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Cedarville Cross Country Defends National Title

Cedarville University

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For Immediate Release:

CEDARVILLE CROSS COUNTRY DEFENDS NATIONAL TITLE

At Cedarville College the terms "cross country" and NCCAA National Champions" are becoming synonymous. At least it has been that way for the last two years as Cedarville sports four All-Americans titles, two NCCAA National Championships, and the title of NCCAA Coach of the Year going to Cedarville coach Elvin King both of those years. Seniors Dale Shaw, Tom Yater, and Dave Treese have stuck with it and are in a large part responsible for the last two NCCAA Championships, according to King, and are being looked to for the leadership to defend the squads national title again this year.

"It is a kind of Cinderella story," commented King. Dale Shaw had only one year of running experience before coming to Cedarville, with Yater and Treese having never run in competition. The deficit in experience has been countered by a level of dedication which has provided them with successful careers. The three seniors will be supported by sophomore, Dave Averill, one of last year's strong track men; last year's no. 7 runner, Dean Johnson; and Ryan Spencer. Spencer was out for the season last year after

breaking a bone in his foot during the first meet, but will be back healthy this year. Senior Dave Bergandine and sophomore John Harbeck, both first timers to the Yellow Jacket squad, will be trying to break into the top seven.

Peter Coblentz, Gary Anderson, and Don Bisbee are three freshmen threats which could be a great deal of help to the team by the end of the season. Coblentz has gotten off to a slow start because of a foot injury, but should be to full strength before long. Also attempting to work their way into the Yellow Jacket squad are freshmen Dave Sallee, Joe McDonald, and Gary Bernard.

The team as a whole is coming into summer camp in better shape than last year, making Coach King even more optimistic about their goal of a third NCCAA National title. Key meets for the team will be the Findlay Invitational on October 4, the NCCAA District III meet at Grace College, October 11, and the NCCAA Nationals to be hosted by Cedarville College on the 5-mile course at John Bryan State Park on November 8.

Coach King has purposefully scheduled fewer meets and will be rotating his runners in those meets with the expressed purpose of spending more time in training. "We're striving to develop an attitude that what you do in a meet is a result of what you do in practice," reports King. To develop the individual runner to his fullest potential through hard training, rather than running a large number of meets to acquire awards, is our goal. That translates not only into the training of a runner, but also into the development of character. King believes that the men are developing patterns now which will establish the direction of their entire life. By developing an attitude of discipline and hard work in the area of cross country, we will help the men in establishing strong Christian character, and that is our ultimate purpose. That theme is evident in the teams motto: "Life is not made of dreams that we dream, but by the choices we make." Cross Country at Cedarville is not made of dreams that

are dreamed of accumulated awards, but by the choices made to dedicated training. It is that kind of dedication, attitude and character that makes the terms "cross country" and "NCCAA National Champions" synonymous at Cedarville College.

The Yellow Jackets open their 1980 season at Defiance on Saturday, September 13.