

Women take second at Open



Joyce Wong/Index

Senior Derrick Atwood practices throwing in Pershing Arena during the indoor track season.

BY KIRK SCHLUETER
Staff Reporter

The Central Methodist Open evoked a familiar feeling for the men's and women's track teams — the outcome closely mirrored their meet last weekend at Northwest Missouri State. The women took second while the men finished ninth. The finish surprised head coach John Cochrane.

"We got home and found out it was a scored meet," Cochrane said. "We didn't know that it was when we went."

Familiar faces led the Bulldogs, with junior Jennifer Zweifel placing second in both the long and triple jump with jumps of 19-00.25 and 40-08.25 respectively, setting the school record for the triple jump with what currently is the third best jump in Div. II.

Junior Anne Ratermann took second in the 1,500-meter run and then teamed with freshman Katie Hirsch and sophomores Karen and Cindy Grauel to win the 4x800 relay. Sophomore Debbie Boedeker finished second in the steeplechase. The 4x400 relay team of seniors Amber Clayton, Kristin Lowry, Shania Dochtermann and sophomore Lisa Kucharski rounded out Truman's top performers by bringing home the gold in their event.

"In comparison to our last meet at Northwest, the competition here was of a higher caliber," Ratermann

said. "It was similar to what we'll see at the conference meet. I felt there were one or two people in every event that were really good."

Cochrane said the Bulldogs faced greater competition at the meet.

"We were a little bit intimidated by Lincoln University at the start, and they're nasty," Cochrane said. "They went to a meet with Div. I schools and won a lot of races, and I think our kids were a little intimidated early, and fortunately later on they stepped up and did a better job. And with Zweifel's triple jump, she lost to the NAIA indoor champion. So there was good competition."

Ratermann said she thought it was a successful meet for the women. "I think overall everybody ran fairly well," Ratermann said. "It seemed to depend on the event. But overall everybody was able to step it up and get a couple of PR's."

For the men, sophomore Joey Walls stood out for the second weekend in a row, taking second this time in the 1,500 before joining with freshman Matt Schaefer and sophomores Michael Gambach and Ryan Peterson to win the 4x800 relay.

"I kind of went into the 1,500 not expecting to do quite as well as I did last week [when he won the event] just because it was so hot," Walls said. "I just went into it and sat on the leader the whole time. I took the lead with about 400 to go, but this guy had a better kick than I did.

Overall, it was obviously a really good race for me. Then the 4x800 was a really good race for us, considering everyone in it had really run once that day in that heat, and we won by quite a bit."

Ratermann echoed Walls that the heat definitely was a factor in the meet.

"I know with the 1,500, we were all sort of worried about the heat just because we hadn't run in it before," Ratermann said. "Because of that I went out a bit more conservative than I might have otherwise, but also because I haven't raced the 1,500 a lot and it's a new event for me. I'm still learning how fast I should go out, and when I should start breaking it down and kicking."

The men received good performances from senior long jumper Demetrius Lavant, who set a new personal best in the meet, along with seniors John Venner and Bob Gorman who took fourth and fifth respectively in the steeplechase.

"We made some mistakes, but if you think you're going to be perfect," Cochrane said. "It's never going to happen. Should have, could have, that's the world of track. Our goal now is to get better, especially these people who have made qualifying standards but need to get better to make it to the national meet. All the meets are going to be fairly decent the rest of the way. It's here, you better be ready to go."

Zweifel breaks outdoor record

BY WILL EVANS
Staff Reporter

Two important numbers stick out from junior triple and long jumper Jennifer Zweifel's performance last weekend at the Central Methodist Open.

The first, 5.97 inches, is the amount by which she beat the previous Truman outdoor triple jump record. The second, four feet and 8.25 inches, is the number of feet by which she beat her personal career goal she set when she was a freshman.

