

1995

Cedarville College Cross Country Distance Running Brochure

Cedarville College

Follow this and additional works at: https://digitalcommons.cedarville.edu/cross_country_programs



Part of the [Higher Education Commons](#), and the [Sports Studies Commons](#)

This Article is brought to you for free and open access by DigitalCommons@Cedarville, a service of the Centennial Library. It has been accepted for inclusion in Men's and Women's Cross Country Programs (1982-1994) by an authorized administrator of DigitalCommons@Cedarville. For more information, please contact digitalcommons@cedarville.edu.

ABOUT THE COLLEGE

Cedarville College is a Baptist college of arts and sciences with approximately 2,400 students. The school is located on a 100-acre campus at the north edge of the village of Cedarville, Ohio, a quiet town with a population of approximately 3,000. The village and its surrounding area have

long maintained a reputation for providing a wholesome environment for learning.

Though located in a rural community, Cedarville is conveniently situated in the center of a triangle formed by Columbus, Dayton, and Cincinnati which allows easy access to three of the fastest-growing metropolitan areas in the nation.

Since its founding in 1887, Cedarville has coupled a balanced liberal arts program with a fundamentalist, theological position in regard to doctrine and patterns of conduct. All classes are taught by dedicated Christian professors who integrate the knowledge of their respective fields with biblical perspectives.

In keeping with the liberal arts concept, the curriculum centers on a basic program of general studies, including biblical education, communications, humanities, physical education, science and mathematics, and social science. The college offers over 75 programs of study.

ABOUT THE FACILITIES

Cedarville is recognized for having some of the finest athletic facilities among any school its size in the nation. The spacious Athletic Center features a one-tenth mile, four-lane mondo track. The building serves as host for several indoor meets plus provides a place for interval training in the winter. The Yellow Jackets track and field complex is touted as one of the best in the state of Ohio. It features a nine-lane polyurethane track as well as multiple field event areas. The irrigation system on the grass infield coupled with the track's drainage capabilities helps minimize maintenance on the entire facility. The track's versatility allows the Jackets to host several meets including the NCCAA Championships. Cedarville's home cross country course is located at John Bryan State Park near Yellow Springs which is approximately five miles from the campus. The Yellow Jackets hosted the NCCAA Championships from 1978 through 1992, and the meet will return there in 1995.



ABOUT THE COACHES

Elvin King has spent more than two decades as a coach in the Yellow Jacket men's track and cross country programs. He started the women's track and cross country programs in 1980.

While he continues his head coaching duties in cross country, King resigned as head track coach in 1990 to devote full attention to the distance program. This has resulted in continuity from cross country to track and has provided more coaching time to both programs.

King is responsible for developing the National Christian College Athletic Association track championships, and he served as meet director of the NCCAA cross country championships for 15 years. His men's and women's teams have won a combined 12 NCCAA track and cross country titles. King's efforts earned him induction into the Cedarville College Athletic Hall of Fame in 1988 and the NCCAA Hall of Fame in 1993. He is also a past president of the Ohio Intercollegiate Cross Country Association. King is a 1964 graduate of Kent State University and earned his master's degree from Bowling Green in 1967.



ELVIN KING
HEAD CROSS COUNTRY COACH
LONG DISTANCE COACH

PAUL ORCHARD—HEAD TRACK AND FIELD COACH

Paul Orchard assumed the Yellow Jacket head track and field coaching position in 1993. He is responsible for the sprinters, hurdlers, horizontal jumps, and weight events.

Orchard came to Cedarville after spending six years at the University of Akron. He served as an assistant coach for the Zips' track and cross country programs plus coordinated all of their recruiting.

Orchard previously served as a graduate assistant women's track coach at Miami University where he earned his master's degree in 1986. Orchard competed for four years in track and cross country at Taylor University prior to graduating in 1983.

JOHN MCGILLIVRAY—ASSISTANT TRACK COACH

John McGillivray is in charge of coaching the vertical jumps. He was a Mid-Ohio Conference pole vault champion prior to graduating from Cedarville College in 1970. He received his master's degree from the University of Dayton in 1976.

McGillivray, who served as interim head track coach in 1993, is also head coach of the Yellow Jacket men's soccer program. He was inducted into the Cedarville College Athletic Hall of Fame in 1991 and the NAIA Hall of Fame in 1994.

