

# A Letter To High School T&F Athletes About Race Walking In College

By Vince Peters, USATF National Chairman of Race Walking (December, 2010)

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High School track and field athletes in general and high school race walkers in particular, need to be made aware that there is a shortage of race walkers in the USA. There are currently more colleges needing race walkers for their Track & Field teams than there are HS walkers in the USA. As a result, some colleges are now recruiting race walkers from other countries to walk here in the USA. This fact is presented only to stress the point that high school race walkers are an important commodity to many colleges.

What does it take to be a collegiate walker? The current qualifying times for the collegiate nationals in the race walk are illustrated in the table below. Looks pretty easy? Well only 25 men and 15 women qualified to compete at the outdoor nationals in St. Louis, Missouri, last spring. So it is challenging. Especially for those young men and women just taking up this track & field event at the collegiate level:

RW Qualifying Standards For 2011 Collegiate T&F Nationals				
Race Distance	Men		Women	
	Automatic	Provisional	Automatic	Provisional
INDOORS: 3,000 meters for men & women	15:00.00	16:10.00	17:59.00	18:50.00
OUTDOORS: 5,000m for men & women	25:59.00	26:30.00	28:15.00	29:45.00

**There are scholarships** available for aspiring high school athletes who are experienced race walkers. Not many, 5 to 10 per year, but they exist. They are not easy to find, nor given out to just anybody.

But what colleges have the race walk? It isn't easy for a high school athlete to find out. But look at it from a college coach's point of view. Many media outlets don't print results of any HS competition anymore, much less the results of a race walk competition. Why, because in their eyes it isn't a high school event. Thankfully this is something the National Federation of State High School Associations (NFHS) and USA Track & Field (USATF) is working on. But until then, many college coaches don't know where to look to find that walker that can score points for their teams. The point of this article is to help those college coaches and prospective athletes connect.

## Searching the Internet:

When a high school student-athlete starts the search for their future college the first thing that young man or woman should do is to create a list of institutions that offer the area(s) of study he, or she, is interested in. This is the most important thing to do. After all, you go to college to get a good education. Athletics, including race walking, should be secondary.

There are many web sites on the internet that can help search the 2,500 or so colleges and universities in the USA for the ones that have the course of study desired. They can be found by going to any of the popular search engines like yahoo.com and google.com and typing in "College Search" and clicking on the SEARCH button.

Two good web sites that can help with this are:

- ❑ Find a College - College Search - Majors and Careers – <http://www.collegeboard.com/csearch/>
- ❑ USNews.com: America's Best Colleges 2010: Custom College Finder – <http://colleges.usnews.rankingsandreviews.com/college>

The list returned by these searches can then be refined by limiting the search parameters by the size, location, distance, price, and type of college.

But before eliminating any schools, student-athletes may want to create a sub-list of all schools that have both the degree program sought and are athletically compatible - which means a school that offers race walking. This second step requires a great deal more time and effort. This article should help the athlete accomplish this task.

### **Some background information on scholarships:**

Every athlete is interested in getting a scholarship to college. So it may come as a shock, but in today's collegiate environment rarely does any student-athlete receive a "Full Ride" or scholarship to college. "Quarter" and "Third" scholarships are more the norm in athletics. These are often divided along the lines of separate awards for tuition, board, and books. An athlete may receive one, or two, but rarely all three. Financial need and academic standing are also determining factors.

Further complicating the recruiting situation is the window afforded individual colleges for making contact with potential student athletes. Four sets of governing rules are in effect. The rules vary between the three divisions within the National Collegiate Athletics Association (NCAA). Plus the National Association of Intercollegiate Athletics (NAIA) has its own set.

Generally, college coaches can't talk about recruiting and scholarship commitments until the athlete's senior year in high school. But during the junior year a high school student can initiate communication with a college by filling out one of the on-line forms that most college & university athletic departments offer on their web sites. Optionally, you can email a coach directly and request information about their college and track and cross country programs.

One last, very important consideration when seeking that athletics scholarship – there is more money available via academic scholarships for good grades and test scores than for athletic prowess. So while you are focusing on that set of 20 fast 400 meter repeats in practice, remember it is even more important to be getting top notch marks in the class room.

### **More on Obtaining College Financial Aid:**

The typical first step in getting financial aid is completing the Free Application for Federal Student Aid (FAFSA). This document provides guidelines to how much financial aid the student-athlete is eligible for outside of any (athletic or academic) merit based scholarships. This is obtained at: **[www.fafsa.ed.gov](http://www.fafsa.ed.gov)**

Most colleges require this before awarding any merit based scholarships or need-based grants and loans. This includes the Pell grants and the Perkins and Stafford loan programs.

You should also check into the special interest and regional scholarships that are available at the colleges you have narrowed your choices down too. And don't forget there is also a Federal Department of Education searchable database. This data base can provide additional places to apply for scholarships: **<https://studentaid2.ed.gov/getmoney/scholarship/v3browse.asp>**

Finally, don't forget to consult with the counselors at your high school and the admissions advisors at the colleges you are considering. They have additional resources available to them for assisting you – particularly in answering any questions about information concerning the programs mentioned in this document.

## WHAT COLLEGES ARE LOOKING FOR RACE WALKERS?

The **National Association of Intercollegiate Athletics (NAIA)** has been conducting the race walk as a scored event at its National Track & Field Championships for over 35 years. Since 1980 nearly 75% of all race walkers on the USA Olympic Team have graduated from NAIA member colleges and universities.

The NAIA has always been the forward thinking, driving force for the inclusion, not exclusion, of all Olympic Events at the collegiate level. Not only are the race walks a scoring event at both the indoor and outdoor National T&F Championships but the NAIA also includes the marathon with its outdoor T&F championships.

