

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

(Last update: January, 2016)

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 about a dozen men and a dozen women make the qualifying time – on average – each year. So it is challenging. Especially for those young men and women who first take up this track & field event at the collegiate level. That is why HS athletes who already know how to walk are in high demand:

RW Qualifying Standards For 2016 Collegiate T&F Nationals				
Race Distance	Men		Women	
	Automatic	Provisional	Automatic	Provisional
INDOORS: 3,000 meters for men & women	<b>14:15.00</b>	<b>15:15.00</b>	<b>16:30.00</b>	<b>17:30.00</b>
OUTDOORS: 5,000m for men & women	<b>24:00.00</b>	<b>25:00.00</b>	<b>27:45.00</b>	<b>28:15.00</b>

**There are scholarships** available for aspiring high school athletes who are experienced race walkers. Not many, 10 to 15 per year, but they exist. And because there are so few high school walkers in the USA that can hit the Provisional times above most remain unfilled at the end of the year.

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 competitions anymore; much less the results of a race walk competition. Therefore, the point of this article is to help 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/) – <http://www.collegeboard.com/csearch/>
- ❑ [USNews.com: America's Best Colleges 2010: Custom College Finder](http://colleges.usnews.rankingsandreviews.com/college) – <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 summer after athlete's junior year in high school. But throughout 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. High school athletes who race walk should also email the 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 information on Obtaining College Financial Aid:**

**Now Faster & Easier:** The typical first step in getting financial aid is completing the Free Application for Federal Student Aid (FAFSA). Students should initiate this in October of their senior years. The 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. The data base can provide additional places to apply for scholarships:

**<https://www.studentaid.ed.gov/>**

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. One of these will be:

**<http://www.smartscholar.com/>**

## How Good Are You ?:

The High School Race Walk web site is a good place for college coaches, athletes, and parents of athletes to peruse. It provides recognition to the top HS Race Walkers in the US as well as providing a ranking of the top HS race Walkers in the indoor and outdoor seasons each year. See where you are ranked at:

<http://www.hsrw.net/>

## 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 40 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) The focus is on education and character development of the student athlete
- 3) Fewer recruiting restrictions & Greater opportunities to transfer without losing a season of eligibility
- 4) And, **starting in 2015 – NAIA athletes can turn Pro and keep their scholarships!** The NAIA broadened its rules on amateurism to allow race walkers to earn prize money at the USATF Outdoor Champs & all other races when the athlete is out of school (i.e. summer vacation) and not representing their college or university. Athletes cannot accept prize money at the USATF indoor nationals or other races during the school year and retain their eligibility. However, NAIA schools, unlike the NCAA, can pay all expenses for athletes attending those competitions.

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 revamped website and click on "SCHOOLS":

<http://www.naia.org/>

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. Athletes can get qualified for receiving athletic aid at any NAIA college or university by visiting the NAIA Eligibility Center at:

<http://www.playnaia.org/>

What about **National Collegiate Athletic Association (NCAA)** schools? Regretfully, there isn't much that can be said positively about the NCAA. The NCAA does not recognize the race walk as a track & field event at any level. 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 at the HS level:

#### **NCAA Division I:**

- Currently there are no coaches actively coaching race walking at the NCAA Division I level. In fact the NCAA & the USOC has allowed many DI member institutions to drop track & field to cover the expenses of other sports.

#### **NCAA Division II:**

- Mansfield University in Mansfield, Pennsylvania, is a good location for track & field athletes who race walk. Three-time Olympian in the race walk - Michelle Rohl – assists her husband; head coach Mike Rohl, in coaching at Mansfield University. Contact Coach Rohl at: <mrohl@mnsfld.edu> (570) 662-4645
- University of Illinois @ Springfield in Springfield, Illinois, initiated its first ever track & field and cross country programs in 2015. The head coach is Mike DeWitt, formerly in charge of the powerhouse race walk program at University of Wisconsin - Parkside for nearly 30 years. Contact coach DeWitt at: <mdewi4@uis.edu> (262) 496-2212

#### **NCAA Division III:**

- Division III coaches are NOT allowed to give scholarships based upon athletic (race walking/running) abilities. But if you are a top notch academic student several NCAA schools on the east coast do have coaches that have tried to assist their track & field athletes who also race walk. But none of them have gone out of their way to specifically recruit race walkers.

Many of the NCAA limitations are also determined by the athlete's gender. The combined Scholarship Limits for an entire program at the NCAA Division I level for 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's Compliance Office to receive any of these athletic scholarships.

### **Junior Colleges 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 nationwide. In 2010, two-time Olympian Tim Seaman was hired as a head Track and cross country coach at Cuyamaca College near San Diego, California. Many of America's top post collegiate race walkers now live and train near Cuyamaca College. You can contact Coach Seaman at: <Tim.Seaman@Olympian.org>

### **NAIA Success Stories**

While based in the geographical center of the USA there are over 300 NAIA colleges and universities scattered across the country. But few are in the northeast (go figure) where race walking is popular among HS students in New York and Maine. Therefore student-athletes will often need to look out-of-state to continue their education. Luckily, most will find that cost of education will be lower at the NAIA member institution than at an in-state school in New England and New York.

