

# STANFORD



2008 CROSS COUNTRY GUIDE

# STANFORD ATHLETICS

A Tradition of Excellence

**116** NCAA Postgraduate Scholarship award winners, including 10 in 2007-08.

**109** National Championships won by Stanford teams since 1926.

**95** Stanford student-athletes who earned All-America status in 2007-08.

**78** NCAA Championships won by Stanford teams since 1980.

**48** Stanford-affiliated athletes and coaches who represented the United States and seven other countries in the Summer Olympics held in Beijing, including 12 current student-athletes.

**32** Consecutive years Stanford teams have won at least one national championship.

**31** Stanford teams that advanced to postseason play in 2007-08.

**19** Different Stanford teams that have won at least one national championship.

**18** Stanford teams that finished ranked in the Top 10 in their respective sports in 2007-08.

**14** Consecutive U.S. Sports Academy Directors' Cups.

**14** Stanford student-athletes who earned Academic All-America recognition in 2007-08.

**9** Stanford student-athletes who earned conference athlete of the year honors in 2007-08.

**8** Regular season conference championships won by Stanford teams in 2007-08.

**6** Pacific-10 Conference Scholar Athletes of the Year Awards in 2007-08.

**5** Stanford teams that earned perfect scores of 1,000 in the NCAA's Academic Progress Report Rate in 2007-08.

**3** National Freshmen of the Year in 2007-08.

**3** National Coach of the Year honors in 2007-08.

**2** National Players of the Year in 2007-08.

**2** National Championships won by Stanford teams in 2007-08 (women's cross country, synchronized swimming).

**1** Walter Byers Award Winner in 2007-08.





2008 Men's Cross Country Team. Top Row (l to r): Justin Marpole-Bird, Brendan Gregg, Chris Mocko, Chris Derrick, Garrett Heath. Middle Row (l to r): Hari Mix, Dylan Ferris, Hakon DeVries, Miles Unterreiner, Jacob Evans, Jacob Riley. Bottom Row (l to r): Riley Sullivan, Benjamin Johnson, J.T. Sullivan, Kevin Havel, Elliott Heath.

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## 2008 Stanford Cross Country Quick Facts

### General Information

**Location:** Stanford, CA 94305-6150  
**Enrollment:** 13,198 (6,584 undergraduates, 6,614 graduates)  
**Founded:** 1891  
**Nickname:** Cardinal  
**Colors:** Cardinal and White  
**Conference:** Pac-10  
**Athletics Director:** Bob Bowsby  
**President:** John Hennessy

### Coaching Staff

**Franklin P. Johnson Director of Track & Field/Cross Country:** Edrick Floreal  
**Head Cross Country Coach:** Jason Dunn  
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### Media Information

Interview requests for players and coaches must be coordinated with the Stanford Athletic Media Relations office. Interview requests should be submitted at least 24 hours in advance. Visit [www.gostanford.com](http://www.gostanford.com) for news releases, player profiles and updated statistics.

**Credits:** The 2008 Stanford cross country media guide was written and edited by Ricky Brackett. Design, layout and production by Maggie Oren, MB Design. Photography by David Gonzales, Spencer Allen and Getty Images.

### Cardinal Quick Facts

**Location:** Stanford, CA 94305  
**Founded:** 1891  
**Enrollment:** 6,689 undergraduates  
**President:** John Hennessy  
**Athletic Director:** Bob Bowsby  
**Colors:** Cardinal & White  
**Nickname:** Cardinal  
**Home Course:** Stanford Golf Course  
**Conference:** Pacific-10



2008 Women's Cross Country Team. Top Row (l to r): Victoria Pennings, Kristen Reese, Claire Collison, Alicia Follmar, Katie Harrington. Middle Row (l to r): Laurynne Chetelat, Stephanie Marcy, Georgia Griffin, Madeline Duhon, Kelsey Walker, Maddie O'Meara. Bottom Row (l to r): Anne St. Geme, Sarah McCurdy, Emma Miller-Bedell, Kate Niehaus, Emilie Amaro.



# 2008 CROSS COUNTRY OUTLOOK

The Stanford cross country program has clearly established itself as one of the best in the nation. The Cardinal men's and women's teams have won nine NCAA titles between them since 1996, the most of any school in the nation. The Stanford women have won three NCAA titles in a row, and four of the last five after capturing the national championship last season. The men last won the title in 2003, but have placed in the top six in the nation for 13 of the last 14 years. Both the men's and women's teams expect to be right back in the running for NCAA titles again in 2008.

This season they will be led by new head coach, Jason Dunn, who comes to The Farm from Virginia where he helped build there program into an East Coast power.

"This is a very exciting time for me to join the program here at Stanford," said Dunn. "Both teams display a great balance between established upperclassmen and talented newcomers, all with tremendous enthusiasm for the season."

## WOMEN'S OUTLOOK

The Stanford women come into the 2008 season with a target on their back, having won three consecutive NCAA titles and four of the last five. They should once again be in the running for a NCAA championship despite the loss of several key veteran performers. The Cardinal have a number of runners ready to step in and, with the addition of one of the top recruiting classes in the nation, should reload quickly.

Returning for her final season is Katie Harrington, the only returning cross country All-American from last season. Harrington is a veteran of the Stanford championship teams, having been a member of the 2005 and 2007 national title squads. Last season, she placed 40th at the NCAA Cross Country Championships to earn her first All-America honor.

The other Stanford runner with All-America experience is Lindsay Flacks, who earned the honor in 2005. She is also a veteran of the title teams, having run for the 2005 and 2006 championship squads. Flacks placed 25th at the NCAA Cross Country Championships in 2005 to earn her All-America honor.

Also returning from last season's championship team are sophomore Alex Gits and junior Kate Niehaus. Gits burst onto the collegiate scene in her freshman season as a scoring runner for the Cardinal at the 2007 NCAA Championships. In the spring, she placed third in the 10,000 meters on the track at the NCAA Outdoor Championships to establish herself as one of the top collegiate long distance-runners in the nation. Niehaus finished 89th last season at the NCAA Cross Country Championships and has a wealth of postseason cross country experience for the Cardinal.

Also with postseason experience for the Cardinal is Alicia Follmar, who was a member of the 2006 NCAA championship team. Follmar is coming off an impressive track season where she earned All-America honors in the indoor mile and as a member of the indoor distance medley relay team. She also qualified for the NCAA Outdoor Championships in the 1,500 meters.

Six other key returners will be back to provide essential depth to the program: Madeline Duhon, Stephanie Marcy, Maddie O'Meara, Kaylin Pennington, Anne St. Geme, and Kelsey Walker. O'Meara earned valuable postseason experience last year when she was a member of the Pac-10 Championship squad. Duhon will also look to contribute after a strong track season, which saw her score at the Pac-10 Championships in the 1,500 meters.

The 2007 recruiting class should bring strong returns for Stanford this season as well. The nationally heralded group of nine includes Emilie Amaro, Laurynne Chetelat, Claire Collison, Georgia Griffin, Maria Lattanzi, Sarah McCurdy, Emma Miller-Bedell, Victoria Pennings and Kristin Reese. Each is capable of contributing to the Cardinal in their first seasons on The Farm.



*Katie Harrington is a returning cross country All-American.*



*Alex Gits is one of the top collegiate long distance runners in the nation.*

## MEN'S OUTLOOK

The men's team is coming off a season that fell short of their goals. However, they return several top contributors from last season and have plenty of talent to once again compete for a spot on the podium at the 2008 NCAA Cross Country Championships.

The Cardinal return three runners, Hakon DeVries, Garrett Heath, and Hari Mix, who scored at last season's national championships and have all been All-Americans on the track. Each will look to add their first All-America honor in cross country. Heath is the most decorated of the three, having earned seven All-America honors in track and field. He won an NCAA title in 2007 as a member of the NCAA Champion distance medley relay team and most recently earned two All-America honors at the 2008 NCAA Indoor Championships in the mile and the distance medley relay. Heath also put his talents on display at the 2008 U.S. Olympic Trials, where he qualified for the semi-final in the 1,500 meters.

DeVries and Mix are also back for their senior seasons after being key members of the 2007 team. DeVries finished 90th at last season's NCAA Championships for cross country, which makes him Stanford's top returning runner. He is also coming off a 2008 track and field season where he earned his second All-America honor as a member of the distance medley relay team that placed fourth at the NCAA Indoor Championships. Mix is coming off a cross country season where he placed fifth at the Pac-10 Championships and 10th at the West Regional Championships. He was also a regional qualifier in the 5,000 meters and an NCAA provisional qualifier in the 10,000 meters during the outdoor track season.

The other returning member of the team that competed at the NCAA Championships is Elliott Heath. The younger of the Heath brothers had an outstanding freshman season where he established himself as the seventh runner at all three postseason meets. He also backed that up during the track season when he qualified for the West Regional Meet in the 5,000 meters.

Seven others return for the Cardinal: Jacob Evans, Brendan

Gregg, Justin Marpole-Bird, Chris Mocko, Justin Reed, Jacob Riley, and J.T. Sullivan. This group provides outstanding depth and is capable of big contributions. Evans leads the way, having earned his first All-America honor as a member of the distance medley relay team at the 2008 NCAA Indoor Championships. He also joined Marpole-Bird as NCAA West Regional qualifiers in the 1,500 meters with Marpole-Bird making the final. Sullivan and Mocko return after being NCAA West Regional qualifiers in the 3,000-meter steeplechase.

Widely regarded as one of the top recruiting classes in the country, the Cardinal welcomes a talented group of incoming freshman that include Chris Derrick, Dylan Ferris, Kevin Havel, Benjamin Johnson, Riley Sullivan, and Miles Unterreiner. The Cardinal could see immediate contributions from a class that includes five FootLocker national finalists in cross country.



*Hakon DeVries is Stanford's top returning Cross Country runner.*



*Garret Heath is a seven-time All-American.*



## EDRICK FLOREAL

**FRANKLIN P. JOHNSON DIRECTOR  
OF TRACK & FIELD**  
Arkansas (1990)  
4th year



Edrick Floreal, who has spearheaded a resurgence of the Stanford Track & Field program, was named Franklin P. Johnson Director of Track & Field during the fall of 2005. This year will mark his 11th season overall with the Cardinal.

