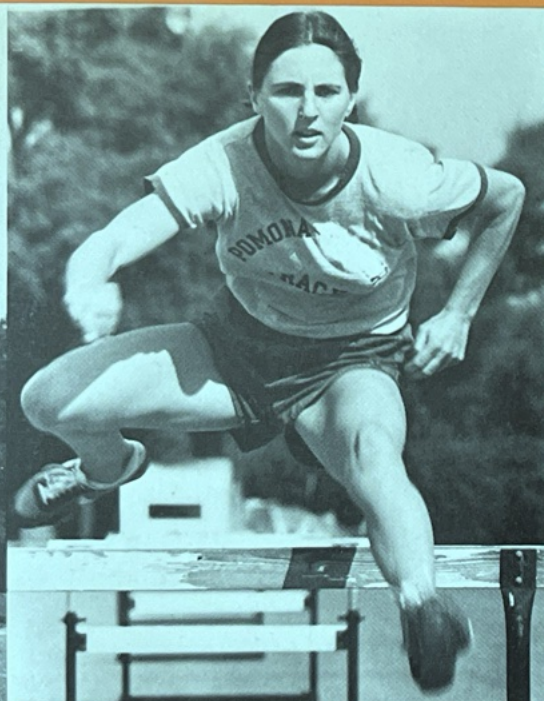


POMONA-PITZER TRACK
1891-1982



A Hundred Years of Excellence: Pomona Track

Excellence and quality have characterized the history of Pomona College track. In 1908, Bill Himrod set the West Coast record in the two mile. In 1928, Pomona's Bob Maxwell represented the United States in the hurdles at the Olympics. During the thirties, thousands of spectators attended the Oxy-Pomona dual meets. In 1956, two Pomona athletes, Bob Fendler and Ernie Smith, represented Pomona in the U.S. Olympic trials.

The tradition has continued. Since 1970, Pomona (which now fields a team with Pitzer College) has emerged as one of the best small college track teams in the country. Since the advent of National Collegiate Athletic Association Division III (small college division) in

1974, Pomona-Pitzer has finished in the top ten five times. During this period there have been 29 Pomona All-Americans, including eight national champions. Pomona-Pitzer is ranked third among the 300-plus Division III schools in the number of individual track champions. Two of these national champions, Bob Orell in the javelin and Stan Watson in the high jump, have set national records.

The Future

Pomona-Pitzer men's team enters the 1983 season as defending Southern California Intercollegiate Athletic Conference champion, having ended Occidental's long reign. Pomona-Pitzer has probably its strongest team ever. With nine national qualifiers returning and a



number of key entering freshmen, success in the future seems assured. A young women's program (just six years old) promises to parallel the success of the men's program with the addition of Jed Goldfried as head women's coach. An outstanding freshman class of women tracksters ensures a bright future for the women's program.

A Program for Everyone

While Sagehen success on both the league and the national level reflects the dedication and talent of the young men and women in the program and the expertise of the coaching staff, the underlying philosophy is simple: it is that anyone, with or without experience, can develop and improve during

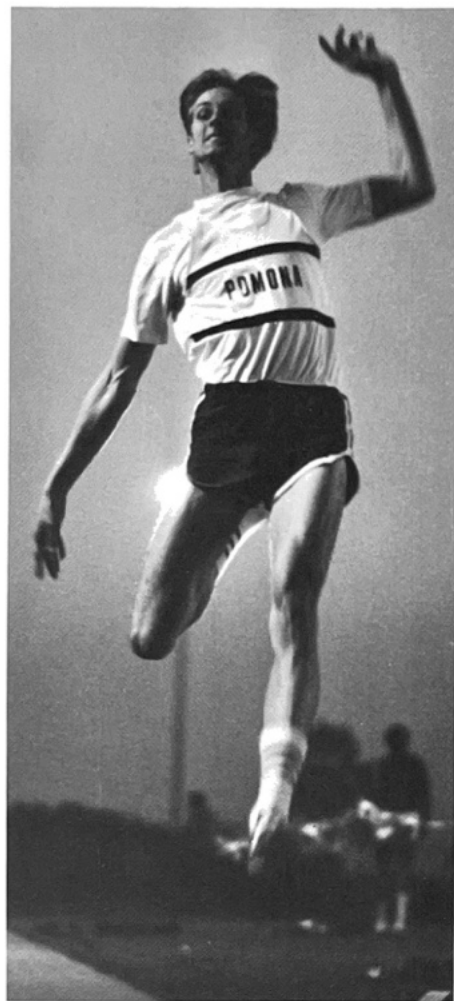
his/her stay in Claremont.

