



# The Trackster

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## “Wild Bill” writes.....

Wow! What a great year to be a Charger!

The 2007 track season was definitely one of the best in my 23 years here at Hillsdale. For the men's team, the season started with a bang, as our 17<sup>th</sup>-ranked Chargers took 3<sup>rd</sup> place at the GLIAC Indoor Championships. In fact, the Chargers almost upset 3<sup>rd</sup>-ranked Ashland for 2<sup>nd</sup> place. Then, at the GLIAC Outdoor Championships the Chargers turned in another solid performance, as they again finished in 3<sup>rd</sup> place. Along the way, the Chargers posted fourteen NCAA Div. II Provisional Qualifying performances and earned four NCAA Div. II All-American honors, the most in Charger history.

The Charger women also had a successful year on the national scene. Our ladies posted nine NCAA Div. II Provisional Qualifying performances and earned two NCAA Div. II All-American honors throughout the year. And, along the way, the Charger ladies were ranked as high as 8<sup>th</sup> in the country. Look for even bigger things from a very young women's team this season.

To me, for all that we accomplished last year, the most important thing was restoring the excitement to Hillsdale Track & Field. And, naturally, that excitement has carried over into this year. In fact, I cannot remember a time where there has been so much anticipation for the coming season. Personally, I can't wait to get this season underway, as we continue our



**Head Coach Bill Lundberg**

attempt to become one of the premier programs in NCAA Div. II.

As you know, meeting the challenges of NCAA Div. II competition is a large task that requires significant resources. But, with the resources that so many of you provided in response to our first newsletter, it is a task that becomes easier. In fact, your generosity has allowed for the creation of an endowment fund. This endowment fund is not used for day-to-day expenses, only scholarship needs.

If you would, please see the back page of this newsletter to review all of your donation options.

**FIRE UP!!**

*Coach*



Hillsdale  
College  
Cross Country

## 2007 CC Schedule

September 1st

**Bob Timmons Invitational**  
Kansas University  
Lawrence, KS

September 14th

**MSU Invitational**  
Michigan State University  
East Lansing, MI

September 28th

**Notre Dame Invitational**  
University of Notre Dame  
South Bend, IN

October 5th

**Michigan Intercollegiates**  
Oakland University  
Rochester, MI

October 20th

**GLIAC Championships**  
Gannon / Mercyhurst  
Erie, PA

November 3rd

**NCAA Great Lakes Regional**  
Southern Illinois University-  
Edwardsville  
Edwardsville, IL

November 17th

**NCAA Championships**  
Missouri Southern State Univ.  
Joplin, MO

## Men's CC Preview

# H

The 2007 Hillsdale College Men's Cross Country team is filled with anticipation for the upcoming season. And, there is good reason for this anticipation, as the Charger Distance squad had tremendous success during the '07 track season.

The Chargers will be led by senior captain **Tim Sayers** (Ocean Springs HS/Ocean Springs, MS). Last year, Sayers rebounded from an average finish at the regional cross country championships, to finish the track season as one of the Top 25 Steeplechasers in the country. Sayers' fellow seniors **Luke Preus** (Wayzata HS/Wayzata, MN) and **Alex Schmidtendorff** (Three Rivers HS/Three Rivers, MI) will also provide senior leadership for the Chargers. Schmidtendorff brings championship experience to the Chargers, as he is the only remaining member of the 2004 Cross Country team that placed 8<sup>th</sup> at the NCAA National Championships.



**NCAA Qualifier**  
**Tim Sayers**

The three juniors on the squad also will contribute, led by junior **Joel VanDerworp** (Univ. of Toledo/Milford, MI), who placed 4<sup>th</sup> in the 800m at the 2007 GLIAC Outdoor Track & Field Championships. And, **Michael Mayday** (Hanover-Horton HS/Horton, MI) will lead a solid group of eight sophomores, which features three athletes who have scored points for the Chargers in previous GLIAC Championships.

