

Mike Johnson, head coach cross country; track and field



Mike Johnson begins his eighth season at the helm of the Western Oregon track & field programs, and the university's cross country teams in 2010-2011.

Johnson's career includes tenures as the head coach at Highline Community College (1972-74), Eastern Washington University (1974-76), University of Portland (1976-86), University of Washington (1986-98), and Boise State (1998-2000). He was also an assistant coach at Western Oregon for three seasons prior to becoming the program's leader in 2004.

At WOU, Johnson's teams have won nine Great Northwest Athletic Conference championships in indoor and outdoor track. Currently, the men's indoor team is the three-time defending conference champions. He

also helped coach three Wolves to All-American honors in 2010, including Amanda Schumaker in the women's javelin and Chris Reed in cross country.

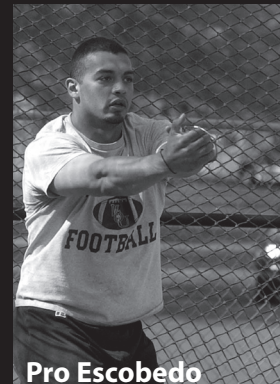
Johnson was named the GNAC Men's Coach of the Year and the NCAA Division II West Region Coach of the Year for indoor track in 2009. He also earned co-GNAC Coach of the Year honors during the 2008 outdoor season.

Johnson's teams at Washington won two Pac-10 Cross Country Championships, and his Portland squads captured seven West Coast Conference Championships. The Seattle native has been named PAC-10 Coach of the Year three times, NCAA West Regional Cross Country Coach of the Year four times, GNAC Coach of the Year on six occasions, NCAA Division II West Region indoor Coach of the Year and also NAIA Coach of the Year.

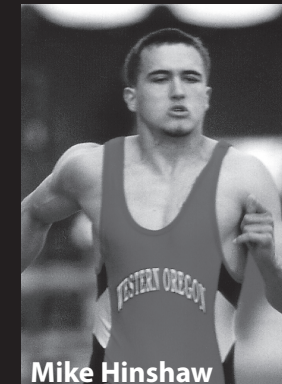
Salute to the past



Bridget Johnson
Two time heptathlon All-American



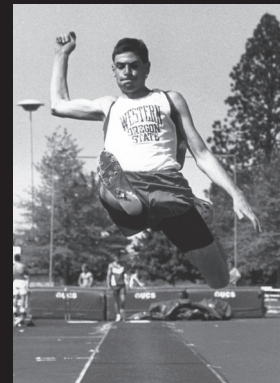
Pro Escobedo
NCAA Hammer Champion



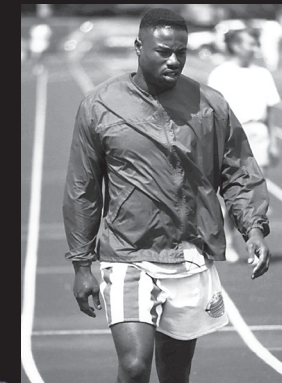
Mike Hinshaw
School Record 200 meters



Alper Kasapoglu
Eight time All-American



Jim McCann
Triple Jump • 51'-6.5"



