



## Montgomery High School Cross Country, Santa Rosa, California



# 1982

A new coach, 25-year-old **Larry Meredith**, took over the program just days before the season was set to begin. A handful of returning Vikings were on hand at the initial team meeting, including recent grad **Rick Rinnels** who would serve as an unofficial assistant coach for the season and prove to be a valuable resource for Coach Meredith.

### Preseason Meet vs. Piner, September 9, 1982, at Piner High School

Piner HS, with legendary coach **Jim Underhill** at the helm, was a Northern California distance running power competing in the Sonoma County League (SCL) and they were first up on the schedule in a September pre-season meet. Just 12 Montgomery runners were eligible to compete on the flat Piner course that included neighborhood streets near the school. Piner was indeed a strong program but Montgomery had some performances that gave their new coach hope for a good season to come.

**Varsity Girls, 1.6 Miles:** 2. Wendy Smith, 11:00; 4. Peggy Holden, 11:32; 6. Fiona Adamson, 12:16; 11. Rhonda Kaetzel, 14:26

**Varsity Boys, 2.6 Miles:** 3. Pete Vincent, 14:41; 6. Rob Mayes, 15:05; 9. Todd Jackman, 15:34; 12. Jamie Alfieri, 15:44; 13. Randy Kientz, 15:48; 14. Keith Holmes, 20:19

**JV Boys, 1.6 Miles:** 6. Chris Jones, 9:50; 8. Brian Jackman, 9:52

### Quotes

**Coach Larry Meredith:** *Coach Underhill had a reputation as a class act and he proved it to me in our first meeting. He proposed to call this a "practice" meet and therefore not keep team scores or report results to the newspaper. Knowing I was just getting my feet wet as a coach, he offered words of encouragement. I could see why he was so successful at building such a winning program at Piner.*

### Analy Invitational, September 18, 1982, at Ragel Ranch Park, Sebastopol

Next up was the Analy Invitational held at Ragel Ranch in Sebastopol. The field included many of the schools from Sonoma County. Breaking into the top 10 individually were sophomore **Wendy Smith** in the varsity girls race with an 8th-place finish and junior **Pete Vincent** taking 7th among varsity boys.

**Varsity Girls, 2.8 Miles, 6th Place:** 8. Wendy Smith, 19:35; 16. Peggy Holden, 20:06; 30. Fiona Adamson, 21:51; 40. Rhonda Kaetzel, 26:25; 41. Taryl Lum, 26:38

**Varsity Boys, 2.8 Miles, 4th Place:** 7. Pete Vincent, 15:12; 12. Rob Mayes, 15:51; 13. Michael Parker, 15:57; 20. Jamie Alfieri, 16:04; 21. Todd Jackman, 16:04; 25. Randy Kientz, 16:17; 45. Jason Schaumberg, 17:59

**JV Boys, 2.8 Miles, 6th Place:** 14. Bob Clark, 18:00; 18. Chris Jones, 18:14; 23. Brian Jackman, 18:21; 35. Robert Thomas, 19:21; 38. Roland Bergfelt, 19:45; 41. Stan Clark, 20:02; 47. Keith Holmes, 22:03

### NBL Dual Meet vs. Rancho Cotate, September 29, 1982, at Rancho Cotate High School

Momentum was beginning to build for the Vikings. Within 2 weeks of the beginning of the season the team roster had grown to 33, one of the larger teams in the area. The North Bay League season began on the flats of Rohnert Park against Rancho Cotate HS. It was a meet completely dominated by the Vikings. The JV boys started things off by taking the top 5 places and 8 of the top 9, led by senior **Randy Kientz**. Then Wendy Smith set a course record in winning the varsity girls event. Pete Vincent came through first in the varsity boys race and was followed closely by senior **Mark Vollmer**, who was making his season debut. Two more Vikings



## Montgomery High School Cross Country, Santa Rosa, California



were next, sophomore **Michael Parker** and junior **Tony Harrison**, making his first appearance for the squad. Montgomery had all 7 runners in the top 10.

