

**SDSU AZTECS**  
San Diego State University

*Women's  
Cross  
Country  
Media Guide  
1980*



# Roster

<u>NAME</u>	<u>CLASS</u>	<u>EXP</u>	<u>AGE</u>	<u>HOMETOWN</u>
Liz Baker	Fr.	none	22	La Mesa
Sue Beatty	Fr.	HS	17	San Mateo
Delores Cannizzaro	Fr.	HS	18	Santa Ana
Debbie Chaddock	So.	1V	19	Los Alamitos
Missy Collins	Jr.	2V	20	Durham, N.H.
Carol Crumley	Jr.	1V	20	Chula Vista
Eliana Garcia	So.	1V	18	San Ysidro
Janey Hummell	Fr.	JC	20	Orange
Monica Joyce	Fr.	HS	22	Sussex, Eng.
Lynn Kanuka	Jr.	2V	20	Regina, Sask.
Stacy Kneeshaw	Fr.	HS	18	Santa Monica
Olivia Partridge	Fr.	none	24	England
Lynda Prentice	Fr.	HS	18	La Jolla
Debi Simmons	Fr.	HS	18	Woodland Hills
Jane Spencer	So.	none	20	Bonita
Tracy Trisco	So.	1V	19	Newbury Park

Fred LaPlante Head Coach 3rd Year

## Status

### Varsity Returnees

Trisco, Chaddock,  
Kanuka, Crumley,  
Garcia - 1 year.

### New Runners

Spencer, Baker,  
Collins, Simmons,  
Hummell, Joyce

### Incoming Frosh

Kneeshaw, Cannizzaro,  
Beatty, Simmons, Par-  
tridge, Prentice, Baker

### Class Breakdown

Jr. (3) Kanuka, Collins,  
Crumley  
So. (4) Trisco, Spencer,  
Chaddock, Garcia  
Fr. (9) Beatty, Canniz-  
zaro, Hummell,  
Joyce, Kneeshaw,  
Partridge, Pren-  
tice, Simmons,  
Baker

# Facilities

## Top 10 Performers

Since 1977, the San Diego State women's cross country team has used beautiful Balboa Park in downtown San Diego.

The 5000 meter course can be broken into three parts. The first 1600 meters, beginning at 6th and Laurel, is comprised of grass, dirt, and pavement trails. It's relatively flat, except for a 40-meter uphill, located halfway from the start.

The second 1600 meters is made up of rolling terrain, beginning with a sharp downgrade known as "Powder Hill", and ends with a brutal 100-meter incline known as the "Concrete Switchback".

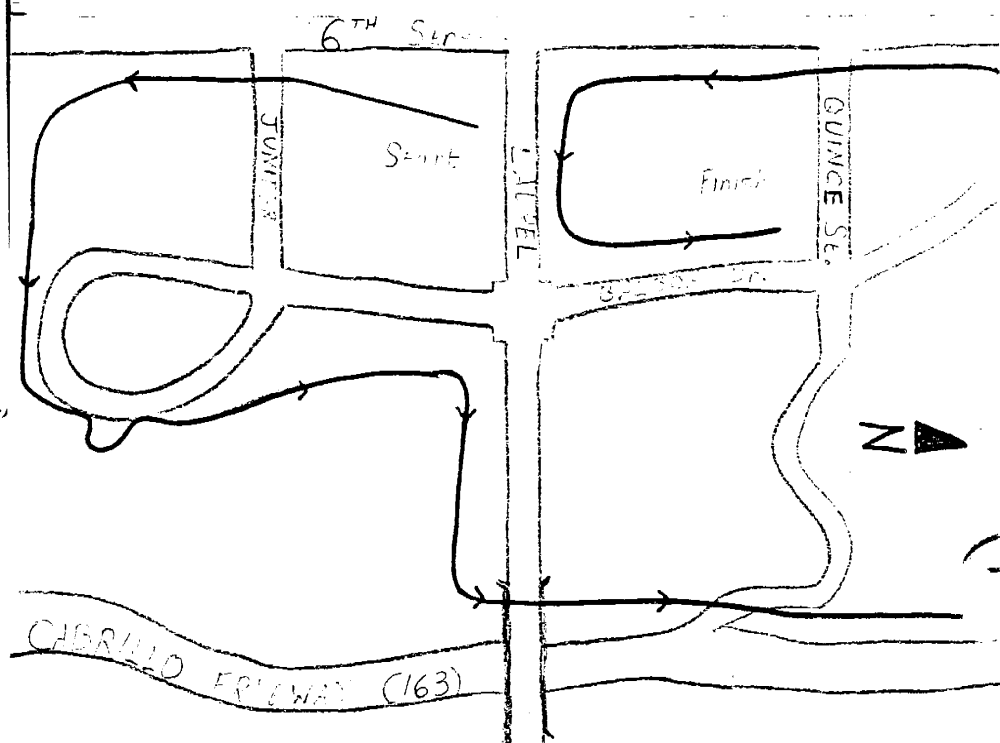
The final 1800 meters is completely flat and runs along a seemingly endless row of palm tree's along 6th Street. The course ends at Balboa Drive and Quince Street.