Finally, eight new freshmen will join the

Cross Country squad this fall. This new group of Chargers will include **Alex Ralston** (Fenton HS/Fenton, MI), who recently ran a 4:18 mile in the 4xMile Relay at the 2007 Nike Outdoor Nationals.

The 2007 Charger Cross Country team will begin their season September 1<sup>st</sup>, with their sights set on qualifying for the NCAA DII National Cross Country Championships for the first time since 2004.



**Charger Sophomore**  
**Michael Mayday**

## Women's CC Preview



The Chargers in action during the 2006 CC Season

# H

After losing five of their top six runners from a year ago, the 2007 Hillsdale College Women's Cross Country team is looking to develop their large freshmen and sophomore classes into a strong cross country squad.

The Charger coaching staff will be looking to returning seniors **Jennifer Gunderson** (Dexter HS/Whitmore Lake, MI) and **Hannah Agauas** (Utica HS/Sterling Heights, MI) to lead this young team. Last year, Gunderson missed all of the indoor season and part of the outdoor season due to injury.

This year, she returns stronger than ever, eager to finish her Charger Cross Country career on a high note.

The remainder of the squad is made up of five sophomores and nine incoming freshmen, making this year's squad one of the youngest in recent memory. Sophomores **Erin Cvangros** (East Grand Rapids HS/East Grand Rapids, MI) and **Marion Gabl** (Saline HS/Saline, MI) are hoping to carry their great improvements on the track over to the cross country course. The team is also excited that fellow sophomore, **Leah Reames** (Kalamazoo

Christian/Kalamazoo, MI), returns to action after missing most of last year with an injury.

Of the nine incoming freshmen, **Erin Brunko** should make an immediate impact for the Chargers. Brunko attended the prestigious D'Evelyn School, the same high school that current Charger **Derek Gilmore** attended.

New women's assistant coach, **Sarah Hinkley**, is looking forward to her first cross country season with these ladies. And, although she is unsure of what may happen, she is excited to see what these girls can do.



### 2006 CC Results

#### September 8th

#### **Charger Blue-White Meet**

Top Male: Tim Sayers

Top Female: Jen Gunderson

#### September 16th

#### **Midwest Collegiate Championships**

Top Male: Lewis Butler (3rd)

Top Female: Alissa Hall (15th)

Men's Finish: 3rd

Women's Finish: 4th

#### September 29th

#### **Notre Dame Invitational**

Top Male: Lewis Butler (29th)

Top Female: Alissa Hall (47th)

Men's Finish: 6th

Women's Finish: 17th

#### October 6th

#### **Michigan Intercollegiates**

Top Male: Tim Sayers (14th)

Top Female: J. Gunderson (19th)

Men's Finish: 4th

Women's Finish: 7th

#### October 21st

#### **GLIAC Championships**

Top Male: Lewis Butler (17th)

Top Female: Alissa Hall (22nd)

Men's Finish: 4th

Women's Finish: 8th

#### November 4th

#### **NCAA Regionals**

Top Male: Peter Sercer (20th)

Top Female: Alissa Hall (17th)

Men's Finish: 6th

Women's Finish: 7th



## NEW Men's Records

### INDOOR

#### 60m Dash

**Josh Hutchison**

7.00 seconds

*Previous: Joel Clark (7.19)  
2004*

#### 200m Dash

**Jared Krout**

21.88 seconds (200m-Flat)

*Previous: Joe Martinez (22.04)  
1994*

#### 400m Dash

**Jared Krout**

48.31 seconds (400m-Flat)

*Previous: Nick Anders (48.87)  
1998*

### OUTDOOR

#### 4x100m Relay

**Hutchison, Krout,  
England, Tamez**

41.53 seconds

*Previous: Martinez, Ross,  
Chapman, Mannor (41.66)  
1995*

#### Pole Vault

**Evan Steward**

15ft. 11in.