**Varsity Girls, 2.9 Miles, Montgomery 25, Rancho Cotate 30:** 1. Wendy Smith, 20:10 (course record); 3. Peggy Holden, 21:19; 5. Dianna McMahon, 23:15; 6. Fiona Adamson, 23:27; 10. Taryl Lum, 26:12

**Varsity Boys, 2.9 Miles, Montgomery 16, Rancho Cotate 43:** 1. Pete Vincent, 16:13; 2. Mark Vollmer, 16:17; 3. Michael Parker, 16:48; 4. Tony Harrison, 16:52; 6. Todd Jackman, 17:02; 9. Jamie Alfieri, 17:11; 10. Rob Mayes, 17:23

**JV Boys, 1.9 Miles, Montgomery 15, Rancho Cotate 48:** 1. Randy Kientz, 11:15; Jason Schaumberg, 11:32; Bob Clark, 11:37; 4. Paul Audiss, 11:39; 5. Gary Lancina, 11:48; 7. Chris Jones, 11:56; 8. Brian Jackman, 12:09; 9. Kevin Kostoff, 12:11; 12. Ed Rose, 12:25; 15. Mike DeShields, 12:55; 17. Stan Clark, 12:57; 18. Roland Bergfelt, 13:00; 19. Barry Barg, 13:02; 22. Keith Holmes, 13:17; 25. Mike Gurev, 17:05

The first emergency room visit of the year was earned by senior **Todd Jackman** when he severely rolled his ankle coming down Marsh Trail in Annadel State Park. A consistent top-5 finisher for the varsity team, Todd missed a month of racing. Number 3 man **Michael Parker** had turned his ankle stepping off a curb near Howarth Park the same week. Although both returned to compete in the North Bay League championship meet, these injuries caused the balance of power to shift to a strong Cardinal Newman HS team.

### Quotes

**Coach Larry Meredith:** *Todd did not have the typical physique of a high school runner. More like a linebacker, tall and solid. So when he sprained his ankle about 4 miles from the Stonehedge Drive park entrance I knew we were in for a long slog to help him get out. I sent one of the boys down to move a car up to near the hairpin turn on Canyon Trail while I and a few of the others took turns supporting Todd down the rocky route. I remember being surprised at how heavy he felt. What a relief to get to the car! Then to the hospital where x-rays were negative. A bad sprain.*

### **NBL Dual Meet vs. Santa Rosa, October 6, 1982, at Spring Lake Regional Park**

Cross-town rival Santa Rosa came to Spring Lake for a dual meet on the course that started next to the Swimming Lagoon and circled the lake. The boys had no trouble on the home course, running uncontested in the JV race (top 14 were Vikings) and, even without 2 of the top 5 members competing, swept the top 6 spots in the varsity race. Seniors **Randy Kientz** and **Bob Clark** filled in admirably for the varsity and sophomore **Jason Schaumberg** scored his first XC win as a JV. **Wendy Smith** and **Peggy Holden** finished a strong 2-3 but the Santa Rosa girls team was deeper and handed the Lady Vikes their first NBL loss of the season.

**Varsity Girls, 3.1 Miles, Santa Rosa 23, Montgomery 38:** 2. Wendy Smith, 21:52; 3. Peggy Holden, 22:37; 10. Fiona Adamson, 26:34, 11. Rhonda Kaetzel, 27:52; 12. Taryl Lum, 28:24

**Varsity Boys, 3.1 Miles, Montgomery 15, Santa Rosa 46:** 1. Pete Vincent, 17:44; 2. Mark Vollmer, 17:54; 3. Rob Mayes, 18:12; 4. Tony Harrison, 18:24; 5. Jamie Alfieri, 18:41; 6. Randy Kientz, 19:27; 11. Bob Clark, 21:49

**JV Boys, 2.33 Miles, Montgomery 15, Santa Rosa incomplete:** 1. Jason Schaumberg, 14:04; 2. Gary Lancina, 14:47; 3. Chris Jones, 14:52; 4. Paul Audiss, 15:08; 5. Ed Rose, 15:15; 6. Brian Jackman, 15:12; 7. Kevin Kostoff, 15:33; 8. Robert Thomas, 15:56; 9. Casey Meintz, 16:21; 10. Stan Clark, 16:30; 11. Greg Holt, 16:37; 12. Roland Bergfelt, 17:31; 13. Kieth Holmes, 18:16; 14. Mike Gurev, 22:05

### **NBL Dual Meet vs. Ukiah, October 13, 1982, at Spring Lake Regional Park**

Ukiah came to Spring Lake and Pete Vincent earned his 3rd-straight NBL dual meet victory. His teammates took 3 of the next 4 spots in a convincing win for the varsity boys. Michael Parker tested his sprained ankle and



## Montgomery High School Cross Country, Santa Rosa, California



would not race again until the NBL Finals. The JV boys swept the top 9 spots with sophomore Gary Lancina notching his first high school win, edging out Jason Schaumberg by 5 seconds. Wendy Smith, 2nd, and Peggy Holden, 4th, ran well again but the Ukiah girls had a deeper team and prevailed.