The track and field program at Pomona-Pitzer offers athletes of all ability levels an opportunity to compete and develop during their college careers. The emphasis is on the individual and his or her improvement. Training programs are developed to meet the individual needs of the athlete and the training schedule is flexible to accommodate the rigorous academic programs of Pomona College and Pitzer College.

Pomona College and Pitzer College take seriously the concept of the student-athlete. The successes of Sagehen track team members, both on and off the field, demonstrate that it is not only possible to participate, but to excel both academically and athletically.



EVENTS



Kent Namikas

Jumps

Under Pat Mulcahy's tutelage, the jumpers and vaulters at Pomona-Pitzer have prospered to the point where in 1982 the Sagehens garnered 41 points in those events at the NCAA Division III championships.

Pitzer junior Stan Watson (6'8" in high school) has won the high jump at the NCAA championships the last two years, jumping 7'¾" as a sophomore last spring to set an NCAA and school record.

In the long jump, Kent Namikas finished first in 1978 and second in 1979, finally improving to 24'5" (22'6" high school).

In the pole vault, Steve Mason finished third in 1975, and Paul White was eighth at 15'3" last year — only three inches off the winning height. Mason was a 12'6" high school vaulter, and White had never touched a pole until he arrived at Pomona College three years ago.

However, it is in the triple jump that the Sagehens are most outstanding; Pomona-Pitzer is the dominant small college team in the nation in this demanding event. The past seven years have seen Namikas (45' high school) finish first, second, and third at the NCAA championships, finally reaching 50'2". Watson (46' high school) finished second in spring 1982 at 49'6", and Pitzer junior Alonzo Robinson (47'7" high school) finished first in 1981 and fourth last spring, improving to 49'8½" this past



Stan Watson

summer. In addition, Jim Wogulis leaped 48'7" (42'2" high school) last spring and combined with Robinson and Watson to qualify three Pomona-Pitzer jumpers for the NCAA championships. During 1982-83, the triple jump becomes an NCAA event for women, giving Mulcahy a chance to work with several talented incoming freshmen and perhaps to take five or six triple jumpers to the NCAA championships this spring.



Paul White

Paul White came from Whitefield High School in Colorado Springs. His high school years were devoted to singing in the choir, debating, and working on relatives' farms in Oklahoma and Kansas. As a freshman he told Coach Mulcahy he wanted to be a pole vaulter; and that year he cleared 13'9", a freshman record. The beginning of his sophomore year indicated he was ready for an assault on the school record. However in the first meet, on his first attempt at 14'6", a gust of wind caused him to let go of the pole when he was upside down. He landed on his head on a concrete pad, incurring a skull fracture and concussion. After two weeks in the hospital and four weeks in bed back at Pomona, he was able to finish his sophomore year and even vaulted a little that year.

In his junior year he not only conquered any fear of vaulting, but went on to clear 15'3" and finish eighth in NCAA Division III. During his junior year he also was elected student body president. He entered his senior year with not only a great chance to set the school record in the vault, but also to contend for the national championship. Paul is a senior government major who is applying for a Rhodes scholarship and who plans to attend either law or business school.

The training for the jumps consists of weight training and background drills in the pre-season. The competitive season is divided into three phases: weight training, technique work, and sprint development. Films and video tape are used extensively both during the pre-season and competitive season.