There are many advantages to competing in the NAIA as a race walker. Besides the benefit of the close-knit communities and small class sizes typically found on a NAIA member school campus, NAIA athletics offer:

- 1) A maximum opportunity to participate in regular season competitions and National Championships
- 2) Greater opportunities to transfer without losing a season of eligibility
- 3) Fewer recruiting restrictions and No NCAA Clearing house requirements
- 4) The focus is on education and character development of the student athlete

The NAIA is comprised of almost 300 member institutions, each dedicated to the ideals of excellence in character and respect in both athletics and academics. About 200 of these schools have T&F programs. And of particularly good news to HS race walkers is the fact that only about two dozen of those schools currently have race walkers. The rest are looking for that one walker that will lead their program. This paper identifies many of these schools and the coach's email address. But to obtain a complete listing of all NAIA member colleges click on over to the NAIA's website:

**<http://naia.cstv.com/member-services/about/members.htm>**

The NAIA recruitment process is less cumbersome, with fewer restrictions on the contact between a student-athlete and a coach. More frequent communication aids in assuring that the student-athlete is comfortable with the choice of an institution. While NAIA rules hold to strict academic requirements, the process of establishing eligibility is streamlined since there is no clearinghouse.

What about **National Collegiate Athletic Association (NCAA)** schools? Regretfully, the NCAA does not recognize the race walk as a track & field event. Current NCAA rules prohibit student athletes who are race walkers from receiving financial assistance from the athletic departments at their colleges. Therefore there are **NO** athletic scholarships for race walking within the NCAA ranks. That said, there still exists some opportunities for race walking at certain NCAA universities because of extremely supportive coaches at those institutions. These schools are mainly on the east coast where race walking is historical strong:

### **NCAA Division I:**

None

### **NCAA Division II:**

Mansfield University, Mansfield, PA (Mike Rohl) <mrohl@mnsfld.edu>

### **NCAA Division III:**

U. of Rochester, Rochester, NY (John Izzo) <jizzo@Rochester.edu>

Stockton College, Pomona, NJ (Bill Preston) <prestonw@stockton.edu>

Huntingdon College, Huntingdon, Alabama (Nate Rucker) <nruicker@huntingdon.edu>

New York University, NY City, NY (Nick McDonough) <npm1@nyu.edu>

At lot of the NCAA limitations are also applied per gender. The combined Scholarship Limits for an entire program at the NCAA Division I level in Track & Field/Cross Country athletes are 18 for the women and 12.6 for the men. Race walkers have been ruled ineligible by the NCAA to receive any of these scholarships.

## Junior College in California

There is currently one junior college in California where a high school athlete can get the cross country, track & field and race walking opportunities that should be afforded him or her. In 2010 two-time Olympian Tim Seaman was hired as a head Track and cross country coach at Cuyamaca College near San Diego, California. You can contact Coach Seaman at: <Tim.Seaman@Olympian.org>

## Current NAIA Race Walking Success Stories

In addition to having the race walk as a scoring event at its indoor and outdoor collegiate national T&F championships, the NAIA encourages its member conferences to include the walks at both invitational meets as well as Conference Championships. The Heart of America Athletic Conference (HAAC) and the Mid-South conferences currently lead the way. Several additional conferences, such as the Mid-Central College Conference (MCC) have added the walk as a demonstration event.

**Heart of America Athletic Conference** { Baker University (Kan.); Benedictine College (Kan.); Central Methodist University (Mo.); Evangel University (Mo.); Graceland University (Iowa); Lindenwood University (Mo.); MidAmerica Nazarene University (Kan.); Missouri Valley College (Mo.); William Jewell College (Mo.) }

**Mid-Central College Conference** { Bethel (Ind), Goshen (Ind), Grace College (Ind), Huntington University (Ind), Indiana Wesleyan University (Ind), Spring Arbor University (Mich), Taylor University (Ind), and University of St Francis (Indiana) }.

**Mid South Conference** { Berea College (Ky); Campbellsville University (Ky.); University of the Cumberlands (Ky.); Georgetown College (Ky.); Lindsey Wilson College (Ky.); Pikeville College (Ky.); St. Catharine College (Ky.); West Virginia University Institute of Technology; University of Rio Grande (Ohio); Shawnee State University (Ohio) }

The following NAIA schools currently have race walkers on campus, or have had an athlete transfer there, or have signed a student athlete to start classes in the fall. Some offer scholarships to race walkers. All are actively recruiting additional race walkers:

1. Ashford College (Iowa) "Tyson Graham" <Tyson.Graham@ashford.edu>
2. Ave Maria University (Florida) "Mike Dewitt" <mike.dewitt@avemaria.edu>
3. Baker University (Kan.) "Zach Kindler" <zach.kindler@bakerU.edu>
4. Benedictine College (Kan.) "Rex Lane" <rlane@benedictine.edu>
5. Berea University (Kentucky) "Dan Bryant" <Daniel.Bryant@Madison.kyschools.us>
6. Biola University (California) "Jon Zimmerman" <jonathan.zimmerman@biola.edu>
7. Cedarville University (Ohio) "Vince Peters" <mv\_tc@sbcglobal.net>
8. Central Methodist U (Missouri) "Jeff Hoskisson" <jhoskiss@centralmethodist.edu>
9. Concordia College (Nebraska) "Kregg Einspahr" <Kregg.Einspahr@cune.edu>
10. Cornerstone College (Mich) "Nate Van Holten" <doctor\_nate@hotmail.com>
11. Georgetown College (Kentucky) "Betsy Laskie" <betsy\_laskie@georgetowncollege.edu>
12. Graceland University (Iowa) "Kent Allshouse" <allshous@graceland.edu>
13. Goshen College (Indiana) "Doug Yoder" <dougy@goshen.edu>
14. Hannibal-LaGrange (Missouri) "Jason Scott" <JScott@hlg.edu>
15. Houghton College (NY) "Matthew Dougherty" <matthew.dougherty@houghton.edu>

