

Playin' the Field with Jeremy Williams

Waasup ACC? How ya doin'? Let's see, what has been happening in the world of sports. The Lady Jacks finished their season as did the Men's team. But more on them in a second. Spring Training opened up in Florida and Arizona. College Basketball is in Championship week. Pro Hoops and Hockey are nearing playoffs which will start in just a couple of months. The Iditarod starts in a couple of days. The Iditarod is a 1,100 mile dog sled mush across the frozen Alaskan wasteland from Anchorage to Nome.

The Lady Jacks finished their season on a roll. Despite having a 3-11 record in conference, they won three of their last four finishing with a record of 6-16. Too bad the season wasn't longer. The squad continued to improve, especially after getting over the hump of losing close ball games.

Coach Mike Kollien said, "We've had lots of positives this year. We struggled early, but we began to play better and smarter. We have a lot of kids coming back and we're looking forward to next year.'

Marisa Stoppa earned second team all-conference honors. Stoppa led the team in scoring and was fourth in conference with a 16.7 points per game. She was also second on the team in rebounding with 7.7 a contest. Christine May overcame an early ankle injury to pace the squad in rebounds with 8.5 a game. That was good enough to be seventh in the conference. Angie Kokowicz led the team with 13 blocked shots and was fifth in the league with 43 three-pointers. With 49 treys, Kelly Palmer was fourth in the league with that effort. She also led the team shooting 73% from the free throw line. Amanda Romel was third on the team in rebounding. Kelly Sadler led the team in assists and was ninth in the conference with 3.5 a game.

So can you guess who the Paul Bunyan award winner is? Drum roll please. The winners are Tonya Liske, Cheri Green, and Jessica Krajniak. The three Lady Jacks put in lots of time improving themselves and their teammates. They should return next year to be forces on the team. Congrats to you three and congrats to the rest of the team.

Now to a higher level. The college hoop scene is in full swing. Teams like Butler and St. Mary's are in with the automatic bid for winning their conference. Teams like Kansas and Minnesota should have number one seeds in their respective regions. Will Michigan get in? I know we'll all know by the time you read this, but right now it's Friday and I have to turn in my story. U-M's final games are against Northwestern and Ohio State. With the wins U-M will have 19 wins.

Without further ado, here's the Big-J Top Ten in college hoops.

1. Kansas. Enough said.

2. Minnesota. They're cruising through the Big Ten.

3. South Carolina. Anyone who beat Kentucky twice is nice.

4. Utah is 23-3 and they might get number one seed in the West.

5. North Carolina. The Tarheels are on a roll as they head to the

Building Today ~ Protecting Tomorrow

Sengenberger breaks record

BY HOLLY MACE STAFF WRITER

Run, Forrest! Run! On March 1, 1997, Andrew Sengenberger, Director of ACC's Wellness Center, surpassed Forrest Gump's three-year, two-month, and fourteen-day run by one day.

Sengenberger said his run started off as a New Year's Resolution back in December of 1993.

He made a pact with his daughter, Lauren, who was almost nine years old at the time, that starting January 1, 1994 he was going to run every day for at least one-half hour. The first day he missed a run, he would owe Lauren twenty-five cents. The second day, it would double to fifty-cents; the third one dollar, and so on. "I usually try to pick a New Year's

"To follow through with the commitment, I've had to put in some strange hours and some strange runs," ~ Sengenberger ~

Resolution that has some benefit for me and one that's a little bit of a stretch. That was both of those," commented Sengenberger. "I've always enjoyed running. 'I've found that I don't always have enough time to make the commitment so that was just kind of a extra incentive for me to find the time, or else Lauren would win.'

He added, "She started calculating and she had it figured out that by the end

of the year, if I missed just an average number of days, she'd probably have a brand new Corvette by the end of that first year.'

He has been running every day for almost 1200 days. On March 1, when he passed Forrest Gump's record, he said Lauren sent him a card congratulating him.

While Forrest Gump's route was ocean to ocean, Sengenberger's was quite local. He ran on trails when there was no snow, downtown, and through neighborhoods. Sengenberger said he enjoys running through neighborhoods and seeing people's houses, lawns and gardens.

Sengenberger said that during the inclement weather, he was force to run on the treadmills, "which is my least favorite. There's no change of scenery, or enough variation in that.

One of the challenges, according to Sengenberger, was going out to run when he was under the weather or when he would have to go on business trips.

put in some strange hours and some run such marathons as the Pike's Peak strange runs," said Sengenberger.

Sengenberger, who also ran four marathons during this time span, said that the hardest part is the morning after a marathon when you can barely walk but have to go out for at least a 30 minute run.

According to Sengenberger, he has intentions to quit running.

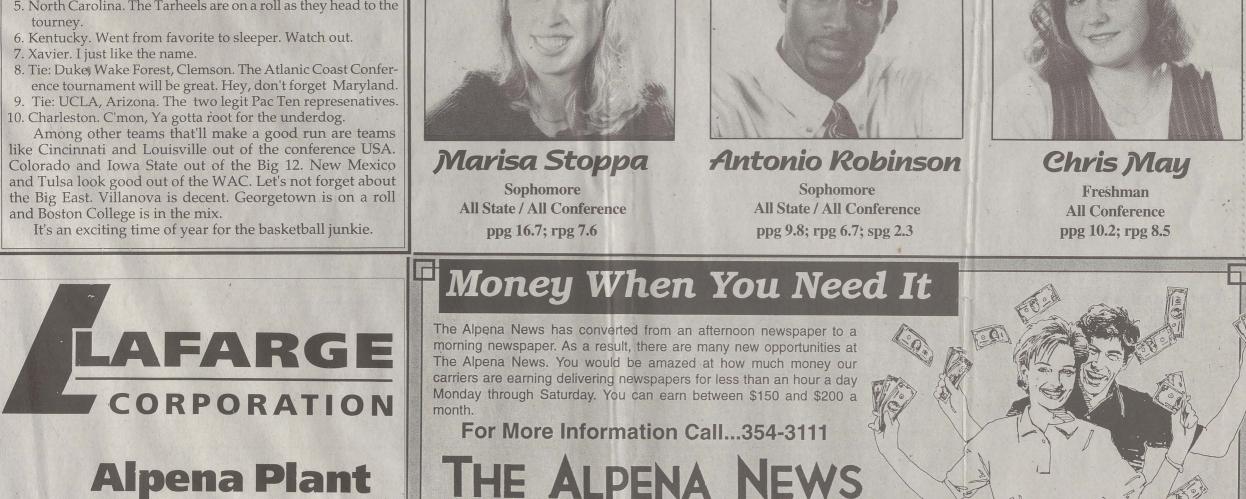


PHOTO COURTESY OF ANDREW SENGENBERGER To follow through with Andrew Sengenberger, Director of ACC's Wellness the commitment, I've had to Center, is pictured breaking Forrest Gump's record.

> Ascent in Colorado Springs -- which he has run on a number of occasions, both before and after the pact. He has also run a marathon in Port Collins, Colorado, as well as the Grand Canyon.

> Although the pact with his daughter has expired, said Sengenberger, he has no





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