"I want to maintain the philosophies of the great track and field coaches at Stanford where the student-athletes are the center of the team and feel very comfortable," said Floreal. "I truly believe in Payton Jordan's philosophy of the coach-athlete relationship and having a family atmosphere among the team."

Since his arrival at Stanford in 1998, the Cardinal men and women have enjoyed tremendous success at the conference and NCAA championship level. A 3-time MPSF coach of the year and the 2006 West Regional Outdoor Coach of the Year, Floreal has developed the Stanford sprinters, hurdlers and jumpers into Pac-10 and NCAA championship title contenders. Under his watch, 37 Stanford athletes have earned 94 All-America honors.

The 2008 season marked the third year as the Franklin P. Johnson Director of Track & Field for Floreal. The season was highlighted by Erica McLain capturing the indoor and outdoor NCAA titles in the triple jump. Both Stanford's men (seventh) and women (fifth) placed in the top-10 at the NCAA indoor meet, while the women also finished 10th at the NCAA Outdoor Championships. Indoors, 11 athletes earned a total of 16 All-America honors under Floreal's guidance. Arianna Lambie (3,000 meters, DMR), Lauren Centrowitz (mile, DMR), Alicia Follmar (mile, DMR), McLain (long jump, triple jump) and Garrett Heath (mile, DMR) were all multiple All-Americans.

Outdoors, Floreal coached a total of six All-Americans in seven events. McLain was a two-time All-American, in the long jump and triple jump, while Lindsay Allen (3,000-meter steeplechase), Alex Gits (10,000 meters), Danielle Maier (javelin), Teresa McWalters (5,000 meters) and Heath (1,500 meters) also earned All-America honors.

Floreal's athletes were just as successful in the classroom where 35 athletes were named MPSF All-Academic during the indoor season and 38 were named Academic All-Pac-10 during the outdoor season. In addition, 17 athletes were named Academic All-Americans with the Stanford men's team earning the distinction of Academic Team of the Year for the indoor season.

After the season and under Floreal's guidance, McLain went on to qualify for the U.S. Olympic Team after placing third at the Olympic Trials in the triple jump. In addition, Arantxa King was named to the Bermuda Olympic Team in the long jump and Floreal traveled to Beijing to coach the Stanford freshman.

In his second season as Director of Track & Field, Floreal led the men's and women's teams to fourth- and sixth-place finishes, respectively, at the 2007 NCAA Indoor Championships. Floreal coached McLain to an NCAA championship in the triple jump, while Lambie earned NCAA All-American honors in the 3,000 and 5,000 meters, Russell Brown finished second in the mile, Garrett Heath finished fourth in the mile and Josh Husted finished fourth in the heptathlon. Floreal also led Brown, Zach Chandy, Michael Garcia and Heath to the NCAA distance medley relay championships.

The women's team posted a runner-up finish at the 2007 Pac-10 Championships. Lambie captured the 1,500- and 5,000-meter titles, while McLain defended her triple jump title and earned her fifth career Pac-10 championship with an American collegiate record of 46-5 ¼. McWalters (10,000 meters) and Brown (1,500 meters) captured individual titles as well, and Michael Robertson and Ashley Freeman took second, respectively, in the

discus and 800-meter events.

At the NCAA West Regional, both the men's and women's teams achieved good results heading into the NCAA's. Lambie captured the 1,500-meter title with a time of 4:14.05 and McLain won the triple jump with a leap of 44-8. Collectively, Floreal had 20 Cardinal student-athletes qualify for the 2007 NCAA Championships.

At the 2007 NCAA Outdoor Championships, the Cardinal men and women each placed 10th overall. McLain earned a pair of All-American honors with a runner-up finish in the triple jump and a third-place effort in the long jump. Robertson took second in the discus and Brown and Lambie both finished third in the 1,500, respectively. Overall, five Cardinal student-athletes received nine All-American awards. Floreal was later named to the 2007 Pan-American Games staff for Team USA in Brazil.

During the 2006 track and field season, the women's squad captured runner-up honors at the NCAA Indoor Track & Field Championship; Stanford's highest finish ever at the event. Seven athletes tallied 10 All-American performances, including Chauntae Bayne-Hackett's third-place finish in the 200 meters and eighth-place finish in the 60 meters, setting school records in both events. McLain also earned All-American honors in the long and triple jump. Floreal was named MPSF Coach of the Year for the third-straight year after capturing the women's indoor conference title.

At the 2006 Pac-10 Championships McLain repeated as the long jump and triple jump champion. Bayne-Hackett also captured the 400-meter title in a school-record 52.35. At the 2006 West Regional, Nashonme Johnson captured the regional title in the 400 meters, leading the Cardinal to a first-place tie with USC. Floreal was named West Regional Outdoor Coach of the Year and went on to coach 11 athletes who were named All-Americans at the NCAA Championships.



In 2005, Stanford's crew of sprinters, hurdlers and jumpers were simply sensational in a season that led to the Pac-10 Conference and NCAA West Regional coach of the year honors for Floreal. McLain became the first woman in Pac-10 history to capture both the triple jump and long jump at the conference meet, which she would go on to accomplish three times. McLain's triple jump of 45-2 ½ was the American junior record and she later finished second at the NCAA West Regional and third at the NCAA Championships. McLain shattered her American junior record by winning the United States Outdoor Championship with an effort of 45-11 ¾, thus earning a berth on Team USA, which competed at the World Championships in Finland.

In 2005, Stanford captured its first Pac-10 title in women's track & field (in a school record 173 points over UCLA's 70). The Cardinal got wins from Undine Becker in the 400-meter hurdles and McLain in the triple jump and long jump, a second-place finish by the 400-meter relay team, and a third-place effort by Johnson in the 400 meters. Stanford's women's team then won the NCAA West Regional title led by wins by Davis in the 100 meters, as well as a victory in the 1,600-meter relay.

The Cardinal 1,600-meter relay team broke the school record with a time of 3:29.39 at the NCAA Championship in Sacramento in 2005. Stanford placed fifth as a team, its highest finish since 1992 when the Cardinal placed fourth.

Indoors at the 2005 NCAA Championship, McLain gained two All-American honors with a second-place finish in the triple jump and eighth place in the long jump. Indoor school records were broken by Wopamo Osaisai in the 60 meters, Nick Sebes in the 400 meters, Janice Davis in the 60 and 200 meters, Ashley Purnell in the 400 meters and the 1,600-meter relay team of Christina Moschella, Janice Davis, Ashley Freeman and Ashley Purnell. Osaisai later broke the long-standing school record in the 100 meters (10.39) at the Junior Pan Am Championships in 2005.

In his first season as head coach of the women's squad Floreal was named the 2004 MPSF Track and Field Coach of the Year after guiding the Cardinal to its second consecutive MPSF Indoor Track and Field Championship. At the 2004 NCAA Indoor Championships, Floreal coached Stanford to a seventh-place finish. Outdoors, he led Stanford to a runner-up finish at the 2004 Pac-10 Championships with 153 points. In addition, the Cardinal women finished sixth at the 2004 NCAA Outdoor Championships.

Several school records in the sprints and relays were set in 2004. The women's 4x100-meter relay and the 1,600-meter relay set school records for the second consecutive year, while the men broke a 26-year-old school record in the 4x100-meter relay. The women's 4x100-meter relay earned All-American honors at the NCAA Championships for the first time in school history with an eighth-place finish in the final. The men's 4x100-meter relay ran a time of 39.71 to qualify for the NCAA Championships. In the women's 400 meters, Johnson set a school record and Keisha Gaines set a freshman school record.

The 2003 track and field season was also filled with success for Stanford sprinters. The women's 1,600-meter relay won the Pac-10 Championship, set a then-school record, and qualified for the NCAA Championships. Johnson broke the freshman record in the 200 and 400 meters, and became the first Stanford sprinter since 1992 to compete at the NCAA Championship. In indoor competition, Jakki Bailey set a then-school record in the 60 meters while Ashley Purnell set the then-school record in the 200 meters. The women's indoor 1,600-meter relay team won the 2003 crown at the MPSF Championships. The men's 1,600-meter relay team captured top honors at the 2003 NCAA West Regional Championship. Lindsey Johnson (100-meter hurdles, 60 meter hurdles), Milton Little (60 meters), and Justin Williams (60-meter hurdles) each established new school records.

Floreal's vast technical knowledge in the sprints, hurdles and jumps, and his experience as a world-class athlete have benefited several athletes to outstanding individual accomplishments in a wide variety of events.

In 1999, Floreal coached Tracye Lawyer to the 1999 NCAA title in the heptathlon and her third consecutive Pac-10 title. Floreal coached Michael Ponikvar to three Pac-10 Conference high jump titles in 1999, 2001, and 2002. In 2003, Floreal coached Grace Upshaw to the U.S National Title in the women's long jump and No. 5 world ranking. Upshaw finished second



at the 2004 U.S. Olympic Trials to earn a spot on the U.S. Olympic team. In 2008, Floreal again led Upshaw to the Olympics where she placed eighth at the Beijing Games. Floreal also coached Stanford alumnus Jackie Edwards to her fourth Olympics in the long jump. In 2004, Floreal helped guide 2000 Stanford graduate Toby Stevenson to a silver medal at the Athens Olympics.

Floreal served as assistant coach for Team USA at the 2002 IAAF World Junior Track and Field Championships in Kingston, Jamaica, which featured the world record-setting men's 4x100-meter relay team, the first team to run under 39 seconds. Prior to his arrival at Stanford, Floreal produced 13 All-Americans in three seasons at Kentucky. He also enjoyed successful coaching stints at Georgia Tech and Nebraska.

Floreal graduated from Arkansas in 1990. While a student-athlete for the Razorbacks, he captured five NCAA triple jump titles and four NCAA team championships. He also competed for Canada at the 1988 and 1992 Summer Olympic Games.