16. Lindenwood Univ (Missouri) "Ed Harris" <edharris@lindenwood.edu>
17. Lindsey Wilson (Kentucky) "Edwin Hagans" <haganse@lindsey.edu>
18. Malone College (Ohio) "Jack Hazen" <hazen@malone.edu>
19. Missouri Valley (Missouri) "John Pickens" <pickensj@moval.edu>
20. Missouri Baptist (Missouri) "Tish Hanna" <patriciahannah@sbcglobal.net>
21. Mt Marty College (S.Dakota) "Randy Fischer" <randall.fischer@mtmc.edu>
22. Roberts Wesleyan (NY) "Merl McGinnis" <mcginnis\_merl@roberts.edu>
23. Rio Grande University (Southeastern, Ohio) "Bob Willey" <rwilley@rio.edu>
24. St Xavier College (Chicago, Ill) "Lisa Ebel" <l.ebel@sxu.edu> & "Ed McAllister" <mcallister@sxu.edu>
25. Southern Oregon ( Ashland, Oregon ) Brent Ericksen <Ericksenb@sou.edu>
26. Walsh College (Canton, Ohio) "Dan McCallion" <dmcallion@walsh.edu>
27. Walford University (Iowa) "Matt Boyles" <matthew.boyles@gmail.com>
28. Westmont University (California) "Russell Smelley" <smelley@westmont.edu>
29. William Penn University (Iowa) "Allen Friesen" <friesena@wmpenn.edu>

These colleges are actively looking for race walkers but have none currently on campus. The coaches would like to have race walkers contact them about attending their schools.

Marian University (Indiana) "Dave Roberts" <droboters@marian.edu>  
 Jamestown College (N. Dakota) "Ed Crawford" <ecrawfor@jc.edu> & Jim Clark <clark@jc.edu>  
 Dakota Wesleyan University (S.Dakota) "Patrick Belling" <pabelling@dwu.edu>  
 William Jewell (Missouri) "Ted Eisenhauer" <eisenhauer@william.jewell.edu>  
 Carroll College (Montana) "Jonathan Matthews" <jmatthew@carroll.edu>

### **Colleges that signed race walkers in 2010 for the 2011 track & field season:**

Lindsey Wilson College (Ky) – Reini Brickson, Yellow Springs, Ohio  
 Ursuline College (Oh) - Destiny Lalane, Bay Shore HS, Long Island, NY  
 Ashford (Iowa) – Matt Forgues, Boothbay, Maine

### **NAIA Colleges fielding teams for the 2011 Indoor Track & Field season:**

Allen (S.C.)	Cumberlands (Ky.)	Iowa Wesleyan (Iowa)
Aquinas (Mich.)	Dakota State (S.D.)	Jamestown (N.D.)
Ashford (Iowa)	Dakota Wesleyan (S.D.)	Judson (Ill.)
Ave Maria (Fla.)	Davenport (Mich.)	Kansas Wesleyan (Kan.)
Azusa Pacific (Calif.)	Dickinson State (N.D.)	Langston (Okla.)
Bacone (Okla.)	# Dillard (La.)	Lewis-Clark State (Idaho)
Baker (Kan.)	Doane (Neb.)	Lindenwood (Mo.)
Benedictine (Kan.)	Dordt (Iowa)	Lindsey Wilson (Ky.)
Bethany (Kan.)	Eastern Oregon (Ore.)	Loyola (La.)
Bethel (Ind.)	Embry-Riddle (Fla.)	Malone (Ohio)
Bethel (Tenn.)	Evangel (Mo.)	Marian (Ind.)
Biola (Calif.)	Evergreen (Wash.)	Marygrove (Mich.)
Black Hills State (S.D.)	Florida Memorial (Fla.)	McKendree (Ill.)
Briar Cliff (Iowa)	Fresno Pacific (Calif.)	McPherson (Kan.)
Bryan (Tenn.)	Friends (Kan.)	Midland University (Neb.)
California Baptist (Calif.)	Georgetown (Ky.)	Milligan (Tenn.)
Cal State-San Marcos (Calif.)	Goshen (Ind.)	Minot State (N.D.)
Calumet St. Joseph (Ind.)	Grace (Ind.)	Missouri Baptist (Mo.)
Campbellsville (Ky.)	Graceland (Iowa)	Missouri Valley (Mo.)
Carroll (Mont.)	Grand View (Iowa)	Montreat (N.C.)
Cedarville (Ohio)	Great Falls (Mont.)	Morningside (Iowa)
Central Methodist (Mo.)	Hannibal-LaGrange (Mo.)	Morris (S.C.)
Clarke (Iowa)	Hastings (Neb.)	Mount Marty (S.D.)
Concordia (Calif.)	Holy Names (Calif.)	Mount Mercy (Iowa)
Concordia (Mich.)	Houghton (N.Y.)	Mountain State (W.Va.)
Concordia (Neb.)	Huntington (Ind.)	# Nebraska Wesleyan (Neb.)
Concordia (Ore.)	Huston-Tillotson (Texas)	Northwest (Wash.)
Corban (Ore.)	College of Idaho (Idaho)	Northwestern (Iowa)
Cornerstone (Mich.)	Indiana Tech (Ind.)	Northwood (Texas)
Culver-Stockton (Mo.)	Indiana Wesleyan (Ind.)	Notre Dame (Ohio)

Oklahoma Baptist (Okla.)  
Oklahoma Christian (Okla.)  
Oklahoma City (Okla.)  
Oklahoma Wesleyan (Okla.)  
Olivet Nazarene (Ill.)  
Oregon Tech (Ore.)  
Ottawa (Kan.)  
Park (Mo.)  
Paul Quinn (Texas)  
Rio Grande (Ohio)  
Roberts Wesleyan (N.Y.)  
Rocky Mountain (Mont.)  
St. Ambrose (Iowa)  
St. Catharine (Ky.)  
St. Francis (Ill.)  
St. Francis (Ind.)  
St. Louis Pharmacy (Mo.)  
St. Xavier (Ill.)

Shorter (Ga.)  
Siena Heights (Mich.)  
Simon Fraser (B.C.)  
Sioux Falls (S.D.)  
Soka (Calif.)  
South Dakota Tech (S.D.)  
Southern Nazarene (Okla.)  
Southern-New Orleans (La.)  
Southwest (N.M.)  
+ Southwestern Christian (Okla.)  
Southwestern (Kan.)  
Spring Arbor (Mich.)  
Sterling (Kan.)  
Tabor (Kan.)  
Taylor (Ind.)  
Texas College (Texas)  
Texas Wesleyan (Texas)  
Trinity Christian (Ill.)

