

Track sets nine PRs

BY JOCELYN NEBEL
Staff Reporter

Although many track athletes faced different events than usual last weekend at the Jack Jennett Invitational, several finished with personal bests, including a new school record.

"For one thing, this meet is a whole lot different than the one we went to at Iowa State [last weekend]," head coach John Cochrane said. "The middle distance stuff is much tougher. There were some good people at Iowa State, but there were a larger number of good middle distance runners ... especially on the women's side."

Senior distance runner Fiona Williams showed her strength in the middle distance competition with a second-place finish in the 1,000-meter run. Her time of 2:59.92 broke the school record by almost a second. Rhonda Ruden had the old mark of 3:00.84 for nearly 18 years.

"[Assistant coach Tim Schwegler] had told me at the beginning of the year that he thought I could break the 1,000-meter record," Williams said. "This was really one of my only chances I was going to run probably, and so I had a goal time, and it was just pretty much hit the goal time, and I got a little under it and so I beat the record."

Cochrane said sophomore distance runner Anne Ratermann was also one of the top Bulldog performers Saturday. Ratermann placed seventh in the women's 600-meter run with a time of 1:38.68.

"We were all over [Ratermann's] case that she hadn't gotten out well enough," Cochrane said. "I went back and looked last year and she ran almost the same time that

Shaina Dochterman had run last year, and Shaina won [the race]."

Senior Katrina Biermann took a break from the pole vault to focus on speed events and the triple jump. She placed third in the triple jump at 38-09.50 feet. She also made it to the finals of the 60-meter dash and placed fourth with a time of 8.11 seconds.

Distance runners freshman Lisa Kucharski and sophomore Kaci Sargent ran personal bests in the 400-meter dash. Kucharski placed eighth in the race with a time of 1:01.30. She said she ran the 300-meter hurdles in high school and has been competing to build her endurance for the outdoor season.

"I usually don't do just the [open] 400, but that's what [Cochrane] has been working at me for," Kucharski said. "I'm going to be running the 400 hurdles later when the outdoor season comes so I have to get that endurance and get used to running that lap."

The men's team also had some strong performances. Junior thrower Derek Atwood led the men with a fourth-place finish in the shot put. Atwood's throw of 51-06.50 feet was unmatched until the last round when he was passed by three competitors from the University of Northern Iowa.

"[Atwood] threw better than he's thrown and has been placing in all the meets we've been going to," Cochrane said. "He's been doing really well, he just needs to get his provisional [marks]."

Senior middle distance runner Jacob Schrum placed 11th in the 600-meter run. Although he did not place high, Cochrane said his time of 1:24.29 made this race "the



Brian O'Shaughnessy/Index

Junior John Venner (front) placed ninth in the mile run and junior Bob Gorman placed sixth in the 1,000-meter run at the Jack Jennett Invitational on Saturday.

best 600 he's ever run."

Other top competitors for the men's team included those in the men's mile race. Senior distance runner Zach Chapman led the Bulldogs with a fifth-place finish and new personal record of 4:26.00. Junior John Venner finished 2.40 seconds behind Chapman with a personal record.

Junior Brandon Gutteridge was also part of the men's mile race. He improved his personal-best time with a finish of 4:31.14. Gutteridge said he was also a last minute substitution for the men's 1,600-meter relay immediately after his race. Schwegler said Gutteridge had been added so Cochrane could see how the other relay members performed against the competition.

"After the mile coach said I was going to replace somebody on the [relay] team," Gutteridge said. "I don't think we did as well as coach would have wanted to and I didn't see how we did overall. ... I think Coach Cochrane thought it would be a better call than having to scratch [the event]."

The men's and women's track teams will compete Saturday in the Cyclone Open in Ames, Iowa.

"Obviously every meet that we run helps us get a little better and helps us learn to compete and run a little faster, and then the workouts we do every week help us get faster," Williams said. "It's all in preparation for conference."

TRUMAN ATHLETICS News and Notes

Football: Alumnus to coach in Super Bowl

Truman alumnus and New Orleans Saints defensive coordinator Gregg Williams is heading to the Super Bowl this Sunday.

Williams played quarterback for Truman from 1977-79. He also lettered for the baseball team from 1977-80.

Williams earned his master's degree at the University of Central Missouri after graduating from Truman. He started coaching in the NFL in 1988 and worked his way up to defensive coordinator in 1997, all while coaching for the Tennessee Oilers/Titans.

From 2001-03, Williams led the Buffalo Bills to a 17-29 record as head coach. He had stints as the defensive coordinator of the Washington Redskins and Jacksonville Jaguars before joining the Saints prior to this season.

The Saints media relations department did not return multiple Index e-mails requesting comment from Williams.

In a related note, Saints head coach Sean Payton played against Truman in the mid 1980s when he was quarterback at Eastern Illinois University.

Track: Williams breaks school record

Senior distance runner Fiona Williams excelled in the middle distance competition with a second-place finish in the 1,000-meter run at the Jack Jennett Invitational on Saturday. This race is uncommon in many Div. II meets, and this was the first time Williams had run the race this season. Her time of 2:59.92 broke the Truman record by about a second. Rhonda Ruden had the old mark of 3:00.84 for nearly 18 years.

Williams said she and her coaches were uncertain until the last minute if she had broken Ruden's record.