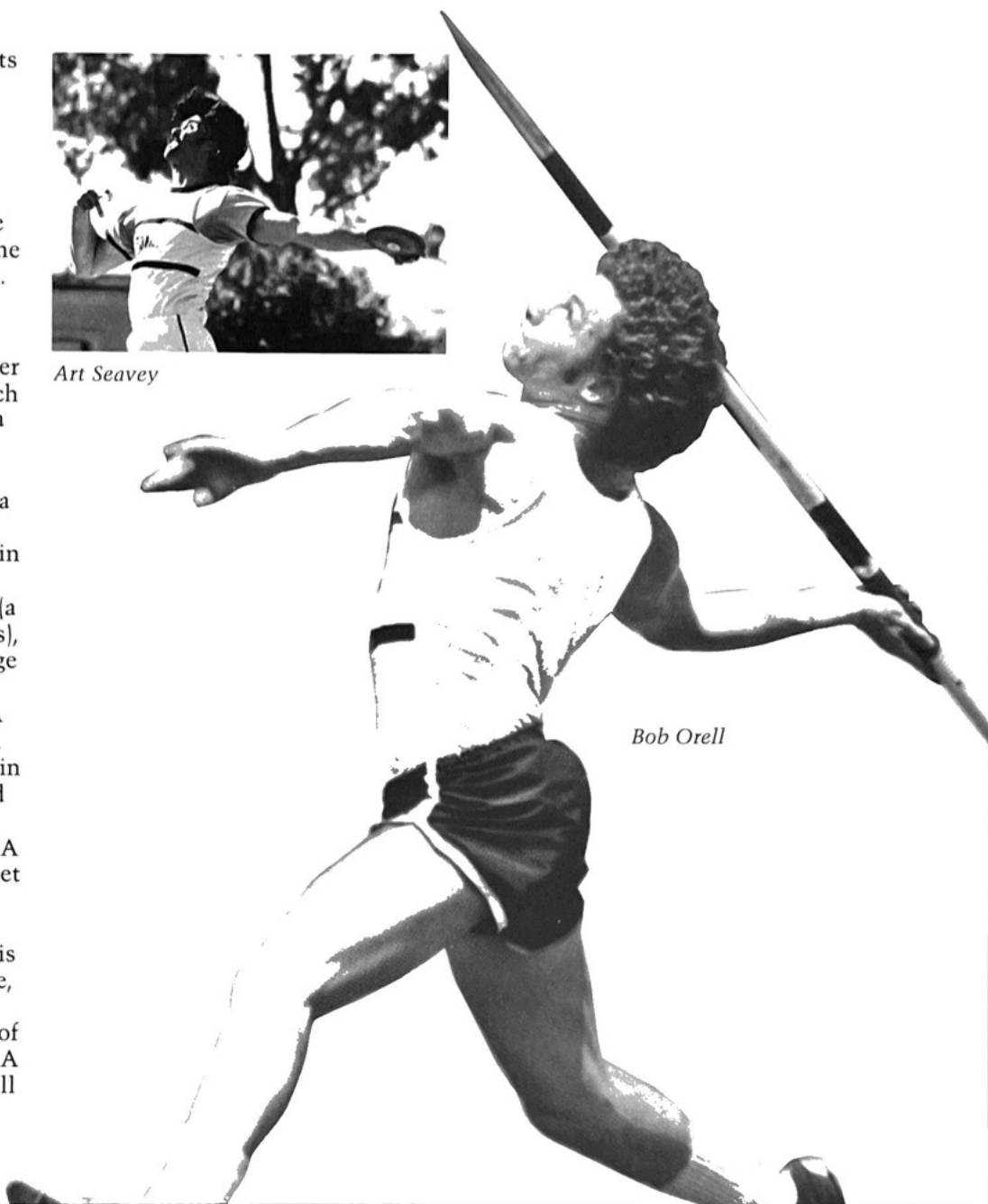
Throws

In the last eight years, Pomona-Pitzer has produced All-Americans in each of the throwing events, including a two-time NCAA champion and record-holder in the javelin.

When Bob Orell came to Pomona in 1972, he had never thrown a javelin, having been a long-jumper in high school. Within two years, working under Coach Pat Mulcahy (a Pomona javelin thrower in the '60s), he was part of the best small college javelin duo in the nation. In 1974, Orell finished fourth in the NCAA championships, throwing 223' and teaming with senior teammate Kevin Peter, whose 225' earned him third place. In 1975, Orell improved to 239'8", which earned him an NCAA championship and a school and meet record. Orell repeated as NCAA champion in 1976. During spring 1982, star triple jumper Jim Wogulis picked up a javelin for the first time, and seven weeks later won the SCIAC championships with a toss of 210'6", qualifying him for the NCAA championships in the javelin as well as the triple. On the distaff side, All-American heptathlete Jenny



Art Seavey



Bob Orell

Bob Orell

Bob Orell came to Pomona College from Polytechnic High School in the San Fernando Valley where he played football, ran low hurdles, and long jumped. A severely pulled leg muscle greatly hampered him his senior year in high school.