# Truett-McConnell (Ga.)  
Union (Ky.)  
Valley City State (N.D.)  
Vanguard (Calif.)  
# Voorhees (S.C.)  
Walsh (Ohio)  
Warner Pacific (Ore.)  
Warner (Fla.)  
Wayland Baptist (Texas)  
Webber International (Fla.)  
Westminster (Utah)  
Westmont (Calif.)  
Wiley (Texas)  
William Jewell (Mo.)  
William Penn (Iowa)  
William Woods (Mo.)  
Xavier (La.)  
York (Neb.)

## Contact persons in race walking:

Hopefully you have found this article useful in identifying the colleges that are race walk friendly. The following individuals can assist you with questions you have about race walking at the high school or collegiate levels.

- Vince Peters (Ohio) - USATF National Chair for Race Walking – he is also an assistant coach at Cedarville University. He can be reached at: [mv\\_tc@sbcglobal.net](mailto:mv_tc@sbcglobal.net) or (937) 767-7424 home, or (937) 689-4202 cell.
- Steve Vaitones (Massachusetts) – RW Vice Chairman - [usatfne@ix.netcom.com](mailto:usatfne@ix.netcom.com)
- Dave McGovern (New York) – Men’s RW Development Chair - [RayZwocker@aol.com](mailto:RayZwocker@aol.com)
- Maryanne Daniel (Connecticut) - Women’s RW Development Chair - [ctracewalk@sbcglobal.net](mailto:ctracewalk@sbcglobal.net)
- Tom Eastler (Maine) - [eastler@maine.edu](mailto:eastler@maine.edu)
- Ginger Mulanax (Missouri) - [gmulanax@sbcglobal.net](mailto:gmulanax@sbcglobal.net)
- Matt Boyles (Iowa) - [matthew.boyles@gmail.com](mailto:matthew.boyles@gmail.com)
- Chris Rael (California) - [rael2003@yahoo.com](mailto:rael2003@yahoo.com)
- A.C. Jaime (Texas) - [acjaime@sbcglobal.net](mailto:acjaime@sbcglobal.net)
- Mike DeWitt (Florida), Ave Maria University – [mike.dewitt@avemaria.edu](mailto:mike.dewitt@avemaria.edu)
- Jim Bean (Oregon) - [beanjbean@aol.com](mailto:beanjbean@aol.com)
- Michael Roth (North Carolina) – [michael@mjroth.com](mailto:michael@mjroth.com)
- Ian Whatley (South Carolina) – [whatleyian@yahoo.com](mailto:whatleyian@yahoo.com)
- Ray Funkhouser (Virginia) – [walkingaggie@hotmail.com](mailto:walkingaggie@hotmail.com)
- Matt DeWitt (Wisconsin) – [ccwalker\\_uwp@yahoo.com](mailto:ccwalker_uwp@yahoo.com)

**Addendum – Past NAIA National Championship Race Walk Results:**

**2006 NAIA National Collegiate Indoor Track & Field Championships  
East Tennessee State University  
Johnson City Tennessee**

**Women's 3,000m RW results:**

1	Amanda Gorst	FR Virginia Intermont	14:39.30	10
2	Lindsey Hipp	JR Malone College	14:49.96	8
3	Caitlin Ayers	SO Lindenwood U.	15:12.28	6
4	Ashley Thomas	SR Malone College	15:21.68	4
5	Jennifer Reekie	FR Lindenwood U.	15:26.63	2
6	Po-man Lo	FR Virginia Inter	15:54.78	1
7	Missy Walker	JR Malone College	16:27.36	
8	Amanda Sullivan	JR Roberts Wesleyan	16:32.61	
9	Anne Stanley	SO Lindsey Wilson	16:38.87	
10	Kelly Steingass	FR Cedarville Univ	16:42.05	
11	Raven Pilgrim	FR Virginia Inter	17:01.07	
12	Rachel Rhodes	SO Houghton	17:32.36	
13	Brittney Williams	SO Mount Marty	17:58.92	
14	Brittany Lyons	JR Malone College	19:26.54	
15	Talathia Weekes	SO Lindsey Wilson	19:41.28	
--	Jenny Mitzel	FR Walsh (Oh)		DQ

**Men's 3,000m RW results:**

1	Patrick Stroupe	JR Central Methodist U.	13:13.27	10
2	Chris Diaz	FR Northwood Univ	13:48.57	8
3	Brad Sinick	JR Malone College	15:04.87	6
4	Tim Thurber	SR Concordia NE	15:10.43	4
5	Nate Hughes	JR Malone College	15:10.51	2
6	Kevin Conrey	JR Missouri Valley	15:23.88	1
7	John Pfiel	FR Azusa Pacific U.	15:47.75	
8	Everson Marsh	FR Azusa Pacific U.	15:56.68	
9	Nathan Dreher	FR Concordia NE	16:02.61	
10	Mitch Howell	SO Azusa Pacific U.	17:03.35	
11	David Hernandez	SR Biola University	17:03.76	
12	Bryan Lopes	FR Malone College	17:44.30	
13	Geoff Karhoff	FR Central Methodist U.	17:49.66	
14	Mike Groholy	SO Walsh (Oh)	18:03.08	
15	Jeremiah Stauffer	FR Malone College	18:45.67	
--	Jon Ripke	JR Concordia NE		DQ
--	Mudasar Haidat	SO Virginia Intermont		DQ

NAIA Outdoor Track & Field Championships - 5/25/2006 to 5/27/2006  
 Fresno Pacific University, Fresno, CA