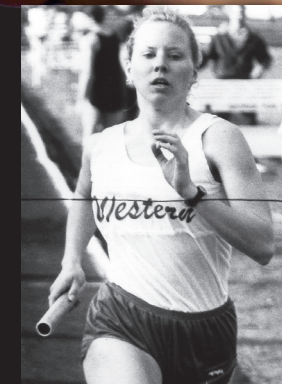
Bobby Pope
100 meters • 10.34



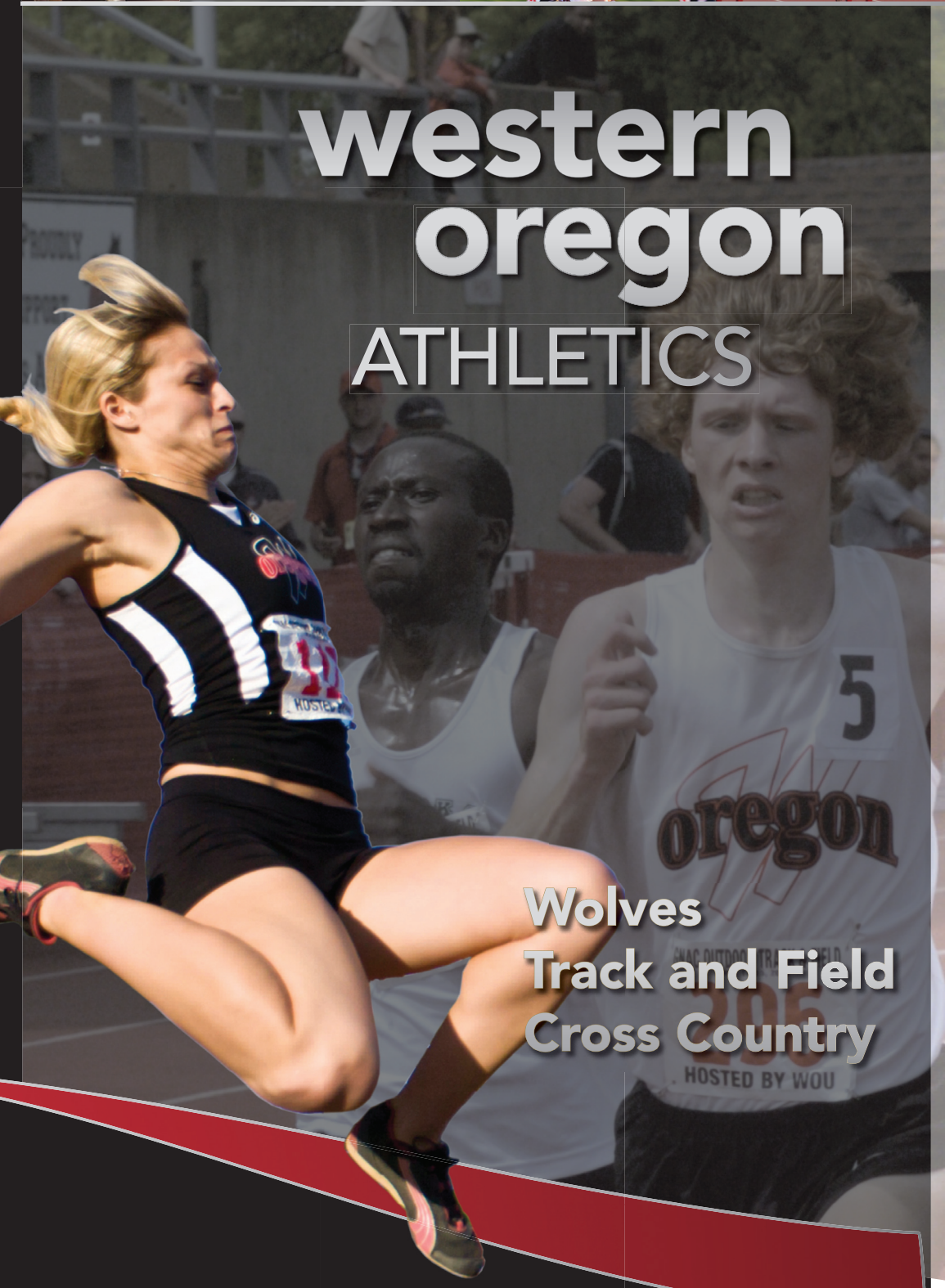
Randi Taruscio
WOU record 3,000 meters
Kathy Gottberg
WOU record Discus



Tad Woosley
WOU Hall of Fame



Sharon Wegner
200 meters • 24.61



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WESTERN OREGON UNIVERSITY

WOU All-Time Records

Women's Outdoor Track and Field Records

Event	Record	Athlete-year
100 Meters	12.04	Heather Ewing - 1994
200 Meters	24.61	Sheron Wegner - 1988
400 Meters	56.58	Leisa Puckett - 1990
800 Meters	2:09.24	Summer Morris - 1997
1,500 Meters	4:27.45	Debbie Brundidge - 1977
1 Mile	4:57.54	Debbie Brundidge - 1977
3,000 Meters	9:52.98	Randi Taruscio - 1989
3,000 Steeplechase	10:44.22	Jessica Harper - 2009
5,000 Meters	17:27.24	Randi Taruscio - 1989
10,000 Meters	36:16.95	Bridget Cooke - 1983
100 Meter Hurdles	14.15	Monica Smith - 2005
400 Meter Hurdles	1:00.14	Chris Jansen - 2000
4 x 100 Meter Relay	47.43	Jenkins, Kociemba, Galloway, Smith - 2005
4 x 400 Meter Relay	3:52.74	Peterman, Satran, R. Morris, S. Morris - 1998
4 x 800 Meter Relay	9:17.44	Kruger, Free, Satran, S. Morris - 1998
High Jump	5-10	Pam Emery - 1994
Long Jump	19-5	Alicia Marshall - 1994
Triple Jump	39-8.75	Ashley Potter - 2010
Pole Vault	11-6	Katie Henes - 2002
Shot Put	48-6 1/2	Evelyn Okeke - 1975
Discus	164-7	Kathy Gottberg - 1990
Javelin	168-11	Rene Lambrech - 1979
Javelin (2000 implement)	159-09	Carolanne Powers - 2010
Hammer	184-7	Jennifer Dunkin - 2003
Heptathlon	5,080	Bridget Johnson - 2006



WOLVES

Track & Field • Cross Country

WOU Team Championships

Western Oregon track and field squads have enjoyed a tradition of team excellence for many years. Here's a look at WOU's team titles since 1970.