As a freshman at Pomona College he picked up the javelin one day in pre-season, and Coach Mulcahy declared him a javelin thrower. He set the school record that year and qualified for nationals. As a sophomore, he combined with teammate Kevin Peter in one of the best javelin duos in small college track. Kevin finished third and Bob fourth in the first year of track championships for NCAA Division III. As a junior Bob came into his own, winning the Division III javelin on his last throw and setting a national record in the process. He repeated his senior year, beating the rest of the field by nearly twenty feet.

Bob was a biology major at Pomona College, and after spending a year in medical research, went to medical school in Missouri. He is currently in residency in orthopedic surgery and plans to enter the field of sports medicine.



Stary threw 151'6" in 1980, and former Pitzer basketballer Brenda McIntyre threw 131'5" twelve weeks after picking up a javelin for the first time, thus qualifying her for the AIAW championships in 1981.

In the hammer throw, Lane Borg finished fifth in the NCAA championships in 1980, and graduated in 1981 having achieved a school record 171'4". Lane, too, had never thrown his implement until arriving at Pomona.

Ray Fogg transferred to Pomona in 1972 with a shot put best of 51'3" at Foothill Community College. Despite standing only six feet and

weighing 195 pounds, Ray was second in both the NAIA and NCAA championships in the spring of 1974, setting the current school record of 58'10".

Two Pomona athletes have achieved All-American status in the discus. Art Seavey finished fifth in the NCAA championships in 1979, throwing a school record 171'4", a mark which stood until 1982, when 5'9" junior Jon Sterrer threw 171'11" and finished third in the NCAA championships.

The training for the throws consists of weight training and drills in the pre-season. During the

competitive season, training is split between weight training and technique work. Strength is considered a prerequisite to execute proper form. As with the jumps, there is a strong emphasis on the use of films and video tape.

Sprints and Hurdles

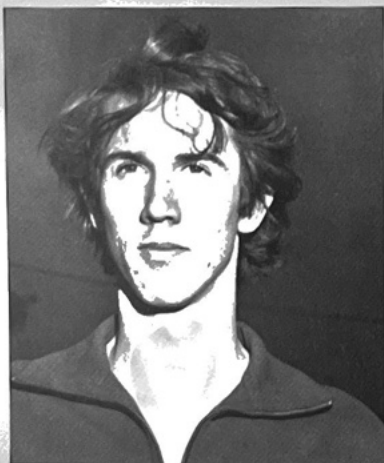
Since the inception of Division III in 1974, the Sagehens have produced NCAA qualifiers in every sprint and hurdle event and lack an All-American only in the 100 meters.

In 1974, Steve Smith and Bill Taylor were the first All-Americans. Smith, a 14.8 high school hurdler, finished third in the highs and fourth in the intermediates; and Taylor, a freshman, set a school record of 48.2 for 440 yards in the semi-finals and finished fifth in the final. He went on to set the school 800 meter record as a junior in 1976. Smith went on to record school records in the 100 yard (9.7), 200 meter (21.32), high hurdles (14.19), and intermediate hurdles (53.4), marks which garnered him five NCAA All-American certificates plus a NAIA second place.

Smith's intermediate hurdles record was broken by teammate Dan Orr, who recorded a superb 52.23 for third in the 1976 NCAA meet. Orr had the singular pleasure of defeating world record-holder and Olympic champion Edwin Moses in his



Brenda McIntyre



Tom Redburn

Tom Redburn came to Pomona College from Downey, California. His high school athletics were limited to a stint on the junior varsity basketball team. As a freshman at Pomona College a number of his friends who lived on the same floor in Smiley dormitory were tracksters. After he had won the intramural high jump and hurdles they talked him into coming out for track. He started as a high jumper and triple jumper, but it soon became apparent to all that he could sprint. The rest is history. He went on to set school records in the 100 (9.7) and 220 (21.5) and anchored the school record-setting relay team. He went to NAIA nationals in the 220 as a senior.

After graduation as a sociology major, Tom went to Washington D.C. and became involved in a number of journalistic projects. This experience combined with his writing talent landed him a job with the Los Angeles Times. He is now a feature writer for the business section of the Times.