Event 12 Men 5000 Meter Race Walk

NAIA Champs.: N 20:07.38 1997 Al Heppner, Wisconsin- Parkside

Name Year School Finals Points

Finals

1	Patrick Stroupe	JR Central Meth	23:16.38	10
2	Nate Hughes	JR Malone College (Oh)	26:10.78	8
3	Tim Thurber	SR Concordia (Ne)	26:15.80	6
4	Christopher Diaz	FR Northwood	26:32.61	5
5	Jon Ripke	JR Concordia (Ne)	26:49.59	4
6	Nathan Comden	SO Cornerstone (Mi)	26:51.61	3
7	Nathan Dreher	FR Concordia (Ne)	27:25.19	2
8	Kevin Conrey	JR Missouri Valley	28:00.23	1
9	Geoff Karhoff	FR Central Meth	28:36.71	
10	Joe Carmany	FR Malone College (Oh)	28:41.23	
11	Matthew Harriman	FR British Columbia	29:25.33	
12	Mike Groholy	SO Walsh	30:02.01	
13	Joshua Montenaro	SO Tiffin	30:37.44	
14	Bryan Lopes	FR Malone College (Oh)	30:46.71	
15	Jeremiah Stauffer	FR Malone College (Oh)	31:47.56	
--	Brad Sinick	JR Malone College (Oh)	DQ	
--	David Terenzoni	JR Geneva College (Pa)	DQ	
--	Brandon Hislop	FR Dakota Wesleyan	DQ	

Event 36 Women 3000 Meter Race Walk

NAIA Champs.: N 12:39.67 2000 Sarah Stevenson, Olivet Nazarene,

Name Year School Finals Points

Finals

1	Megan Huzzey	JR British Columbia	13:53.57	10
2	Amanda Gorst	FR Virginia Intermont	14:15.54	8
3	Lindsey Hipp	JR Malone College (Oh)	14:51.06	6
4	Jennifer Reekie	FR Lindenwood	14:57.20	5
5	Alex Lo	FR Virginia Intermont	15:11.28	4
6	Caitlin Ayers	SO Lindenwood	15:29.29	3
7	Erica Brown	SO British Columbia	15:43.08	2
8	Ashley Thomas	SR Malone College (Oh)	16:02.53	1
9	Amanda Sullivan	JR Roberts Wesleyan	16:42.81	
10	Missy Walker	JR Malone College (Oh)	16:53.61	
11	Rachel Rhodes	SO Houghton	17:33.51	
12	Ashley Hauge	SR Geneva College (Pa)	17:34.45	
13	Raven Pilgrim	FR Virginia Intermont	17:48.33	
14	Maria Mudd	FR Walsh	18:49.72	
15	Brittani Lyons	JR Malone College (Oh)	19:00.18	



2007 NAIA National Collegiate Indoor Track & Field Championships  
East Tennessee State University  
Johnson City Tennessee

Event: Women 3000 Meters Race Walk

=====  
Championship: 13:56.06 2002 Amber Antonia, Wisconsin Parkside  
2006 Champ: 14:39.30 3/10/2006 Amanda Gorst, Virginia Inter  
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1	Tina Peters	FR Goshen College	14:50.36	10
2	Amanda Sullivan	SR Roberts Wes	15:10.47	8
3	Po-man Lo	SO Virginia Inter	15:11.15	6
4	Amanda Johnson	FR Lindsey Wilson	16:30.97	4
5	Sarah Peak	FR Cedarville Univ	17:21.75	2
6	Rachel Rhodes	JR Houghton	17:30.77	1
7	Raven Pilgrim	SO Virginia Inter	17:43.41	
8	Lindsey Connolly	JR Westmont College	18:14.09	

Event: Men 3000 Meters Race Walk

=====  
Championship: 12:16.56 2002 Lachlan McDonald, Wisconsin- Park  
2006 Champ: 13:13.27 3/10/2006 Patrick Stroupe, Central Meth  
=====

1	Patrick Stroupe	SR Central Meth	13:44.42	10
2	Chris Tegtmeier	FR Concordia NE	14:03.76	8
3	Chris Diaz	SO Malone College (Oh)	14:06.38	6
4	Thiago Ferreira	SO Missouri Valley	14:31.18	4
5	Kevin Conrey	SR Missouri Valley	14:31.74	2
6	Paul Greive	FR Concordia Univ	14:38.06	1
7	Geoff Karhoff	SO Central Meth	14:41.66	
8	Nathan Dreher	SO Concordia NE	14:49.16	
9	Jon Ripke	SR Concordia NE	15:10.58	
10	Brad Sinick	JR Malone College (Oh)	15:27.96	
11	Joe Carmany	SO Malone College (Oh)	15:32.51	
12	Tom Stollie	FR Concordia NE	15:47.86	
13	Chris Dehning	SO Concordia NE	16:18.54	
14	Josh Montenero	SR Tiffin University	16:20.61	
--	Peter Muldoon	FR Virginia Inter		DQ
--	Kelvin Shuneson	FR Cornerstone		DQ
--	Brandon Hislop	SO Dakota Wesl		DQ

**2007 NAIA Outdoor Track & Field Championships**  
**Fresno Pacific University, Fresno, CA**

Men 5000 Meter Race Walk

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=====
NAIA Champs.: N 20:07.38 1997 Al Heppner, Wisconsin- Parkside
2006 Champ.: 6 23:16.38 5/26/2006 Patrick Stroupe, Central Meth
FPU Track: F 23:16.38 5/26/2006 Patrick Stroupe, Central Meth
Name Year School Finals Points
=====
1 Patrick Stroupe SR Central Methodist 22:10.76F 10
2 Inaki Gomez FR Univ of BC 22:16.08F 8
3 Chris Tegtmeier FR Concordia (Ne) 23:01.49F 6
4 Jon Ripke SR Concordia (Ne) 25:45.19 5
5 Chris Diaz SO Malone 26:07.82 4
6 Nathan Dreher SO Concordia (Ne) 26:14.50 3
7 Seth Campbell FR Cedarville 26:36.15 2
8 Joe Carmany SO Malone 26:42.09 1
9 Jeremy Worley FR Concordia Univer 27:16.68
10 Creighton Connolly FR Univ of BC 27:32.96
11 Shawn Magee SO Concordia Univer 27:41.14
12 Kelvin Shuneson FR Cornerstone (Mi) 27:47.40
13 Chris Dehning SO Concordia (Ne) 27:52.54
14 Geoff Karhoff SO Central Meth 28:09.82
15 Kevin Conrey SR Missouri Valley 28:11.79
16 Cody Knight SR Missouri Valley 28:34.80
17 Brandon Hislop SO Dakota Wesleyan 29:18.54
18 Josh Montenaro SR Tiffin Universit 31:29.20
-- Mike Wright JR Malone DQ
-- Ethan Howard JR Oregon Institute DQ
-- Brad Sinick JR Malone DQ
-- Thomas Stollée FR Concordia (Ne) DQ
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Women 3000 Meter Race Walk

