

ST. OLAF COLLEGE
ATHLETIC HALL OF FAME
INDUCTION CEREMONY

SUNDAY, OCTOBER 2, 2022 | ST. OLAF BALLROOMS | 1 P.M.



MASTER OF CEREMONIES

RYAN BOWLES - ATHLETIC DIRECTOR

HALL OF FAME INDUCTEES

PETE CATHCART - CLASS OF 2006 - FOOTBALL, MEN'S TRACK & FIELD

JUSTIN HERZOG - CLASS OF 1999 - MEN'S BASKETBALL

JACOB KOCH - CLASS OF 2009 - MEN'S SWIMMING & DIVING

PHIL LUNDIN - MEN'S CROSS COUNTRY/TRACK & FIELD COACH

CHARLIE RUUD - CLASS OF 2004 - BASEBALL

KIM SMISEK - CLASS OF 2011 - VOLLEYBALL

KELSEY WATT - CLASS OF 2007 - WOMEN'S SOCCER

LINDSAY WEIER - CLASS OF 2006 - WOMEN'S HOCKEY

St. Olaf Athletic Hall of Fame Inductees (By Class Year)

Kim Smisek '11
 Jacob Koch '09
 Nelson Westby '09
 Andrew Schmiesing '08
 Susannah Brokl '07
 Kelsey Watt '07
 Pete Cathcart '06
 Lindsay Weier '06
 Katie Detwiler '05
 Keith Townsend '05
 Kelly Underkoffler '05
 Charlie Ruud '04
 Megan Daymont Thomas '03
 Mike Ludwig '03
 Gabe Kortuem '02
 Dan LaManna '02
 Steve Ryan '02
 Manuel Spreigl '02
 Brian Sprout '02
 Nicole Trnka Hess '02
 Janet Hengel Anderson '01
 Kevin Jensen '00
 Maggie Cope Niska '99
 Justin Herzog '99
 Jayna Mathieu Paquin '99
 Natalie Siefer Overmann '99
 Traci Rasmussen Cook '98
 Jen Kuzma Bachman '97
 Jeanette Tuohy '97
 Cole Pinnow '96
 Kari Rogne Karpinske '96
 Renae Brown '95
 Rob Glover '95
 Jason Hansen '95
 Kenneth Hoffmann '95
 Emily Sather Tweed '95
 Justin Bradley '94
 Keith Karpinske '94
 Kaelie Rivers Breiter '94
 Andrea McCarty '93
 Christine Aker-Minnetto '92
 Brent Eilefson '92
 Domonique Kanavati-Orth '92
 John Klaers '92
 Amanda Mason Vittetoe '92
 Mike Moes '92
 Michelle Pederson Backes '92
 Moira Petit '92
 Julie Rademacher Thornton '92
 Bob Carlson '91
 Detra Nelson Cleven '91
 Adam Rice '91
 Amy Rolloff Marker '91
 Jennifer Larson '90
 Tom Muller '90
 Tim Niznik '90
 Tim Olson '90
 Gwen Schluter Wurst '90
 Kevin Casson '89
 Jeffery Ernste '89
 Jim Glowacki '89
 Steve Mathre '89
 Scott Peterson '89
 Adam Elliot '88
 Michelle Pregler Ball '88
 Joel Varland '88
 Bob Hauck '87
 Rich Kleber '87