Tom Redburn and Roger Bell

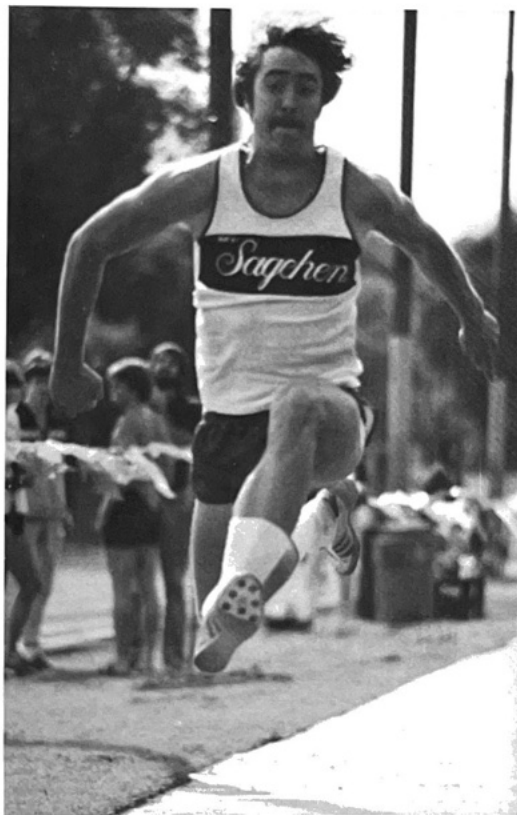
semi-final, as Moses fell at the ninth hurdle. Dan is one of only six people to ever defeat Moses.

In 1982, senior Chris Nova became the first Pomona-Pitzer athlete to win the 100, 200, and 400 at the SCIAC championships. Smith's sprint marks may be challenged by freshman Curtis Cole (10.72, 21.71), second in the Oregon high school 200, and third in the 100 in 1982.

The ubiquitous Jenny Stary holds both hurdles records for the women (15.4, 64.32), marks which will be challenged by 1983 freshman Wendy Law and sophomore Katie Kirkman,

who finished seventh in the 1982 NCAA 400 hurdles as a freshman.

The pre-season training for sprinters and hurdlers consists of strength training and technique work in both sprinting and starting. The strength training includes weight training, hill repeats, and long intervals. During the competitive season, while strength training and technique work continue, a greater emphasis is placed on shorter faster intervals. Sprinters and hurdlers work at race pace for distances a half to three quarters of their racing distance.



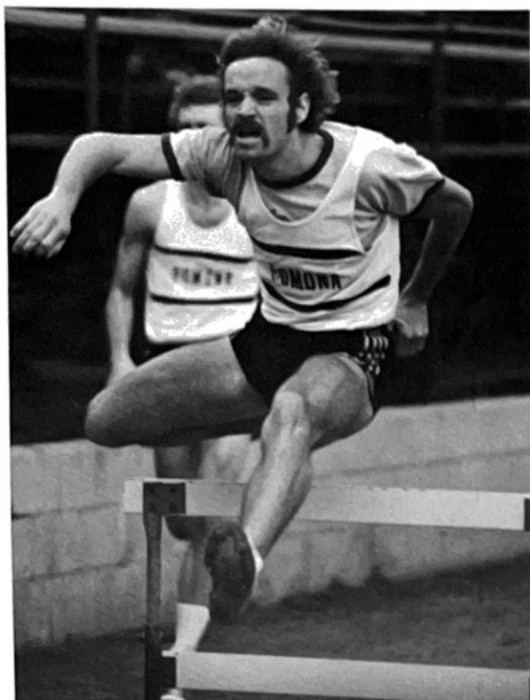
Jim Wogulis

Jenny Stary

Jenny Stary is one of Claremont's own, having graduated from Claremont High School before coming to Pomona College. She is undoubtedly our most successful woman trackster. She established nine school records and qualified for the AIAW nationals in the pentathlon each year while at Pomona. Her highest finish, eleventh, is even more impressive given that there were no divisions in AIAW. She singlehandedly helped Pomona-Pitzer come within two points of Occidental in the SCIAC championship meet her senior year.

