

# Wind dampers start of 'Dogs season

BY KRISTA CRIDER  
Staff Reporter

The women's golf team played a challenging course Sunday and Monday at a tournament in Lincoln, Neb., and head coach Sam Lesseig said the course won.

The Bulldogs placed fourth out of seven teams at the tournament, which marked the women's first event of the spring season. They had a team score of 346 on Day 1 and 362 on Day 2.

The Bulldogs originally had planned on playing at a tournament in St. Joseph, Mo., but because of a weather-related cancellation, decided to play in the Lincoln tournament instead.

The top three golfers for the Bulldogs at the two-day tournament were sophomore Jen Lawson

(88, 85), junior Krystal Limsiaco (84, 91) and senior Julie Williams (86, 93). Lawson said the Bulldogs were not entirely pleased with their performance last weekend but were thankful to have the first meet under their belts.

The weather also had a negative effect on the team's performance, especially with the 30 mph winds Monday. Add a tricky, unfamiliar course on top of that, and the team struggled.

"This time of the year you catch bad weather," Lesseig said. "It was a very tough course, we had never seen it before, and we just really didn't score well. We hit the ball very well. We just really didn't play well."

The Bulldogs faced familiar teams at the tournament, including Upper Iowa University, Concordia University-St. Paul, and Winona University (Minn.). Despite all of

the challenges, Limsiaco said the team's effort was there.

"We tried our best for sure," Limsiaco said. "We played in really tough conditions for our first tournament, and getting back into the tournament mode was definitely tough for everybody — how you just go from playing for fun to playing in a tournament, with all different kinds of pressures on you, and playing that in really tough weather. I am happy that we all tried our best."

With the first tournament of the spring out of the way, the team now is looking forward to its home tournament, the Truman Bulldog Classic that takes place this Friday and Saturday. The Bulldogs worked this week on problems that became apparent during the previous tournament. Lesseig said the players were definitely struggling with their

short games at this past meet, so the women will especially focus on that aspect of the game. Limsiaco said short game is harder to maintain outside of real competition, especially throughout such a long break.

"We haven't been playing for a while, and short game is one of the first things to go because it requires a lot of feel, and it requires a lot of playing time to master it," Limsiaco said. "That's definitely the main thing that all of us out there were having major problems with."

Even with the performance the team had at the meet last weekend, Lawson said the team is confident with how it will perform with the home-course advantage on its side.

"With it being a home tournament and a course that we are familiar with, and the weather is supposed to be really good, I don't think how

we played this weekend is going to affect us [this weekend]," Lawson said. "I think we will really have a chance to play well. We are going to practice a lot this week, and I think, starting off Friday, we will really be ready to play and will have woken up from our winter hibernation."

The Bulldogs are expecting support on all sides at the Classic. Traditionally, parents and hometown fans come to watch and cheer on their favorite Bulldogs, and Lawson said this is usually a huge confidence and atmosphere booster for the tournament.

"I can't think of one person who is not going to have someone at our tournament," Lawson said. "Having the group of people, we are all going to play well, so I would guess, like every other team, that being the home team gives you an advantage."

## Athlete of the Week

Shaina Dochterman

Sport: Track and Field

Year: Junior

Event: Hurdles

Hometown: Kahoka, Mo.

Dochterman ran an NCAA provisional mark in the 400-meter hurdles last Friday at the Washington Univ. Mini-Meet in a time of 1:02.84. It was the first time she ran the event this season. She also finished second in the 100-meter hurdles and first as a member of the 4x100- and 4x400-meter relay teams.

## Dochterman runs for provisional mark

BY BLAKE TOPPMEYER  
Sports Editor

One minute, 2.84 seconds — that's how much time it took for junior Shaina Dochterman to earn an NCAA provisional mark in the 400-meter hurdles.

In just the second meet of the outdoor season, and in her first time running the event this year, Dochterman won the race and finished 0.16 seconds ahead of the time needed for a provisional mark last Saturday at the Washington University Mini-Meet.

"I was really happy that I got provisional mark kind of out of the way, and now I can just keep on improving on it," Dochterman said. "When I crossed the line, and I looked at the clock, I was like, 'Wow, I did it the first time.' It was really good news for me."

Dochterman also finished second in the 100-meter hurdles running into the wind with a time of 15.70. She also was a member of the 4x100- and 4x400-meter relay teams that placed first.

Dochterman said her time probably would have been faster in the 400-meter hurdles — an event she placed 12th in at nationals last May — if there were a competitor to push her at the

end of the race. She established her lead by the third hurdle and beat the second-place finisher by more than four seconds.

"I just kind of died the last five [hurdles]," Dochterman said. "I don't think I really shifted into it as much. There was nobody really there to push me, but still I should be able to maintain that [pace]. But otherwise, I felt really good."

Head coach John Cochrane said it's in this area of racing hard regardless of competition — which he calls racing with "nastiness" — that he'd like to see Dochterman continue to improve.