Kim Skistad Sheagren '87
 Roger Forystek '86
 Guy Considine '85
 Carl Ebeling '85
 Stanley Lo '85
 Todd Nash '84
 Kyle Ness '84
 Stephen Paulsen '84
 Keith Peterson '84
 Frederick Aker '83
 Frank Kuzma '83
 Tammy Metcalf-Filzen '83
 Carol Dubose Hauck '82
 Janet Ensrud Whitney '82
 Bob Klefsaas '82
 David Peterson '82
 Leslie Seymour '82
 Karen Stromme '82
 John V. Anderson '81
 Elizabeth Stronge Poupore '81
 Susan Wasowicz Lee '81
 Nathan Bergeland '80
 Ruthie Bjorlie Neuger '80
 Pam Dommeyer Fliegel '80
 Bruce Govig '80
 Julie Hauck Alexander '80
 Kristine Knickrehm '80
 Steven Lidke '80
 Michael Palmquist '80
 Jean Tolzmann Dobyns '80
 Craig FitzSimmons '79
 Elizabeth Hartwich Lee '79
 John Nahorniak '79
 Robert Torgerson '79
 Steven Vanden Heuvel '79
 David Mylrea '78
 Martha Nause '77
 Roger Olson '77
 Mark Gelle '76
 Geoffrey McCray '76
 Charlie Novak '76
 James Muus '75
 Paul DeLaitzsch '74
 Tim Larsen '74
 Alan Beal '73
 Dan Halvorsen '73
 Tim Hermann '73
 Eric Bundgaard '72
 Ole Gunderson '72
 Bob Schumacher '72
 Michael Smieding '72
 Steven Ashley '71
 Stephen Ellerbusch '71
 Dave Finholt '71
 David Troy '71
 Tim Smith '70
 Tom Driscoll '69
 Mike Schmiesing '69
 Lee Mesna '68
 David Krahn '67
 Mike Solhaug '67
 Eric Grimsrud '66
 David Schmidt '64
 Mark Aamot '63
 Karl Groth '62
 David Hindermann '62
 Harold Vinnes '62
 Bill Winter '62

William Greenslit '61
 David Wee '61
 Whitey Aus '59
 Dennis Runck '59
 Duane Swenson '59
 Allen Rice '58
 George Thronson '58
 Duane Brekken '57
 Erv Mikkelsen '56
 Paul Quam '56
 Dick Werdahl '55
 John Gustafson '54
 Noel Olson '54
 J.D. Hanson '52
 Russ Adamson '51
 Hal Bergeson '51
 Ham Muus '51
 Tom Porter '51
 Leonard Bunge '50
 Elsworth Buskirk '50
 Jim Geske '50
 Ronald Henriksen '50
 Kenneth Hodges '50
 James Kallas Jr. '50
 Arnold Nelson '50
 Graydon Stromme '49
 Paul Arvesen '48
 Marshall Haugen '48
 Stan Tostengard '47
 Howard Steffens '42
 Gene Christensen '41
 Milton Nesse '41
 Everett Nyman '39
 John Kirkeby '37
 Henry Nicklassen '36
 Harry Newby '34
 Alvin Ness '33
 Alvin Dron '32
 Lloyd Ellingson '32
 C.C. "Kippy" Gilbertson '31
 Carl Iverson '31
 Mark Almli '30
 Rube Mostrom '30
 Rolf Mellby '29
 Bernhard Cole '28
 Eli Enger '26
 Frank Cleve '25
 Harry Fevold '25
 Cully Swanson '25
 Jake Christiansen '24
 Fred Putzier '23
 Ingwald Swenson '23
 Ade Christenson '22
 Arnold Flaten '22
 Otto Glesne '21
 Theodore Hoidahl '21
 Selmer Veldey '20
 Peter Fossum '19
 Endre Anderson '14
 Elmer Fardal '07
 Cindy Book
 Chris Daymont
 Bob Gelle
 Dave Hauck
 Charles Lunder
 Edlo Solum
 Jim Dimick
 Bill Thornton

ATHLETIC HALL OF FAME INDUCTION CEREMONY

2022





Pete Cathcart | Class of 2006 | Football, Men's Track & Field



Pete Cathcart '06 was a standout member of the St. Olaf football and men's track and field teams, earning All-America honors in both sports.

Cathcart was a four-time All-American and five-time

national qualifier in the shot put, finishing as high as fifth in the country outdoors, and was a five-time conference champion in the event. He is one of two student-athletes in program history to earn All-America honors in the shot put.

As a sophomore, Cathcart placed eighth at both national meets in 2004 before taking eighth indoors and fifth outdoors as a senior in 2006.

On the gridiron, Cathcart was a four-year starter along the offensive line, earning Don Hansen Gazette All-America honors and D3football.com First Team All-West Region honors as a senior in 2005. He was also a two-time All-MIAC selection in football, landing a spot on the second team in 2004 and the first team in 2005.

