

Deacon harriers sweep top five places again

By Ginny DeFrank
Old Gold & Black Reporter

The women's cross-country team ran in a class by itself once again at the Greensboro Invitational, held Sept. 27. The Deacs repeated their perfect meet performance, originally achieved at Davidson by claiming the first five places. In doing so, the Demon Deacons defeated Virginia Military Institute, UNC, Greensboro, Maryland Eastern Shore, South Carolina State, N.C. A&T, Davidson and Western Carolina.

Women's cross-country coach Francie Goodridge cited three factors that allowed the runners to achieve such levels of performance: difference in terrain of the courses, psychological training and tactical training.

The psychological training has been ongoing since the arrival of the runners on campus. The tactical training has taken place both at practices and within the meets. Goodridge explained: "We've run the last

of the less competitive meets. We've worked with the team so they'll group themselves with each other. They run a comfortable, controlled meet and in the last mile they're asked to fly, to take off. Faster runners get away, those in the back try to catch up with them."

The fastest runner on the Deacon squad has been Janelle Kraus. Kraus won the meet in a time of 17:38 and earned herself the honor of ACC performer of the week for a second time.

Goodridge said, "Janelle is continuing to be outstanding. She helps the team grouping. Right now she runs without competition. No one challenges her."

Considering Kraus runs unmatched, the question of motivation presents itself. Kraus said: "I have to think of future goals. If I want to get to goals in the future, I have to work hard now. Every time I go out and race, I have to think I'll be racing tougher competition in the future."

Kraus echoed Goodridge's sentiments

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Janelle Kraus
Sophomore

about team grouping, saying that the race provided a perfect opportunity to practice pack running. "We're trying to make the gap of time between the No. 1 and No. 5 runner as small as possible. We have several girls who work together really well. What wins races is not just individuals but how close girls in a pack can be and how close they can stay to the front runner. The first two miles we work together. It's a lot easier to run with people than to run alone," she said.

Kelly Brady followed Kraus with a time of 18:09, Amy Wallace with a time of 18:12 and Jill Snyder and Emily Selvidio with times of 18:25 and 18:37 respectively.

Goodridge said, "Kelly and Amy are both doing an exceptional job with the team, both are moving closer to the number one runner. We're still rounding out (places) four through seven. Jill Snyder has improved and Emily Selvidio is rounding out very well, she's a tough competitor. Pulling the split between (places) two and five is our chief mission now. We want no daylight between them."

Brady said: "We worked well together again and it was a really fun course to run. The weather was perfect and it was uplifting to have spectators there when you came out of the woods for the last time."

Brady uses the undefeated record of the team as a source of motivation. "Being undefeated motivates us to stay on top of other teams. We can continue to dominate opposition just as long as we think we can."

While Goodridge hopes for the success of the team, she does not feel as though the undefeated record will stay intact once tougher conference competition is met. "We hope we can beat other teams from other regions to earn bids to Nationals. We're learning to get the physical work done. Every practice is a race simulation. We've got two weeks of important training in this time, then we go to the pre-NCAA meet at Furman on Oct. 11. We'll be up against some of the best teams in the conference and in the country. This will be the most important test of our team."

The complete annihilation of all teams faced by the cross-country team thus far has occurred more as a matter of fact than miracle.

While two perfect meets are rare events in the world of cross-country, the Deacs realize they have not been challenged by competitors and are eagerly awaiting the testing of both training and talent at the pre-NCAA meet.

Deacons 'drive' home with a twelfth place tourney finish

Armas leads Deacs with fifth place finish at Mercedes-Benz Championships

By Jon Giokas
Old Gold & Black Reporter

The women's golf team traveled westward to Knoxville, Tenn., last weekend for the Mercedes-Benz Championships and sputtered to a 12th place finish in the 18th team field, amassing a score

of 946 over three rounds, 47 strokes behind the tournament champion and ACC rival, the Blue Devils of Duke University.

Other teams competing in the tournament included SEC teams LSU, Georgia, Alabama, Florida, Kentucky and

South Carolina. Also in the field was the Swedish National team, who went home with a tenth place finish.

The lone bright spot for the Deacons was the play of team leader senior Alexandra Armas. Armas finished her weekend by compiling the fifth-best total of any individual in the field for the tournament, putting together three straight solid rounds, opening the tourney with a pair of 75s and closing with a 73.

Although her play was impressive, in the end Armas was left trailing the eventual individual champion, Jenny Chausiriporn from Duke.

Aside from Armas, no Demon Deacon golfer could manage a score better than 78 for any of the three days of competition. Kelly Kirwin was the second highest finishing player on the team, with a 238 total, good for 47th place.

She was followed by Nicole Stillig, Kristen Wagner, and Kerri Murphy, who finished in 51st, 76th and 80th, respectively.

Kirwin noted that the team was not entirely pleased with their finish in the Volunteer state. "We didn't do as well as we should have. We need to put three more strong scores together," she said.