A good spectator course, viewers can get to all markers, start and finish, with a little mobility.

1. Lynn Kanuka	SDSU	17:49.2	1979
2. Joan Hansen	Arizona	17:55.2	1978
3. Laurie Binder	KCBQ TC	18:02.0	1979
4. Robin Tracey	Antelope Valley	18:08*	1978
5. Jeanne Abare	SDSU	18:10*	1978
6. Sue Melle	Rialto Roadrunners	18:11*	1979
7. Diane Riley	SDSU	18:13*	1978
8. Joy Hansen	Arizona	18:24*	1978
9. Chris Gilbreth	SDSU	18:26.7	1979
10. Rhonda Craig	CSULB	18:27.8	1979

\*Adjusted Times

## Balboa Park



# Season Outlook

In 1979 the San Diego State Women's Cross Country team was described as young and enthusiastic. In 1980 they can be described as young, enthusiastic, and experienced.

Head coach Fred LaPlante has seven runners returning from last year's squad, including All-Conference runner Lynn Kanuka. Kanuka established new meet and course records at the UC Riverside and Aztec Invitationals.

Other returning Aztecs include: #3 runner Debbie Chaddock, #4 Tracy Trisco, #6 Eliana Garcia, and #9 Carol Crumley. "This is a very cohesive group", says LaPlante. "They like their sport, and they like each other."

This group combined to win the Riverside Invitational, place second in the Aztec Invitational, fourth in the UCLA and WCAA meets, and eighth in the WIAW Region 8 Championships.

The Aztecs have one major loss heading into 1980. Number two runner, Chris Gilbreth is returning home to Santa Monica. On the positive side, the Aztecs have some people coming over from the

track team.

Freshman Monica Joyce, and sophomore Jane Spencer will be joining the team this fall. Joyce ran cross country while living in England in 1978. Last spring she set school records in the 800 and 1500 meters.

Spencer is a two-year veteran of the track team. In 1979 she set a school record in the 3000 meter run. Spencer has also run in the 1500 meter.

Newcomers to San Diego State are Stacy Kneeshaw from Foothills HS in Tustin and Lynda Prentice from La Jolla HS.

Kneeshaw ran the sixth fastest mile in the nation last year.

Prentice began running in competition for the first time as a senior. She qualified for the State Championships in the 3200 meter run.

LaPlante feels that this is the strongest cross country team in San Diego State's history.

The teams to beat in 1980 are defending WCAA champions, Arizona, and perennial contenders, UCLA.

## Co-Captains

DEBBIE CHADDOCK

LYNN KANUKA



# SDSU AZTECS



FRED LAPLANTE

HEAD COACH

LaPlante enters his third year as coach of the women's cross country team, after leading the 1978 squad to a fourth place finish in the WCAA, the best ever by a SDSU team.

Since coming to San Diego State, the 30-year-old LaPlante has been named WCAA Cross Country Coordinator, to the Region 8 Cross Country Committee, along with coaching women's cross country and track teams. This summer LaPlante coached the Women's National Track team in Holland.

LaPlante, a runner is his own right in the 1500 meters and cross country, took the SDSU coaching job after coaching men's track as an assistant at Columbia University (New York, N.Y.)

He was also the head track coach for men and women at Garden City East High School in Garden City, Mich., men's head cross country coach at Washenaw Community College in Ann Arbor, Mich., men's head track coach at Hoover Junior High School in Taylor, Mich. and graduate assistant track coach at Eastern Michigan.