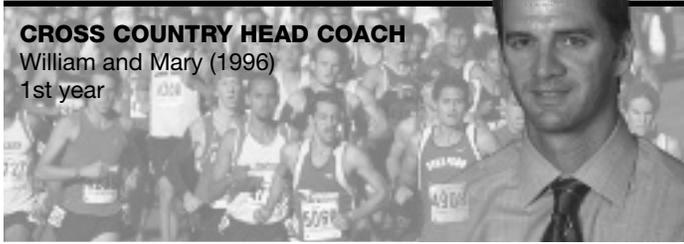
Floreal is married to LaVonna Martin-Floreal, the 1992 Olympic silver medalist in the 100-meter hurdles. The couple has two children, Edrick Jr. and Mikaielle. The Floreals reside in Palo Alto.



## JASON DUNN

### CROSS COUNTRY HEAD COACH

William and Mary (1996)  
1st year



Jason Dunn enters his first season as the head cross country coach at Stanford. He will also serve as an assistant coach during the track season working with the distance runners. Previously, Jason coached eight seasons at the University of Virginia where he led the Cavaliers to the national prominence.

Stanford Franklin P. Johnson Director of Track and Field, Edrick Floreal is thrilled to have Dunn aboard saying, "Jason is a young, committed, and accomplished men's and women's coach who embodies the academic and athletic excellence we hold here at Stanford. We are confident that Jason is the perfect match for Stanford and we are very excited about this new chapter in the program."

Dunn is excited for the opportunity at Stanford, saying, "I am truly honored by the opportunity to work with such talented student-athletes at one of the finest academic institutions in the world. I am also looking forward to building upon, and adding to, the rich tradition of Stanford cross country."

At Virginia, Dunn coached teams to the NCAA Championships on eight occasions (four men / four women). He has also led the 2005 and 2007 men's squads to the ACC title and in 2005 saw both the men's and women's teams advance to the NCAA Championships, marking the first time in school history both sides qualified for the championships in the same season. For his efforts, Dunn was honored as the 2005 and 2007 ACC Men's Cross Country Coach of the Year.

Under Dunn's direction, the 2007 Virginia men won their second conference title in three seasons. Under Dunn's direction, first-year Emil Heineking became just the second Cavalier to be named the ACC Freshman of the Year, as Andy Biladeau, who was also coached by Dunn, garnered Virginia's first-ever selection as the league's top rookie in 2005. The men also returned to the NCAA Championships for the third straight year, finishing in an impressive 12th place; the highest finish for Virginia since 1984. Heineking became the first male to earn cross country All-America honors under Dunn, while Emily Harrison earned her second All-American certificate for the women by virtue of her sixth place individual finish at the national meet. Harrison and Kara Scanlin also earned the distinction in 2005 with their 20th and 25th place finishes, respectively.

Dunn was the catalyst for the resurgence of the Virginia program. In 2004, Dunn led both the men's and women's teams to national ranking and coached both teams that sent individual entries to the NCAA Championships. In 2003, Dunn helped coach the men's team to the national meet for the first time in 20 years. He also saw Jennifer Owen collect a sixth-place finish at Nationals in 2001, the highest finish for a Cavalier since 1982. The 2001 women's squad finished ninth overall, its best finish since the program won a pair of NCAA championships in 1981 and 1982.

In all, Dunn brought 28 All-ACC honors to 17 different cross country runners in the past eight seasons. This tally was highlighted when seven Cavaliers earned conference honors in 2005, with the men's team winning the league championship for the first time since 1984. Regionally, Dunn led 23 runners to 40 all-region honors and nationally, five Cavaliers have earned All-America status. Harrison earned all-region honors all four years and was a two-time All-American, most recently finishing sixth place individually, in 2007 to become the most successful

individual athlete under Dunn.

On the track, Dunn coached 41 All-ACC performances among 20 different athletes. He led eight Cavaliers to nine individual ACC Championships and coached six All-Americans. Virginia distance runners recorded 18 NCAA Qualifying times during Dunn's tenure, while three school records fell under his guidance.

The 2006-07 year was capped off with Dunn mentoring Stephanie Garcia to the USA Junior National Steeplechase title in just her first year of competing in the event. Garcia also qualified for the NCAA's in the steeplechase and was joined in that same event by teammate Jan Foerster. Foerster won the ACC title in the 5,000 meters and earned runner-up honors in the steeplechase before smashing the Virginia school record in the event at the NCAA Championships, en route to earning All-America honors with his sixth place finish. Dunn also had four athletes qualify for NCAA's in the 10,000-meter run with Andrew Dumm on the men's side and a trio of athletes on the women's side in Harrison, Scanlin and Katie Read. Read earned All-America honors by virtue of her 10th place finish.

History was made in 2005, when Dunn's men's indoor distance medley team shattered the school record and qualified for the NCAA indoor championships. His 2007 DMR team then bettered the Virginia record by over a second and earned All-America honors with a seventh place finish at the NCAA Indoor Championships.

Between those years, his 2006 men's squad dominated the ACC Outdoor Championships in the distance events, earning 78 points in five events from 800 to 10,000 meters. Led by Dumm and Ryan Foster's first-place finishes in the 5,000 and 10,000 meters respectively, the men's distance runners strung together one of the most prolific scoring outputs in conference history. These strong finishes helped Dunn earn the honor of NCAA East Region Men's Assistant Coach of the Year for distance events.

The 2005 indoor ACC title in the 800 meters belonged to McGavock Dunbar, who added it to the outdoor conference title that he won in 2003. Dunn has also guided Will Christian (2004) and Foerster (2007) to the 5000-meter ACC titles. Additionally, Dana Coons (2001) and Jane Maxwell (2003) each won conference titles in the 10,000 meters. Dawn Cleary also won an ACC championship in the 3000-meter steeplechase in 2003, before earning All-America honors with her sixth place finish at NCAA's in the same event.

Dunn's athletes and teams have also excelled in the classroom as both the men's and women's cross country squads have been named All-Academic teams each of the last five years. In 2004, then men's cross country team earned the highest team cumulative GPA for a men's team at Virginia. Additionally, Dunn's athletes have achieved All-Academic status as individuals in cross country and track & field on twenty-two occasions.

Before coming to Virginia, Dunn served as an assistant coach for Arizona State's men's and women's cross country and track & field teams. While at ASU, Dunn was part of a staff that built the distance program from the ground up. During his tenure, the men's and women's cross country teams went from never before qualifying for the NCAA Championships to finishing 14th and 12th respectively in 1999. Additionally, athletes Dunn tutored in his years with the Sun Devils earned three All-American certificates in cross country, and seven more on the track.

Prior to his stint in Tempe, Dunn served as an assistant cross country coach at William and Mary, his alma-mater, for the 1996 season. He shared duties in an interim position for a team that ranked in the top 20 nationally and won a Colonial Athletic Conference title.

During his collegiate years at William and Mary, Dunn served as team captain and belonged to two NCAA-qualifying cross country teams. He also earned all conference honors in cross country and on the track where he was the 1996 CAA Champion in the steeplechase. Dunn also received All-East honors in the steeplechase and went on to qualify provisionally for the NCAA Championships and the Olympic Trials. Dunn received his B.A. in government from William and Mary in 1996 and a M.Ed. in Curriculum and Instruction with a physical education emphasis from Arizona State in 1999.



## DAVID VIDAL

**ASSISTANT COACH**  
Stanford (2005)  
3rd year



Former Stanford standout David Vidal enters his third season on The Farm as an assistant coach to the men's and women's cross country and track teams. A 2006 graduate, Vidal ranks among the best steeplechasers in Stanford history.

"David Vidal has been a key ingredient in the success of both of our men and women cross country programs," said Franklin P. Johnson Director of Track and Field, Edrick Floreal. "He will continue to play an important role under new head cross country coach Jason Dunn."

Since being hired, Vidal has been the assistant for 35 All-Americans and seven Pac-10 Champions.

"David's experience as a student-athlete at Stanford as well as his enthusiasm for the sport make him an invaluable member of our coaching staff," said Dunn. "Our athletes and myself are very fortunate to have him on board."

In his second season as an assistant, the women's squad captured its second-consecutive NCAA Cross Country title, and fifth in program history. The women swept every postseason race, including winning its 12th consecutive Pac-10 title, and ninth consecutive West Regional. Arianna Lambie was named Pac-10 athlete of the year, while Lambie, Lauren Centrowitz, and Katie Harrington earned All-America honors in cross country. On the men's side Neftalem Araia and Russell Brown also earned All-America honors.

During his first season, in 2006-07, the Cardinal women won their second consecutive NCAA title, in addition to capturing the 2006 Pac-10 and West Regional titles. Individually he coached All-Americans Lambie and Teresa McWalters and a team that swept the top four places at the Pac-10 meet. The men's team turned in runner-up finishes at the 2006 Pac-10 and West Regional Championships and finished the season on the podium with a fourth-place finish at the NCAA Cross Country Championship that included national runner-up, Neftalem Araia.

One of Vidal's strengths is recruiting where he has identified and matriculated back to back nationally heralded men's and women's recruiting classes.

Vidal came to Stanford as a student-athlete in 2001 and ran five years for the Cardinal. Known as a positive leader and consistent competitor, Vidal helped Stanford to a pair of Pac-10 cross country championships, two NCAA West Regional titles and top finishes at the NCAA Cross Country Championships. He was also the 2005 cross country team co-captain.

In track, Vidal was the 2005 Big Meet champion in the 3,000-meter steeplechase before earning runner-up honors in the event at the Pac-10 Championships. He also finished ninth in the steeplechase at the 2005 U.S. Outdoor Track & Field Championships. Vidal's time of 8:43.07 at the 2005 Pac 10 Championship ranks him fifth all-time at Stanford.

A native of Kalispell, Mont., Vidal still holds the high school 1,600-meter state record. He graduated from Stanford in 2006 with a degree in human biology. He was a three-time Pac-10 All-Academic track and field selection and a three-time Pac-10 All-Academic cross country selection during his time on The Farm.



