                                       | 1976 |
| High Jump       | 7' 1 1/2"   | Mike Fairchild                                    | 1987 |
| Hammer          | 158' 8"     | Paul Okerstrom                                    | 1975 |
| Javelin         | 219' 6"     | Doug Hogan                                        | 1979 |
| Pole Vault      | 17' 1"      | Matt Kolb                                         | 1986 |
| 100M            | 10.26 MT    | M. Muhammed                                       | 1988 |
|                 | 10.36 FAT   | D. Michealson                                     | 1983 |
| 200M            | 21.13 FAT   | M. Muhammed                                       | 1988 |
| 400M            | 48.1 FAT    | Jack Pollard                                      | 1969 |
|                 |             | Paul King                                         | 1956 |
| 800M            | 1:49.1MT    | Ted Nelson                                        | 1960 |
| 1500M           | 3:43.74 FAT | Shawn Bernier                                     | 1987 |
| 3000M StpleChse | 8:56.0 MT   | Mark Sybilrud                                     | 1982 |
| 5000M           | 14:24.0 MT  | Doug Keller                                       | 1980 |
| 10,000M         | 29:29.0 MT  | Joe Kreutz                                        | 1978 |
| 110M H.H.       | 13.9 MT     | Lee Loewen                                        | 1956 |
| 400M I.H.       | 52.1 MT     | Roger Landwehr                                    | 1973 |
| 4 X 100         | 40.84 FAT   | M. Muhammad, C. Ude, R. Lawson, S. McClure        | 1988 |
| 4 X 400         | 3:15.35 FAT | J. Beaudot, M. Stephans, J. Vortherms, C. Moses   | 1981 |
| 4 X 800         | 7:30.1 FAT  | J. Vortherms, S. Webster, J. Brisson, S. Clock    | 1981 |
| 4 X 1600        | 16:53.3 MT  | L. Wicker, G. Cookshaw, J. Shively, B. Wilder     | 1977 |
| Sp. Med.        | 3:42.6 MT   | J. Ritter, D. Mickelson, J. Vortherms, J. Brisson | 1980 |
| D. Med.         | 9:48.3 MT   | A. Deanda, J. Fisher, R. Spee, T. Steiner         | 1973 |
| Decath.         | 7007 pt.    | T. Spandl                                         | 1984 |