After graduation from Pomona as a mathematics major, she was Pomona-Pitzer's only athlete to compete in the 1980 Olympic trials, placing twelfth in the pentathlon. She has continued to train and, with the change of the five-event pentathlon to the seven-event heptathlon, finished sixth in the national meet in 1981. She is currently training and working in applied math in Dallas, Texas.





Dan Orr

Distances

Since 1974, Pomona-Pitzer has produced NCAA qualifiers in every middle-distance and distance event, two All-Americans in the 5000 meters, and an NCAA champion in the steeplechase. The cross country team has won five league championships in a row and qualified for the NCAA championships every year since qualifying was instituted, finishing ninth in 1979.

Randy Luce arrived on the Pomona campus in 1971 as a 4:28 miler. By the time he graduated in 1975, Randy had compiled school record times of 4:17, 9:16, 14:05 (three mile), and 29:47 (six mile). He finished seventh in the NAIA six mile and achieved All-American status in 1974 by finishing fifth in the first NCAA Division III three mile. Randy was succeeded as the premier Sagehen distance runner by John Armstrong, a 4:27 miler in high school. Armstrong posted school record times of 1:52.3, 3:45.3, 9:01, and 14:19.3, marks which still stand. His 800 meter time eclipsed 400 meter All-American Bill Taylor's time by .1, and his 1500 and 5000 marks were set on a double at the NAIA district meet in 1977. John finished second in the 5000 at the NCAA's in 1977, after a 5th place finish in 1976.

The next record-breaker was Gerry Harnett. Gerry, who ran 9:26 in high school, ran 8:56.0 as a senior in 1979 to add the two mile standard to his

10,000 meter mark of 30:30.0, which broke Luce's record. Gerry finished eighth in the 1979 NCAA 10,000 and was an All-American in cross country in both 1977 and 1978. It was Harnett's teammate, Nick Buchan, who showed the greatest improvement. Nick progressed from an average high school runner (9:52 two mile) to become an 8:56.1 steeplechaser. His progress was remarkable: 9:37 as a freshman; 9:23 and an NCAA qualifying berth as a sophomore; 9:08 and a sixth place finish in the 1980 NCAA championship; and finally in 1981, Nick won the NCAA championship with his school record 8:56.

In 1982, sophomores Dave Francis (30:45.01) and Sieg Lindstrom (30:48.1) joined junior Pat Toulouse (30:52.1) in qualifying for the NCAA 10,000. Francis finished eighth, and freshman Chris Grenzer recorded a 9:22.9, breaking Buchan's freshman steeplechase record.

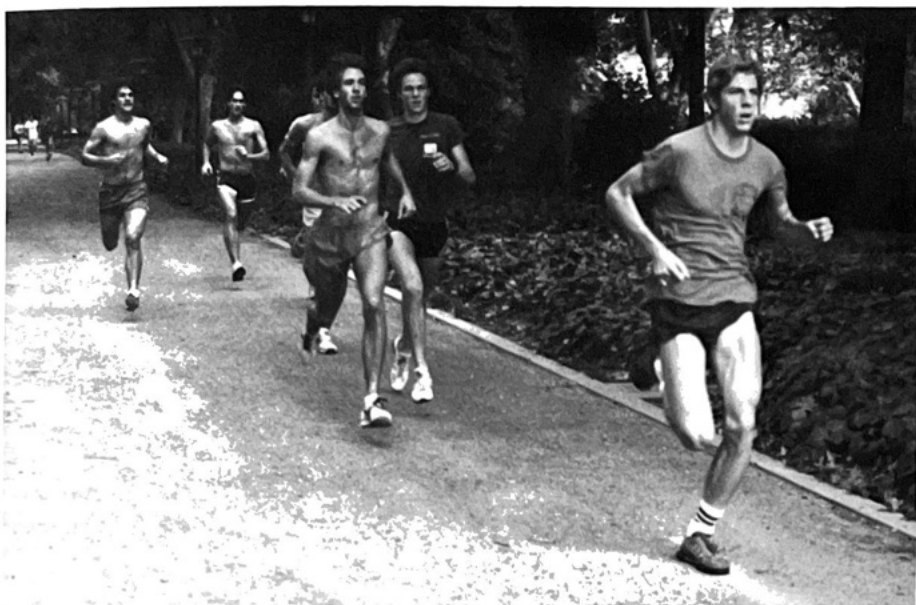
When Amy Phillips arrived at Pomona from Denver two years ago, she had never run track and had only one season of cross country experience. As a freshman, she recorded a school record 4:59 1500 and last season she lowered that to 4:47.86 at the University of Southern California. She also holds the 3000 record of 10:45.5, breaking teammate Gloria Grigsby's standard of 10:55.1. Grigsby, who could not negotiate a lap her first time on the track as a freshman, was able to run 50 miles a