For More Information Contact
Mark Wornack, Sports Information Director
Cedarville College, P.O. Box 601
Cedarville, Ohio 45314 or call 513-766-7766

- ANNUAL EVENTS ON THE SCHEDULE INCLUDE**
- NATA Track and Cross Country Nationals
 - NCCAA Track and Cross Country Nationals
 - Ohio Intercollegiate Track and Cross Country Championships
 - Midwest Collegiate Cross Country Championships
 - Other events on the schedule have included:
 - University of Kentucky Track Invitational
 - Drake University Track Relays
 - Bowling Green Track and Cross Country Invitionals
 - University of Pittsburgh Track Invitational
 - Marshall University Track and Cross Country Invitionals
 - University of Cincinnati Track and Cross Country Invitionals
 - University of Illinois Cross Country Invitational
 - Indiana University Track and Cross Country Invitionals
 - Eastern Michigan University Track and Cross Country Invitionals
 - Penn Track Relays
 - Gettysburg Cross Country Invitational



Women's Cross Country — 1985, 1991
Women's Track & Field — 1985, 1986, 1994
Men's Cross Country — 1978, 1979, 1985
Men's Track & Field — 1975, 1976, 1983, 1984

NCCAA NATIONAL CHAMPIONS

Cedarville's commitment is to schedule competition that will challenge the best athletes on the team. The cross country and track and field schedules include only one meet per week, usually on Saturday. This helps to eliminate class conflicts and allows for proper training and rest.

In order to keep a balance, some competition consists of smaller invitionals where the younger athletes can gain confidence. The National Christian College Athletic Association (NCCAA) provides an opportunity for solid national competition among Christian schools and has always been a highlight of the season.

SCHEDULE AND COMPETITION

CEDARVILLE COLLEGE

CROSS COUNTRY

Distance Running

FROM THE TEAM

Victory is not everything, but the greatest lessons in athletics come from the work, discipline, and dedication along the path to victory. Our challenge as Christian athletes is not that God will help us to win, but rather that we should

be able to look back on the season and be satisfied with the quality of effort that we gave. This goal is not achieved in one race or even one season, but if we persevere through our entire career and handle all the ups and downs, physically, mentally, and emotionally, we will have a good foundation of

experience to which we can relate in life. Our desire is that our personal faith in Christ be reflected through our efforts both on and off the field of competition. We want our enthusiasm for running to permeate our lives now and set a standard for the challenges we will face later.

NAIA* ALL-AMERICA DISTANCE RUNNERS

*NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS

JANE ROMIG BROOKER*
1985, 1986 Indoor 1000
1985, 1986 Outdoor 800

ERIC FILLINGER
1987, 1988, 1989
Cross Country

TOM HILL
1986 Indoor 2-mile

ESTHER MAHR
1985 Outdoor 800

JOHN OSWALD
1987 Cross Country

MICHELLE BURSON
1994 Indoor 2-mile

1989 Indoor 3-Mile
1989 Outdoor 10,000
1990 Marathon

BRIAN HULL
1976 Cross Country

ROB MOORE**
1985, 1987 Indoor Mile
1985, 1986 Outdoor 1500

KRISTA PRITCHARD
1993 Marathon

*, ** see pictures at bottom



MICHELLE BURSON



ERIC FILLINGER



TOM HILL



BRIAN HULL



ESTHER MAHR



JOHN OSWALD



KRISTA PRITCHARD

THE WHEELER AWARD — NCCAA** ATHLETE OF THE YEAR

**NATIONAL CHRISTIAN COLLEGE ATHLETIC ASSOCIATION

1984 Gary Anderson (Men's Track)

1985 Jane Romig (Women's Track)

1986 Jane Romig Brooker (Women's Track)

1987 John Oswald (Men's Cross Country)

1988 Eric Fillinger (Men's Cross Country)

1990 Peter Casaletto (Men's Cross Country)

1991 Tammy Harvey (Women's Cross Country)

1992 Krista Pritchard (Women's Cross Country)

1994 Stephanie Sherman (Women's Track)

CEDARVILLE COLLEGE

OUTDOOR TRACK AND FIELD RECORDS

WOMEN

100m	12.62	Lynn Strickland	1990
200m	25.84	Lynn Strickland	1988
400m	57.5	Esther Mahr	1985
800m	2:09.0	Jane Romig Brooker	1986
1500m	4:37.4	Jane Romig	1985
3000m	10:24.4	Jane Romig	1985
5000m	18:06.06	Krista Pritchard	1992
10,000m	37:43.7	Michelle Burson	1994
Marathon	3:06:34	Krista Pritchard	1993
Heptathlon	4718	Lynn Strickland	1990
100m hurdles	15.30	Stephanie Sherman	1994
400m hurdles	1:02.94	Shelley Fratus	1988
Javelin	117-2	Tiffany Shaw	1993
Shot Put	37-3.5	Lynn Strickland	1990
Discus	128-7	Courtney Kilburn	1994
Long Jump	18-10.25	Stephanie Sherman	1993
Triple Jump	40-10.75	Stephanie Sherman	1994
High Jump	5-8	Lynn Strickland	1988
400m Relay	48.99	Eckert, James, Strickland, Fratus	1989
1600m Relay	4:01.3	Parman, Watson, Mahr, Romig	1985