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=====
NAIA Champs.: N 12:39.67 2000 Sarah Stevenson, Olivet Nazarene, IL
2006 Champ.: 6 13:53.57 5/26/2006 Megan Huzzey, British Columbia
FPU Track: F 13:53.57 5/26/2006 Megan Huzzey, British Columbia
Name Year School Finals Points
=====
1 Tina Peters FR Goshen (In) 15:20.21 10
2 Po-man Lo SO Virginia Int 15:24.90 8
3 Rachel Rhodes JR Houghton (Ny) 15:26.12 6
4 Amanda Sullivan SR Roberts Wesleyan (Ny) 15:57.70 5
5 Amanda Johnson FR Lindsey Wilson (Ky) 16:54.68 4
6 Lindsey Connolly JR Westmont 17:31.23 3
7 Maria Mudd SO Walsh 18:24.55 2
8 Katie Malinowski FR Cornerstone (Mi) 19:12.29 1
9 Brittani Lyons SR Malone 19:21.24
-- Lacey Watkins JR Malone DQ
-- Sara Morrion JR Geneva DQ
=====

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**2008 NAIA National Collegiate Indoor Track & Field Championships**  
**East Tennessee State University**  
**Johnson City Tennessee**

Men 3000 Meter Race Walk

=====  
Championship: 12:16.56 2002 Lachlan McDonald, Wisconsin- Parkside  
2007 Champs: 13:44.42 3/9/2007 Patrick Stroupe, Central Meth

=====  
1 Tegtmeier, Chris SO Concordia (Neb.) 12:41.187  
2 Ferreira, Thiago JR Missouri Valley 13:44.057  
3 Wiseman, Josh FR Cedarville 13:58.24  
4 Campbell, Seth JR Cedarville 13:58.37  
5 Muldoon, Peter SO Cen, Methodist 14:14.19  
6 Stolee, Tom SO Concordia (Neb.) 14:23.26  
7 Karhoff, Geoff JR Cen, Methodist 14:42.85  
8 Dreher, Nathan JR Concordia (Neb.) 14:50.53  
9 Sinick, Brad SR Malone 15:00.86  
10 Dehning, Chris JR Concordia (Neb.) 15:09.64  
11 Adams, Zach FR Houghton 15:15.31  
12 Lew, Daniel JR Westmont 16:31.12  
-- Bacon, Grant FR Cedarville DQ

Women 3000 Meter Race Walk

=====  
Championship: 13:56.06 2002 Amber Antonia, Wisconsin Parkside  
2007 Champs: 14:50.36 3/9/2007 Tina Peters, Goshen Coll

=====  
1 Peters, Tina SO Goshen 15:22.43  
2 Rhodes, Rachel SR Houghton 16:43.49  
3 Wong, Megan FR Westmont 16:51.88  
4 Brown, Janelle FR Cornerstone 17:06.21  
5 Malinowski, Katie SO Cornerstone 17:15.04  
6 Hansen, Emily SO Concordia (Neb.) 17:36.13  
-- Adams, Chelsea FR Houghton DQ

**2008 NAIA Outdoor Track & Field Championships**  
**University of Edwardsville, Edwardsville, Illinois**

Event 12 Men 5000 Meter Race Walk

=====

NAIA Champs.:	20:07.38	1997	Al Heppner, Wisconsin-	Parkside
2007 winner:	22:10.76	5/25/2007	Patrick Stroupe, Central	Meth

=====

Finals

1	Inaki Gomez	SO British Columbia	21:06.16	10
2	Thiago Ferreira	JR Missouri Valley	21:56.73	8
3	Seth Campbell	JR Cedarville	23:46.42	6
4	Creighton Connolly	SO British Columbia	23:52.79	5
5	Josh Wiseman	FR Cedarville	24:24.19	4
6	Tom Stolee	SO Concordia (Neb.)	24:35.58	3
7	Peter Muldoon	SO Central Methodist	24:59.76	2
8	Grant Bacon	FR Cedarville	25:18.79	1
9	Jeremy Worley	SO Concordia (Ore.)	25:26.58	
10	Brad Sinick	SR Malone	26:00.32	
11	Nathan Dreher	JR Concordia (Neb.)	26:11.11	
12	Daniel Lew	JR Westmont	26:17.24	
13	Shawn Magee	JR Concordia (Ore.)	26:56.95	
14	Chris Dehning	JR Concordia (Neb.)	27:48.73	
15	Geoff Karhoff	JR Central Methodist	28:25.91	
16	Randy Fox	SR Oregon Tech	29:21.52	
--	Chris Tegtmeier	SO Concordia (Neb.)	DQ	
--	Mike Mannozi	SO Notre Dame (Ohio)	DQ	
--	Zach Adams	FR Houghton	DQ	

Event 36 Women 3000 Meter Race Walk

=====

NAIA Champs.:	12:39.67	2000	Sarah Stevenson, Olivet	Nazarene,
2007 winner:	15:20.21	5/25/2007	Tina Peters, Goshen	

=====

Finals

1	Megan Huzzey	SR British Columbia	14:12.12	10
2	Nicola Evangelista	FR British Columbia	14:52.53	8
3	Tina Peters	SO Goshen	15:20.51	6
4	Rachel Rhodes	SR Houghton	15:37.32	5
5	Janelle Brown	FR Cornerstone	15:45.83	4
6	Megan Wong	FR Westmont	15:50.13	3
7	Emily Hansen	SO Concordia (Neb.)	16:04.25	2
8	Amanda Johnson	SO Lindsey Wilson	16:19.61	1
9	Katie Malinowski	SO Cornerstone	16:47.86	
10	Bev Larssen	FR British Columbia	17:08.76	
11	Jennifer Olynyk	FR British Columbia	17:22.03	
12	Maria Mudd	JR Walsh	17:25.33	
13	Amanda Davis	SO Concordia (Ore.)	17:47.65	
14	Kortney Sekulich	JR Malone	17:49.32	
15	Laura Stoesz	JR Goshen	18:20.93	