## MARY JO ALEXANDER

**DIRECTOR OF OPERATIONS**



## NINA HOLLEY

**TRAINER**



## JULIE GUZMAN

**TRAINER**



## DOUG CONSIGLIO

**MASSAGE THERAPIST**



## RICKY BRACKETT

**MEDIA RELATIONS COORDINATOR**





## 2008 Men's Cross Country Roster

Name	Year	Exp.	Hometown (High School)
Chris Derrick	FR	HS	Naperville, IL (Neuqua Valley)
Hakon DeVries	SR	3V	Hopewell Junction, NY (John Jay)
Jacob Evans	SR	3V	Watsonville, CA (Aptos)
Dylan Ferris	FR	HS	Kernersville, NC (East Forsyth)
Brendan Gregg	SO	1V	Davis, CA (Davis Senior)
Kevin Havel	FR	HS	Arlington Heights, IL (John Hersey)
Elliott Heath	SO	1V	Winona, MN (Winona Senior)
Garrett Heath	SR	3V	Winona, MN (Winona Senior)
Benjamin Johnson	FR	HS	Albuquerque, NM (Albuquerque Academy)
Justin Marpole-Bird	SO	1V	Vancouver, B.C., Canada (St. George's School)
Hari Mix	SR	3V	Charlottesville, VA (Albermarle)
Chris Mocko	SR	3V	McLean, VA (Thomas Jefferson HS for Science and Technology)
Justin Reed	JR	2V	Los Angeles, CA (Loyola)
Jacob Riley	RS FR	SQ	Bellingham, WA (Sehome)
J.T. Sullivan	RS FR	SQ	Rancho Santa Margarita, CA (Trabuco Hills)
Riley Sullivan	FR	HS	Rancho Santa Margarita, CA (Trabuco Hills)
Miles Unterreiner	FR	HS	Gig Harbor, WA (Gig Harbor)



## HAKON DeVRIES

### TWO TIME ALL-AMERICAN

Senior  
Hopewell Junction, NY  
(John Jay)

**Stanford:** Has been an important member of the cross country and track teams during his time on The Farm ... will be looked to for leadership during his senior season ... an experienced member of the postseason cross country squad at Stanford ... earned an All-America honor in track in 2006 when he finished 13th in the 5,000 meters at the NCAA Championships ... earned a second All-America honor as a member of the Stanford distance medley relay team that finished fourth at the NCAA Indoor Championships in 2008 ... NCAA West Regional Qualifier outdoors in the 1,500 meters in 2008.

**2007 Season (Junior):** A member of the Stanford team that competed at the NCAA Championships ... at the NCAA West Regional Championships, placed 26th with a time of 30:51.0 ... ran a season-best 8,000-meter time of 23:30.0 at the Pac-10 Championships to place 17th and help Stanford to a runner-up finish ... ran a time of 24:09 at the Pre-NCAA Invitational to place 56th and help Stanford to a sixth-place finish ... finished 10th at the Stanford Invitational with a time of 24:17 to score for Stanford, which won the meet title.

**2006 Season (Sophomore):** Earned a 78th-place finish at the NCAA Championships, helping the Cardinal to a fourth-place team finish ... placed 21st at the NCAA West Regional where Stanford finished second ... finished 21st at the Pac-10 Championships, helping the Cardinal to a second-place finish ... also earned a second-place finish at the Pre-NCAA Meet.

**2005 Season (Freshman):** Finished fifth at the Murray Keating Invitational to help Stanford win the team title ... runner-up in the 4,000 meters at the Stanford Invitational, leading the Cardinal to team championships in both races.

**2004 Season:** Redshirted.

**International Competition:** Competed for the United States at the 2005 World Junior Cross Country Championship in France, finishing 50th over the 8,000-meter course.

**High School:** Two-time New York state high school two-mile champion ... 2003 indoor state champion in the 1,600 meters ... a member of the state championship 4 x 800 meter relay team in 2004 ... 2004 Gatorade New York State Runner of the Year ... Foot Locker National Championship finalist as a junior ... high school All-American in the two-mile ... New York cross country individual champion in 2002 ... 2002 New York State Cross Country Runner of the Year.

**Cardinal Catalogue:** Majoring in human biology ... Parents are Ken and Christine DeVries ... 2005 Pac-10 All-Academic cross country selection ... also a 2006 Pac-10 All-Academic honorable mention choice in track and field.



## JACOB EVANS

### **ALL-AMERICAN**

Senior  
Watsonville, CA  
(Aptos)

**Stanford:** An experienced member of the Stanford distance squad ... will bring depth to a talented cross country team ... earned an All-America honor during the 2008 indoor track season by running the 800-meter leg of the distance medley relay that finished fourth at the NCAA Indoor Championships ... 2008 NCAA West Regional qualifier in the 1,500 meters.

**2007 Cross Country Season (Junior):** Ran in three races for the Cardinal during the 2007 season ... recorded a season-best 8,000-meter time of 25:08 at the Stanford Invitational when he finished 46th ... best finish of the season came at the Chico State Invitational, when he finished 15th.

**2006 Cross Country Season (Sophomore):** Recorded a third-place finish in the 4,000 meters at the Stanford Invitational, helping the Cardinal capture victories in both races ... also earned a 22nd-place finish at the Bronco Invitational.

**2005 Cross Country Season (Freshman):** Finished ninth in the 4,000 meters at the Stanford Invitational to help the Cardinal to team victories in both races.

**2004 Cross Country Season:** Redshirted.

**High School:** Two-time Central Coast Section champion in the 800 and 1,600 meters ... Four-time league champion in the 800 meters.

**Cardinal Catalogue:** Human biology major ... parents are Jim Petralia and Jennifer Evans-Lee ... 2008 Pac-10 All-Academic honorable mention in outdoor track and field ... All-MPSF academic choice during the 2008 indoor season.

## GARRETT HEATH

### SEVEN TIME ALL-AMERICAN

Senior  
Winona, MN  
(Winona Senior)

**Stanford:** A key member of the Stanford program that will be counted on during his final year on The Farm ... a postseason contributor both on the cross country course and on the track ... a seven-time All-American, including twice indoors (mile, DMR) and in the 1,500 meters outdoors during the 2008 season ... a semifinalist at the 2008 U.S. Olympic Trials in the 1,500 meters.

**2007 Season (Junior):** Ran season-best 8,000-meter time of 23:47.7 at the Pac-10 Championships to help Stanford to a runner-up finish ... finished 28th at the NCAA West Regional with a time of 30:52.35 to help Stanford to third place ... a scoring member of the Stanford team that competed at the NCAA Championships.

**2006 Season (Sophomore):** Earned a 64th-place finish at the NCAA Championships, helping the Cardinal to a fourth-place team finish ... finished 22nd at the Pac-10 Championships as Stanford finished in the runner-up position ... recorded an 18th place finish at the NCAA West Regional ... also finished 18th at the Pre-NCAA Invite.

**2005 Season (Freshman):** Helped the Cardinal to a sixth-place finish at the NCAA Championships ... finished 23rd at the NCAA West Regional ... competed for Stanford at the Pac-10 Championships where the Cardinal won a sixth-straight team title ... placed third in the 8,000 meters at the Stanford Invitational, helping the Cardinal capture team titles in both races.

**2004 Season:** Redshirted.

**International Competition:** Posted personal bests in the 800 meters (1:49.71) in Jona, Switzerland, and in the 1,500 meters (3:39.96) in Cuxhaven, Germany during the summer of 2007.

**High School:** 2003 and 2004 Minnesota state mile and two-mile champion ... top-10 finisher at the Foot Locker National Championships as a junior and senior ... two-time Minnesota state cross country champion as a junior and senior ... two-time Minnesota state champion in Nordic skiing.

**Cardinal Catalogue:** Management science and engineering major ... parents are Bob and Linda Heath ... 2006 and 2007 USTFCCCA All-Academic Track and Field Team member ... also selected to the 2007 Pac-10 All-Academic first team and the 2006 Pac-10 All-Academic second team ... named to the 2006 Pac-10 Cross Country All-Academic first team ... named 2008 MPSF All-Academic for indoor track and field.



## HARI MIX

### ALL-AMERICAN

Senior  
Charlottesville, VA  
(Albemarle)

**Stanford:** A talented long-distance runner with postseason experience that will be counted on to provide an impact this season ... earned his first All-America finish at the 2007 NCAA Outdoor Track and Field Championships in the 5,000 meters ... in 2008, ran NCAA national provisional qualifying time in the 10,000 meters and a regional qualifying time in the 5,000 meters.

**2007 Season (Junior):** Placed fifth at the Pac-10 Championships with a time of 23:11.6 to earn All-Pac-10 first team honors ... placed 10th at the NCAA West Regional meet with a time of 30:20.60 to help Stanford to a third-place finish ... competed for Stanford at the NCAA Championships.

**2006 Season (Sophomore):** Placed 53rd at the Pac-10 Championships as Stanford finished in the runner-up position ... earned a 28th-place finish at the Pre-NCAA Meet ... claimed ninth at the Stanford Invitational 8,000 meters, helping the Cardinal to victories in both races.

**2005 Season (Freshman):** Finished 28th at the NCAA West Regional ... Placed 19th at the Pac-10 Championships to help Stanford win its sixth-straight team title ... finished fifth at the Pre-NCAA Meet ... helped the Cardinal claim team championships in both races at the Stanford Invitational.

**2004 Season:** Redshirted.

**High School:** 2004 Virginia state high school indoor champion in the 3,200 meters ... Nike Indoor All-American in the 3,200 meters ... Virginia Cross Country Runner of the Year in 2003 ... 2003 Central Virginia Scholar-Athlete of the Year.

**Cardinal Catalogue:** Geological and environmental sciences major ... parents are Tom and Madhuri Mix ... 2007 USTFCCCA Academic All-American ... 2005, 2006, and 2007 Pac-10 All-Academic cross country selection ... also a 2008 Pac-10 All-Academic second team selection and a 2006 Pac-10 All-Academic honorable mention selection in track and field ... 2008 All-Academic MPSF selection in indoor track and field.