"I heard my splits throughout the race, and so I knew I was on track with what I should be running, but toward the end it's hard to know if you're slowing down or not," Williams said. "Even when it got done, both of the coaches said, 'I think you got it, but we'll have to wait for the official time because it's so close.'"

Williams said she ran the 1,000-meter this weekend to work on speed and endurance to enhance her frequent competition in the mile. Williams said she started her freshman year with very little training and she attributes her improvement to the high expectations her coaches have for her.

Women's basketball: 'Dogs fight for tourney

Before the season began, head coach Michael Smith said the goal for the women's basketball team was to make the MIAA Tournament. Time might be running short for that goal to become a reality. The Bulldogs — 2-12 in the MIAA — are in last place, three games out of eighth place with six games remaining. The top eight teams advance to the MIAA Tournament on March 4 to 7 in Kansas City. The 'Dogs have not been to the tournament since 2008.

Smith said he thinks the team needs to win at least four of its final games to have a chance.

Baseball: Athletic gear for sale

The Truman baseball team is selling T-shirts, sweatshirts, shorts and polos until Feb. 14. Prices range from \$12 to \$24. Interested parties can visit Trumanbulldogs.com to place an order.

Truman begins the baseball season Feb. 13 in Searcy, Ark.

Index Classifieds

Rates: On-Campus: \$3 per ad
Off-Campus: \$5 per ad

For Rent

For Rent: Property Concepts LLC now renting for 2010-2011 school year. Studios, one-bedroom, and two-bedroom units available. Apartments starting at \$315 with heat, water, trash, electric, cable TV, wireless internet included. Two blocks from campus. On-site laundry. 24 hour maintenance. Pet friendly units available. 660-627-1400. www.kirksvillemapartments.com.

For Rent: 3-bedroom apartment, \$750, available June 1. Newer, modern design, 1 1/2 bath, high-efficiency heating & cooling, washer & dryer, quiet neighborhood. 1308 S. Sheridan. Call 665-8356 M-F, 8-5.

For Rent: 5-bedroom house at a 4-bedroom price with two kitchens, two bathrooms, spiral staircase, off the street parking and walking distance to campus. Pets welcome. Contact Jerry with Northeast Missouri Properties today. 660-216-1794 or check out our Web site at NortheastMissouriProperties.com.

For Rent: Large 4+ bedroom loft. Downtown, 4 blocks from campus. Dishwasher, washer & dryer included. \$1250/month plus deposit. Water and trash paid. Available May. 660-216-8608.

For Rent: Extra clean 1-bedroom apartments with local landlords for great service! Great privacy with each unit. Pets allowed upon approval. Phone 660-665-3779.

For Rent

For Rent: Wagner Enterprises rental properties are available for 2010/2011 lease. New units with one to four bedrooms are all within two blocks of campus! Complete with washer/dryer in each, all electric, central heat and air, private parking, and maintenance staff. For more information call 660-341-5538.

For Rent: High quality 2 and 3-bedroom apartments available for May, June, and August leases. Oriented for professional students who demand a quiet environment. 626-7695.

For Rent: Kirksville Property Management is the source for your housing needs. We have apartments, houses, condos, and more. Many properties to choose from with 1-6 bedrooms. Stop by 106 E. Washington, call 660-665-6380, or visit our Web site at www.KirksvillePropertyManagement.com

For Rent: 3-bedroom house for rent. Dishwasher, laundry, central air, energy efficient furnace. Within walking distance from campus. Off street parking. Call 970-318-8902 or 815-519-6509. Available May 2010.

For Rent: Two 1-bedroom apartments. Total electric. Stove, refrigerator, off street parking. Close to Truman. One \$250/month, other \$280/month with washer and dryer. Tenant pays all utilities. 660-216-1952.

For Rent: 3-bedroom house, 3-bedroom apartment and 1-bedroom apartments available in May. 660-216-1179.

For Rent

For Rent: Discounted Rents: Northeast Missouri Properties is now renting for the 2010-2011 school year. Apartments and houses between the sizes of 1, 2, 3, 4, 5, and 6-bedrooms available. Some utilities included. Very pet friendly. Locally owned and managed. Affordable quality rentals. Call today 660-216-1794.

For Rent: Check out our super nice 3 and 4-bedroom houses with 1/2 OFF FIRST MONTH'S RENT! Washer/dryers, spacious bedrooms, off street parking, new kitchens and much more! Great Landlords, too. Pets allowed upon approval. Deposit holds! Don't delay... 660-665-3779.

For Rent: Behrmann Rentals has available for May 2010 a selection of 2-bedroom homes close to TSU with nice sized yards and off street parking. These homes are well maintained and have forced air heat and central air, washer and dryer, and hardwood floors. Call Jeff Behrmann owner-agent at 660-626-7598 or visit www.housesinkirksville.com

For Rent: One efficiency apartment \$235/month and 1-bedroom \$260/month. Stove, refrigerator, off street parking. Close to Truman. Water and trash paid. 660-216-1952.

For Rent: 3-4 bedroom houses for rent. Within walking distance of Truman and KCOM. Newly remodeled. Appliances provided including washer and dryer. Pets negotiable. 660-216-3803.

For Rent

For Rent: Hurry to secure this 5-bedroom house with two kitchens! Discount given for first months rent! Washer/dryer, large bedrooms, 2 full baths, off street parking, walking distance to campus! Great Landlords, too! 660-665-3779.

To place your
ad call

660-785-4319 or

e-mail

indexads@truman.edu.