"She can be nasty when she has nasty people to run against, but [other times] she'll kind of run and wave at the family — doesn't do that [literally], but there are times that you know that she can run quite a bit faster," Cochrane said. "As long as she can find it when she races the good people, she'll be all right."

Dochterman will have a chance to prove herself against top competition Saturday at the Northwest Missouri Invite. Dochterman will square off against Northwest's Audrey Bailey in the 400-meter hurdles. Bailey finished second to Dochterman in the 400-meter hurdles at last year's MIAA out-

door championships. By beating Bailey this weekend, Dochterman could prove that she still is the front-runner in that event at this year's conference meet.

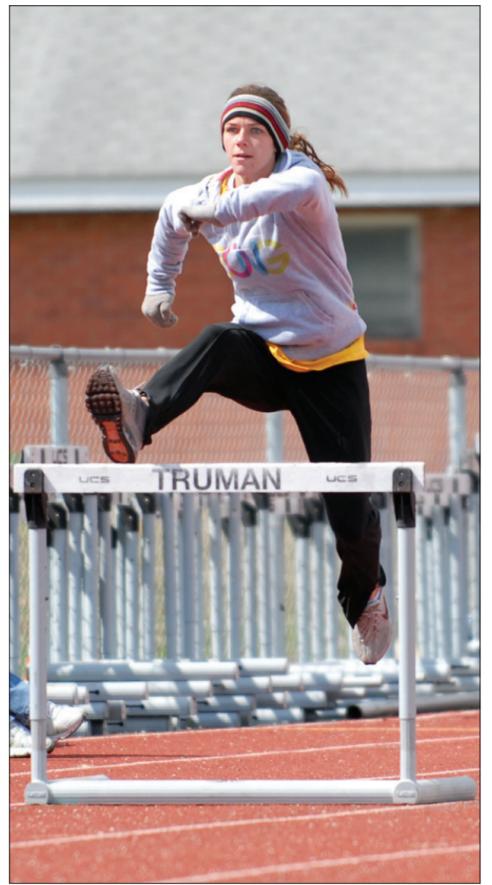
A more strict dedication to step patterns, in which the runner tries to hit a particular number of strides between each hurdle and counts steps to keep on the mark, is one strategy that could help Dochterman maintain her top spot. Dochterman said she had no experience with step patterns in high school.

"My high school where I came from, we just ran, and I went over the hurdles," she said.

Cochrane taught Dochterman step patterns during her first two seasons at Truman, but did not require Dochterman to adhere to them strictly. Now, in an effort to continue to improve her time and ultimately her national placing, Dochterman is following the step pattern closely this season.

With this more structured running technique, Dochterman said she's hoping for a higher finish at nationals in the 400-meter hurdles this May.

"Hopefully I'll be able to at least get on the podium [top three], and I should be able to," she said. "I'm capable of it. I just have to think that when I'm there."



Junior Shaina Dochterman runs hurdles during practice earlier this week. Dochterman ran a provisional mark in the 400-meter hurdles last weekend with a time of 1:02.84.

Mayank Dhungana/Index

**Rider Drug**  
Your Rxperts

Keeping the "Assist" In Pharmacist

**Closest to campus**

**Free delivery to campus**

[www.riderdrug.com](http://www.riderdrug.com)

660.665.4666 or Toll Free 1.800.624.1473  
1207 S. Baltimore  
Kirksville, Mo. 63501  
[riderdrug@riderdrug.com](mailto:riderdrug@riderdrug.com)

**PUBLIC OPEN MEETING NOTICE**

40th Annual Spring  
**MEMBERSHIP MEETING**  
**NEMO RPC & RDC**  
{Northeast Missouri Regional Planning Commission & Rural Development Corporation}

**Monday • April 13, 2009**  
Edina Knights of Columbus Hall  
707 North Main Street • Edina, MO  
Doors open at 5:30 pm • Dinner served at 6:00 pm  
Keynote Speaker - 7:00 pm  
**9th District Congressman Blaine Luetkemeyer**

**Business Meetings 7:30 pm**  
Northeast Missouri Regional Planning Commission and Rural Economic Development Corporation (NEMO RPC), NEMO Regional Transportation Planning Organization (RTPO), NEMO Region "C" Solid Waste Management District (SWMD), NEMO Regional Public Housing Agency (PHA)  
A cash door prize of \$100 will be drawn that evening compliments of the NEMO Innovators's Café (Must be present to win)

Meal cost is \$10.00, please RSVP to Kathie Small at [kathiesmall@nemorcpc.org](mailto:kathiesmall@nemorcpc.org) or Teresa Skinner at [teresaskinner@nemorcpc.org](mailto:teresaskinner@nemorcpc.org) or call the NEMO RPC office at (660) 465-7281 by 4:30 pm Wednesday, April 8th. Meal tickets without an RSVP will be \$12.50 at the door that evening.