**Varsity Girls, 3.1 Miles, Ukiah 22, Montgomery 37:** 2. Wendy Smith, 22:17; 4. Peggy Holden, 22:25; 8. Dianna McMahon, 26:02; 11. Fiona Adamson, 29:03; 13. Taryl Lum, 30:40; 14. Rhonda Kaetzel, 35:00.

**Varsity Boys, 3.1 Miles, Montgomery 20, Ukiah 40:** 1. Pete Vincent, 17:40; 3. Rob Mayes, 18:05; 4. Tony Harrison, 18:09; 5. Mark Vollmer, 18:13; 7. Jamie Alfieri, 18:27; 8. Michael Parker, 18:55; 10. Randy Kientz, 19:38.

**JV Boys, 2.33 Miles, Montgomery 15, Ukiah incomplete:** 1. Gary Lancina, 14:13; 2. Jason Schaumberg, 14:18; 3. Paul Audiss, 14:36; 4. Bob Clark, 14:43; 5. Chris Jones, 14:48; 6. Brian Jackman, 15:10; 7. Kevin Kostoff, 15:13; 8. Casey Meints, 15:18; 9. Robert Thomas, 15:29; 11. Roland Bergfelt, 16:02; 13. Stan Clark, 16:56; 14. Greg Holt, 17:15; 15. Keith Holmes, 17:22.

### NBL Dual Meet vs. Petaluma, October 20, 1982, at Helen Putnam Regional Park

Petaluma hosted at hilly Helen Putnam Park and they presented a stiff challenge in each of the day's races. The meet began with a 3-point win by the JV boys, led by rapidly-improving senior **Paul Audiss**. **Jason Schaumberg**, **Bob Clark** and **Chris Jones** nailed down 4th thru 6th and then another senior, **Kevin Kostoff**, rose to the occasion to seal the victory with his 10th-place finish. The top 10 places were separated by just 43 seconds. The Viking girls were facing the league's best team and it showed, with Petaluma dominating the team score. Petaluma's boys had a strong duo but **Pete Vincent** ran away with the win and then junior **Tony Harrison** (4th), and seniors **Rob Mayes** (5th), **Mark Vollmer** (6th) and **Jamie Alfieri** (8th) handled the rest of the Trojans to keep Montgomery's varsity boys undefeated in NBL dual meets at 4-and-0.

**Varsity Girls, 2.7 Miles, Petaluma 21, Montgomery 40:** 3. Wendy Smith, 18:54; 4. Peggy Holden, 19:08; 10. Dianna McMahon, 22:15; 11. Fiona Adamson, 23:58; 12. Taryl Lum, 24:19.

**Varsity Boys, 2.7 Miles, Montgomery 24, Petaluma 31:** 1. Pete Vincent, 14:24; 4. Tony Harrison, 15:12; 5. Rob Mayes, 15:21; 6. Mark Vollmer, 15:30; 8. Jamie Alfieri, 15:40; 11. Gary Lancina, 16:25; 12. Randy Kientz, 16:31.

**JV Boys, 1.75 Miles, Montgomery 26, Petaluma 29:** 1. Paul Audiss, 10:16; 4. Jason Schaumberg, 10:23; 5. Bob Clark, 10:39; 6. Chris Jones, 10:41; 10. Kevin Kostoff, 10:59; 11. Robert Thomas, 11:09; 12. Brian Jackman, 11:29; 13. Casey Meints, 11:40; 15. Roland Bergfelt, 11:47; 16. Stan Clark, 12:03; 17. Greg Holt, 12:04; 18. Mike Gurev, 12:54; 19. Keith Holmes, 13:24.