Competitively, the race walk is conducted as a scoring event at the NAIA indoor and outdoor collegiate national T&F championships. Further, the NAIA encourages its member conferences to include the walks at invitational meets as well as individual Conference Championships. Results from recent NAIA Collegiate National T&F Championships are included in the Appendix and provide a reference point for which colleges currently have athletes on campus and on what it takes to earn All American (top 8) ranking.

**On the next page is a list of colleges whose college coaches have historically recruited race walkers for their T&F teams. Those colleges prefixed with an asterisk (\*) currently have race walkers on their T&F team. Recent signees, if known, are listed separately. Please contact the coaches directly for more information about their program and availability of scholarships:**

1. Avila University (Kansas City, MO) Anthony Boyer <Anthony.Boyer@avila.edu> (816) 501-2477
2. (\*) Baker University (Kansas) Tim Byers <tbyers@bakeru.edu> (785) 594-4581
3. (\*) Benedictine College (Kansas.) Rex Lane <rlane@benedictine.edu> (913) 360-7606
4. Biola University (California) Sean Henning <sean.henning@biola.edu> (562) 944-0351 x5929
5. Campbellsville University (Kentucky) Hilary Lakes <halakes@campbellsville.edu> (270) 789-5298
6. Cardinal Stritch (Milwaukee, Wis) Joel Pearson <jrpearson@stritch.edu> (414) 410-4877
7. (\*) Central Methodist U (Fayette, Missouri) Mark Nelson <mnelson@centralmethodist.edu> (660)-248-6312
8. (\*) Cornerstone University (Grand Rapids, Michigan) Nate Van Holten <doctor\_nate@hotmail.com > (616) 222-1425
9. Culver-Stockton Univ. (Canton, Missouri) Alan King <aking@culver.edu> (573) 288-6426
10. (\*) Dakota Wesleyan University (Mitchell, South Dakota) Derik Fossum <defossum@dwu.edu> (605) 995-2954
11. Davenport University (Grand Rapids, Michigan) Scott Cook <sccook@davenport.edu> (616) 871-6190
12. Dickerson State University (Dickinson, North Dakota) Ben Shroyer <ben.shroyer@dickinsonstate.edu> (701) 483-1918
13. Eastern Oregon University (Oregon) Ben Welch <ben.welch@eou.edu> (541) 962-3851
14. (\*) Evangel College (Missouri) Lynn Bowen <bowenl@evangel.edu> (417) 865-2815 ext. 7359
15. Friends University (Wichita, Kansas) Damian Smithhisler <damian\_smithhisler@friends.edu> (316) 295-5624
16. (\*) Goshen College (Goshen, IN) Jim Whittaker <jamesmw@goshen.edu> (574) 535-7495 & Doug Yoder <dougy@goshen.edu>
17. (\*) Graceland University (Iowa) Reece Vega <rvegal@graceland.edu> (641) 784-5464
18. Grand View University (Des Moines, Iowa) Jerry Monner <jmonner@grandview.edu> (515) 263-6046
19. (\*) Hannibal-LaGrange (Hannibal, Missouri) Andy Lemons <andy.lemons@hlg.edu> (573) 231-6987
20. (\*) Hastings (Hastings, Nebraska) Ryan Mahoney <rmahoney@hastings.edu> (402) 461-7333
21. Haskell Indian Nations University (Lawrence, Kansas) Al Gipp <agipp@haskell.edu> (785) 830-2758
22. Judson College (Elgin, Illinois) Morgan Goetschel <morgan.goetschel@judsonu.edu> (847) 628-2518
23. (\*) Kansas Wesleyan University (Salina KS) Brent Bailey <brent.bailey@kwu.edu> (785) 833-4409