MEN

100m	10.83	Dave Weber	1990
200m	21.86	Darryl Hammeck	1992
400m	47.5	Mark Green	1971
800m	1:52.7	Ernie Welborn	1973
		Paul Beck	1976
		Rob Moore	1987
		Brian Hull	1977
		Brian Hull	1978
		Tom Hill	1986
		Chad Eder	1994
		Brian Hull	1978
5000m Race Walk	21:33.71	Eric Fillinger	1990
10,000m	30:09.0	Todd Wiesema	1993
Marathon	2:35:05	Jon Mitchell	1975
110m hurdles	14.77	Scott Hammy	1985
400m hurdles	52.5	Phil Hulbert	1986
Javelin	202-5	Phil Hulbert	1986
Shot Put	52-0	Tim Kain	1994
Discus	172-11	Barrett Lukotic	1974
Hammer	106-6	Barrett Lukotic	1974
Long Jump	23-1	Bud Davis	1965
Triple Jump	46-5	Jon Plush	1992
High Jump	6-9	Weber, Cole, Hammeck, Goins	1992
Pole Vault	18-2.5	Mitchell, Gruber, Lukotic, Green	1974
400m Relay	42.34		
1600m Relay	3:15.3		

NCCAA ALL-AMERICA DISTANCE RUNNERS

WOMEN'S CROSS COUNTRY

Sharie Bolender	1991,92
Laura Boothe	1992
Michelle Burson	1993
Deb Pate	1986
Brenda Paulhamus	1989,90,91
Julianne Pletcher	1993
Krista Pritchard	1989,90,91,92
Jane Romig	1983,84,85
Mindy Schwaderer	1990,91
Susan Vaughan	1983

WOMEN'S TRACK

Sharie Brooker Bolender	1991,92
Jane Romig Brooker	1984,85,86
Esther Mahr	1985,86,87
Brenda Paulhamus	1991,92
Julianne Pletcher	1994
Krista Pritchard	1992
Jennifer Zenner	1994

MEN'S CROSS COUNTRY

Dave Averill	1980
Paul Budnik	1975,76
Craig Colas	1978
Eric Fillinger	1986,87,88,89
Tom Hill	1984,85
Brian Hull	1975
Rusty King	1984
Rob Moore	1983,85
John Oswald	1985,86,87
Dale Shaw	1978,79,80
Ron Thomas	1975,76
Dave Tresse	1979
Tom Yater	1978,79
Kevin Conkel	1991,93
Pete Simons	1993
Corey Woods	1989,90
Peter Casaletto	1991,92

MEN'S TRACK

Paul Beck	1975
Jim Butcher	1975
Jim Chambers	1975
Eric Fillinger	1988,89,90
Tom Hill	1984,86,87
Brian Hull	1976,77,78
Rob Moore	1984,85,87
John Oswald	1987
Dale Shaw	1977
Pete Simons	1994
Craig Slater	1983
Ernie Welborn	1973
Dave Wishert	1975



Jane Romig Brooker*

OLYMPIC HOPEFULS

"God knew as He directed me to attend Cedarville College that my life in four years would completely change. Since I did not run in high school, the coaches were sensitive to my needs. They were cautious of injury while at the same time training me to run quality races.

"The team members experience a bond that will always be remembered. Runners understand runners which allows lifetime friends and memories to be established. The competition between teammates in no way hinders friendships, but actually strengthens them.

"My experience at Cedarville was invaluable. It gave me a solid base and confidence towards reaching my potential as a runner for God's glory only!"



Jane Romig Brooker (far right) maintains her pace in the 1500 meter run at the '88 U.S. Olympic Trials.

BROOKER'S RECORD BOOK

- * Inducted into NAIA Track & Field Hall of Fame (1994)
- * Represented United States at World Indoor Championships in Toronto (1993)
- * Placed 4th in 800 meters at U.S. Indoor Track & Field Championships (1993)
- * Competed in U.S. Olympic Trials (1988, 1992) and training for 1996 trials
- * Olympic Festival 800 meter champion (1991)
- * Outstanding Female Performer at NAIA Indoor Nationals (1986)
- * Four-time NAIA Track All-American
- * Three-time NAIA All-America Scholar-Athlete
- * Two-time Wheeler Award Winner as NCCAA Track & Field Athlete of the Year
- * Eight-time NCCAA Track Champion
- * Two-time NCCAA Cross Country Champion
- * Best 800 meter time — 2:01.13



Rob Moore**

Rob Moore, a four-time NAIA All-American, is attempting to qualify for the 1996 U.S. Olympic Trials in the marathon.