### Quotes

**Coach Larry Meredith:** *On the bus ride down to Petaluma, junior Rhonda Kaetzel complained of a stomachache. Usually one of the team comedians, she was having a tough time joking around, bent over in pain. With only 6 girls available for this meet, she decided to give it a try but only just made the first loop of the course before collapsing to the ground in a fetal position. Fearing a burst appendix, I sent the team home on the bus with unofficial assistant coach Rick Rinnels in charge, then recruited Gary Lancina's parents, Clarke and Donna, to take us to the nearest hospital where we spent several hours waiting for test results. Negative. In fact, no reason could be found for the pain and Rhonda soon was back to her normal self. I was beginning to wonder if this coaching thing was for me.*

### Castro Valley Invitational, October 23, 1982, at Castro Valley

A small group from the boys team traveled to Castro Valley to take on runners from the East Bay on a hilly course. Pete Vincent was the star Viking on the day, finishing 9th. It was a race to gain experience with a large, fast field.





## Montgomery High School Cross Country, Santa Rosa, California



**Varsity Boys, 3.1 Miles, 5th Place:** 9. Pete Vincent, 16:55; 29. Mark Vollmer, 17:52; 36. Rob Mayes, 18:17; 43. Tony Harrison, 18:35; 44. Jamie Alfieri, 18:38; 62. Randy Kientz, 19:31.

**JV Boys, 2.1 Miles:** 68. Keith Holmes, 22:03.

**Frosh/Soph Boys, 2.1 Miles:** 30. Jason Schaumberg, 12:52; 66. Brian Jackman, 13:58.

### NBL Dual Meet vs. Cardinal Newman and Ursuline, October 27, 1982, at Cardinal Newman High School

The showdown had arrived. The varsity boys were tied with Cardinal Newman, both undefeated, when the teams met for the final dual meet of the season at Newman. The team was still missing **Todd Jackman** and **Michael Parker**, both relegated to JV after recovering from ankle injuries but the Vikings entered this meet believing they had a shot. Perhaps too charged up, the Vikings started strong and appeared to be in command after the first loop of the course. A photo of the field at this point revealed that **Mark Vollmer** and **Pete Vincent** were in front, followed closely by **Rob Mayes** and **Tony Harrison**. Newman's veteran runners did not panic, however, as they held a steady pace over the second half and Montgomery's boys faded to a 10-point loss. It was a hard lesson on pacing. The varsity girls' depth was again a problem against Ursuline but **Wendy Smith** ran another strong race to take 2nd place. The JV boys team was also handed its first NBL loss of the year, despite Parker's encouraging win.

**Varsity Girls, 2.5 Miles, Ursuline 21, Montgomery 40:** 2. Wendy Smith, 16:51; 5. Peggy Holden, 18:13; 10. Dianna McMahon, 20:07; 11. Fiona Adamson, 22:07; 12. Taryl Lum, 23:25.

**Varsity Boys, 3.1 Miles, Montgomery 20, Ukiah 40:** 1. Pete Vincent, 17:40; 3. Rob Mayes, 18:05; 4. Tony Harrison, 18:09; 5. Mark Vollmer, 18:13; 7. Jamie Alfieri, 18:27; 8. Michael Parker, 18:55; 10. Randy Kientz, 19:38.

**JV Boys, 1.9 Miles, Cardinal Newman 24, Montgomery 35:** 1. Michael Parker, 10:58; 4. Paul Audiss, 11:11; 7. Bob Clark, 11:16; 13. Kevin Kostoff, 11:33; 14. Robert Thomas, 11:35; 15. Randy Kientz, 11:45; 16. Chris Jones, 11:48; 18. Todd Jackman, 11:53; 19. Brian Jackman, 11:55; 21. Casey Meintz, 12:16; 22. Greg Holt, 12:23; 27. Roland Bergfelt, 12:44; 28. Stan Clark, 13:21; 29. Mike Gurev, 13:39; 31. Keith Holmes, 13:47.

### North Bay League Cross Country Championship Meet, November 5, 1982, at Spring Lake Regional Park

The heroes for the Vikings at the NBL Championships came from the JV boys team. After getting thumped by Cardinal Newman's JV squad just 9 days earlier, the Montgomery boys rallied to take the top 3 spots with **Paul Audiss** claiming the individual crown. Fellow seniors **Randy Kientz** (2nd) and **Bob Clark** (3rd) were just a few seconds back. The tension mounted as a full scoring squad of Newman runners followed but then senior **Robert Thomas** had his best race of the year to take 11th and a limping **Kevin Kostoff**, running all season on a sore knee, held off a large group to take 12th and wrap up a 1-point team win over Newman.