Zweifel, who jumped 40-08.25 in the triple jump at the UCM Open last weekend, looked up to the previous record holder alumna Katrina Biermann as a role model, considered both those marks "dreams," Zweifel said she set her goal of 36 feet expecting she might reach it in the future. Now, however, both her role model's record and her own career goal has been shattered.

Zweifel said she came to Truman on her own without any recruiting done by head coach John Cochrane because of Truman's reputation for good academics. Although the triple jump

arguably is Zweifel's best event, she did not start triple jumping until she came to Truman.

"It took me a very long time [to adjust to the triple jump]," Zweifel said. "I would say all of freshman year I was not comfortable with it at all, but drills over summer and getting back into training when we came back into the fall, everything started clicking in place."

Head coach John Cochrane said the key to her success is her hard work, attention to detail and competitiveness.

"She is a very good person, she takes things very seriously and listens to the things you talk about that she needed to change technically," Cochrane said. "And because of that she has improved technically, and her leg speed has gotten better. She is a pretty dedicated person, and she [is] able to focus on what she needs to do and what she needs to work on."

Although Zweifel broke the indoor track triple jump record earlier this year, with the transition to outdoor track comes a new set of records as well

as the added factor of the weather coming into play. The weather either can aid or hurt an athlete depending on which way the wind is going. This Saturday featured a minor crosswind, but Zweifel said she didn't really feel it and that it had no effect on her jumping, which happened to beat the previous triple jump school record of 40-02.38 set by Biermann last year.

Biermann was a role model and mentor to Zweifel since Zweifel came to Truman. Zweifel said it is difficult to believe not only did she beat her personal career goal but she has surpassed the mark of someone she looked up to so much.

"It's quite bizarre, because in my heart and in my mind I have always looked up to Katrina, and to me she has always been this big role model," Zweifel said. "And I will always inspire to her athletic ability and so to have a mark that is comparable to hers is truly an honor."

Despite beating these goals and records, Zweifel said that she always will strive for more.

"Ever since meeting [my] first goal it has always been just the next step the next mark, and then sophomore year it was get to nationals and then I did that and then it was become an All-American and so on," Zweifel said. "It didn't start out that way, but I am able to keep setting goals for myself."

ATHLETE OF THE WEEK

Jennifer Zweifel

Sport	Event	Year	Hometown
Track	Triple Jump	Junior	Maryville, Mo.



Morgan Orlando/Index

Junior Jennifer Zweifel practices the triple jump Tuesday at the Kenneth L. Gardner Track. Zweifel broke the Truman record for triple jump Saturday at the Central Methodist Open.



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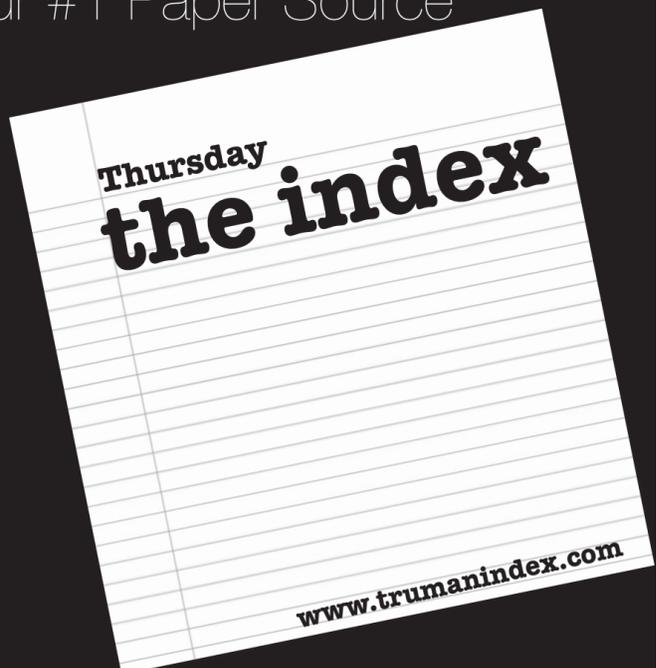
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