**2009 NAIA National Collegiate Indoor Track & Field Championships**  
**East Tennessee State University**  
**Johnson City Tennessee**

Men 3000 Meter Race Walk

=====  
Championship: N 12:16.56 2002 Lachlan McDonald, Wisconsin- Parkside  
2008 Champ.: # 12:41.18 3/7/2008 Chris Tegtmeier, Concordia (Neb.)  
=====

1	Wiseman, Josh	SO Cedarville	12:39.88#
2	Ferreira, Thiago	SR Missouri Valley	13:03.00
3	Vergara, Roberto	FR Lindsey Wilson	13:08.64
4	Vergara, Ricardo	FR Lindsey Wilson	13:12.69
5	Crowdus, Evan	FR Lindsey Wilson	13:28.10
6	Mannozi, Mike	JR Notre Dame (Ohio)	13:34.45
7	Stolee, Tom	JR Concordia (Neb.)	14:16.51
8	Meekhof, Mike	FR Notre Dame (Ohio)	14:17.82
9	Dreher, Nathan	SR Concordia (Neb.)	14:20.77
10	Hively, Kyle	JR Rio Grande	14:23.27
11	Dehning, Chris	SR Concordia (Neb.)	14:29.67
12	Adams, Zach	SO Houghton	14:38.33
13	Lew, Daniel	SR Westmont	15:07.40
14	Bacon, Grant	SO Cedarville	15:23.37
15	Ikeda, Paul	SO Cedarville	15:28.44
16	Shear, Kris	SO Cornerstone	15:47.18
17	Lindemann, David	SO Lindenwood	16:13.62
--	Campbell, Seth	SR Cedarville	DQ
--	Tegtmeier, Chris	JR Concordia (Neb.)	DQ
--	Muldoon, Peter	JR Central Methodis	DQ

Women 3000 Meter Race Walk

=====  
Championship: N 13:56.06 2002 Amber Antonia, Wisconsin Parkside  
2008 Champ.: # 15:22.43 3/7/2008 Tina Peters, Goshen  
=====

1	Peters, Tina	JR Goshen	14:58.96#
2	Hansen, Emily	JR Concordia (Neb.)	15:21.53#
3	Johnson, Amanda	JR Lindsey Wilson	15:33.60
4	Furnish, Megan	SO Lindsey Wilson	15:58.12
5	Burnett, Katie	SO William Penn	15:58.16
6	Brown, Janelle	SO Cornerstone	16:06.13
7	Horst, Tessa	SR Goshen	16:16.45
8	Stoesz, Laura	SR Goshen	16:31.05
9	Malinowski, Katie	JR Cornerstone	16:37.00
10	Ching, Jessica	FR Lindenwood	16:43.19
11	Sekulich, Kortney	SR Malone	17:30.06
12	Gutterman, Alexis	SO Lindenwood	17:43.55
13	Godette, Annie	SO St. Xavier	17:53.85
14	Moleta, Renata	SO Lindenwood	17:54.11

## 2009 NAIA Outdoor Track & Field Championships

### University of Edwardsville, Edwardsville, Illinois

#### Event 12 Men 5000 Meter Race Walk

NAIA Champs.: 20:07.38 1997 Al Heppner, Wisconsin-Parkside  
 2008 winner: 21:06.16 5/22/2008 Inaki Gomez, British Columbia

1	Inaki Gomez	JR British Columbia	20:41.11#	10
2	Evan Dunfee	FR British Columbia	20:41.15#	8
3	Chris Tegtmeier	JR Concordia (Neb.)	21:59.98	6
4	Josh Wiseman	SO Cedarville	22:02.47	5
5	Creighton Connolly	JR British Columbia	22:48.92	4
6	Peter Muldoon	JR Central Methodist	23:48.34	3
7	Roberto Vergara	FR Lindsey Wilson	24:04.97	2
8	Mike Mannozi	JR Notre Dame (Ohio)	24:11.72	1
9	Ricardo Vergara	FR Lindsey Wilson	24:58.92	
10	Mike Meekhof	FR Notre Dame (Ohio)	25:12.46	
11	Seth Campbell	SR Cedarville	25:15.50	
12	Zach Adams	SO Houghton	25:16.52	
13	Nathan Dreher	SR Concordia (Neb.)	25:17.67	
14	Kyle Hively	JR Rio Grande	25:31.78	
15	Tom Stolee	JR Concordia (Neb.)	25:34.08	
16	Shawn Magee	SR Concordia (Ore.)	26:23.00	
17	Kris Shear	SO Cornerstone	26:29.58	
18	Grant Bacon	SO Cedarville	26:43.50	
19	David Lindemann	SO Lindenwood	26:56.83	
20	Chris Dehning	SR Concordia (Neb.)	27:11.93	
21	Daniel Lew	SR Westmont	27:51.59	
22	Kyle Shaffer	FR Malone	28:51.54	
--	Evan Crowdus	FR Lindsey Wilson	DNF	
--	Lucas Warner	FR Berea	DQ bent knee	
--	Paul Ikeda	SO Cedarville	DQ bent knee	

#### Event 36 Women 3000 Meter Race Walk

NAIA Champs.: 12:39.67 2000 Sarah Stevenson, Olivet Nazarene,  
 2008 winner: 14:12.12 5/22/2008 Megan Huzzy, British Columbia

