

# WOMEN'S CROSS COUNTRY 1981-1982

COLLEGE ARCHIVES



**Elaine Morford**



**EDINBORO STATE COLLEGE**

## LEADING THE LADY SCOTS



Coach Bill McDonald

Bill McDonald, who successfully guided Edinboro State's football fortunes for 10 years to an impressive 54-36-7 record, was tabbed to coach the Lady Scots first cross country team in the school's history. McDonald was the impetus behind the formation of both the cross country and track programs for women's sports at ESC. He began the

women's initial track program in 1980 and after a year's absence returned to tutor the young Lady Scots distance hopefuls this past fall.

Prior to his assignment at Edinboro, McDonald served as assistant football coach at Indiana University of Pa. for three years and head coach at Hopewell High School from 1958 to 1965. The Fighting Scot veteran mentor served as an assistant coach at Braddock High School through two undefeated seasons and also at Latrobe High.

McDonald, who currently teaches health and physical education as well as working in the Career Counseling and Placement Center at the College, holds a B.S. degree in education and M.Ed from the University of Cincinnati (1952). He has also been involved in post graduate work at Penn State, Pitt and Indiana (Pa.) Universities.

The Edinboro State coach and his wife Joanne have three children - Amy, Jody and David. Amy, who was a high school cross country state champion, now is a standout runner for West Point while Jody competes for General McLane High School.

### ON THE COVER - ELAINE MORFORD

In these days of athletic specialization, it is a rare college athlete, indeed, who participates in two unrelated sports; and virtually unheard of anymore is the athlete who wins varsity letters in two different sports in the same season. But Elaine Morford, an exceptional Edinboro State College coed, is proving that with enough desire and a little help from her friends, the feat still can be accomplished.

The 5'4" Morford, who is the daughter of ESC math and computer science professor, Myron Morford, surely ranked as one of the busiest people on campus this fall as she juggled her course load with practice times, and intercollegiate competitions in both cross country and tennis.

"I almost have to be in two or three places at a time," laughs the junior accounting major, who is an honor student, as she explains her hectic schedule. "Tennis and cross country both practice from 3:00 until 5:30 every afternoon, so I'm forced to alternate practices. One day, I'll go to cross country practice and then practice tennis on my own. The next day I'll do it the other way around. I try to squeeze in a little supper between practices, but that isn't always possible.

Competing for Edinboro's first women's cross country team in the school's history, she won the distinction of being the first Edinboro runner across the finish line in the Fighting Scots' first-ever women's cross country victory. The auspicious event occurred on September 23 on a three-mile course at Allegheny College where the Scots prevailed 25-33. Elaine's 20:05 clocking was good for second place overall and first among the Boro runners.

The personable Edinboro native and General McLane grad is modest about her achievements. "I have to give much of the credit to my parents," she says. They were the ones who instilled in me the desire and the will to excel. And my parents are very athletic, too." Elaine says proudly. "We're a close family and have always enjoyed playing tennis, jogging, bicycling, and skiing together. I guess it's just only natural that I'm athletically inclined."

It would seem to most observers that very few people could keep up a pace like Elaine's for very long, but both of her coaches realize that she is a very special athlete.

Bill McDonald, ESC's cross country coach, describes Elaine as "a top-notch person both on and off the athletic field." He adds that she is a very determined individual who "does whatever it takes to get the job done."

## RUNNERS IN SUCCESSFUL DEBUT

Despite battling the odds of having no recruited distance runners on campus, Edinboro State's first women's cross country team in the school's history made an impressive debut on the intercollegiate sports scene. The Lady Scots under first-year coach Bill McDonald recorded a 1-1 dual match record, won the Fredonia Invitational title and placed ninth at the Pennsylvania Conference championships

"I thought we continually improved and did better than expected," summed McDonald. "The girls remained very loyal to the program and all who started with us at the beginning of the year continued through the entire season," he commented.

McDonald continued by adding "Everyone should be returning and we hope we can recruit someone to help us finish in the top half of the Pennsylvania Conference as well as to enter a complete team in the eastern regionals. All of our freshmen could make dramatic improvements by next year."

With five freshmen forming the roster nucleus of distance hopefuls, junior Elaine Morford paced the inexperienced Lady Scots.

The versatile athlete, who was one of the top netters on the women's tennis team while at the same time performing for the cross country team, was the top place getter in six of seven races. She finished 29th in the EAIW Eastern Regionals.

"Considering she had never run competitively before, if she keeps at it she'll be a good one," projected McDonald. "She is a very organized and disciplined person."

Freshman Kathy Shockloss was usually at Morford's heels to form ESC's top duo. The rookie runner spent the campaign improving her over-distance techniques since her high school did not

### EDINBORO STATE COLLEGE 1981 WOMEN'S CROSS COUNTRY ROSTER

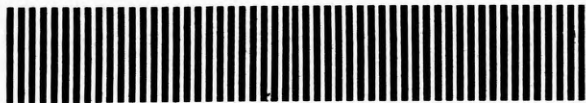
NAME	HT.	WT.	CLASS	HOMETOWN/HIGH SCHOOL
Dixon, Chris	5-7	125	So.	Gettysburg, Pa./Gettysburg
Doyle, Dottie	5-2	105	Fr.	Stoneboro, Pa./Lakeview
Hazer, Debra	5-6	111	Sr.	Girard, Pa./Girard
Morford, Elaine	5-4	112	Jr.	Edinboro, Pa./General McLane
O'Donoghue, Cathy	5-5	120	Fr.	Angola, N.Y./Lake Shore
Powers, Kelly	5-2	115	Fr.	Pittsburgh, Pa./North Allegheny
Schockloss, Kathy	5-6	112	Fr.	Williamsport, Pa./Loyalsock Twp.
Stravino, Beverly	5-6	125	Fr.	Angola, N.Y./Lake Shore

## RUNNERS IN SUCCESSFUL DEBUT (CONT'D)

complete in cross country. She did run the mile and two-mile, however, and demonstrated the potential to develop into a good collegiate level runner.

Taking turns in the third and fourth positions throughout the fall were the frosh pair of Cathy O'Donoghue and Beverly Stravino. O'Donoghue had posted an 800-meter time of 2:17:3 in high school and registered a 5:13.6 clocking in the 1500 meters. Both picked up valuable points during the campaign while getting acclimated to distance running.

Depended upon for strong finishes to round out the Lady Scots scoring opportunities were the team's sole senior, Debbie Hazer, sophomore Chris Dixon along with freshmen Dottie Doyle and Kelly Powers. Both Dixon and Hazer snared respective fourth and fifth place finishes in Edinboro's historic initial win against Allegheny. Powers grabbed one fourth place spot and a pair of fifth place crossings during the year.



### WOMEN'S CROSS COUNTRY 1981 RESULTS (1-1)

California Invitational - 6th (9 teams, 125 pts.)	
ESC - 25	Allegheny - 33
ESC - 40	Slippery Rock - 15
Pennsylvania Conference - 9th (12 teams, 235 pts.)	



Follow the "Fighting Scots"



Edinboro State's 1981 Women's Cross Country Team (L-R): Elaine Morford, Kelly Powers, Cathy O'Donoghue, Chris Dixon, Kathy Shockloss, Dottie Doyle and Beverly Stravino.