Kostoff was in such pain after the finish that he was loaded into an ambulance for a trip to the emergency room.

**Wendy Smith**, in 6th place, and **Peggy Holden**, in 10th, capped off a season of strong NBL performances in leading the girls to a 5th-place team finish.

The varsity boys, with **Michael Parker** and **Todd Jackman** returning from injury layoff, performed much better than they did in the dual meet with Newman but still fell 6 points shy of the NBL title. **Pete Vincent** challenged Newman's Ryan Gilliam throughout the course and finished a strong 2nd. Three other Vikings finished in the top 10, **Rob Mayes** taking 7th, **Tony Harrison** in 9th and **Mark Vollmer**, who struggled with his own knee problems all season long, came in 10th.

The frosh/soph boys produced an individual champion in **Jason Schaumberg**. **Chris Jones** ran strong to take 7th in that division.



## Montgomery High School Cross Country, Santa Rosa, California



**Varsity Girls, 3.1 Miles, Petaluma 44, Ursuline 60, Ukiah 72, Santa Rosa 72, Montgomery 120, Rancho Cotati 155:** 6. Wendy Smith, 20:35; 10. Peggy Holden, 20:54; 29. Dianna McMahon, 23:34; 37. Fiona Adamson, 27:00; 38. Taryl Lum, 27:05; 39. Rhonda Kaetzel, 28:01.

**Varsity Boys, 3.1 Miles, Cardinal Newman 37, Montgomery 43, Petaluma 67, Rancho Cotate 110, Ukiah 129, Santa Rosa 144:** 2. Pete Vincent, 16:33; 7. Rob Mayes, 17:18; 9. Tony Harrison, 17:27; 10. Mark Vollmer, 17:28; 17. Michael Parker, 18:06; 21. Todd Jackman, 18:15; 22. Gary Lancina, 18:27.

**Junior Varsity Boys, 2.7 Miles, Montgomery 29, Cardinal Newman 30, Petaluma 70:** 1. Paul Audiss, 15:39; 2. Randy Kientz, 15:46; 3. Bob Clark, 15:47; 11. Robert Thomas, 16:27; 12. Kevin Kostoff, 16:33; 17. Casey Meints, 16:48; 22. Greg Holt, 17:11; 25. Keith Holmes, 18:58.

**Frosh/Soph Boys, 2.33 Miles, Ukiah 37, Montgomery 53, Cardinal Newman 60, Rancho Cotate, 61:** 1. Jason Schaumberg, 15:23; 7. Chris Jones, 16:22; 11. Brian Jackman, 17:02; 15. Roland Bergfelt, 17:55; 19. Stan Clark, 18:31; 20. Mike Gurev, 18:50.

### **North Coast Section AA North Championsip Meet, November 13, 1982, at Marin County**

**Wendy Smith** was the only qualifier from the girls team to compete in the North Coast Section AA North Championship Meet, placing 25th. The varsity boys team claimed 5th place, missing qualifying for the NCS Finals by just one place. **Mark Vollmer** saved his best effort for last, leading the team for the first time all year in finishing 10th, a step ahead of teammate **Pete Vincent**.

**Varsity Girls, 3.1 Miles:** 25. Wendy Smith, 20:51.

**Varsity Boys, 3.1 Miles, 5th Place:** 10. Mark Vollmer, 16:41; 11. Pete Vincent, 16:42; 39. Tony Harrison, 17:28; 56. Rob Mayes, 17:55; 57. Michael Parker, 17:56; 68. Todd Jackman, 18:18; 73. Gary Lancina, 18:35.