Steve Smith

Steve Smith came to Pomona College from the University of Chicago Preparatory School where he did 14.8 in the high hurdles. He duplicated that in his freshman year for Pomona-Pitzer. Then, in his sophomore year, he set school records in both the high hurdles and intermediates and placed in the nationals in both events. During his junior and senior years, Steve was the dominant sprinter-hurdler in the league. As a senior he capped his track career by running 14.0 in the high hurdles, placing second at the NAIA nationals and fourth in the NCAA Division III. In addition, he finished third in the 200 meters, setting the current school record of 21.1.

Steve majored in art photography and studied art in graduate school. He is currently teaching art and photography at Lake Forest College outside Chicago.



Nick Buchan

week as a senior and was the captain of last year's seventh place NCAA cross country team.

The Sagehen distance program stresses long distance runs in the

hills north of Claremont, alternate hard-easy days, and long intervals. The emphasis is on gradual development over the four years of an athlete's career.



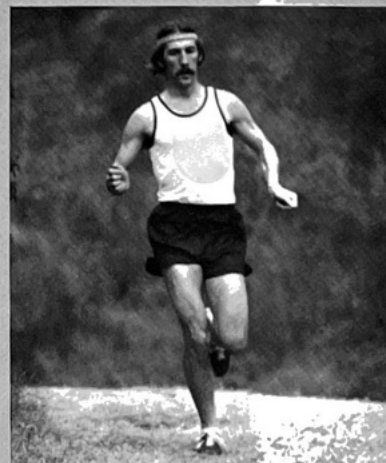
Gerry Harnet

Greg Adams

Greg came to Pomona College from Lincoln High School in Tacoma, Washington, where he ran cross country and played tennis. While at Pomona he developed into a solid member of the cross country team and one of its hardest workers. His hard work was rewarded his senior year when he was named cross country captain and set a school record in the steeplechase in the spring.

After graduation he spent a year in community services in the San Fernando Valley, and he coached the San Fernando High School cross country team. He later received his law degree from the University of Washington and today is a practicing lawyer in Seattle. During law school he ran and won the Seattle marathon and regularly runs the eight miles from his office to his home. He was the driving force behind the first annual alumni-varsity cross country race at Pomona College.

Greg married Ann Thompson, Pomona class of 1974, whose father, Crawford Thompson, Pomona class of 1936, plans to write the hundred-year history of Pomona track after he retires from the vice-presidency of Rand Corporation.



The Coaches

Pat Mulcahy

Pat Mulcahy was born and raised in the San Francisco Bay area, where he participated in soccer and track in high school. He majored in sociology at Pomona College, adopting the javelin and throwing it over 200' his senior year. Graduating in 1966, he went on to receive his doctorate in urban sociology from UCLA in 1972. During this period, he continued to throw the javelin and travelled extensively in Europe studying the event.

In 1969, Mulcahy became head cross country and track coach at his alma mater. Since then he has coached 17 athletes who have produced a total of 36 All-American performances in both NAIA and NCAA competition. Five of those athletes have been national champions. He has served as an assistant coach for both men and women on national teams that toured the Philippines and Taiwan, giving clinics to the coaches of both countries. He attended the 1972 and

1976 Olympic Games and is looking forward to the First World Championship meet in Helsinki in 1983. Pat is acknowledged as one of the foremost field events coaches in the country and is currently serving as vice president of the NCAA Coaches Association.

Jed Goldfried

Jed Goldfried grew up on Long Island, New York, where he played football and ran track in high school. He was a political science major at Plattsburgh State in New York, where he qualified for the NCAA 10,000 as a senior in 1978. He then coached cross country and served as assistant track coach at his alma mater. In 1978, he met Pat Mulcahy at the NCAA cross country championships, at which Plattsburgh finished ninth. In his two years at Plattsburgh he coached NCAA qualifiers in the 800, 1500, 5000, and 400 relay.