*Previous: Craig Presley (15ft. 9in.)  
1995*

## Chargers Return to Form

# H

Last year's Track & Field campaign saw the Hillsdale College Men's Track & Field team nearly finish at the bottom of the GLIAC, which led many people to assume the Chargers would no longer be a threat. But, with their performance at this year's GLIAC Track & Field Championships, the Chargers assured everyone they are here to stay.

### INDOORS

During the Indoor Track & Field season, the Chargers used a total team effort to finish in 3rd place, while nearly knocking off the 3rd-ranked team in Division II. The 17th-ranked Chargers were only defeated by 3rd-ranked Ashland and 2nd-ranked Grand Valley State.

The Chargers were led by true freshman **Jared Krout**, who recorded one of the most impressive performances in GLIAC Track & Field history. Krout captured 1st-place in the Long Jump, while also capturing 1st-place finishes and setting new school records in the 200m Dash and the 400m Dash. Krout's efforts earned him Freshman-of-the-Meet and Track Athlete-of-the-Meet honors, which is believed to be unprecedented in GLIAC history. Krout would also go on to win NCAA Great Lakes Region Track Athlete-of-the-



**NCAA Great Lakes Athlete-of-the-Year  
Jared Krout**

Year, as well as Indoor All-American honors in the Long Jump and the 400m Dash.

Fellow sprinter **Josh Hutchison** also captured a conference title, as he finished 1st in the 55m Dash. Hutchison's performance allowed the Charger men to claim the title of "Fastest Men in the GLIAC," as they finished 1st in all of the individual sprint events. In addition, the Charger Sprints/Jumps squad received a boost from **Andrew Dodson**, who cleared his way to a 2nd-place finish in the High Jump.

In the distance events, the Chargers received big performances from the Distance Medley Relay team and senior **Lewis Butler**. The DMR raced to a 2nd-place finish, while Butler, a long-distance specialist, provided two big finishes for the Chargers. Butler recorded a 3rd-

place finish in the 5000m Run, and a 5th-place finish in the 3000m Run. His teammate, **Peter Sercer**, earned a 3rd-place finish in the 3000m Run.

### OUTDOORS

In the Outdoor season, the Chargers again claimed 3rd place at the GLIAC Championships. And, again, the Chargers received a huge contribution from freshman Jared **Krout**. Krout placed in the Long Jump (1st), 400m Dash (3rd), 200m Dash (5th) and the 4x100m Relay (3rd). The 4x100m Relay also set a new school record with a time of 41.53 seconds.

In the distance events, **Shawn McKinstry** and **Joel VanDerworp** provided the Chargers with a boost in the 800m, as they finished 2nd and 4th, respectively. Meanwhile, seniors **Lewis Butler** (3rd – 10,000m Run) and **Peter Sercer** (3rd – Steeplechase, 4th – 5,000m Run) also contributed valuable points to the Chargers. Sercer would later go on to finish his career as an All-American, by finishing 7th in the Steeplechase at the NCAA Outdoor Championships.

Also at the NCAA Outdoor Championships, Charger thrower **Jason Stomps** provided one of the highlights of the entire year, as he finished 4th in the Hammer Throw. Stomps' All-American effort also nearly broke **Chris Heckel's** current school record in the event.

## Two More Charger All-Americans



NCAA All-American  
Alissa Hall



### INDOORS

The Hillsdale College Women's Track & Field team, while not at full strength because of several key injuries, recorded a new school record and several NCAA Provisional Qualifying marks on their way to a 6th place finish at the 2007 GLIAC Indoor Track & Field Championships. The Chargers accumulated 45.5 points, which was just 4.5 points out of 4th place.

The Charger ladies were led by sophomore sensation **Jazmin Williams**, who finished 2nd in the 200m Dash, 3rd in the 55m Dash and 7th in the 55m Hurdles. Later in the year, at the NCAA Indoor Championships, Williams would go on to finish in 10th place in the 400m Dash.

