

Two DNHS grads added to CR athletics Hall of Fame

February 27, 2020



The College of the Redwoods Athletics department held a short ceremony to announce the newest inductees to the CR Athletics Hall of Fame, which included father-daughter Del Norte High School graduates Bill and Amber Lund.

The event was held between the women's and men's basketball home games against Feather River on Saturday, Feb. 15.

This year's inductees are:

Bill Lund (Deceased) — Bill put up incredible numbers in his one year playing basketball for CR. The year was 1976-77 and his team finished the season 24-4. He was All-Conference and Co-MVP along with fellow CR Hall of Famer Zach Barnes. Bill scored 472 total points and averaged 10 rebounds and 17.9 points per game.

Amber Lund — Bill's daughter Amber competed in women's basketball and track and field at CR from 2000-02. In basketball, Amber finished her career with 766 total points and a field goal average of 51% — among the top in the history of CR women's basketball. Amber earned All-Conference honors and was voted MVP in her sophomore season when she averaged 18 points and six rebounds per game.

In track, Amber still holds the CR women's shot put record of 40-feet-5-inches and is second in discus at 127-11.5.

Sarah Harbour — Harbour competed in basketball, volleyball and track at CR from 1995 through 1997. In basketball, she finished her career with 445 total points and a field goal average of 43%. Sarah is in the top 35 of overall points scored in CR women's basketball history. She averaged 10.2 points and seven rebounds per game her freshman season and 11.4 points and six rebounds per game her sophomore season. Sarah earned an All-Conference Honorable Mention in her sophomore season.

In volleyball, Harbour was a two-year starter on the CR volleyball team as an outside hitter. She was a hitting leader in both her seasons.

Harbour was also a standout javelin thrower and placed in many meets over her two years. During her sophomore year, Harbour qualified for the NorCals in javelin.

Lou Rovai (Deceased) — Lou competed in CR football as a receiver in 1974 and 1975. In 1975, the CR team won the Northern California Football Championship. He was an All-Conference receiver in both of his seasons at CR. Rovai also served as an announcer for both CR football and basketball from 2003 to 2011. Lou was named to the Times-Standard 1999 All-Century Team for Humboldt County for his football and basketball talents.

Naomi Radebaugh Posh — Radebaugh Posh competed in cross-country, track and field, and basketball at CR from 1997 through 1999. Radebaugh Posh was the top member of the first-ever Women's GVC cross country team championship at CR in 1997. The team also finished eighth in NorCals and Radebaugh Posh qualified for state championships individually where she finished 56th in the 5K. In 1998, she won the Small College Championships title for 5K with a time of 20:03.

In track, in 1998 Radebaugh Posh finished third at GVC Championships in the 800 and qualified for NorCals where she finished seventh. She also finished fourth in the 1,500 meters and competed on both relay teams. She received the Women's Sports Foundation Scholarship her first year at CR, was on the President's Honor Roll and also played basketball.