## CHRIS DERRICK



Freshman  
Naperville, IL  
(Neuqua Valley)

**High School:** The 2007-08 Gatorade National Boys Cross Country Runner of the Year ... led his team (Neuqua Valley) to a national team championship with his first-place finish at the 2007 Nike Team Nationals ... finished second at the Foot Locker Cross Country Championships ... ran 13:55.96 for 5,000 meters, the fastest time ever in an all high school race ... as a junior ran 8:54.64 in the 3,200 meters - one of the fastest times ever by a high school junior ... as a senior improved his 3,200-meter time to 8:48.90.

**Cardinal Catalogue:** Undeclared major with in an interest in law ... parents are Richard and Janet ... one brother, Mark, 14.

## BRENDAN GREGG



Sophomore  
Davis, CA  
(Davis Senior)

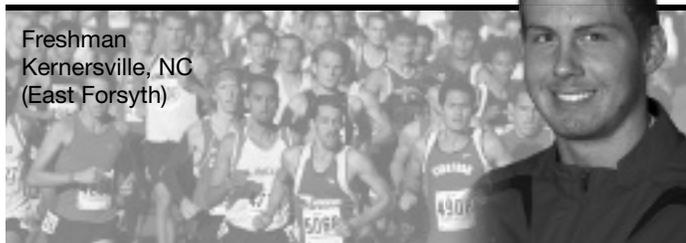
**Stanford:** Gained valuable cross country experience with postseason competition as a freshman ... competed in both middle and long distances on the track in the spring.

**2007 Season (Freshman):** Represented Stanford as a freshman at the Pac-10 Championships where he helped the Cardinal to a runner-up finish, placing 51st with a time of 24:24.1.

**High School:** The 2006 Stanford Cross Country Invitational champion ... won the 3,000 meters at the 2007 Stanford Track and Field Invitational ... led his team to a third-place finish at the 2007 Division I California state cross country championships ... ran a personal best 9:02.34 two-mile for a third-place finish at the 2007 Arcadia Invitational ... medalist at the California State Meet in cross country and track.

**Cardinal Catalogue:** Undeclared major ... parents are Bill and Carolee Gregg.

## DYLAN FERRIS



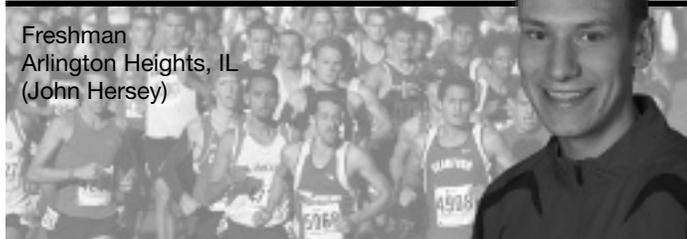
Freshman  
Kernersville, NC  
(East Forsyth)

**High School:** A middle-distance specialist with international experience, he was among the nation's best in both the 800 meters (1:49.27) and the 1,600 meters (4:06.58) ... he is the 2006, 2007, and 2008 North Carolina state 800-meter champion and the 2007 and 2008 North Carolina state champion in the 1,600 meters ... represented the United States and qualified for the final at the 2007 World Youth Championships in Ostrava, Czech Republic ... ran 1:49.48 for 800 meters in 2008, the fifth-fastest time in the nation.

**Cardinal Catalogue:** Interested in majoring in engineering at Stanford ... parents are Dennis and Robyn Ferris.



## KEVIN HAVEL



Freshman  
Arlington Heights, IL  
(John Hersey)

**High School:** A distance specialist who was among the top-10 junior two-milers in the nation in 2007 ... ran 4:14.38 in the 1,600 meters and 8:59.20 in the 3,200 during the 2008 season ... in the 2007 cross country season, he finished seventh at the Foot Locker National Cross Country Championships to establish himself as a high school cross country All-American.

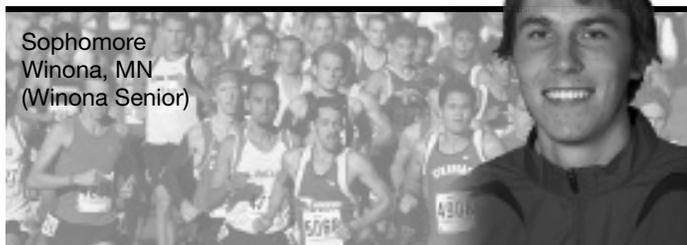
**Cardinal Catalogue:** Interested in majoring in engineering at Stanford ... parents are Dennis and Robyn Ferris.

**2007 Season (Freshman):** Finished 35th at the Pac-10 Championships with a time of 23:59.9 ... finished 41st with a 10,000-meter time of 31:11.85 at the NCAA West Regional Championships ... was a member of the Stanford team at the NCAA Championships.

**High School:** The 2005 Minnesota state cross country champion ... the 2006 and 2007 Minnesota state champion in the 3,200 meters ... holds the AA State Meet record in the 3,200 meters ... a 2006 Foot Locker national cross country finalist ... the 2007 U.S. junior cross country champion ... finished third in the two mile at the 2007 Nike Outdoor Nationals with a personal-best of 8:46.12 ... the fastest two-miler ever from the state of Minnesota ... the 11th-fastest two-mile by a high school athlete since 1999 ... the 2007 U.S. junior 5000-meter Champion ... finished second in the 5,000 meters at the Junior Pan American Games in Sao Paulo, Brazil.

**Cardinal Catalogue:** Undeclared major ... parents are Bob and Linda Heath.

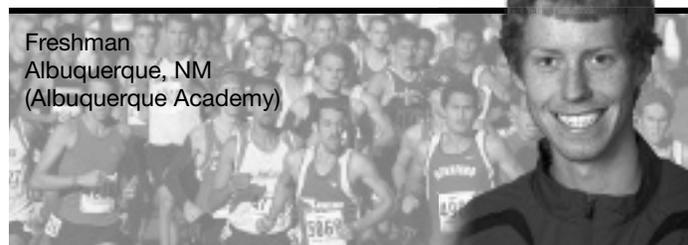
## ELLIOTT HEATH



Sophomore  
Winona, MN  
(Winona Senior)

**Stanford:** Gained experience during the cross country postseason of his freshman season ... will be counted on as a key contributor this season ... NCAA West Regional Qualifier on the track in the 5,000 meters during his freshman season when he ran a time of 13:59.12.

## BENJAMIN JOHNSON



Freshman  
Albuquerque, NM  
(Albuquerque Academy)

**High School:** A high school cross country All-American who was the top junior at the 2006 Foot Locker National Cross Country Championships with his sixth-place finish ... led his team to a third place national finish with a third place individual finish at the 2007 Nike Team Nationals ... the 2007 New Mexico state cross country champion and the 2007 Gatorade New Mexico State Boys Cross Country Runner of the Year ... in 2008 ran 9:07.41 for the 3,000-meter steeplechase, the second-fastest high school time in the nation.

**Cardinal Catalogue:** Major is undeclared, but interested in engineering ... parents are William and Pamela Johnson ... has two brothers, Jeremy, 23 and Ricky, 25.



## CHRIS MOCKO

Senior  
McLean, VA  
(Thomas Jefferson HS for Science and  
Technology)

**Stanford:** An experienced member of the Stanford distance program that will be looked to for leadership in 2008 ... a 2007 and 2008 NCAA West Regional qualifier in the steeplechase.

**2007 Season (Junior):** Ran a season-best 8,000 meter time of 24:45 at the Stanford Invitational where he finished 19th ... finished 21st at the Bronco Invitational with a time of 25:23 ... placed 27th with a time of 27:40.6 at the Chico State Invitational.

**2006 Season (Sophomore):** Finished in fourth place at the Stanford Invitational 4,000 meters, guiding the Cardinal to victory ... also earned a 12th-place finish at the Bronco Invitational.

**2005 Season (Freshman):** Competed in the 8,000 meters at the Stanford Invitational to help the Cardinal capture team titles in both races.

**2004 Season:** Redshirted.

**High School:** A six-time all-state performer ... led his squad to a team championship at the 2002 Virginia High School Cross Country State Championship ... a member of Thomas Jefferson's distance medley relay team that earned outdoor All-American honors in 2004 ... also a member of the four-mile relay team that earned indoor All-American honors during the 2002-2003 season.

**Cardinal Catalogue:** Management science & engineering major ... parents are Paul and Madeline Mocko ... second-team Pac-10 All-Academic and MPSF All-Academic in 2008.



## JUSTIN MARPOLE-BIRD

Sophomore  
Vancouver, BC, Canada  
(St. George's School)



**Stanford:** Gained valuable postseason cross country experience at the Pac-10 Championships in 2007 ... an experienced competitor in both middle and long distances on the track ... a 2008 West Regional finalist in the 1,500 meters.

**2007 Season (Freshman):** Finished as the runner-up at the Chico State Invitational with an 8,000-meter time of 26:20.4 ... ran a season-best 8,000-meter time of 24:09 at the Pac-10 Championships ... finished 12th at the Stanford Invitational to help Stanford to the meet title.

**2006 Season:** Redshirted.

**International Competition:** A member of the 2006 Canadian Junior Team that competed at the World Junior Track and Field Championships in Beijing, China, competing in the 1,500 meters.

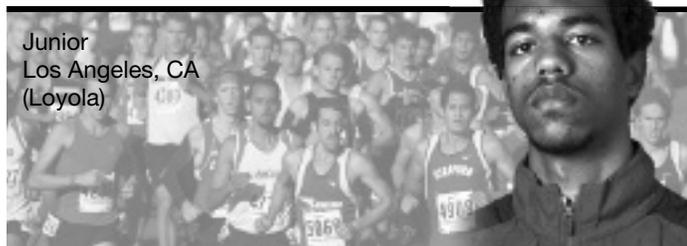
**High School:** Captured the 1,500-meter and 3,000-meter titles at the 2006 British Columbia High School Championships ... runner-up in the 1,500 meters at both the British Columbia Junior Championships and the Canadian Junior Championships ... runner-up in the 1,500 meters at the 2005 British Columbia High School Championships ... 2004 and 2005 British Columbia High School Cross Country champion ... finished eighth in the 1,500 at the World Youth Final ... holds the Canadian Youth record in the 1,500 meters at 3:47.4, but also set a personal record of 3:45.9 in the 1,500 meters at the World Junior Championships in China.

