

Marybeth Spencer

High School: Graduated 1975

- Cross Country:
 - Practiced with the boys squad as CC not added at Anoka until 1976
 - Fourth Place at the National Junior Olympics Cross Country Meet
- Track and Field:
 - Placed Fourth as a Sophomore and Junior in the mile at State
 - State Champion in the Mile as a Senior- First Female Champion from Anoka
 - Set the National High School Record in the Mile as a Senior: 5:01.7
 - School Record:
 - 2nd 1600: 4:59.95 (converted to meters)

College: University of Wisconsin

- Cross Country
 - Two-time All-American
 - Won Big Ten Title as a Senior in a Conference Record
- Track and Field
 - All-American in the 5,000 Meters

Honors:

- 1975 Minnesota Prep Track and Field Athlete of the Year
- 1975 Receives Anoka High School's First Athena Award