### **Quotes**

**Coach Larry Meredith:** *My first season of coaching was trial-by-fire. Rick Rinnels was the perfect person to have as an assistant. Having just graduated, he knew most of the team members and was also very supportive of me. Having a senior-heavy team was both essential and intimidating for me. I was the third coach in three years for these older kids and I was sure they would be skeptical of a 25-year-old with virtually no coaching experience. I was relieved to find that I could work well with them and I gained confidence on a daily basis. The girl's team, though small, was a group of team-oriented runners. There were times when it seemed we would not have enough runners to score but they never let that happen. Team leader Peggy Holden wrote me a wonderful note at the end of the season and I stuck it in the front of my 1982 scrapbook. The most important lesson I learned was the value of supportive parents. Clarke and Donna Lancina came through for the team and me on numerous occasions. I can say that three trips to the emergency room with three different team members was three trips too many! Even so, I finished the season eagerly anticipating the next year to come.*





## First-ever title for Cardinal runners

It's been a banner Fall season for the Cardinal Newman High School sports program — an undefeated, first-place team in football, a co-championship in soccer, and now, a first-ever North Bay League cross country championship.

Coach Pat LaFortune's Cardinals, led by a 1-4-5 finish by Ryan Gilliam, John A. Hogan, and John Murray, held off a strong challenge from the Montgomery Vikings to win the NBL championship meet held Friday at Spring Lake, winding up with 37 points to 43 for Montgomery, 57 for Petaluma, 116 for Rancho Cotate, 129 for Ukiah, and 144 for Santa Rosa.

The victory enabled the Cardinals to wind up with a total of eight points in league competition — five for posting a 5-0 dual meet record, and three more for their first place finish in the NBL finals. Montgomery was second with six, and Petaluma placed third with four.

Montgomery's top runner, junior Peter Vincent, posted a time of 16:33 to place second behind Gilliam, who had a winning time of 16:25.

Montgomery's junior varsity team nipped the Cardinals by one point, 29-30, to win the JV title as Paul Audiss, Randy Kientz, and Bob Clark gave the Vikings a 1-2-3 finish.

Montgomery's Jason Schaumburg won the boys frosh-soph race, but Ukiah, led by runnerup Charlie Boyd, captured the team title with 37 points.

### THE GIRLS

Petaluma's always-strong girls' team won its fourth consecutive NBL championship as the Trojans' Amy Stout turned in a winning performance of 19:25 and teammates Kim Rodrigues and Katie MacKay finished third and eighth in 19:48 and 20:45.

Ursuline, which, like Cardinal Newman, has had a successful Fall season with an NBL tennis championship and a second-place finish

in cross country, was paced by sophomore standout Julie Ruiz, who placed second in 19:41. Ukiah's Stephanie Fiese, who is only a freshman, was fourth in 19:49, and Santa Rosa's top runner, Kim Reinking, placed fifth in 20:12.

Petaluma's Jill Johnson captured the open girls' race in 19:02, but the next four runners across the finish line were from Ursuline, which won the team title with 20 points to 67 for the Trojans.

### SCL GIRLS

The Sonoma County League girls, after a "false start" on Wednesday, concluded their regular season Friday afternoon at Spring Lake's course, and Analy ran away from the field to win its first cross country girls' championship.

The Tigers' smooth-running junior, Jennifer Bocca, heir-apparent to the individual title held for three years by Piner's Laurie Hollingworth, donned the crown after winning in 17:07.5.

Teammate Sherri Minkler, who has been running in Bocca's shadow all season, was second in 17:43.3 as Analy finished with 38 points to 56 for Casa Grande, 77 for defending champion Piner, 79 for Healdsburg, 122 for El Molono, and 138 for Sonoma.

### NCS NOTES

The top three teams — boys and girls — from both the North Bay and Sonoma County Leagues qualified for next Saturday's North Coast Section 2A North meet to be held at McInnis Park in San Rafael, the girls' race going off at 10 a.m. and the boys' at 10:45 a.m.

Also qualifying are any individuals finishing in the top seven who were not on one of the top three teams.

These include Stephanie Fiese and sophomore Jesse Moreno of Ukiah, and Montgomery's Wendy Smith of the NBL, and Healdsburg's Jennifer Scales and El Molino's Mara Konopasek of the SCL girls, and Sonoma's Rich Dunn and Casa Grande's Gary Wood of the SCL boys.

The top two teams and top five individuals from the NCS North and South 2A meets advance to the Meet of Champions Nov. 20 at Newark's Coyote Hills course. . . The Northern California CIF championship meet is scheduled Nov. 27, hosted by the Sac-Joaquin Section.