**Cardinal Catalogue:** Undeclared major ... parents are John Bird and Monica Marpole ... 2008 Pac-10 All-Academic honorable mention for outdoor track and MPSF All-Academic for indoor track.





## JUSTIN REED



Junior  
Los Angeles, CA  
(Loyola)

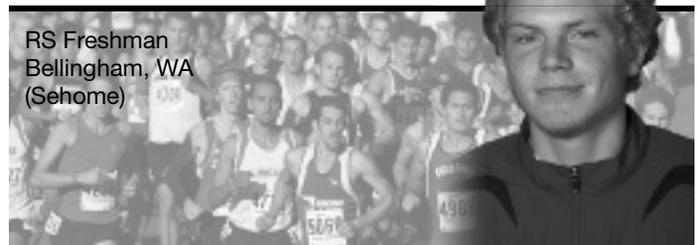
**Stanford:** Entering his second year as a member of the cross country team and will look to add depth ... a middle distance specialist on the track.

**2007 Season (sophomore):** Competed in the Bronco Invitational where he ran an 8,000-meter time of 28:13.

**High School:** A 2006 graduate of Loyola High School in Los Angeles ... Finished third in the 800 meters at the 2006 California State Championship ... runner-up in the 800 meters at the 2006 CIF Southern Section Division II Championships and helped his 4x400 meter relay team to a third-place finish at the championships ... in 2005, helped his distance medley relay team to the Mt. SAC Invitational championship and a national-best time ... also placed sixth in the 800 meters at the 2005 CIF Southern Section Division II Championships ... finished third in the 800 meters at the 2004 CIF Southern Section Division II Championships ... helped his squad to the CIF Southern Section Division II team title in 2004.

**Cardinal Catalogue:** African and African-American studies major ... parents are Michael and Miko Reed ... father, Michael, was a starting running back for the University of Northern Iowa ... uncle Curt Flood won six Gold Gloves for the St. Louis Cardinals and held the record for the most consecutive major league games without an error ... uncle, David Reed, was the Missouri high school state champion in the 100-yard dash ... 2008 second-team Pac-10 All-Academic and MPSF All-Academic.

## JACOB RILEY



RS Freshman  
Bellingham, WA  
(Sehome)

**Stanford:** Gained valuable experience on the track after redshirting last cross country season ... scored for Stanford at the Pac-10 Track and Field Championships after finishing eighth in the 10,000 meters ... should be ready to make an impact during his first cross country season at Stanford.

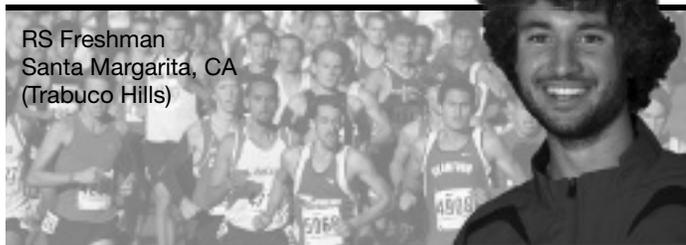
**2007 Season:** Redshirted.

**High School:** Finished third at the Washington State 3A Cross Country State Championships in 2005 ... was the 2006 2A Cross Country State Championships ... Member of the winning team at the 2005 Washington State Cross Country Championships titlist ... earned All-America honors with his 14th-place finish at the 2006 Foot Locker National Championships ... finished fourth in the 1,600 meters and second in the 3,200 meters at the 2007 Washington State Track and Field Championships ... member of the 2007 Washington State Track & Field Championships team ... school record-holder in the 3,200 meters with his time of 9:00.50.

**Cardinal Catalogue:** Undeclared major ... parents are Ralph Riley and Kathi Peacock.



## J.T. SULLIVAN



RS Freshman  
Santa Margarita, CA  
(Trabuco Hills)

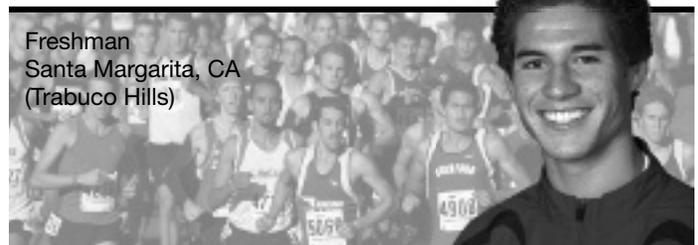
**Stanford:** NCAA West Regional qualifier in the steeplechase during his freshman season ... entering his first cross country season where he will be a strong member of the Stanford squad.

**2007 Season:** Redshirted.

**High School:** All-American in outdoor track ... led his team to the California state cross country championship and to an all-time California team-time record in cross country ... second-place finish at State Meet in cross country ... finished second in the two-mile at the 2007 Arcadia Invitational with a personal best of 9:01.32 ... the California state leader in 3,200 meters during the 2007 track season ... two-time all-state in both cross country and track ... personal bests of 4:12.53 in the 1,600 meters, and 8:58.68 in the 3,200 meters.

**Cardinal Catalogue:** Undeclared major ... parents are John and Lisa Sullivan.

## RILEY SULLIVAN

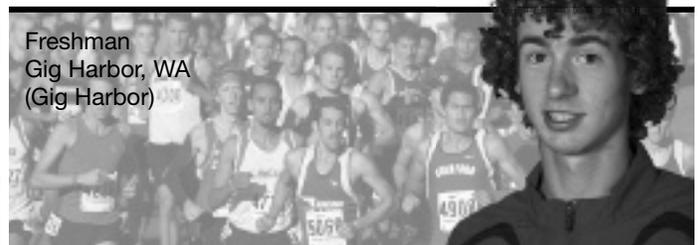


Freshman  
Santa Margarita, CA  
(Trabuco Hills)

**High School:** Finished 20th at the 2007 Foot Locker National Championships in cross country ... ran a time of 8:56.09 for 3,200 meters at the Arcadia Invitational ... ran 4:12.72 for 1,600 meters to win the Orange County Championships ... finished second at the 2007 Division 1 California State Cross Country Meet and was a member of the 2006 Trabuco Hills state championship team.

**Cardinal Catalogue:** Undeclared major ... parents are John and Lisa Sullivan.

## MILES UNTERREINER



Freshman  
Gig Harbor, WA  
(Gig Harbor)

**High School:** A 2007 Foot Locker national finalist ... the Gatorade Washington State Boys Cross Country Runner of the Year ... 2007 Washington state champion and the winner of the Washington vs. Oregon Boarder Clash in cross country ... finished fifth at the Foot Locker West Regional to qualify for the Foot Locker National Championships ... 2008 Washington 4A State Champion in the 1,600 and 3,200 meters ... 2008 Gatorade Washington State Boys Track Athlete of the Year ... in 2007 won the prestigious Golden West Invitational and has a mile best of 4:13.20 ... personal best for 3,200 meters is 9:02.68.

**Cardinal Catalogue:** Major is undeclared ... parents are John and Alison ... mother, Alison competed in the first U.S. Olympic women's marathon trials in 1984.





## 2008 Women's Cross Country Roster

Name	Year	Exp.	Hometown (High School)
Emilie Amaro	FR	HS	Cooper City, FL (Cypress Bay)
Lauryne Chetelat	FR	HS	Davis, CA (Davis Senior)
Claire Collison	FR	HS	La Crescenta, CA (Crescenta Valley)
Madeline Duhon	RS FR	SQ	Wassenaar, The Netherlands (The American School of the Hague)
Lindsay Flacks	SR	3V	Calabasas, CA (Harvard-Westlake)
Alicia Follmar	SR	3V	Saratoga, CA (Saratoga)
Alexandra Gits	SO	1V	Edina, CA (Edina)
Georgia Griffin	FR	HS	Norwich, VT (Hanover)
Katie Harrington	SR	3V	Carmel, IN (Carmel)
Maria Lattanzi	FR	HS	Palo Alto, CA (Palo Alto)
Stephanie Marcy	RS FR	SQ	Sequim, WA (Sequim)
Sarah McCurdy	FR	HS	Bridgewater, NY (Bay Shore)
Emma Miller-Bedell	FR	HS	Orangeburg, NY (Tappan Zee)
Kate Niehaus	JR	2V	Columbia, SC (Spring Valley)
Maddie O'Meara	JR	2V	Mercer Island, WA (Mercer Island)
Victoria Pennings	FR	HS	Warwick, NY (Warwick)
Kaylin Pennington	JR	2V	Benicia, CA (Benicia)
Kristen Reese	FR	HS	Holmes, NY (Carmel)
Anna St. Geme	SO	1V	Newport Beach, CA (Corona Del Mar HS)
Kelsey Walker	JR	2V	Bellevue, WA (Bellevue)



## LINDSAY FLACKS

### ALL-AMERICAN

Senior  
Calabasas, CA  
(Harvard Westlake)

**Stanford:** Will bring valuable post-season experience to Stanford during her final year on The Farm ... an All-American and international competitor in cross country that will make a major impact for the Cardinal in 2008.

**2007 Season (Junior):** Competed in the Pac-10 Championships for Stanford, where she finished 54th with a time of 21:47.4 ... competed in the Bronco Invitational, where she ran a 5,000 meter time of 18:44 to finish 63rd.

**2006 Season (Sophomore):** Earned a 56th-place finish at the NCAA Championships, helping Stanford to a team title ... finished 13th at the NCAA West Regional ... also earned a 26th place finish at the Pre-NCAA Invite.

**2005 Season (Freshman):** Earned All-American honors after finishing 25th at the NCAA Championship and helping Stanford to its second national title in three years ... placed sixth at the NCAA West Regional to lead the Cardinal to a seventh-straight team title ... finished third at the Pac-10 Championships as Stanford claimed a 10th-straight team victory ... recorded a sixth-place finish on the 6,000-meter course at the Stanford Invitational to help the Cardinal cruise to wins in both races.

**2004 Season:** Redshirted.

**International Competition:** Finished fourth at the U.S. Junior Cross Country Championships in 2005 to qualify for the 2005 World Junior Cross Country Championship in France, where she finished 30th.

