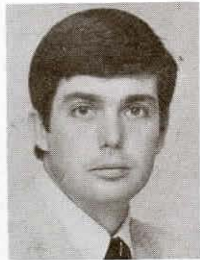




**Morehead State University  
1979**

**Men's and Women's  
Cross Country**

*Athletics*



## **Kevin White**

### **Men's Head Coach**

Kevin White comes to MSU from Central Michigan University, where he served as an assistant coach in track and cross country.

A graduate of St. Joseph's (Ind.) College and CMU, White began his coaching career at New Port Richey, Fla., where he received "Coach of the Year" honors.

A student of track and field, White was a part of a United States contingent that toured Saudi Arabia conducting track clinics.

In addition, he has authored publications on track meet administration.

"We are really eager to get into the season," White stated. "The OVC has traditionally been one of the best track and cross country leagues in the nation."



## **Jane White**

### **Women's Head Coach**

The fact that Lady Eagle Coach Jane White shares the same last name as MSU's men's track and cross country coach is no accident. The two are husband and wife.

Jane White is a graduate of St. Joseph's College in Indiana and Central Michigan University. She comes to MSU from the head women's track position at Central Michigan.

Active in track, basketball, volleyball and softball on the college level, White also served as girl's volleyball, cross country, track and basketball coach at Gulf High School in New Port Richey, Fla., and basketball, gymnastics and track coach at Cadillac High School, Cadillac, Mich.

The Whites have two children.

# Men's Outlook

All of MSU's top men distance runners will be returning this fall, but the Eagles will be a young team just the same.

Nine freshmen, three sophomores, three juniors and four seniors will make up the Eagle squad as first year MSU Coach Kevin White takes the reins.

"For the most part we are an inexperienced team and we may get off to a slow start, but we have several runners who should contribute late in the season," Coach White said. "The Ohio Valley Conference is extremely competitive but I think we can do well if we live up to our potential."

Leadership will be important, and three of MSU's returnees will take on that task.

Dave Bowman, an Alum Creek, W. Va., senior; Steve Gosney, a Cincinnati junior; and Marty Withrow, a Columbus Ohio, senior, will have to put their college running experience to work by leading the youthful Eagle squad.

Five other returnees, Dave Campbell, a Mason, Ohio, junior; Keith Flaspoepler, an Owensboro sophomore; Rob Heise, a Bellevue junior; Chris Rolph, a Batavia, Ohio, sophomore; and Bill Valenzano, a Fairview, N. J., sophomore, will also be vital to MSU's success.

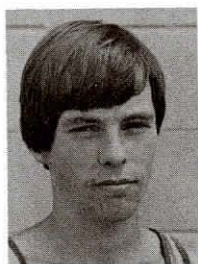
MSU finished with a 14-25 record and a fifth place finish in the OVC last season, but several newcomers could make a difference this season.

Tim Back, an outstanding high school runner from Morehead, should contribute immediately. Freshmen John Borders of Somerset, Ky.; Kevin Ruland, a transfer from Paramus, N. J.; and David Jones of Premium, Ky., should also aid the Eagle cause.

Several sprinters and middle distance runners including Eddie Burton, Louisville senior; Willie Horton, Detroit, Mich., freshman; Ron King, Flint, Mich., freshman; James Lee, Brooklyn, N. Y., freshman; Eric Lindsey, Cincinnati, Ohio, freshman; Terry Marshall, Kingston, Ontario, freshman; and Greg Threat, Dayton, Ohio, senior, are trying their hand at cross country.

Some should become competitive during the latter part of the season, while others will use the experience to prepare for the indoor track season.

# The Eagles

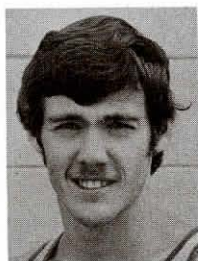
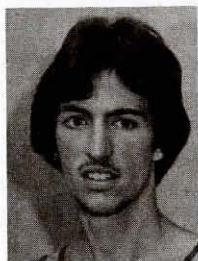


**Tim Back...Fr**  
Morehead, Ky.

Outstanding Kentucky high school runner. Former state champion. Mile time of 4:23 and a two-mile time of 9:25 in high school. Should be a tremendous asset.

**John Borders...Fr**  
Somerset, Ky.

A solid freshman walk-on. Should be a key to the development of MSU's distance program.