24. Lindenwood - Belleville University (Bellville, Illinois) Chris Sandefur <csandefur@lindenwood.edu> (618) 239-6383
25. (\*) Lindsey Wilson (Columbia, Kentucky) Jamaine Gordon <gordonj@lindsey.edu> (270) 384-8175
26. Marian University (Indianapolis, Indiana) Michael Holman <mholman@marian.edu> (317) 955-6585
27. Marymont University (California) Carlos Suarez <csuarez@marymountcalifornia.edu> (209) 663-9678
28. Midland University (Fremont, Nebraska) Mark Kostak <kostek@midlandu.edu> (402) 841-6319
29. MidAmerican Nazarene University (Olathe, KS) Nate Wiens <nawiens@mnu.edu> (913) 971-3362
30. (\*) Missouri Baptist (St. Louis, MO) Katie Cline <clinek@mobap.edu> & Mark Sisson <sissonm@mobap.edu>
31. Missouri Valley (Marshall, MO) Dave Dominguez <dominguezd@moval.edu> Jalisa Parimore <parimorej@moval.edu>
32. Moncreat University (North Carolina) Jason Lewkowicz <jlewkowicz@montreat.edu> (573) 795-5807
33. Morningside College (Sioux City, IA) David Nash <nash@morningside.edu> (712) 274-5334
34. Mt Marty College (Yankton, South Dakota) Randy Fischer <randall.fischer@mtmc.edu> (605) 668-1263
35. (\*) Mt. Mercy University (Cedar Rapids, Iowa) Jamie Jimmison <jjimison@mtmercy.edu> 319-363-1323 ext. 1307
36. Nebraska Wesleyan University (Lincoln, NE) Ted Bulling <tab@nebrwesleyan.edu> (402) 465-2369
37. Oklahoma City University (Oklahoma City, Ok) Conor Holt <cholt@okcu.edu> (405) 208-5319
38. Our Lady of the Lake University (San Antonio, Texas) Steve Sherman <ssherman@ollusa.edu> (210) 288-736
39. (\*) St. Ambrose (Davenport, IA) Dan Tomlin <tomlindanield@sau.edu> (563) 333-6236
40. St. Andrews College (Laurinburg, NC) Bill Cason <casonwm@sapc.edu> (910) 277-3965
41. St Xavier College (Chicago, Ill) Kyle Rago <rago@sxu.edu> (773) 298-3306; Lisa Ebel <l.ebel@sxu.edu>
42. Southern Oregon ( Ashland, Oregon ) Grier Gatlin <gatling@sou.edu> (541) 552-6500
43. Soka University (Aliso Viejo, California) Gigi Freeman <rcharlson@soka.edu> (949) 480-4477
44. Spring Arbor University (Spring Arbor, Michigan) Jeremy Smith <jeremys@arbor.edu> (517) 750-6788
45. Tennessee Wesleyan University (Athens, Tenn) Justin Herbert <jaherbert@twcnet.edu> (423) 746-5305
46. Union College (Barbourville, Kentucky) Joel Childs <fchilds@unionky.edu> (606) 546-1725
47. University of Jamestown (N. Dakota) Ed Crawford <ecrawfor@jc.edu> & Jim Clark <clark@jc.edu>
48. (\*) University of Rio Grande (Rio Grande, Ohio) Brian Hill (bhill@rio.edu) (740) 245-7487
49. University of St. Francis (Joliet, IL) Jeff Barker <jbarker@stfrancis.edu> 815-740-3408
50. University of St. Francis (Ft. Wayne, IN) Adam Longsworth <alongsworth@sf.edu> (260) 399-7700 ext 6224
51. University of Saint Mary (Leavenworth, Kansas) Alstin Benton <alstin.benton@stmary.edu> (913) 702-5115
52. (\*) University of the Cumberland (Kentucky) Randy Greer <randall.greer@ucumberland.edu> 606-271-2810
53. Viterbo University (La Cross, Wisconsin) John Metelko <jpmetelko@viterbo.edu> (608) 796-3840
54. Westmont University (Santa Barbara, California) Russell Smelley <smelley@westmont.edu> (805) 565-6108
55. William Penn University (Iowa) Allen Friesen <friesena@wmpenn.edu> (641) 673-1706