The native of Toledo, Ohio, received his B.S. from Eastern Michigan in physi-

cal education and English in 1972 and obtained his master's from the same school in physical education.

In his running days, LaPlante was a NCAA College Division All-American in the 1500 meters and was a member of two NCAA-CD national championship teams.

LIZ BAKER

FR. 22 LA MESA

Liz is a senior transfer student from Indiana University.

While this will be her first time against collegiate competition, she has run for the AAU TC in Indianapolis. She has run the 5000 and 10,000 meters, along with competing in the half-marathon. She is a geology major.

SUE BEATTY

FR. 17 SAN MATEO

A newcomer to SDSU. Sue comes from Aragon HS in San Mateo, where she was named MVP twice, and was the league and regional champion in the two-mile. Her major is microbiology, with an emphasis in medical technology. Hobbies include music, swimming, and horseback riding.

DELORES CANNIZZARO

FR. 18 SANTA ANA

Delores comes to SDSU from Helix HS with impressive credentials. During her four years she was on the varsity cross country and track team, lettering a total of eight times. From 1977-79 she was named to the All-League team, and in 1977 was on the All-CIF team in cross country. When she's not out running, Delores enjoys tennis. Her major is telecommunications.

DEBBIE CHADDOCK

SO. 19 LOS  
ALAMITOS

This will be Debbie's second year on the Aztec cross country team. Last season Debbie was the #3 runner. Her best finish was fifth in the Riverside Invitational. In the spring, Debbie runs in the distance events for the track team.

At Los Alamitos HS she was named MVP twice in cross country and track. She's an Art/Graphic Communications major.

MISSY COLLINS

JR. 20 DURHAM  
N.H.

A record setter wherever she's been, Missy is a transfer from the University of



## LYNN KANUKA

JR. 20 REGINA, CAN.

The Aztecs #1 runner, and a member of the WCAA All-Conference team.

Lynn established new records at the Riverside and Aztec Invitationals. A leg injury prevented Lynn from running in the nationals.

A member of the Canadian National team, Lynn finished 25th in the World Championships in Paris.

A member of the SDSU track team, Lynn won in the 3000 and 5000 meters in the conference championships in 1979.

Majoring in P.E.

## STACY KNEESHAW

FR. 18 SANTA MONICA MONICA

At 5'9", Stacy Kneeshaw is the tallest member of the SDSU cross country team. At Foothill HS last year, Stacy ran the sixth fastest mile in the nation. She was named MVP four times during her career. Stacy, also played on the softball team, a team that finished 3rd in the nationals. Last name is pronounced NEE-SHAW.

New Hampshire. While at New Hampshire, Missy set five school records in track (the 500, 400, 440, 800, and 880 meters). At Oyster River HS in New Hampshire, she set two state records in track. Along with track, she played field hockey, tennis, and skied. She's a P.E. major, and was born January 12, 1960.

## CAROL CRUMLEY

JR. 20 CHULA VISTA

Another returnee from 1979, Carol competes in cross country and track. At Hilltop HS she captained the track team, and qualified for the state finals in her junior year. At Southwestern CC, Carol was the team captain, and was named MVP. At 5'8", she should have an advantage over the other runners. Carol's hobbies are backpacking and bodysurfing. She's an Art major.

## ELIANA GARCIA

SO. 18 SAN YSIDRO

Eliana returns as the Aztecs #6 runner. Last year she finished eighth in the Riverside Invitational, and 23rd in the WCAA Championships. In the spring she runs distance for the track team.

At Hilltop HS, Eliana

was named the top runner three straight years in cross country and track. She finished fourth in the Metro Championships in cross country in her senior year. Eliana is an undeclared major.

## JANEY HUMMELL

FR. 20 ORANGE

Janey has recovered from a leg injury that kept her out of cross country in 1979. In spring she had recovered to compete in the 800 meters for the Aztec track team. She began running competitively at Cuesta College, where she set a record in the 800 meters....she's been training hard this summer, and is seen as a plus for this team. Janey is an undeclared major.

## MONICA JOYCE

FR. 22 SUSSEX, ENG.

Already a record setter at SDSU. Last season, as a freshman, Monica set school marks in the 800 and 1500 meters.

Monica hails from Crawley, England. She ran cross country and track at St. Wilfrids Comprehensive.

A Home Economics major, She was born July 16, 1958.