In the distance events, Charger senior **Alissa Hall** capped her Indoor Track & Field career on a high note. Hall earned All-GLIAC honors in the 3000m Run, as she raced to a 3rd-place finish. Hall also recorded a 4th-place finish in the 5000m run with a time of 17:38.82. Hall's time was a NCAA Provisional Qualifying mark.

Another NCAA Provisional Qualifier for the Chargers was freshman **Kathryn Hunt**. Hunt raced to a 4th-place finish in the 55m Hurdles, while recording an NCAA Provisional Qualifying mark of 8.41 seconds. Hunt also recorded a 4th-place finish and NCAA Provisional Qualifying mark in the Long Jump, jumping to a new school record of 18' 5 1/4".

### OUTDOORS

During the Outdoor Season, the Chargers again placed 6th at the GLIAC Championships, finishing with 73 points.

The Chargers were led by freshman **Kathryn Hunt** and junior **Kristin Donovan**. Hunt recorded four Top-8 finishes, including placing 2nd in the Long Jump, 3rd in the 100m Hurdles, 3rd in the Heptathlon and 8th in the 200m Dash. Donovan recorded three Top-8 finishes by placing 2nd in the Javelin, 3rd in the Dis-

cus, and 6th in the Shot Put. She would also go on to earn All-American honors in the Javelin at the NCAA Outdoor Championships.

Other significant GLIAC contributors included sophomore **Jazmin Williams** and senior **Alissa Hall**. Williams took 2nd place in the 400m Dash, and 3rd place in the 200m Dash, while also helping with the sprint relays. And, later in the year, Williams would again compete in the 400m Dash at the NCAA National Championships. Williams has now competed in three National Championships, out of a possible four.

Hall finished 4th in the 1500m run, and 7th in the 3000m run to pace the Chargers at the GLIAC meet. Later in the season, Hall would enjoy the perfect ending to her career, as she placed 7th in the 1500m run at the NCAA Outdoor Championships. That effort allowed her to finish her Charger career as an All-American.



All-American  
Kristin Donovan



### NEW Women's Records

#### INDOOR

##### 60m Hurdles

**Kathryn Hunt**

9.06 seconds

*Previous: Jazmin Williams (9.15)  
2006*

##### Long Jump

**Kathryn Hunt**

18ft. 5 1/4in.

*Previous: Donna Blannkamp  
(18ft. 2in.)  
1984*

#### OUTDOOR

##### 1,500m Run

**Alissa Hall**

4:32.94 seconds

*Previous: Kelly McNeilance  
(4:33.30)  
2001*

##### Javelin

**Kristin Donovan**

138ft. 4in.

*Previous: Tanna Blacquiere  
(136ft. 6in.)  
2004*

*Coaches*



Head Coach  
Bill Lundberg



Asst. Head Coach  
Jeff Forino



Assistant Coach  
Andy Towne



Assistant Coach  
Sarah Hinkley



Assistant Coach  
Michael Nikkila

## Women's Senior Spotlight

H

Not until Jen Gunderson, a Biology major from Dexter, Michigan, ran the Steeplechase for the first time in 2005, did many people know what kind of a competitor she really was. But, since that first steeplechase race, she has shown herself to be a fierce competitor.

An injury severely shortened her 2007 track campaign, yet Jen remained a rock for her

teammates. She always provided encouragement and motivation for her fellow Lady Chargers. And, as she now returns to full health, this unwavering optimism, coupled with her desire to compete, will make her a great leader for this young team.

Jen, and the rest of the Chargers, will begin the season at the Bob Timmons Invitational on Sept. 1, 2007.



Senior Jen Gunderson

## Men's Senior Spotlight

H

As a fifth-year senior for the Chargers, **Tim Sayers**, a Speech major from Ocean Springs, Mississippi, will be leading a young team that has hopes of qualifying for the NCAA National Championship Cross Country Meet. He just missed joining the Chargers 2004 National-qualifying team as a sophomore, so he would like nothing more than to find himself with a trip to Joplin, MO this November.