## **Recruiting Questions to ask:**

Once you have settled on a college (or three) to visit, have a set of questions to ask the coach and any members of the team you get to meet. Some sample questions are: Who actually coaches the race walkers. What competitions will the team be going to that include race walking? Will there an opportunity to go to race walk only competitions? Are there study tables for academic assistance?

Additional questions to other athletes at the college include: Do you like the coach? Does the team do activities together away from practices and meets? How are injured athletes treated by the coach and medical staff?

## **NAIA Colleges that have already signed race walkers for fall 2016:**

- Spring Arbor University (Michigan): AJ Gruttadauro (Rochester, NY)
- Cardinal Stritch (Milwaukee, Wis): Amberly Melendez (South Texas Turtles Walking Club)

## **CONTACT PEOPLE 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 locally, or at the high school or collegiate levels.

- Maryanne Daniel (Connecticut) - Women's RW Development Chair - [ctracewalk@sbcglobal.net](mailto:ctracewalk@sbcglobal.net)
- Tim Seaman (California) – Men's RW Development Chair - [Tim.Seaman@Olympian.org](mailto:Tim.Seaman@Olympian.org)

## **WEB SITES WITH INFORMATION**

All national championships as well as additional information on race walking is available thru the national website:

- **USATF Web Site:** <http://www.usatf.org/Sports/Race-Walking.aspx>

Locations for the latest in information on HS race walking:

- <http://www.hsrw.net>
- [http://www.facebook.com/home.php?sk=group\\_50948072343](http://www.facebook.com/home.php?sk=group_50948072343)

Four great web sites with information on race walking including technique, books, etc., are:

- <http://www.racewalk.com/>
- <http://www.eracewalk.com/>
- <http://www.narionline.org/nari/default.asp>
- <http://www.racewalking.org/>

Web Sit containing information on the Al Heppner Scholarship for collegiate race walkers:

- <http://www.narionline.org/nari/Programs/AlHeppner.asp>

**For corrections and questions about this document contact: Vince Peters @ <[mv\\_tc@sbcglobal.net](mailto:mv_tc@sbcglobal.net)>**

# 2015 NAIA National Collegiate Indoor Track & Field Championships

Friday, March 6<sup>th</sup>, 2015

Spire Institute Sports Complex, Geneva, Ohio

For the third-consecutive year, the men's 3,000-meter race walk national collegiate and NAIA records were broken. And for the winner, Nick Christie, a senior, it was a statement effort! The uber quick victory allowed him to reclaim the spot in the record book he had originally earned as a sophomore (11:59.73). His first-place time of 11:46.20 shattered the one-year old mark of 11:57.96 put up by Cody Risch (Cornerstone University, Mich). Saint Ambrose freshman Anthony Peters is 2<sup>nd</sup> in 12:12.21. Alex Chavez, the 2012 indoor national champion, completed his collegiate eligibility for indoor track with a 3<sup>rd</sup> place finish.

## Event 11 Men 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	11:16.30	Ray Sharp	East Side TC	02/03/1984
College	C	11:57.96	Cody Risch	Cornerstone (Mich)	03/07/2014
Spire	S	11:57.96	Cody Risch	Cornerstone (Mich)	03/07/2014
Championship:	N	11:57.96	Cody Risch	Cornerstone (Mich)	03/07/2014
2014 Champ:	*	11:57.96	Cody Risch	Cornerstone (Mich)	03/07/2014
Meet Qualifying: 15:15.00					

## Finals

1	Christie, Nick	SR MO Baptist	11:46.20	CSN	10
2	Peters, Anthony	FR St. Ambrose	12:12.21		8
3	Chavez, Alejandro	SR MO Baptist	12:27.76		6
4	Hutcherson, Doug	SO Cen Methodist	13:41.21		5
5	Sandlin, Brad	SR Goshen	13:49.42		4
6	Brickson, Mitchell	SR Goshen	14:57.93		3
--	Nay, Kolton	SR Goshen	DQ		
--	Withrow, Isaac	JR Cornerstone	DQ		
--	Baird, Will	JR Hastings	DQ		

Molly Josephs, one of the top alumni ever from the New York State High School Race Walk program, blasted away from teammates Mereth Zalba and Natalia Alfonzo after the first mile to win her second consecutive NAIA indoor title in the race walk.

## Women 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	12:20.79	Debbi Lawrence	Natural Sport	03/12/1993
College	C	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Spire	S	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Championship:	N	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
2014 Champ:	*	14:15.74	Molly Josephs	Missouri Baptist Univ	03/07/2014
Meet Qualifying: 17:30.00					

## Finals

1	Josephs, Molly	JR MO Baptist	14:19.42		10
2	Zalba, Mereth	JR MO Baptist	14:30.52		8
3	Alfonzo, Natalia	SO MO Baptist	14:34.23		6
4	Lopez, Jenny	FR St. Ambrose	14:49.62		5
5	Moscoso, Maite	SO Embry-Riddle	14:50.40		4
6	Griffiths, Brianna	SR Cornerstone	14:50.41		3
7	Ovokaitys, Kayla	JR Cornerstone	14:51.83		2
8	McCollum, Brenda	FR Baker	14:52.38		1
9	Court-Menendez, Nicole	JR Dakota Wesleyan	14:59.56		
10	Dunn, Abby	JR Goshen	15:20.60		
11	Gray, Kayla	SO Goshen	15:34.38		
12	Manlan, Melissa	SO Cornerstone	15:42.72		
13	Barakou, Ioulia	SO MO Baptist	16:07.66		
14	Loeffler, Kaitlyn	SR Cen Methodist	16:19.83		
15	Farris, Amanda	SR Lindsey Wilson	16:25.92		
16	Lenard, Keara	SO Kansas Wesleyan	17:03.74		
17	Apollo, Caitlin	FR Baker	17:12.74		
18	Worsham, Nikki	SO Rio Grande	17:21.56		
19	Huskey, Allison	FR MO Baptist	17:55.38		
--	Brogan, Bailey	SO Cornerstone	DNF		

# 2015 NAIA National Collegiate Outdoor Track & Field Championships

Friday, May 22<sup>nd</sup>, 2015

M. Miller Stadium, Gulf Shores, Alabama

Missouri Baptist junior Molly Josephs wins her first outdoor championship to go with her two indoor titles in the heat and humidity of Alabama. Floridian and 2013 USATF Henry Laskau Award winner Maite Moscoso breaks up the Missouri Baptist juggernaut with her third place finish in her last NAIA race. Dayton Beach's Embry-Riddle University will be an NCAA college with no race walking in 2015. Maine's Abby Dunn bounce's back from a tough indoor finish to place fifth.