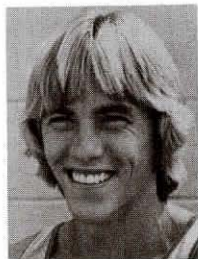
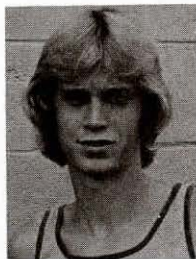


**David Bowman...Sr**  
Alum Creek, W. Va.

Three-year veteran of cross country and track. Has the ability to be a top OVC runner. Should provide experience on a young, inexperienced squad. Best mile time 4:08.

**Dave Campbell...Jr**  
Mason, Ohio

A half-miler by trade but should be in the competitive picture. Definitely in shape for the season and should make a major contribution.



**Keith Flaspoebler...So**  
Owensboro, Ky.

Beginning to show signs of developing into a competitive collegiate cross country runner. With first year of college competition behind him, should have a good year.

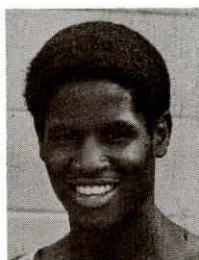


**Steve Gosney...Jr**  
**Cincinnati, Ohio**

A team leader. Should be a front runner in the OVC. Experienced and dedicated. Owns a 10,000-meter time of 30:09 and a 5,000-meter time of 14:42.

**Rob Heise...Jr**  
**Bellevue, Ky.**

A definite key to total team success. Looks to be in excellent shape for fall season. Good middle distance runner.

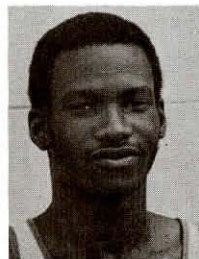
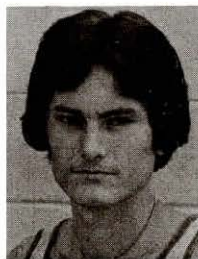


**Willie Horton...Fr**  
**Detroit, Mich.**

Newcomer to cross country. Good middle distance runner. With experience, should be very competitive. Owns a half-mile time of 1:59 and a 440-yard dash time of :52.

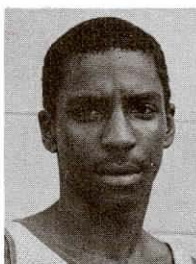
**David Jones...Fr**  
**Premium, Ky.**

With experience, should have an excellent cross country future. Impressive high school runner.



**Ronald Lee King...Fr**  
**Flint, Mich.**

Good middle distance runner. First year of running cross country competitively. Could be an asset late in the season. Runs the mile in 4:18 and the 800-meters in 1:53.

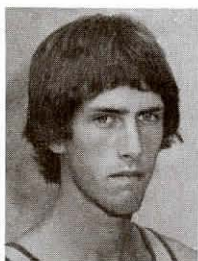


**James Lee...Fr**  
**Brooklyn, N. Y.**

Another newcomer to cross country who should become competitive during the latter part of the season with experience. Best at sprints and middle distance races. Runs the 440-yard dash in 48.5.

**Eric Lindsay...Fr**  
**Cincinnati, Ohio**

Outstanding high school athlete. Will need a year to establish himself at college level cross country. Best at middle distances. Owns a 880-yard dash time of 1:55.

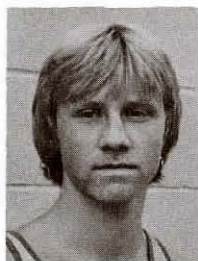


**Terry Marshall...Fr**  
**Kingston, Ontario**

Moving up from 400-meters to 800-meters in track. Cross country should benefit. Runs the 400-meters in 50.3, and the 800-meters in 1:55.6.

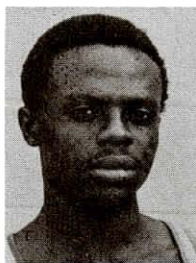
**Chris Rolph...So**  
**Batavia, Ohio**

Distance running is his speciality. A veteran of cross country and track last year. Should come into his own this season.



**Kevin Ruland...Fr**  
**Paramus, N.J.**

Transfer student. Good distance runner and all-around athlete. Owns a 10,000-meter time of 32:00. Will definitely contribute.

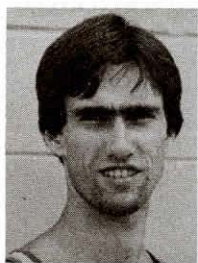


**Greg Threat...Sr**  
**Dayton, Ohio**

An excellent sprinter for MSU track team. Running cross country for developmental purposes. Effort should pay off during indoor track season.

**Bill Valenzano...So**  
**Fairview, N.J.**

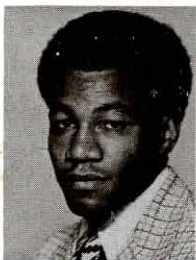
Distance specialist. Should be a factor in OVC competition. Owns a three-mile time of 14:48.