Tim's career, unfortunately, has been plagued with injury. He spent over a year with a groin injury, which occurred after his freshman year. That year, Tim had run 9:30 in the Steeplechase, which left him only 5 seconds shy of an NCAA provisional-qualifying time. However, this spring he bounced back to provisionally qualify for the NCAA Outdoor Track & Field Championships in the Steeplechase, with a time of 9:18.

Tim's experience and faith will make him a



Charger Standout  
Tim Sayers

leader for the Chargers.

# Alumni News



We, Jay and Joy (Wright) Hilscher, class of 1996, are currently living just outside Austin, Texas, with our four children, Austin (age 10), Grace (age 8), Will Grant (age 6) and Trek (age 1). We have turned our love for the sport of running into a business - Lone Star Relays. The Texas Independence Relay consists of 40 relay legs and will take teams of 8-12 runners 200 miles from Gonzales, where the first shot for Texas Independence was fired, to the San Jacinto Monument, where Texas independence was won.

The course follows the path of Sam Houston's Texian Army and starts in rural Texas and progresses through small towns, park systems, subdivisions, and continues through downtown Houston. The race will occur on March 1-2, 2008, and we expect 350 teams to participate the first year. Our website is [www.texasindependencerelay.com](http://www.texasindependencerelay.com). We would love to see some Hillsdale alumni teams and have some alumni escape winter and come visit Texas and volunteer!

We'd love to hear from others..... Jay and Joy

# Mystery Photo



Can you spot the Charger, who appears here in the 1983 Michigan Class "C" State Meet?

Hint: He is the American Record Holder in the Master's Men's 10k.

# Update



Have you recently donated to Hillsdale Track & Field, but are wondering where your complimentary gifts are?

Well, due to a problem with our uniform provider, we were left with a shortage of uniforms this year. So, consequently, we were not able to mail out any of your gifts.

However, in the future, we anticipate having your gifts to you as soon as we receive your donations.

**GO CHARGERS!**



Moved lately? Have a new job? Been promoted? Said "I do"? How about the new baby? Or, maybe that special award you just received? Your fellow Hillsdale Track & Field alums would love to hear all about your activities and accomplishments.

Please send your name, address, class year, your news, and any pictures to:

**Andy Towne**  
**Asst. Track & Field Coach**  
**Hillsdale College**  
**201 Oak St.**  
**Hillsdale, MI 49242**

Or, you can send your information to:

[Andy.Towne@hillsdale.edu](mailto:Andy.Towne@hillsdale.edu)

We look forward to hearing from you soon!

### **Bronze Club**

With your gift of \$25 or more, you will be recognized as a **Bronze Club Member**.

You also will receive a complimentary Hillsdale Track & Field T-Shirt.

### **Silver Club**

With your gift of \$75 or more, you will be recognized as a **Silver Club Member**.

You also will receive a complimentary Hillsdale Track & Field Sweatshirt.

### **Gold Club**

With your gift of \$125 or more, you will be recognized as a **Gold Club Member**.

You also will receive a complimentary Hillsdale Track & Field Nike Fleece Sweatshirt.

### **Charger Club**

With your gift of \$200 or more, you will be recognized as a **Charger Club Member**.

You also will receive a complimentary Hillsdale Track & Field Jacket.

**Bronze**



**Silver**



**Gold**



**Charger**



### **Donation Form**

Amount enclosed with this form: \$ \_\_\_\_\_

Desired Size for Complimentary Gift: \_\_\_\_\_

Charge my :  VISA  MasterCard  Discover

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

My check is enclosed (Make checks payable to: Hillsdale College Track & Field)

*(Gifts to Hillsdale are tax deductible to the full extent of federal and state laws. Official receipt will be forthcoming for all gifts)*