## Women 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	20:56.88	Michelle Rohl	LaGrange RWers (GA)	04/27/1996
Collegiate:	C	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
Championship:	N	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
2014 Champ:	*	26:38.36	Mereth Zalba	Missouri Baptist (MO)	05/25/2014
Meet Qualifying:		28:15.00			

Place	Name	Year	Team	Time	Score
1	Josephs, Molly	JR-3	Missouri Baptist	25:14.86	10
2	Alfonzo, Natalia	SO-2	Missouri Baptist	25:32.24	8
3	Moscoso, Maite	SO-2	Embry-Riddle	25:56.32	6
4	Zalba, Mereth	JR-3	Missouri Baptist	26:12.33	5
5	Dunn, Abby	JR-3	Goshen	26:16.16	4
6	Gray, Kayla	SO-2	Goshen	26:17.26	3
7	Ovokaitys, Kayla	JR-3	Cornerstone	26:19.19	2
8	Manlan, Melissa	SO-2	Cornerstone	26:21.48	1
9	McCollum, Brenda	FR-1	Baker	26:41.13	-
10	Court-Menendez, Nicole	JR-3	Dakota Wesleyan	27:23.28	-
11	Lopez, Jenny	FR-1	St. Ambrose	27:46.99	-
12	Griffiths, Brianna	SR-4	Cornerstone	28:28.02	-
13	Barakou, Ioulia	SO-2	Missouri Baptist	31:06.13	-
	Farris, Amanda	SR-4	Lindsey Wilson	DQ	-
	Loeffler, Kaitlyn	SR-4	Central Methodist	DNF	-

Ben Thorne, a sophomore at British Columbia University in Canada, broke away from Saint Ambrose freshman Anthony Peters halfway thru the race for his first NAIA win since 2012. It should be noted that Ben Thorne followed up his NAIA win with a silver at the World University Games and a Bronze at the World T&F Championships in the 20k Race Walk.

It should also be noted that the midafternoon temperatures and humidity affected the performances and well-being of the competitors as only 3 athletes were able to better the qualifying standard in the race. Additionally, the sparse men's field is the result of several years of very stringent qualifying standards.

## Men 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	19:28.66	Timothy Seaman	New York AC	06/07/2003
Collegiate:	C	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
Championship:	N	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
2014 Winner:	*	21:22.72	Nick Christie	Missouri Baptist (MO)	05/25/2014
Meet Qualifying:		25:00.00			

1	Thorne, Ben	SO-2	British Columbia	21:37.50	10
2	Peters, Anthony	FR-1	St. Ambrose	21:52.36	8
3	Chavez, Alejandro	SR-4	Missouri Baptist	22:51.31	6
4	Hutcherson, Doug	SO-2	Central Methodist	25:10.49	5
5	Dunn, Brent	FR-1	Cornerstone	28:00.57	4
	Wood, Austin	JR-3	Westmont	DQ	-
	Brickson, Mitchell	SR-4	Goshen	DNS	-



# 2014 NAIA National Collegiate Indoor Track & Field Championships

Friday, March 7<sup>th</sup>, 2014

Spire Institute Sports Complex, Geneva, Ohio

The 2014 Men's national collegiate indoor championships in the race walk featured the same big three names in collegiate race walking as the record breaking year of 2013. And '14 then proceeded to outdo '13 with Risch, first across the line again. Only this time he employed a smarter drive to the finish. And without the red cards that kept him out of the record book in '13. Risch smashed the collegiate record (both NCAA & NAIA) of 11:59.73 with his winning time of 11:57.96. The hard pace set by Risch left both Chavez and Christie (1-2 in 2013) in his wake.

## Event 11 Men 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	11:16.30	Ray Sharp	East Side TC	02/03/1984
College	C	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
Spire	S	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
Championship:	N	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
2013 Champ:	*	11:59.73	Nick Christie	Missouri Baptist	03/01/2013
Meet Qualifying: 15:15.00					

1. Cody Risch	SR-4	Cornerstone	11:57.96	CSN	10
2. Alejandro Chavez	JR-3	Missouri Baptist	12:12.41		8
3. Nick Christie	JR-3	Missouri Baptist	12:24.49		6
4. Mitchell Brickson	JR-3	Goshen	13:58.62		5
5. Kolton Nay	JR-3	Goshen	14:03.80		4
6. James Hafner	SR-4	Evangel	14:25.66		3
7. Brad Sandlin	JR-3	Goshen	14:31.45		2
8. Bernard Graham	JR-3	Lindsey Wilson	14:41.10		1
9. Nick Horton	FR-1	Hastings	14:48.15		-
10. Sam Beal	FR-1	Cumberlands	15:57.88		-
-- Will Baird	SO-2	Hastings		DQ	-

Molly Josephs, a sophomore hailing from the New York, was actually the surprise winner over teammate, and pre-race favorite Mereth Zalba. Cornerstone's Monica Lawrence had a huge career best to finish 3<sup>rd</sup>. Early race leader, and 2012 USATF Junior Walker of the Year, frosh Maite Moscoso, finished 4<sup>th</sup>. Not only did race walkers from 11 different colleges make this year's finals, but the 8th place All American, finishing in 15:37, was the fastest 8th place ever in NAIA history!