Great Northwest Athletic Conference

Men	Women
2010 (indoor)	2008
2009 (indoor)	2005
2008 (indoor)	2004
2004	2003
2004 (indoor)	
2003	
2002	

PacWest Conference

Men
2001
2000

Cascade Conference

Men	Women
1999	1999
1998	1998
1997	1997
1996	1996

District 2 Championships

Men	Women
1994	1993
1993	1991
1991	1990
1990	1988
1989	1987
1985	1986
1974	
1973	
1972	
1971	
1970	

Evergreen Conference

Men
1974
1973
1972
1971

Oregon College Conference

Men	Women
1970	1970
1969	1968

WOU Track & Cross Country Quick Facts

President Dr. John Minahan
Founded / Enrollment 1856/6,200
Affiliation/Region NCAA Division II/West Region
Conference Great Northwest Athletic Conference
Nickname/Colors Wolves/Red & White
Home Field/Capacity McArthur Field (2,500)

Coaching Staff
Head Coach Mike Johnson (Eastern Washington '72)
Office 503-838-8420
E-Mail johnsonm@wou.edu
Assistants Isaac Frederick, Jessica Harper

Athletic Support Directory
Director of Athletics Daniel Hare
Assistant Athletic Director Michael Collins
Faculty Athletic Representative Dr. Dean Braa
NCAA Compliance Coordinator Stephanie Metz
Head Athletic Trainer Kurtis Kidd
Assistant Athletic Trainer Jennifer O'Sullivan
Equipment Manager Frank Vanderburg

Sports Information
Director Daniel Barnts
Office phone 503-838-8121
Fax 503-838-8164
E-Mail barntsd@wou.edu
Wolves Sports Scoreboard 503-838-8020
Website www.wouwolves.com

McArthur Field

One of the better venues for track and field in the west lies in Monmouth on the campus of Western Oregon University. McArthur Field is the home of the Wolves and is one of the premier football surfaces and track facilities in the nation. The 400-meter oval features 48-inch-wide lanes, a wider radius on the curves conducive to record performances. The track was rebuilt in the summer of 2005, and features a urethane surface that runs from the football sidelines to lane eight on the track. McArthur Field is the annual host for the Oregon state 1A/2A/3A high school meet, the Valley League Championships, the Junior Olympics regional meet and has also hosted numerous collegiate conference and regional Championships.

Amanda Schumaker – earned All-American honors for Western Oregon in the javelin during the outdoor season. The freshman from Gladstone, Ore. (Gladstone High School) placed sixth at the national championship meet with a toss of 144-5 (44.01 m).



Chris Reed – earned All-American honors in cross country during his junior season. He placed 35th on the 10k course in Evansville, Ind., with a time of 32:28.5. Reed was the first-ever All-American for Western Oregon in cross country since joining NCAA Division II in 2001.



Wolves Sports Scoreboard and Website

For the latest information on Western Oregon athletics, log on to www.wouwolves.com. If you are away from your computer, you can always call the Wolves Sports Scoreboard for daily updates, 24 hours a day. Just dial 503-838-8020 to find out who won today.

WOU All-Time Records

Men's Outdoor Track and Field Records

Event	Record	Athlete-year
100 Meters	10.34	Bobby Pope - 1990
200 Meters	21.11	Mike Hinshaw - 2002
400 Meters	48.00	Dante Betha - 2000
800 Meters	1:49.70	Bruce Vogel - 1972
1,500 Meters	3:44.27	Wes Tilgner - 1986
1 Mile	4:13.74	Gordon Garlock - 1971
5,000 Meters	14:24.17	Tad Woosley - 1989
10,000 Meters	29:52.39	Chris Reed - 2010
3,000 Meter Steeplechase	8:53.86	Carl Roelle - 1992
110 Meter Hurdles	14.37	Alper Kasapoglu - 1996
400 Meter Hurdles	51.92	Rio Okamura - 1995
4 x 100 Meter Relay	40.9	Doran, Peil, Brown, Chapin - 1999
4 x 400 Meter Relay	3:14.67	Anderson, Chaffee, Mantalas, Frederick - 2003
4 x 800 Meter Relay	7:38.70	Chaffee, Long, Nakamura, Piper - 2000
Marathon	2:32.24	Frank Knight - 1983
10,000 Meter Walk	49:11.64	Jim Bean - 1974
High Jump	7-0 1/2	A.J.Acker - 1998
Long Jump	25-3 3/4	Jean Olivier Zirignon - 1993
Triple Jump	51-6 1/2	Jim McCann - 1994
Pole Vault	16-6.75	Zeb Udell - 2009
Shot Put	57-10 1/2	Doyle Kenady - 1972
Discus	175-8	Doyle Kenady - 1971
Javelin	212-1	David Nickell - 1991
Hammer	206-4	Pro Escobedo - 2003
Decathlon	7757	Alper Kasapoglu - 1996