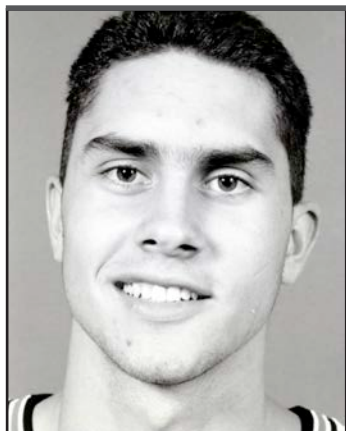
As a senior, Cathcart was part of St. Olaf's first eight-win football season since 1978, as the Oles went 8-2 overall and 6-2 in the MIAC. He is one of two student-athletes in the history of the St. Olaf football program to be named a College Sports Information Directors of America (CoSIDA) Academic All-District honoree, doing so in 2005.



ATHLETIC HALL OF FAME INDUCTION CEREMONY

2022





Justin Herzog | Class of 1999 | Men's Basketball

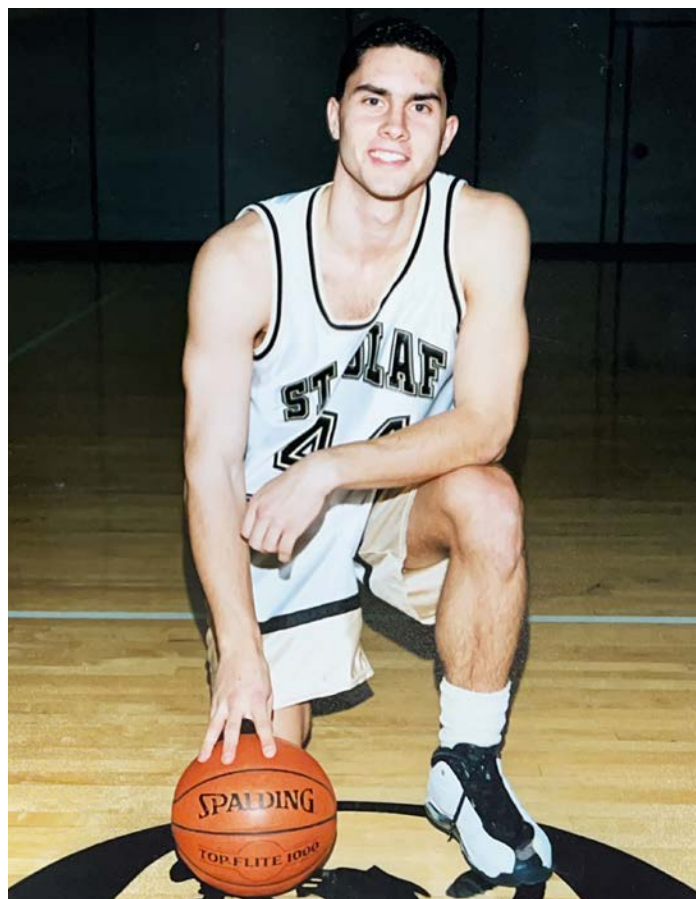


Justin Herzog was one of the top defensive players in the history of the St. Olaf men's basketball program, earning multiple All-MIAC and All-MIAC Defensive Team accolades during his standout career.

Herzog was a two-time All-MIAC honoree, earning placement on the all-conference teams as a junior and as a senior. He also was selected to the MIAC All-Defensive Team in both of those seasons and is one of five Oles to be selected to the All-Defensive Team multiple times.

In addition to his defensive prowess, Herzog scored 1,006 points during his four-year career and ranks in the program's top 10 all-time in games started (96), free throws made (314), minutes played (2,680), assists (261), free throws attempted (439), assists per game (2.7), steals per game (2.1), offensive rebounds (151), and steals (115).

Herzog's play helped St. Olaf to a 56-41 record over his four seasons, including a mark of 45-35 in conference play. The Oles advanced to the semifinals of the MIAC Playoffs in his junior season.