## Women 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	12:20.79	Debbi Lawrence	Natural Sport	03/12/1993
College	C	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Spire	S	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Championship:	N	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
2013 Champ:	*	13:53.63	Nicole Bonk	Embry-Riddle (Fl)	03/01/2013
Meet Qualifying: 17:30.00					

1. Molly Josephs	SO-2	Missouri Baptist	14:15.74		10
2. Mereth Zalba	SO-2	Missouri Baptist	14:20.66		8
3. Monica Lawrence	SR-4	Cornerstone	14:24.72		6
4. Maite Moscoso	FR-1	Embry-Riddle	14:55.49		5
5. Abby Dunn	SO-2	Goshen	15:09.64		4
6. Reini Brickson	SR-4	Lindsey Wilson	15:10.64		3
7. Brianna Griffiths	JR-3	Cornerstone	15:22.62		2
8. Nicole Court-Menendez	SO-2	Dakota Wesleyan	15:37.49		1
9. Natalia Alfonzo	FR-1	Missouri Baptist	15:49.73		-
10. Kayla Ovokaitys	SO-2	Cornerstone	15:50.02		-
11. Jourdann Green	SO-2	Lindsey Wilson	15:58.24		-
12. Ioulia Barakou	FR-1	Missouri Baptist	16:04.82		-
13. Amanda Bland	JR-3	Lindsey Wilson	16:17.19		-
14. Kaitlyn Loeffler	JR-3	Central Methodist	16:18.30		-
15. Melissa Manlan	SO-2	Cornerstone	16:23.26		-
16. Kayla Gray	FR-1	Goshen	16:32.66		-
17. Courtney Kiernan	FR-1	Missouri Baptist	16:32.88		-
18. Keara Lenard	FR-1	Kansas Wesleyan	16:45.30		-
19. Michelle Moyer	JR-3	Goshen	16:58.49		-
20. Nikki Worsham	FR-1	Rio Grande	17:30.60		-
21. Teresa Graybill	SR-4	Benedictine (Kan.)	17:57.30		-

# 2014 NAIA National Collegiate Outdoor Track & Field Championships

Friday, May 25<sup>th</sup>, 2014

M. Miller Stadium, Gulf Shores, Alabama

**Mereth Zalba repeats as the women's national champion as the meet moves to Gulf Shores, Alabama, for the national championships in 2014. Mid afternoon temperatures and humidity affected many of the competitors. Indoor champion Molly Josephs kept it close throughout.**

## Women 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	20:56.88	Michelle Rohl	LaGrange RWers (GA)	04/27/1996
Collegiate:	C	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
Championship:	N	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
2013 Champ:	*	25:17.87	Mereth Zalba	Missouri Baptist (MO)	05/24/2013

Meet Qualifying: 28:15.00

Name	Year	School	Finals
1 Zalba, Mereth	SO	Missouri Baptist	26:38.36
2 Josephs, Molly	SO	Missouri Baptist	26:43.26
3 Griffiths, Brianna	JR	Cornerstone	27:23.79
4 Lawrence, Monica	SR	Cornerstone	27:52.12
5 Ovokaitys, Kayla	SO	Cornerstone	27:52.96
6 Brogan, Bailey	FR	Cornerstone	28:08.40
7 Dunn, Abby	SO	Goshen	28:11.63
8 Court-Menendez, Nicole	SO	Dakota Wesleyan	28:30.46
9 Brickson, Reini	SR	Lindsey Wilson	28:37.88
10 Loeffler, Kaitlyn	JR	Cen Methodist	29:23.33
11 Alfonzo, Natalia	FR	Missouri Baptist	30:00.70
12 Barakou, Ioulia	FR	Missouri Baptist	31:12.25
-- Moscoso, Maite	FR	Embry-Riddle	DNF
-- Manlan, Melissa	FR	Cornerstone	DNF
-- Bland, Amanda	JR	Lindsey Wilson	DNF

**Nick Christie adds the 2014 outdoor crown to the indoor title he won in 2013. Again the humidity and midafternoon heat effected the overall times but not the 1-2 scoring punch achieved by Missouri Baptist.**