**Marty Withrow...Sr**  
**Columbus, Ohio**

Improving tremendously. The more Marty progresses, the better MSU's team chances at the OVC. Runs the 5,000-meters in 14:48 and the 800-meter dash in 1:56.

**Graduate Assistant**  
**Larry Bradshaw**



# Women's Outlook

The 1979 Lady Eagle cross country team is sporting a new coach and several new faces this year, but first-year Coach Jane White feels she has a solid team.

"I'm not familiar with the competition in this area, but I see a lot of potential in our team," Coach White said. "They run well together, and if we stay injury free, we should do well."

MSU finished with a 12-15 record and a third place finish in the Kentucky Women's Intercollegiate conference meet last season. This year White is hoping for third place or better.

"The team is very different from last year, so it's hard to say how we will do, but I'm looking forward to placing in the top two," White said. "We have four strong runners and hopefully we'll produce a fifth."

Two of White's top runners are returning seniors Hopey Caudill and Diane Long.

Caudill, a three-year veteran of both cross country and track, has shown tremendous improvement each year.

Long, a national level distance runner her freshman and sophomore years, was plagued by injuries last season and was red-shirted in cross country. This season she hopes to regain her top form.

The remaining top runners are freshmen Karen Porter, Kentucky's high school champion in the mile run, and Laura Baker, a top recruit from Frankfort.

As for her fifth runner, White is hoping either Barb Ferris, a top quarter-miler and an excellent hurdler for MSU's track team, or Becky Bennett, a newcomer to the Lady Eagle line-up, will be able to produce.

In addition, new cross country runners Mary Charles Crockett, Mimi Slonkosky and Sally Wampler will add depth to the Lady Eagle squad while building for the track season.



# The Lady Eagles



**Laura Baker...Fr**  
Frankfort, Ky.

Freshman recruit. One of the top four Lady Eagle runners. Has a great deal of potential. With experience, should be an excellent runner.

**Becky Bennett...Sr**  
Louisville, Ky.

First-year college runner. Could figure in as the number five runner. With experience should add depth.

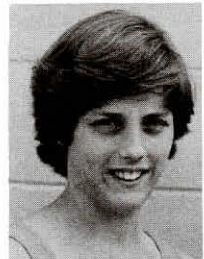


**Hopey Caudill...Sr**  
Mt. Sterling, Ky.

In her fourth year as a top Lady Eagle distance runner, one of the team's top four. Tremendous improvement each year. Senior year should be outstanding.

**Mary Charles Crockett...Fr**  
Frankfort, Ky.

Freshman recruit for MSU's track team. New to cross country. Has a great deal of track potential which distance running will help build. Will add depth.



**Barb Ferris...So**  
Columbus, Ohio

Excellent quarter-miler and hurdler for MSU's track team. Could become fifth runner for cross country. Outstanding speed, all-around athlete.

# 1978 Results

## Eagle 1978 Results (14-25)

Marshall Inv. (4th of 6)  
 Kentucky Inv. (4th of 6)  
 Ky. Intercollegiate (6th of 7)  
 Indiana Univ. (10th of 16)  
 MSU 18, Northern Kentucky 45  
 Marshall 22, MSU 39  
 OVC Championships (5th of 7)

## Lady Eagle 1978 Results (12-15)

Joe Binks Memorial CC Run (2nd of 3)  
 Murray State 20, MSU 41, Western Ky. 58  
 Harrodsburg Distance Run (no score kept)  
 Kentucky 23, MSU 35  
 KWIC Championships (3rd of 8)  
 Indiana University (5th of 6)  
 Tennessee Inv. (4th of 7)  
 Western Kentucky Inv. (4th of 5)

# 1979 Schedules

## Eagle Schedule

Sept. 15 at Marshall Inv.  
 Sept. 22 at Kentucky Inv.  
 Sept. 29 at Kentucky Intercollegiate  
 Oct. 5 at Notre Dame Inv.  
 Oct. 13 at EKU Inv.  
 Oct. 20 MARSHALL (11:00)  
 Oct. 27 at OVC Championships

## Lady Eagle Schedule

Sept. 1 at Joe Binks Run  
 Sept. 8 at Eastern Kentucky  
 Sept. 15 at Harrodsburg Distance Run  
 Sept. 22 at Kentucky  
 Sept. 29 at KWIC Championships  
 Oct. 6 at Indiana Univ.  
 Oct. 13 MIDDLE TENNESSEE  
 TENNESSEE TECH (11:00)  
 Oct. 27 at OVC Championships  
 Nov. 2-3 at AIAW Regionals