## OLIVIA PARTRIDGE

FR. 24 ENGLAND

This will be Olivia's first year of competition. She hails from Scotland, and attended Morrisons Academy Girls School. She's married (Jim), and is majoring in Linguistics. Her hobbies are running and reading. Born June 2, 1956.

## LYNDA PRENTICE

FR. 18 LA JOLLA

Lynda began running competitively for the first time in 1979, and with amazing results.

She was named to the Western League CIF team, and was named MVP in cross country.

In track she qualified for the state championships in the 3200 meters. She was voted the most improved and outstanding runner in track.

In her free time, Lynda enjoys backpacking. Majoring in P.E.

## DEBI SIMMONS

FR. 18 WOODLAND HILLS

Another fall freshman joining the Aztecs in 1980, Debi attended El Camino Real HS. A successful distance runner, she finished second in the league championships in cross country.

In track, Debi finished second in the mile and

two mile in league competition, and fourth in the City Championships. Hobbies are collecting shells, and camping. Majoring in Art.

## JANE SPENCER

SO. 20 BONITA

1980 will be Jane's first go at cross country at SD SU. Jane has been a member of the track team for the past two years. In 1979 she set a school mark in the 3000 meters.

She attended Bonita Vista HS, won 3 letters in track, was named Most Valuable Runner, and selected All-Metro Runner of the Year.

Hobbies are skiing, hiking, and horseback riding. Majoring in Journalism.

## TRACY TRISCO

SO. 19 NEWBURY PARK

The #4 runner on the Aztecs in 1979, Tracy finished 23rd in the Aztec Invitational, and 24th in the WCAA Championships. She's from Newbury Park HS where she ran on the Championship cross country team (1978-79).

Another event that Tracy has been involved with is racewalking. She has competed in the AAU National Championships, and was a member of the International team in 1976.

In the spring she runs distance for the track team.

Hobbies are ballet and drawing. She is an undeclared major.



Opponents



## UCLA Invitational

SEPT. 20 AT WESTWOOD (11:00 a.m.)

UCLA and CSULB will be the teams the Aztecs have to beat in the UCLA Invitational. The course is run over the intramural fields, then onto the cross country path. There are two hills on the course, and the final 80 meters are over asphalt. Kathy Mintie of UCLA set a course and meet record last year.

## Riverside Invitational

SEPT. 27 AT RIVERSIDE (11:00 a.m.)

SDSU returns to defend their championship. The Riverside Invitational will be expanding to include all Southern California teams. The 5000M course runs over rolling dirt roads, past citrus groves, and follows along Gage Canal. Lynn Kanuka of SDSU holds the meet and course record.

## Aztec Invitational

OCT. 4 AT BALBOA PARK (9:30 a.m.)

This will be the 38th Annual Aztec Invitational, but only the fourth one the women's cross country team has competed in. CSULB will be returning to defend their championship. Arizona, who won the first two Aztec Invitationals has been invited. Lynn Kanuka of SDSU holds the meet and course record (1979).

SEPT. 1 to OCT. 26 AT SDSU

An individual competition based on the time trials from nine schools. Individual times on a 3000 meter track will be sent to SDSU and times will be compared. Individual awards will be given to those with the best times. No team scores will be kept.

OCT. 18 AT ARIZONA

UCLA and Arizona will be the teams to beat. Arizona is the defending champion. Expected to be on a relatively flat course. Greatest handicap could be the heat.

NOV. 1 AT CSU-LONG BEACH

## WCAA Championship

## Region 8



# Results



## U C Riverside



western collegiate  
**WCAA**  
athletic association



### UC Riverside Invitational -- Riverside

All seven Aztec runners place in the top ten. Lynn Kanuka paces the Aztecs with a new meet and course record of 17:20. Chris Gilbreth finishes second with a time of 18:19. Others: Torrans - 4th, Chaddock - 5th, Zampardo - 7th, Garcia - 8th, Hoagland - 9th. No team scores.

### Aztec Invitational -- Balboa Park

Lynn Kanuka sets another meet and course record at Balboa Park this time. Kanuka ran a 17:49.9 time. Chris Gilbreth finishes fourth for SDSU. Team Scores: CSULB 55, SDSU 61, KCBQ TC 69, SDTC 160, UNLV 168.