ATHLETIC HALL OF FAME INDUCTION CEREMONY

2022





Jacob Koch | Class of 2009 | Men's Swimming & Diving



Jacob Koch was an All-American or Honorable Mention All-American 25 times during his career on the St. Olaf men's swimming and diving team, including one individual national runner-up finish.

Koch was a three-time individual All-American, highlighted by a national runner-up finish to teammate and fellow St. Olaf Athletic Hall of Fame inductee Nelson Westby '09 in the 200-yard individual medley in 2009. He was also seventh in the 100-yard freestyle that year after placing eighth the year before.

Koch also swam on nine All-America relays during his time as an Ole, including national runner-up finishes in the 200-yard medley relay and 400-yard medley relay in 2009 and another in the the 200-yard medley relay in 2007.

During his career, Koch was a four-time MIAC champion, winning three titles in the 100-yard freestyle (2006, 2008, 2009) and one in the 200-yard freestyle (2009). He remains St. Olaf's school record holder in the 100-yard freestyle (44.61) and swam on the MIAC record-holding 200-yard medley relay (1:29.82, 2009).

St. Olaf won MIAC team titles in both 2007 and 2009 and placed in the top 10 nationally in each of Koch's four seasons, including finishing fourth in 2009 to tie for the best national finish in program history.



ATHLETIC HALL OF FAME INDUCTION CEREMONY

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Phil Lundin | Head Men's Cross Country / Track & Field Coach



Phil Lundin spent a combined 34 seasons leading the St. Olaf men's cross country and track and field programs from 2008-20 and led the Oles to the lone team NCAA national championship in school history in 2013.

On Nov. 23, 2013, Lundin's men's cross country team claimed the NCAA Division III national championship, edging favored North Central College (Ill.) by two points for the title thanks to four All-America finishes. Grant Wintheiser '15 (third), Jake Brown '15 (eighth), Brian Saksa '14 (17th), and Jake Campbell '16 (31st) earned All-America honors at the meet to help the third-ranked Oles edge the top-ranked Cardinals.

During his time at St. Olaf, Lundin coached 184 MIAC all-conference honorees, 52 individual or relay conference champions, 49 national qualifiers, 40 individual or relay All-Americans, 10 national-qualifying teams, seven individual national champions, and six conference championship teams, while being named the MIAC Coach of the Year eight times.

Lundin's cross country teams won five-straight MIAC titles from 2012-16 and posted three-straight top-five national finishes from 2013-15, placing second in 2014 and fourth in 2015 after winning the 2013 national title. In track and field, St. Olaf recorded three top-10 national finishes under Lundin and finished as the MIAC runner-up seven times from 2013-17 between the indoor and outdoor meets.



ATHLETIC HALL OF FAME INDUCTION CEREMONY

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Charlie Ruud | Class of 2004 | Baseball

Charlie Ruud is one of the most accomplished pitchers in the history of the St. Olaf baseball program and earned All-MIAC honors in each of his four seasons as an Ole.

In addition to being a rare four-time All-MIAC honoree, Ruud was named the 2002 Mike Augustin MIAC Most Valuable Pitcher after leading the conference with a 0.66 ERA in conference play.

From 2001-04, Ruud made 50 appearances, including 39 starts for the Oles, going 27-10 with a 2.39 ERA and 263 strikeouts over 264.0 innings. He currently holds program records in wins (27), strikeouts (263), innings pitched (264.0), complete games (24), and fewest walks per nine innings (1.74), while ranking in the top 10 in ERA (sixth, 2.39), strikeouts per nine innings (sixth, 8.97), and appearances (seventh, 50).

Over his four-year career, St. Olaf went 103-52 (.665) overall, including 64-16 (.800) in the MIAC, and won two regular-season conference championships (2001, 2002), one MIAC Playoffs title (2003), and made one NCAA Tournament appearance (2003).

After graduating from St. Olaf, Ruud went on to pitch for the St. Paul Saints and retired in 2009 as the team's all-time leader in wins (36), strikeouts (300), games started (72), innings pitched (458.0), and complete games (9).