## Men 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	19:28.66	Timothy Seaman	New York AC	06/07/2003
Collegiate:	C	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
Championship:	N	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
2013 Winner:	*	21:03.92	Alejandro Chavez	Missouri Baptist (MO)	05/24/2013

Meet Qualifying: 25:00.00

Name	Year	School	Finals
1 Christie, Nick	SR	Missouri Baptist	21:22.72
2 Chavez, Alejandro	JR	Missouri Baptist	21:49.50
3 Hutcherson, Doug	FR	Cen Methodist	25:21.48
4 Hafner, James	SR	Evangel	25:42.93
5 Brickson, Mitchell	JR	Goshen	26:15.20
6 Nay, Kolton	JR	Goshen	27:38.27
7 Graham, Bernard	JR	Lindsey Wilson	29:38.96

# 2013 NAIA National Collegiate Indoor Track & Field Championships

Friday, March 1<sup>st</sup>, 2013

Spire Institute Sports Complex, Geneva, Ohio

The 2013 indoor championship race for the men was won by the 2012 Olympic Trials bronze medalist in the race walk Nick Christie, of Missouri Baptist College, in a new NAIA Championship and Spire track record of 11:59.73 for the 3,000m walk. He survived the red card filled final straight sprint to take the title over Cody Risch who actually crossed the line first. There were many lead changes throughout the race as both Risch and Christie attempted break away moves.

Nicole Bonk, also the lead-off runner on her school's All-American 4x800 squad, defended her 2012 women's title in the 3,000m walk. But despite appearances it wasn't a solo effort by the Embry-Riddle senior. The new Collegiate, NAIA Championship and Spire stadium record time was set up by Mereth Zalba as Bonk walked a 45 second PR. Zalba, a frosh at Missouri Baptist from Chihuahua, Mexico, set out with a 76 second first lap and a 7:25 mile with Bonk tucked in tightly behind. Bonk, a 2012 Olympic Trials finalist, like Christie in the men's race, made her move with 3 laps to go. Mereth wasn't able to respond. 2012 Maine HS champ Abby Dunn broke up a tight 6 women pack battling for spots 3-8 with a strong second mile to claim third.

## Women 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	12:20.79	Debbi Lawrence	Natural Sport	03/12/1993
College	C	13:56.06	Amber Antonia	Wisconsin Parkside	2002
Spire	S	14:12.05	Jessica Ching	Lindenwood	03/04/2011
Championship:	N	13:56.06	Amber Antonia	Wisconsin Parkside	2002
2012 Champ:	*	14:41.95	Nicole Bonk	Embry-Riddle (Fl)	03/02/2012

Meet Qualifying: 17:30.00

1	Bonk, Nicole	SR Embry-Riddle (FL)	13:53.63	<b>CSN</b>	10
2	Zalba, Mereth	FR Missouri Baptist (MO)	14:15.18*		8
3	Dunn, Abby	FR Goshen (IN)	15:16.09		6
4	Lawrence, Monica	JR Cornerstone (MI)	15:20.17		5
5	Helmuth, Erin	SR Goshen (IN)	15:25.19		4
6	Josephs, Molly	FR Missouri Baptist (MO)	15:47.84		3
7	Brickson, Reini	JR Lindsey Wilson (KY)	15:51.94		2
8	Court-Menendez, Nicole	FR Dakota Wesleyan (SD)	16:06.32		1
9	Breithaupt, Lauren	SR Baker (KS)	16:15.47		
10	Mancha, Mercedes	SR St. Xavier (IL)	16:28.92		
11	Green, Jourdann	FR Lindsey Wilson (KY)	16:39.33		
12	Griffiths, Brianna	SO Cornerstone (MI)	16:41.38		
13	Loeffler, Kaitlyn	SO Cen. Methodist (MO)	16:44.02		
14	Graybill, Teresa	JR Benedictine (KS)	17:20.67		
15	Townsend, Julia	SO Concordia (CA)	17:32.51		
--	Ovokaitys, Kayla	FR Cornerstone (MI)	DQ		
--	Bland, Amanda	SO Lindsey Wilson (KY)	DQ		

## Event 11 Men 3000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	11:16.30	Ray Sharp	East Side TC	02/03/1984
College	C	12:15.95	Chris Tegtmeier	Concordia (Neb.)	03/04/2011
Spire	S	12:15.95	Chris Tegtmeier	Concordia (Neb.)	03/04/2011
Championship:	N	12:15.95	Chris Tegtmeier	Concordia (Neb.)	03/04/2011
2012 Champ:	*	12:40.27	Alejandro Chavez	Missouri Baptist	03/02/2012