The drizzly weather, which Kirwin said could have been a lot worse, was not a major factor in the team's finish. Kirwin did, however, cite the course as having a disruptive effect on most of the players' short games. "The course was fairly hard," she said. "Putting was definitely a factor. The greens were really hard and really fast."

Stillig shot rounds of 83-78-78, while her teammate Wagner managed only a 79-83-87 finish. Bringing up the rear for the Deacs was Murphy who struggled to score three rounds of 85-82-85.

The next test for the Demon Deacons is the Lady Tar Heel Invitational as the golfers of North Carolina, who finished sixteen strokes better than the Deacs in Knoxville, play host.



Courtesy of Sports Information

Head Coach Dianne Dailey has been at the women's golf helm for the past ten years.

Men's cross country finishes strong in season opening race

Runners place fourth overall at Iona Meet of Champions

By Sean Blue
Contributing Reporter

The men's cross-country team opened up its season with a fourth place finish in the Iona Meet of Champions Sept. 27.

The Deacs finished fourth out of 13 teams, behind Iona, Life University and nationally ranked Georgetown. Other nationally ranked teams competing in the meet included Army and Dartmouth.

"It was a very solid season opening race against good competition. Iona is very strong, which we were aware of, and moved up to twelve in the nation this week. Georgetown is very strong and Life University is an NAIA powerhouse with a bit older athletes (due to different eligibility rules in the NAIA)" said Head Coach John Goodridge.

Senior Nolan Swanson led the Deacons with an eighth place finish with a time of 25:03. Also finishing in the top 25 for the Deacs were seniors Eric Dunn, who finished 11th, Pat Fitzgerald, who finished 19th, Hunter Kemper, who finished 25th, and junior Brett Strahan, who finished 17th.

"As a team we were a little disappointed with the finish, although Coach (Goodridge) was pleased. It was our first meet of the year and Georgetown was ranked a little ahead of us. We wanted to beat Georgetown and we came real close. We've been training pretty hard and we were all a little tired and a little rusty. We'll be ready for the next meet. This was a tune-up for us," Swanson said.

The most notable aspect of the race for the Deacs, however, was the fact that all five runners finished within 39 seconds of each other. "This is a good indication of our team that with an outstanding lead runner our fifth man is only 39 seconds behind him. It shows how hard all of our runners compete," Goodridge said.

Swanson agreed, "It was a good 1-5 split. We were in a pack and it makes it hard for teams to gap us up or split us up. We all have to meet up a little more though."

"This was our first meet of the season and we weren't as race sharp as we will be. This is not an excuse, though. I'm very pleased with where we are at. Our goal is to make progress," Goodridge said.

Field hockey faces difficult foes

By Greg Wilson
Sports Copy Editor

The field hockey team continued their midseason slump in a 3-0 loss to third ranked Maryland (10-0, 1-0) last Saturday in College Park. The road does not look to get any easier for the Deacs (6-5, 0-2) as they head to Chapel Hill twice this week. Tonight, they face second ranked North Carolina.

The Demon Deacons were dominated by the Terrapins in their most recent game. The Deacs were outshot 22-2 and were also severely disadvantaged in penalty corners, 22-2. Sophomore Meaghan Nitka turned in a strong performance in goal, turning away 16 shots in the game. The two shots on goal were the lowest offensive output of the season for the Deacs.

One cause for the recent slump was the loss of junior Amy Marchell to a knee injury. Marchell missed all of last season after undergoing reconstructive knee surgery. She had made a strong comeback this year, but



Courtesy of Sports Information

Kelly Malinoski runs into traffic in action earlier this season.

against Richmond she reinjured the same knee. Marchell missed the games against William & Mary and Maryland and is uncertain for both games this week.

Despite their difficulties, some Deacons players have received national recognition. Freshman standout Jenny Everett is third in the NCAA in goals scored and tied

for sixth in total points. After only 11 games she is fourth on the Wake Forest seasonal goals list. The single season record is 19 set by Tracy Stickney in 1989.

Amanda Janney is 15 on the NCAA list with seven assists. Freshman Jamie Tressler is 20 on the NCAA list with a .8235 save percentage.

Intramurals

Volleyball Officials Needed

- No experience needed
- We will train you
- Flexible hours
- Earn extra \$\$\$
- Can play and officiate

Introductory Meeting:

Tuesday, October 21

4:00 P.M.

Rm 209 Reynolds Gym

Volleyball Sign-Ups

When: Sign up between

Monday October 6-

Thursday October 16

Where: Reynolds Gym 214

Soccer Referees Needed

- No experience needed
- We will train you
- Flexible hours
- Earn extra \$\$\$
- Can play and officiate

Introductory Meeting:

Monday, October 20

4:00 P.M.

Rm. 209 Reynolds Gym

Soccer Sign-Ups

When: Sign up between

Monday October 6-

Thursday October 16

Where: Reynolds Gym 214

In-Line Hockey:

When:

Sign up between

Monday October 6-Thursday October 16

Where:

Reynolds Gym 214

Who:

Leagues are open to all students, faculty, and staff.

Male and female divisions.

We provide equipment except for skates.