**High School:** 2003 Foot Locker National Championship finalist ... runner-up at the 2003 Foot Locker West Regional Championship ... two-time CIF-southern section cross country individual champion ... 2004 California high school champion in the 3,200 meters ... Los Angeles Times Cross Country Athlete of the Year and three-time Los Angeles Daily News Athlete of the Year.

**Cardinal Catalogue:** Psychology major ... parents are Dawn and Scott Flacks ... a 2006 Pac-10 All-Academic honorable mention choice in track and field ... Selected to the 2005 and 2006 Pac-10 All-Academic team.



## ALICIA FOLLMAR

### **TWO-TIME ALL-AMERICAN**

Senior  
Saratoga, CA  
(Saratoga)

**Stanford:** A main contributor for the Cardinal last season that will be counted on for results again this season ... earned her first two All-America honors at Stanford during the indoor track season, competing in the mile and the distance medley relay at the NCAA Indoor Championships.

**2007 Season (Junior):** Ran a season best 6,000-meter time of 20:51 at the NCAA Pre-Nationals where she finished 23rd ... had fourth-place finishes at both the Chico State Invitational and the Stanford Invitational to help the Cardinal to team titles.

**2006 Season (Sophomore):** Helped the Cardinal to a second straight national title at the NCAA Championships ... finished 31st at the Pre-NCAA Invite ... Earned a 22nd-place finish at the NCAA West Regional where Stanford took the team title ... earned an 18th-place finish at the Pac-10 Championships ... also finished tenth at the Stanford Invitational.

**2005 Season (Freshman):** Helped Stanford to a 10th-straight team title at the Pac-10 Championship ... finished fourth on the 4,000-meter course at the Stanford Invitational as the Cardinal won both races.

**High School:** Two-time California state champion in the 1,600 meters ... four-time Central Coast Section (CCS) champion, including the 1,600 and 800 meters her senior year ... a California Division III state champion in cross country ... CCS Division III cross country champion in 2004 ... Stanford Invitational cross country champion.

**Cardinal Catalogue:** Human biology major ... parents are Ken and Debbie Follmar ... Named to the 2006 USTFCCCA All-Academic Track and Field Team ... selected as a 2006 Pac-10 Cross Country All-Academic Honorable Mention ... named a 2007 and 2008 Pac-10 Track & Field Academic Honorable Mention ... 2008 MPSF All-Academic for indoor track.

## ALEXANDRA GITS

**ALL-AMERICAN**

Sophomore  
Edina, MN  
(Edina)



**Stanford:** Made an immediate impact on The Farm as a freshman, as she helped lead the Stanford cross country team to the 2007 NCAA title ... also earned All-America honors on the track when she placed third in the 10,000 meters at the NCAA Outdoor Championships ... the long-distance specialist will be looked to for big results in 2008.

**2007 Season (Freshman):** Recorded a season-best effort at the NCAA West Regional Meet where she finished third with a time of 20:23.40 to help Stanford to the team title ... came in as Stanford's No. 4 runner at the NCAA Championships where she finished 53rd with a time of 21:12.4 to help the Cardinal to the NCAA title ... debuted at the Pre-NCAA Invitational where she finished 31st with a time of 20:51, helping the Cardinal to the meet title.

**International Competition:** Gits was the top American finisher in the junior race at the 2008 World Cross Country Championships from Edinburgh, Scotland ... she finished 13th overall in a time of 20:41 to pace the American team that finished sixth ... qualified for the race by placing second in the junior race at the 2008 United States Cross Country Championships.

**High School:** The 2006 Minnesota state cross country champion ... 2007 Minnesota state track & field 3,200-meter champion ... finished fourth at the 2006 Footlocker Cross Country Midwest Regional ... finished sixth at the 2006 Foot Locker National Cross Country Championships ... owns the Edina High School record in the 1,600, the 3,200, and the 5,000 meters in cross country ... the 2007 USA Track and Field Junior National runner up in the 5000 meters along with a fourth place finish in 3,000 meters ... the nation's fourth-fastest 5,000 meter time as a junior in 2007 with a time of 16:50.47.

**Cardinal catalogue:** Undeclared major ... parents are Charlie and Kim Gits.



## KATIE HARRINGTON

### ALL-AMERICAN

Senior  
Carmel, IN  
(Carmel)

**Stanford:** A veteran post-season performer for Stanford ... a returning All-American from last season's NCAA Championship cross country squad ... a key member of the Stanford program that will be relied upon on her final season on The Farm.

**2007 Season (Junior):** Earned All-America honors for her 40th place finish at the NCAA Championships, which helped the Cardinal win the NCAA title ... finished 14th at the NCAA West Regional meet with an 6,000-meter time of 20:49.40 ... placed 21st at the Pac-10 Championships with a time of 20:52.3 ... season-best ninth-place finish at the Stanford Invitational with a time of 21:08.

**2006 Season (Sophomore):** Earned a ninth-place finish at the Stanford Invitational ... finished 55th at the Pre-NCAA Invite ... also recorded a fifth-place finish at the Aggie Open.

**2005 Season (Freshman):** Helped the Cardinal to its second national championship in three years ... recorded a top-20 finish at the NCAA West Regional as Stanford claimed the team title ... earned a top-25 finish at the Pac-10 Championship to help the Cardinal to a 10th-straight team victory ... finished 14th at the Stanford Invitational as the Cardinal cruised to wins in both races.

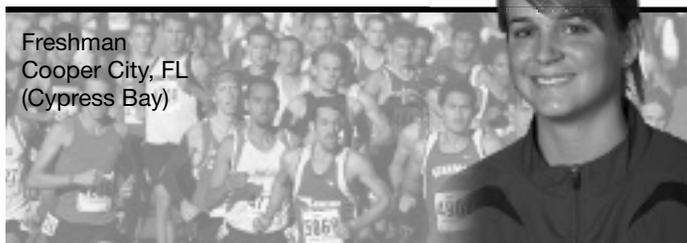
**2004 Season:** Redshirted.

**High School:** 2003 Indiana state high school champion in the 1,600 and 3,200 meters ... Indiana high school record-holder in the 1,600 meters ... runner-up in the 3,200 meters at the 2003 adidas Outdoor Championships ... 2003 Nike Indoor Championships runner-up in both the 1,600 and 3,200 meters ... finished fourth at the Foot Locker National Championships as a senior in 2003 ... 2002 Indiana state cross country individual champion.

**Cardinal Catalogue:** American studies and French major ... parents are Dave and Polly Harrington ... 2007 USTFCCCA Academic All-American in cross country ... named to the 2005 and Pac-10 All-Academic team in cross country and 2008 Pac-10 All-Academic honorable mention in track and field.



## EMILIE AMARO

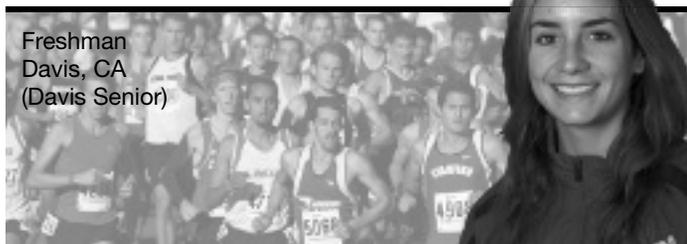


Freshman  
Cooper City, FL  
(Cypress Bay)

**High School:** A high school cross country All-American and two-time Foot Locker finalist ... finished 25th and 13th at the Foot Locker National Cross Country Championships ... a four-time Florida state-runner up in cross country ... ran times of 4:54.40 in the 1,600 meters and 10:28.58 in the two-mile in 2008.

**Cardinal Catalogue:** Considering biomedical engineering as a major ... parents are Nick and Lisa ... brother, Nico plays football at Harvard ... also has a younger sister named Isabelle.

## LAURYNNE CHETELAT



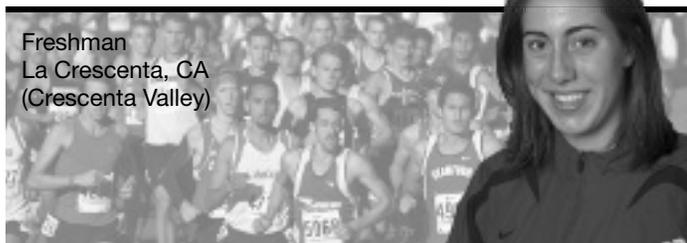
Freshman  
Davis, CA  
(Davis Senior)

**High School:** The 2007 Division I California cross country champion ... also finished second at the 2007 Foot Locker West Region Championships and 16th at the Foot Locker Cross Country Championships ... ran a personal best time of 9:52.51 in the 3,200 meters in 2008, the third best high school time ever.

**International Competition:** Competed in the World Junior Cross Country Championships in Scotland where she was the third American ... made the World Junior Team in the 3,000 meters after winning the United States Junior Trials ... finished sixth at Junior Worlds, the highest American finish in the event, while running 9:15.11, which was the fifth fastest prep mark ever.

**Cardinal Catalogue:** Interested in pursuing human biology major ... parents are Roger and Catherine ... two brothers, Alan, 24 and Thomas, 22.

## CLAIRE COLLISON



Freshman  
La Crescenta, CA  
(Crescenta Valley)

**High School:** Finished second at the Division I California State Cross Country Meet in 2007 ... also, second at the CIF South Section, Pacific League Champion, and team MVP ... led La Crescenta to two top-five state finishes in 2006 and 2007 ... personal bests for the 1,600 meters is 4:50 and 10:32 for the 3,200 meters.

**Cardinal Catalogue:** Undeclared major, but interested in studying biology ... parents are Frank and Sheila Collison..has one sister, Eliza, age 16 and one brother, Gabriel, age 12.

## MADELINE DUHON



RS Freshman  
Wassenaar, The Netherlands  
(The American School of the Hague)

**Stanford:** Gained valuable experience during the track season as one of Stanford's top middle-distance runners ... will look to make an impact during her first cross country season ... Scored for Stanford at the 2008 Pac-10 Track and Field Championships when she placed seventh in the 1,500 meters.