Meet Qualifying: 15:15.00

1	Christie, Nick	JR Missouri Baptist	11:59.73	<b>CNS</b>	10
2	Chavez, Alejandro	SO Missouri Baptist	12:00.57	<b>CNS</b>	8
3	Vanderwall, Nathan	SO Cornerstone	13:16.87		6
4	Gunderkline, Jacob	SR Goshen	13:23.61		5
5	Hafner, James	JR Evangel	13:27.70		4
6	Komuro, Yasuaki	FR Benedictine	13:49.13		3
7	Brickson, Mitchell	JR Goshen	14:44.57		2
8	Withrow, Isaac	SO Cornerstone	14:45.01		1
--	Jakobsen, Aleksander	SR Ashford	DQ		
--	Risch, Cody	SR Cornerstone	DQ		

# 2013 NAIA National Collegiate Outdoor Track & Field Championships

Friday, May 24<sup>th</sup>, 2013

Indiana Wesleyan University, Marion, Indiana

The women's field was young, yet experienced. And the weather was cool. Therefore fast times were expected and the athletes didn't disappoint. Newcomer Lauren Breithaupt from Baker University in Kansas set the initial pace with the field jammed up tight behind her two flat initial lap. Then Goshen's Abby Dunn took the lead. Dunn, a Maine HS State champion in the mile walk was challenged by defending NAIA champ Nicole Bonk. Bonk, who graduated from HS in Pennsylvania, kept the pace honest and close to 2 minutes per lap. By the halfway mark the lead group was down to four; Bonk, Dunn and Missouri Baptist teammates Molly Josephs and Mereth Zalba. Then Zalba broke the race open with Bonk responding. Josephs, from New York, fell back to third with Dunn in fourth. Zalba, one of the top junior athletes in Mexico, kept Bonk to the outside. But Bonk, also an NAIA All American in the 4x800 Relay, swept by with a fast finish over the last 150 meters that drew the eye and ire of three judges. A red paddle after the finish gave Zalba the win.

## Women 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	20:56.88	Michelle Rohl	LaGrange RWers (GA)	04/27/1996
Collegiate:	C	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
Championship:	N	23:18.91	Nicola Evangelista	British Columbia (CAN)	05/27/2011
2012 Champ:	*	26:43.05	Nicole Bonk	Embry-Riddle (Fl)	05/25/2012
Meet Qualifying:		28:15.00			

Name	Year	School	Finals
1 Zalba, Mereth	FR	Missouri Baptist	25:17.87 *
2 Josephs, Molly	FR	Missouri Baptist	25:34.33 *
3 Dunn, Abby	FR	Goshen	26:07.49 *
4 Lawrence, Monica	JR	Cornerstone	26:28.55 *
5 Griffiths, Brianna	SO	Cornerstone	26:53.78
6 Breithaupt, Lauren	FR	Baker	27:31.91
7 Brickson, Reini	JR	Lindsey Wilson	27:40.81
8 Court-Menendez, Nicole	FR	Dakota Wesleyan	27:50.88
9 Ovokaitys, Kayla	FR	Cornerstone	28:29.11
10 Mancha, Mercedes	SR	St. Xavier	28:56.07
11 Bland, Amanda	SO	Lindsey Wilson	29:24.53
12 Loeffler, Kaitlyn	SO	Gen. Methodist	29:28.97
13 Graybill, Teresa	JR	Benedictine	29:38.84
14 Green, Jourdann	FR	Lindsey Wilson	30:19.67
-- Bonk, Nicole	SR	Embry-Riddle	DQ Rule 232.2

Nick Christie, the indoor champ in the walk and the bronze medalist at the 2012 Olympic Trials was the heavy favorite to win his first outdoor title at the collegiate level. But it wasn't his day as he fell off the lead halfway thru. This left John Cody Risch and Alex Chavez to battle it out. The pace remained fast, at under 1:45 per lap, but got even faster over the last kilometer as Chavez, many times member of the USA Junior National Team, upped the tempo. Cody, also a 5,000 & 10,000 meter runner, had no problem holding on to second as all three top finishers bettered 2012's winning time. It was Chavez's second national title as he won indoors as a freshman.

## Men 5000 Meter Race Walk

Record	Tag	Time	Athlete	Affiliation	Date
American	A	19:28.66	Timothy Seaman	New York AC	06/07/2003
Collegiate:	C	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
Championship:	N	20:02.25	Evan Dunfee	British Columbia (CAN)	05/27/2011
2012 Winner:	*	22:41.13	Ben Thorne	British Columbia (CAN)	05/25/2012
Meet Qualifying:		25:00.00			

Name	Year	School	Finals
1 Chavez, Alejandro	SO	Missouri Baptist	21:03.92 *
2 Risch, Cody	SR	Cornerstone	21:27.40 *
3 Christie, Nick	JR	Missouri Baptist	22:20.56 *
4 Gunderkline, Jacob	SR	Goshen	23:29.45
5 Vanderwall, Nathan	SO	Cornerstone	24:26.25
6 Hafner, James	JR	Evangel	24:44.32
7 Brickson, Mitchell	SO	Goshen	26:05.50
8 Withrow, Isaac	SO	Cornerstone	27:56.94