### UCLA Invitational -- Campus Course

UCLA's Kathy Mintie sets a new meet and course record with a 16:20.7 running of the Westwood course. Aztec Chris Gilbreth finishes 19th. Team Scores: Oregon 24, UCLA 31, CSULB 102, SDSU 123.

### WCAA Conference Championship -- Westwood

The Hansen sisters lead Arizona to the WCAA Championship. Joy Hansen sets a new meet record by running a 17:16.7 time. Lynn Kanuka finishes 5th and is named to the All-Conference team. Team Scores: Arizona 21, CSULB 63, UCLA 63, SDSU 90.

### WAIWA Region 8 -- Sacramento

Kathy Mintie of UCLA sets a new meet and course record with a time of 16:17.4. Aztec Chris Gilbreth finishes 33rd. Team Scores: Cal-Berkeley 44, Arizona 51, UCLA 70, Cal-Poly SLO 97, Stanford 143. Aztecs finish in 8th with a score of 193.

### AIAW National Championship -- Florida

North Carolina State wins the National Championship, Oregon comes in second. Arizona, representing the WCAA comes in fifth. Julie Shea of North Carolina State finished first with a time of 16:35.0. Arizona's Joy and Joan Hansen are named to the All-American team.



# Notes

## AZTEC

## INVITATIONAL

## 3000 M. POSTAL

Although this is the 38th Annual Aztec Invitational, it's only the fourth that the SDSU Women's cross country team has competed in. CSU-Long Beach, the defending champs; and Arizona, winners in 1977-78, have been invited. A key match up will be between Joy Hansen of Arizona and Lynn Kanuka of SDSU. Hansen has run the eighth fastest time at Balboa Park. Kanuka is the course and meet record holder. UCLA, USC, Arizona State, and CSU-Fullerton are a few of the teams that have been invited.

The 3000 Meter Postal Invitational will be run between September 1 until October 26. Top teams from across the country will be sending results of their time trials. All time trials will be timed on a 3000 meter track. The times will be sent to SDSU and correlated. Individual times will be posted, and awards will be given to the top finishers. No team scores will be kept.

### TOP 10 FINISHERS (1979)

Kanuka	SDSU	17:49.9*
Binder	KCBQ TC	18:20
Melle	Rialto RR	18:11
Gilbreth	SDSU	18:26
Craig	CSULB	18:27
Tillman	Phoenix C	18:30
Yanke	CSULB	18:32
Hartsfield	Unatt.	18:46
Abare	KCBQ TC	18:49
Krenn	SDTC	18:50

\*New course and meet record.

### TEAM SCORES (1979)

CSU-Long Beach	56
SDSU	61
KCBQ TC	69
SD TC	160
UNLV	168

# Organizations

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## University

San Diego State was founded in 1897. The University has grown from a small teachers college of 91, to a university of 34,000.

In 1969 the Aztecs were granted Division 1 status by the NCAA.

The sixth president in San Diego State's history is Dr. Thomas B. Day. President Day has taken a major interest in Aztec athletics. His support and leadership have put academics and athletics in their perspective -- hand in hand.



## Conference

On September 29, the Western Collegiate Athletics Association will celebrate its fifth birthday.

The seven schools in the WCAA are: SDSU, UCLA, USC, CSU-Fullerton, CSU-Long Beach, Arizona, and Arizona State.

These schools form one of the nations most powerful and competitive athletic conferences in the nation.



## Affiliation

The Association for Intercollegiate Athletics for Women (AIAW) was established in 1971 by women in athletics. The AIAW governs and provides leadership dedicated to the assurance of standards of excellence and educational soundness in women's intercollegiate athletics.

The AIAW is divided into nine regions. The Aztecs are members of Region 8.





# Schedule

## SEPTEMBER

13	Red & Black Meet (Intrasquad)	Balboa Park	11 a.m.
20	UCLA Invitational	Westwood	11 a.m.
27	Riverside Invitational	Riverside	11 a.m.

## OCTOBER

4	Aztec Invitational	Balboa Park	9:30 a.m.
18	WCAA Championships	Arizona State	All Day

## NOVEMBER

1	WIAW Region 8 Championships	Cal State Long Beach	All Day
15	AIAW National Championships	Seattle, Wash.	All Day

Sept. 1 - Oct. 26 is the SDSU 3000 Meter Postal. ( Wisconsin, Washington, Colorado, Idaho State, Penn State, Eastern Michigan, and Tennessee)



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**WCAA**  
athletic association