

Cross country expectations high for '97 season

Head Coach John Goodridge confident about this year's strong corps of runners

Women's team sweeps first five places in season opener

By Sean Blue
Contributing Reporter

By Ginny DeFrank
Old Gold and Black Reporter

As the men's cross-country team prepares for another run at the ACC and NCAA championships, Head Coach John Goodridge feels confident about his team's chances.

"We have a very experienced group of senior athletes who should understand and appreciate the proud tradition of Wake Forest cross country and I have confidence that they will try to add to this tradition," Goodridge said.

Returning from last year's second-place ACC championship team are seniors Nolan Swanson, Eric Dunn, Matt Shady, Pat Fitzgerald and Hunter Kemper. Swanson was last year's ACC individual champion and Dunn placed fifth overall and was named to the second team all-ACC team.

The team, however, lost all-American Jon Russell and two-time all-ACC team member Ben Boyd.

The Deacs are hoping to keep their tradition of domination within the ACC alive this year. Over the past decade the Deacs have consistently been ranked in the top 25 nationally, have never placed below second in the ACC championships and have won the ACC championships four times.

"We certainly have a lot of work ahead of us this year. Competition within the ACC and within our region is particularly challenging. We have a good nucleus of older athletes that are back and should understand the challenge that we are facing. We clearly need a great many of our athletes to adjust to new competitive roles if we are to compete on the national level," Goodridge said.

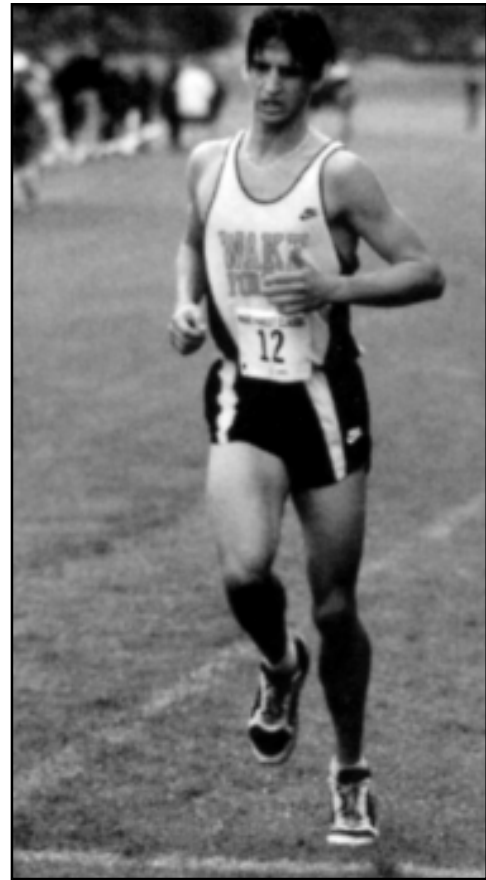
N.C. State will again be the Demon Deacons' biggest challenge within the ACC. "They (N.C. State) are the defending ACC champions and they return a very talented and deep team. Over the past decade either we've been runner-up to them or they've been runner-up to us. Wake Forest and N.C. State have clearly dominated ACC cross-country over the past decade. Clemson also returns an older and experienced team this year," Goodridge said.

The team will open its season with the Wake Forest Invitational on Sept. 20. Goodridge said he felt his team is ready, especially since they had a few extra weeks to practice before beginning competition this year.

Goodridge said that he has already selected his top seven runners and hopes that they understand the challenge ahead of them and rise to the occasion. "In years past it always hasn't been clear who the top seven would be. We had a bit more depth and a bit more pressure as to who was going to make the starting team and that situation doesn't exist this year. It's not a bad thing this year, but we can't have our starting team just content to be starters. They have to accept the challenge at hand and perform on the highest level," said Coach Goodridge.

This year's team has many expectations of itself and a strong Deacon tradition to live up to.

Along with the championships and national rankings, the Deacs also hold the distinction as the school with the most All-ACC award winners since the inception of the honor in 1985. The Deacons have had at least two members win the honor every year since 1988.



Courtesy of Sports Information
Hunter Kemper pushes to the end.

The women's cross country team ran like a force no team could reckon with as it powered its way to a victory at the Davidson Invitational on Sept. 13. The Deacons amazingly ran a perfect meet; they occupied places one through five in finishing, scoring the smallest amount of points possible.

The astounding fifteen point finish occurred in what was only the team's second meet of the year.

Sophomore Janelle Kraus won the race with a time of 18:50. This gave Kraus back-to-back victories as she also won the Appalachian State Invitational Sept. 6.

Kraus said, "It was a lot of fun working together to (run a perfect meet). We worked the first two miles all together and the last mile we all just took off."

Kraus said that scoring a perfect meet is a rare event in college running. She said that the team understood what was happening. "Only one girl was with us and she dropped off after the first mile. This made us realize we were on our way to achieving our goal," she said.

Kraus's victory at Appalachian State was due to an impressive 17:52 run and marks the third fastest finish of her career. Kraus was named the ACC Performer of the week for her achievement.