ATHLETIC HALL OF FAME INDUCTION CEREMONY

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Kim Smisek | Class of 2011 | Volleyball



Kim Smisek '11 is one of 10 student-athletes in the history of the St. Olaf volleyball program to earn American Volleyball Coaches Association (AVCA) All-America honors and one of five to do so twice.

A 2009 AVCA First Team All-American and 2010 AVCA Second Team All-American, she also was a two-time AVCA All-Central Region selection (2009, 2010), a three-time First Team All-MIAC honoree (2007, 2009, 2010), and a three-time MIAC Playoffs All-Tournament Team selection (2008, 2009, 2010).

Over her four-year career, Smisek racked up 1,986 kills, 1,293 digs, and 233.0 total blocks, making her one of five Oles to record at least 1,000 kills and 1,000 digs in their career. Her 1,986 kills are the most all-time at St. Olaf and rank third in MIAC history for Smisek, whose 605 kills in 2010 are a single-season program record.

Smisek's play helped St. Olaf to an overall record of 92-32 (.742) and a MIAC record of 30-14 (.682) over her career. The Oles made two NCAA Tournament appearances during her career, including a run to the regional final in 2010, and won MIAC regular season and MIAC Playoffs titles that same year.



ATHLETIC HALL OF FAME INDUCTION CEREMONY

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Kelsey Watt | Class of 2007 | Women's Soccer



Kelsey Watt '07 is one of two four-time All-MIAC honorees in the history of the St. Olaf women's soccer program and one of a select few four-time honorees in the history of the conference.

In 72 games over her four-year career, Watt compiled 83 points on 34 goals and 15 assists, ranking second in program history in goals, assists, and points. She also scored 12 game-winning goals in her career, which ranks second all-time at St. Olaf, and ranks third in both points per game (1.15) and goals per game (0.47).

Watt reached double figures in goals as both a first year and a sophomore, leading St. Olaf and ranking third in the MIAC with 11 goals in her rookie season. As a sophomore, Watt tallied a career-high 28 points on 10 goals and a career-high eight assists, ranking sixth in the MIAC in points.

Watt's career year as a sophomore helped lead the Oles to their first-ever berth in the MIAC Playoffs and St. Olaf won 36 games over her four-year career.

In total, Watt owns two of St. Olaf's top-10 single-season marks in points, points per game, goals, and game-winning goals, while also holding top-10 ranks in goals per game, assists, and assists per game.



ATHLETIC HALL OF FAME INDUCTION CEREMONY

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Lindsay Weier | Class of 2006 | Women's Hockey



Lindsay Weier '06 is one of three All-Americans in the history of the St. Olaf women's hockey program, as she earned First Team CCM Division II-III West Region All-America honors in 2002-03.

Also one of three four-time All-MIAC honorees in program history, Weier registered 39 goals and 45 assists in 101 games from her spot on the blue line, ranking fifth in program history in points, sixth in assists, and ninth in goals.

Weier is also St. Olaf's all-time leader in power-play goals, scoring 20 over her four seasons, including scoring seven of her 11 goals as a sophomore in 2003-04 on the power play. She led all St. Olaf blue liners in points in three of her four seasons and led the team with a career-high 14 goals as a first year in 2002-03.

The Oles appeared in the MIAC Playoffs in three of Weier's four seasons and won 51 games over her career, including a school-record-tying 15-win season in 2004-05.

Weier also played four years of softball at St. Olaf and was a career .317 hitter as a catcher for the Oles. Over her four-year career, Weier recorded 105 hits, 24 doubles, five triples, five home runs, 55 runs, and 55 RBI.



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Um! Yah! Yah!

We come from St. Olaf, we sure are the real stuff.

Our team is the cream of the colleges great.

We fight fast and furious, our team is injurious.

Tonight Carleton College will sure meet its fate.

Um! Yah! Yah!, Um! Yah! Yah!

Um! Yah! Yah!, Um! Yah! Yah!

Um! Yah! Yah!, Um! Yah! Yah!

Um! Yah! Yah! Yah!

Um! Yah! Yah!, Um! Yah! Yah!

Um! Yah! Yah!, Um! Yah! Yah!

Um! Yah! Yah!, Um! Yah! Yah!

Um! Yah! Yah! Yah!



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