1	Nicola Evangelista	SO British Columbia	14:54.51	10
2	Tina Peters	JR Goshen	15:16.74	8
3	Tessa Horst	SR Goshen	15:37.70	6
4	Amanda Johnson	JR Lindsey Wilson	15:45.20	5
5	Katie Burnett	SO William Penn	15:45.23	4
6	Katie Malinowski	JR Cornerstone	16:10.18	3
7	Megan Furnish	SO Lindsey Wilson	16:37.34	2
8	Maria Mudd	SR Walsh	16:39.81	1
9	Bev Larssen	SO British Columbia	16:59.00	
10	Jessica Ching	FR Lindenwood	17:27.65	
11	Caitlin Ambrose	SR Berea	18:32.63	
12	Stephanie Cowell	FR Baker	18:37.77	
13	Rachel Kettner	SO Concordia (Neb.)	18:55.64	
--	Emily Hansen	JR Concordia (Neb.)	DQ bent knee	
--	Alexis Gutterman	SO Lindenwood	DQ bent knee	

**2010 NAIA National Collegiate Indoor Track & Field Championships**  
**East Tennessee State University**  
**Johnson City Tennessee**

Women 3000 Meter Race Walk

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=====
Championship: N 13:56.06 2002 Amber Antonia, Wisconsin Parkside
2009 Champ: * 14:58.96 3/7/2009 Tina Peters, Goshen
Name Year School Finals
=====
1 Ching, Jessica SO Lindenwood 14:25.38*
2 Burnett, Katie JR William Penn 14:35.29*
3 Lo, Alex JR McKendree 14:38.81*
4 Peters, Tina SR Goshen 14:44.11*
5 Furnish, Megan JR Lindsey Wilson 14:44.13*
6 Brown, Janelle JR Cornerstone 15:04.35
7 Johnson, Amanda SR Lindsey Wilson 15:19.36
8 Malinowski, Katie SR Cornerstone 16:11.57
9 Conway, Chelsea FR Lindsey Wilson 16:14.26
10 Gutterman, Alexis JR Lindenwood 16:27.33
11 Spann, Courtney SO Culver-Stockton 16:27.67
12 Mancha, Mercedes FR St. Xavier 17:59.60
13 Eichmeyer, Carissa JR Hannibal-LaGrang 18:13.72
-- Hansen, Emily SR Concordia (Neb.) DQ lifting
-- Steinberg, Jade SO Mount Marty DQ bent knee

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Men 3000 Meter Race Walk

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=====
Championship: N 12:16.56 2002 Lachlan McDonald, Wisconsin- Parkside
2009 Champ: * 12:39.88 3/7/2009 Josh Wiseman, Cedarville
Name Year School Finals
=====
1 Mannozi, Mike SR Notre Dame (OH) 13:19.50
2 Wiseman, Josh JR Cedarville 13:26.55
3 Shear, Kris JR Cornerstone 13:50.51
4 Hively, Kyle SR Rio Grande 13:51.99
5 Aitken, Michael SR Lindenwood 13:55.77
6 Lindemann, David JR Lindenwood 13:58.54
7 Ikeda, Paul JR Cedarville 14:26.70
8 Gunderkline, Jacob FR Goshen 14:35.06
9 Martin, Dan SO Missouri Valley 15:33.29
10 Horst, David SO Goshen 16:04.04
-- Bacon, Grant JR Cedarville DQ lifting
-- Muldoon, Peter SR Central Methodis DQ lifting

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**2010 NAIA Outdoor Track & Field Championships**  
**Indiana Wesleyan University, Marion, Indiana**  
 Friday, May 28<sup>th</sup>, 2010

2010 marks the first year that the women's race was contested at the 5,000m distance. Therefore race winner – Nicola Evangelista – from Canada's British Columbia University (BCU) is the new NAIA record holder for the women's race walk. Both walks were conducted in very hot and humid conditions in 2010. Inaki Gomez repeated as men's champ – outlasting Cedarville's Josh Wiseman.

Event 12 Men 5000 Meter Race Walk

=====

NAIA Champs.: N 20:07.38 1997 Al Heppner, Wisconsin- Parkside  
 2009 Winner: \* 20:41.11 5/22/2009 Inaki Gomez, British Columbia

=====

Finals

1	Inaki Gomez	SR British Columbia	20:30.35*	10
2	Josh Wiseman	JR Cedarville	21:05.22	8
3	Mike Mannoizzi	SR Notre Dame (Ohio)	23:04.50	6
4	Kris Shear	JR Cornerstone	23:16.44	5
5	Ricardo Vergara	SO Lindsey Wilson	24:01.90	4
6	Roberto Vergara	SO Lindsey Wilson	24:24.32	3
7	Jacob Gunderkline	FR Goshen	24:40.83	2
8	David Lindemann	JR Lindenwood	26:19.47	1
9	David Horst	SO Goshen	27:06.67	
10	Grant Bacon	JR Cedarville	27:27.89	
11	Aleksander Jakobsen	FR Ashford	27:33.56	
12	Joel Pfahler	FR Cedarville	27:47.02	
--	Creighton Connolly	SR British Columbia	DQ	
--	Evan Dunfee	SO British Columbia	DQ	
--	Paul Ikeda	JR Cedarville	DQ	

Event 36 Women 5000 Meter Race Walk

Finals

1	Nicola Evangelista	JR British Columbia	25:11.56	10
2	Alex Lo	JR McKendree	25:24.09	8
3	Jessica Ching	SO Lindenwood	25:31.58	6
4	Katie Burnett	JR William Penn	26:22.19	5
5	Tina Peters	SR Goshen	26:34.75	4
6	Janelle Brown	JR Cornerstone	26:48.93	3
7	Kelly Clark	JR Southern Oregon	27:16.88	2
8	Amanda Johnson	SR Lindsey Wilson	27:44.66	1
9	Megan Furnish	JR Lindsey Wilson	28:18.88	
10	Chelsea Conway	FR Lindsey Wilson	28:46.71	
11	Caitlin Ambrose	SR Berea	28:49.19	
12	Katie Malinowski	SR Cornerstone	29:07.15	
13	Bev Larssen	JR British Columbia	29:50.86	
14	Courtney Spann	SO Culver-Stockton	31:15.25	
15	Carissa Eichmeyer	JR Hannibal-LaGrange	33:30.37	