

# Indoor team has solid showing at opener

BY BEN YARNELL  
Staff Reporter

Even though the meet was almost a month ago, it is not likely the Bulldogs are going to forget Ames, Iowa, anytime soon.

As most students were heading off for a long Winter Break, Truman's men's and women's indoor track teams traveled to Iowa State University to kick off the indoor track season at the Cyclone Holiday Classic.

The men's team had a strong first showing. Senior Sean Bergstedt highlighted the results for the team after finishing second for the Bulldogs in the 400-meter run. Bergstedt also finished sixth on the same day in the 60-meter hurdles.

The two-time letter-winner said he had mixed feelings about his performance for the day.

"Coming off of the last few years, it was a little bit better, ... albeit a bit disappointing," he said. "I had expected to run a much faster time than I did."

Bergstedt said he couldn't point to one individual reason why he didn't do as well as he had hoped, except for the fact that the meet was so early in the season.

One Bulldog who was able to put his best foot forward was senior Joe Ackerman, who placed fifth in the 60-meter hurdles, beating out Bergstedt by just under two tenths of a second.

The younger end of the roster gave the Bulldogs a look at things to come when the freshman class tacked up multiple high places, led by a pair of second-place finishes by distance runner Josh Mantooth in the mile run and long jumper Jamin Roberts.

Shot putter Alex Van Delft and high jumper Andy Cochran also placed high for the freshmen, placing fifth in their first collegiate competition.

Rounding things out for the younger men was sophomore distance runner Zach Chapman, who placed third in the 3,000-meter run.

As for the women, the Bulldogs made themselves comfortable at the top of several events. In the mile run, freshman distance runner Kylie Raithel and sophomore distance runner Fiona Williams took first and second, respectively.

Junior distance runner Danna Kelly, who qualified for the cross country nationals this fall, captured a first-place win in the 3,000-meter run, with freshman teammate Fiona Williams

hot on her heels finishing third.

Kelly said it felt good to get a first place on the books right off the bat.

"It was a really good confidence booster," she said. "I was actually telling some of our freshmen girls that I really enjoy going to our first indoor meet right over finals week and just before break, just because no matter how you or how your times are, it's your standpoint for when you return after break to make sure you are still in a decent shape."

Also capturing a No. 1 spot for the 'Dogs was senior jumper Christen Lauer in the triple jump, with sophomore Katrina Biermann holding down third place.

Sophomore sprinters Amber Clayton and Shaina Dochtermann also enjoyed top finishes. They held the No. 2 and No. 4 spots in the 400-meter run.

Head coach John Cochrane said that although there were some successes at the Holiday Classic, it is hard to tell where the team will end up as a result.

"There were some people who did really well, and we were happy," he said. "There were some that we thought were going to do well that didn't do well, and we weren't happy with that. Some of them were just average. It's so early in our season, we really can't tell you really what is happening right now."

Both the men and the women will get a chance to make that call a little clearer for Cochrane when they head to Iowa City, Iowa, this weekend to compete in the Hawkeye Invitational.



Mark Hardy/Index  
Freshman mid-distance runner Paul Crets practices with a parachute in Pershing Arena on Monday. The indoor track team has its first meet of 2008 this weekend at the Hawkeye Invitational.

## Hawkeye Invitational nears for indoor track

BY BEN YARNELL  
Staff Reporter

Now the real game begins.

This weekend, Truman's men's and women's indoor track teams will head to the University of Iowa in Iowa City for the Hawkeye Invitational.

Technically, this will be the second competition for both teams, after last month's Cyclone Holiday Classic at Iowa State University in Ames, Iowa. But for many on the team, the Invitational is the first real test for the team.

"It's going to be a pretty good-sized meet," senior runner Sean Bergstedt said. "There will be lots of competition there and lots of people to run with. Iowa State is kind of a hit or miss. ...

It's an early-season meet, so you are not going to have as fast of times or as hot of competition."

The Bulldogs' challenge will come not only in the form of competitors, though. One obstacle the teams will face is the month-long break between meets at Iowa State and the University of Iowa. Senior jumper Christen Lauer said that although the situation might seem cut and dry, preparation is a bit more involved.

"Coach [John Cochrane] really stressed that you do your workouts over break and stay in shape," she said. "Hypothetically, [a break] shouldn't matter. If you do what you are supposed to do over break, you should be in good shape to go. But weather

conditions over break make it tough in places to get outside sometimes."

Lauer said she thinks those who are intense about what they are doing will be ready to go. Cochrane echoed that sentiment, saying intensity will be key.

"For [the teams], they had better all believe that this is important from now on," Cochrane said.

As the Bulldogs get set this week, they also are working to gauge what will constitute success coming out of the meet. Junior distance runner Danna Kelly said that at this point they are aiming for consistency.

"We are shooting to have a lot of the same times, or maybe even a little better times, than we had before

break," she said. "Otherwise, we just want to make sure we are competing hard against the competition. ... I think if everyone competes to their best and just stays positive, that will be a good weekend for us."

Traditionally, the Hawkeye Invitational has had mixed results for the Bulldogs. Often, the standout runners for Truman have performed well at this meet while others have struggled with the higher-caliber competition.

One who seems to have the stats on his side is Bergstedt. Last year at the Hawkeye invitational, Bergstedt captured first place in the 60-meter hurdles and second place in the 400-meter open. He said he is anxious to return to comfortable ground.

"The University of Iowa has a great track, a very fast track," he said. "I do anticipate running a very good time. I feel like my focus for this week is to get my time down, [set my] PR, get out to a good start for the season and maybe get that provisional time down a little further."

Still, this is only the start of the season for the teams. Cochrane said it is important to keep the meet in perspective.

"No one remembers what happens at this meet anyway," Cochrane said. "This is basically a chance to compete again. Hopefully, you remember a few things from before Christmas, and improve on some things that you've done and how you focus on competition and start moving forward."

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