Kraus tries to keep a level head about her performances, she said. "I try not to think about it in terms of pressure. I continue focusing on every meet as it comes. I think our team will do well at ACC Championships and Regionals and hopefully work toward making nationals. We're a very close team. Our coaches provide leadership and the team has its own leadership — it's made up of self-motivated individuals," she said.

Amy Wallace followed Janelle Kraus with a time of 19:08 at the Davidson Invitational.

Just as Kraus has experienced success in both of the first two meets, so has Wallace. Wallace finished in the top three at Appalachian State and hopes to continue to keep her streak of top finishings alive.

The team found help in its quest for dominance in new comer freshman Kelly Brady. Brady finished fourth at Appalachian State. She bettered her finishing position by one by running the Davidson Invitational in 19:17. When asked about



Courtesy of Sports Information
Senior Liz Moore finishes a cross country race last year.

the perfect finish of the team, Brady said, "We have tremendous depth this year and our grouping in races and in practices is constantly improving. We're going to be one of the strongest teams in our conference."

Like Kraus, Brady explained how the perfect finish was far from coincidental. "Our coach had planned it out beforehand and we held back at first. The top six went out together and stayed together throughout the race. That's what you need to win conference championships. We planned it. I think it's better that way. We knew what we were supposed to do when we were out there and we did it. That's a big accomplishment," she said.

Again, the team's sense of togetherness was cited as a reason for success. "This team is the most cohesive team I've ever been on. We all seem to interact really well.

We work together as a team very well. As long as that lasts, we can be very successful," Brady said.

Sophomores Emily Selvido and Jill Snyder rounded out the top five, finishing

with times of 19:26 and 19:28 respectively.

The Deacons also had freshmen prove their speed in the eighth and tenth place finishes of Summer Shaw and Kathleen Kuhnert. Shaw's finishing time showed class spirit and proved a fortuitous indicator of her speed as it registered 20:01.

Kuhnert's time of 20:14 came just moments behind. Kuhnert's excitement at being a member of the university team is unbounded. "When Kelly, Summer and I got our uniforms we were so excited. The older girls have made it really easy to jump in to the team in workouts and everything.

"Being a freshman the first race was kind of scary, but fun. Wake Forest is awesome. I started in the back of the pack and Wake Forest dominated from the beginning. It was amazing to see Wake Forest dominate the pack," she said.

Team members described the course as challenging and hilly, but felt that running it with a plan to pack run made the challenges easier to overcome.

Women golfers run like clockwork at Rolex Fall Preview

The team, led by senior Alexandra Armas and rookie Marta Prieto, finishes in fifth place for its first tournament of the year

By Jon Giokas
Contributing Reporter

The Demon Deacon women's golf team opened its fall campaign with a strong performance, resulting in a fifth place finish at the Rolex Fall Preview at University Ridge Golf Course in Madison, WI last weekend.

The team, which finished at 907, eighteen shots behind champion Arizona, was led by senior Alexandra Armas, who finished in

fourth place in the individual portion of the tournament.

Armas' three day score of 218 (75-73-70) left her eight shots behind former junior sensation Grace Park of Arizona State, the individual medalist.

Freshman Marta Prieto opened her Demon Deacon golfing career in an auspicious manner, finishing with a score of 229, good for 25th place overall, the second best on the team.

Armas and Prieto were followed

by sophomore Kelly Kirwin and junior Trina Casburn, who finished in 46th and 54th place, respectively.

The Deacons, ranked twelfth in the nation heading into the weekend, sat in sixth place after each of the first two rounds.

They moved up a notch in the eighteen team field with a third round total of 297, the second best team score of the day on the par-72 University Ridge layout.

The Demon Deacons were paced by Armas' final round of 70, which

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moved her from eighth place to fourth. Armas began her senior cam-

paigned with a three-over-par 75, which left her in a tie for 17th place with first-year teammate, Prieto after the opening round.

Armas, whose best finish last season was third place at the Lady Paladin invitational, seeks to fill the void left by the graduation of Laura Philo, the team's leader last season.

In addition to Armas, Prieto, Kirwin, and Casburn was junior Nicole Stillig, who was disqualified from individual play after signing an incorrect scorecard in the

first round. She still contributed to the team competition, with a 73 in Saturday's second round.

The team was encouraged by their play at the opening tournament of the year.

"It's really exciting to get off to such a good start to our season," Kirwin said.

The Demon Deacons' next tournament will be the Mercedes-Benz Collegiate Championships in Knoxville, Tenn., from Sept. 26-28.



Carlton Ward/Photo Staff

GOAAAAAAAAAAAAAL!!!

Senior forward Ilija Zlatar, surrounded by a host of his Demon Deacon teammates, celebrates on the field in Spry Stadium following his climactic game winning goal in sudden death overtime. The Demon Deacons defeated the University of New Hampshire 3-2 on the second day of competition of the Nike/Wake Forest University Soccer Classic.

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