Jed arrived at Pomona College in the fall of 1981 and served as assistant men's cross country and track coach, becoming head women's track coach in 1982. He hopes to develop a top-flight program before his thirtieth birthday.

Nettie Morrison

Coach of all trades, Nettie Morrison is entering her fourth season as mentor of the women's cross country team. Three out of four years, the women have won or tied for the SCIAC championship. The 1981 team placed second in the SCIAC, second in the NCAA West Regional, and seventh in the Nationals.

Competing and coaching in regional and national competition is not new to Coach Morrison. In her younger days, she managed All-American honors in volleyball and basketball with several "final four" finishes in both sports. In track and field, she earned national qualifying marks in the high jump, long jump, 440 and 880 yard runs. From the coaching side, Nettie has guided several volleyball and basketball teams to regional and/or national tournaments; the recent addition of a successful cross country season has been both rewarding and motivating particularly since it is a different coaching experience.



Jed Goldfried, Nettie Morrison and Pat Mulcahy

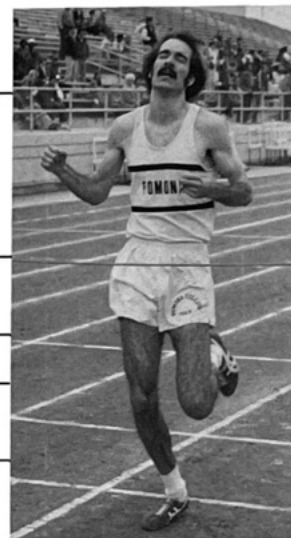


Kirk Jones, Trainer

POMONA-PITZER AND NCAA DIVISION III

All Americans and Team Finishes In NCAA Championships

		EVENT	MARK	PLACE	TEAM FINISH	POINTS
1974	Randy Luce	3 Mile Run	14:14.6	5th	5th	36
	Steve Smith	120 Yard High Hurdles	14.4	3rd		
	Steve Smith	440 Yard Intermediate Hurdles	53.7	4th		
	Steve Mason	Pole Vault	14'6"	4th		
	Bill Taylor	440 Yard Dash	48.8	5th		
	Ray Fogg	Shot Put	55'5¾"	2nd		
	Kevin Peter	Javelin	223'7"	3rd		
	Bob Orell	Javelin	221'10"	4th		
1975	Bob Orell	Javelin	239'8"	1st	14th	16
	Steve Smith	440 Yard Intermediate Hurdles	53.30	3rd		
1976	Steve Smith	110 Meter High Hurdles	14.65	4th	5th	34
	Steve Smith	200 Meter Dash	21.32	3rd		
	John Armstrong	5,000 Meter Run	14:37.4	5th		
	Dan Orr	400 Meter Intermediate Hurdles	52.32	3rd		
1976	Bob Orell	Javelin	238'8"	1st		
	Kent Namikas	Triple Jump	48'½"	3rd		
1977	John Armstrong	5,000 Meter Run	14:37.24	2nd	28th	8
1978	Kent Namikas	Long Jump	23'8½"	1st	8th tie	18
	Kent Namikas	Triple Jump	49'6"	2nd		
1979	Kent Namikas	Triple Jump	49'9¼"	1st	12th tie	17
	Kent Namikas	Long Jump	23'6"	3rd		
	Art Seavey	Discus	154'1"	6th		
1980	Nick Buchan	3,000 Meter Steeplechase	9:08.84	6th	48th	3
	Lane Borg	Hammer	164.9	5th		
1981	Nick Buchan	3,000 Meter Steeplechase	8:56.1	1st	5th	30
	Stan Watson	High Jump	7'¼"	1st		
	Alonzo Robinson	Triple Jump	48'4"	1st		
1982	Stan Watson	High Jump	7'¾"	1st	7th	61
	Stan Watson	Triple Jump	49'6"	2nd		
	Alonzo Robinson	Triple Jump	49'2"	4th		
	Jon Sterrer	Discus	167'6"	3rd		



John
Armstrong



Kent Namikas

Pomona College does not discriminate against any person on the basis of race, color, religion, national or ethnic origin, handicap, sex, or age in the administration of its educational policies, admissions policies, scholarship and loan programs, or other programs.