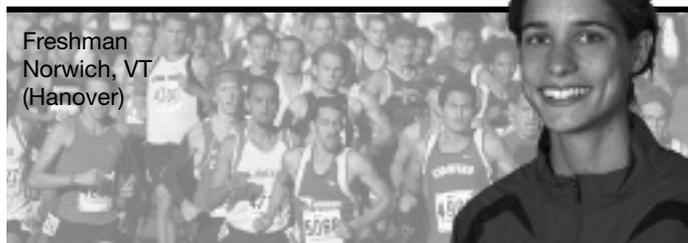
**2007 Season:** Redshirted.

**High School:** 17-time International School Sports Tournament (ISST) champion in the 400, 800, 1500, 4x100 and 4x400 meters ... ISST record-holder in 400, 800, 1500, and 4x400 ... member of 2006 19-and-under Dutch national club championship team ... holds two indoor, four outdoor, and three relay club records ... competed in national circuit races in the Netherlands and Belgium ... ranked third in the 800 meters and fifth in the 1,500 meters in the Dutch under-19 age group ... her personal bests include a 2:09.42 in the 800 meters and 4:37.49 in the 1,500 meters.

**Cardinal Catalogue:** Undeclared major ... parents are Chris and Jamie Duhon ... born in Houston, Texas ... 2008 MPSF All-Academic for indoor track.



## GEORGIA GRIFFIN



Freshman  
Norwich, VT  
(Hanover)

**High School:** The Gatorade New Hampshire State Cross Country Runner of the Year ... won the New Hampshire state cross country championship for the third year in a row, while leading her team to its fourth straight title ... also led her team to a fourth-place national finish at the 2007 Nike Team Nationals with a sixth-place individual finish ... during the 2007 track season, she ran 4:57.08 in the 1,600 meters and ran 10:33.87 in the two-mile ... Improved her times to 4:55.18 in the 1,600 meters and 10:28.89 in the 3,200 meters during the 2008 season.

**Cardinal Catalogue:** Undeclared major at Stanford with an interest in earth sciences and international relations ... parents are Rod Griffin and Kay McCabe ... Has one brother, Gus Griffin, 16.

## STEPHANIE MARCY



RS Freshman  
Sequim, WA  
(Sequim)

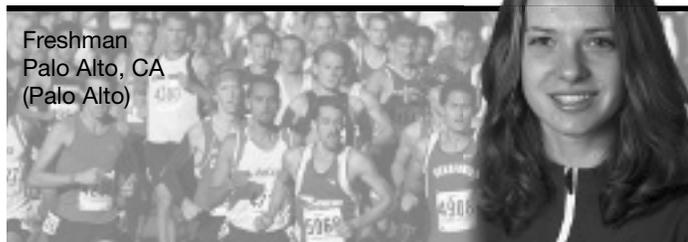
**Stanford:** Earned valuable experience on the track as a freshman ... will look to contribute to the cross country team after redshirting her freshman cross country season.

**2007 Season:** Redshirted.

**High School:** The 2006 Washington state cross country champion ... winner of the 2006 Washington vs. Oregon Border Clash ... finished ninth at the 2006 Foot Locker West Regional Championships ... the 2007 Washington state 1,600-meter champion and runner-up in the 3,200 meters ... second place at the 2005 Washington State Cross Country Championship ... School records in the 800, 1,600, 3,200, and 5,000 meters ... owned one of the top 1600-meter times in the nation during the 2007 track season with her personal-best time of 4:54.14.

**Cardinal catalogue:** Undeclared major ... parents are Stuart and Ione Marcy.

## MARIA LATTANZI



Freshman  
Palo Alto, CA  
(Palo Alto)

**High School:** The Palo Alto native and middle-distance specialist ran one of the fastest 800 meter times in the country in 2007 ... in 2006 she placed second in the 800 meters at the California state meet and ran 2:09.65 to capture the CCS title ... also won the CCS 400-meter title as a freshman ... holds Palo Alto High records in the 400 meters and the 800 meters.

**Cardinal Catalogue:** Major is undeclared.



## SARAH MCCURDY

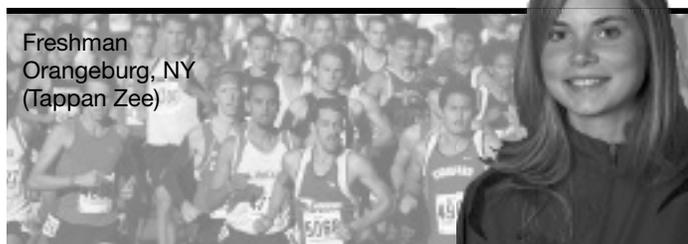


Freshman  
Brightwaters, NY  
(Bay Shore)

**High School:** A middle-distance specialist that has a personal best of 4:35.57 in the 1,500 meters and 2:06.96 in the 800 meters ... ran a time of 2:07.75 for 800 meters at the 2008 U.S. Junior Nationals to qualify for the 2008 Junior World Championships ... competed in the World Junior Championships in Poland in the 800 meters.

**Cardinal Catalogue:** Undeclared major, but considering environmental science ... parents are Brian and Beth ... sister, Mary Liz competed in cross country and track for Stanford ... brother, Patrick played lacrosse at Holy Cross.

## EMMA MILLER-BEDELL

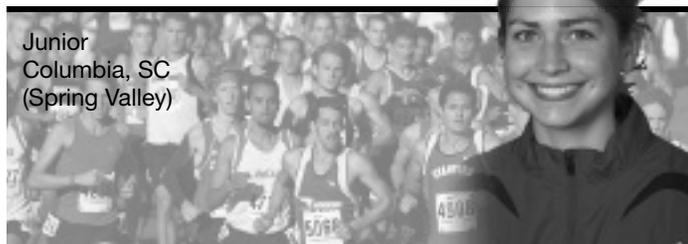


Freshman  
Orangeburg, NY  
(Tappan Zee)

**High School:** During the 2008 indoor season, ran a time of 2:51.90 for 1,000 meters to rank third nationally ... ranked as the third-fastest half-miler in the country in 2007 ... also ran the seventh-fastest 1,000 meters during the 2007 indoor season with her time of 2:53.60 ... ran a personal-best time of 2:08.84 in the 800 meters.

**Cardinal Catalogue:** Undeclared major at Stanford ... parents are Benjamin Bedell and Karin Miller ... one brother, Quinn Miller-Bedell, 24.

## KATE NIEHAUS



Junior  
Columbia, SC  
(Spring Valley)

**Stanford:** An experienced member of the postseason for Stanford cross country ... will be looked to for a significant impact after two seasons on The Farm.



**2007 Season (Sophomore):** Season-best effort came at the Pac-10 Championships where she finished 14th with an 6,000-meter season-best time of 20:35.9 ... placed 89th at the NCAA Championships with a time of 21:29.6 to help the Cardinal to an NCAA championship ... top finish of the season came at the Stanford Invite where she finished seventh.

**2006 Season (Freshman):** Finished 43rd at the Pac-10 Championships as the Cardinal captured the team title ... earned a 26th-place finish at the NCAA West Regional ... captured the top spot at the Pre-NCAA Open 6,000 meters.

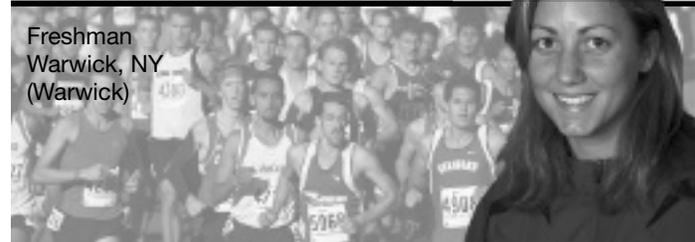
**High School:** Four-time All-American in indoor and outdoor track ... 14-time state champion ... State record-holder in the 1,600 and 3,200 meters ... 2005 Nike Indoor Nationals two-mile champion ... Four-time Foot Locker Nationals cross country finalist ... cross country state record-holder in South Carolina ... 2005 and 2006 South Carolina Gatorade Athlete of the Year ... 2005 and 2006 Wendy's South Carolina High School Heisman winner.

**Cardinal Catalogue:** Human biology major ... parents are Greg and Elizabeth Niehaus ... 2007 Pac-10 All-Academic Second Team in cross country ... 2008 Pac-10 All-Academic first team for track and field and MPSF All-Academic for indoor track and field.





## VICTORIA PENNINGS

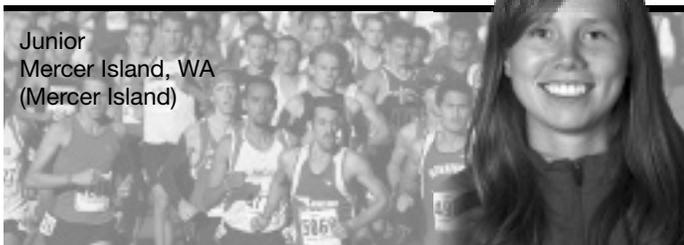


Freshman  
Warwick, NY  
(Warwick)

**High School:** OCIAA cross country champion during her senior year ... led team with a 14th place finish at the Nike Team Nationals in cross country ... 2007-08 Warwick Valley High School Female Athlete of the Year ... three-time State Champion in the 4x800 meters in track ... 2008 state runner-up in the 1,500 meters in a career best time of 4:33 ... three-time national champion as a member of the 4x800 meters, the DMR indoors, and the DMR outdoors ... Penn Relays American record-holder in the 1,200-meter leg (3:32) of the distance medley relay.

**Cardinal Catalogue:** Major is undeclared ... Parents are Steve and Jill Pennings ... hobbies include cooking and traveling.

## MADDIE O'MEARA



Junior  
Mercer Island, WA  
(Mercer Island)

**Stanford:** Gained valuable postseason experience in 2007 when she ran at the Pac-10 Championships and NCAA West Regional Meet ... should be a key contributor this season.

**2007 Season (Sophomore):** Finished 43rd with a time of 21:31.1 at the Pac-10 Championships ... ran a time of 22:07.7 at the Chico State Invitational to place sixth, her best finish of the season.

**2006 Season (Freshman):** Finished 17th at the Stanford Invitational ... also placed 31st at the Bronco Invitational.

**2005 Season:** Redshirted.

**High School:** Washington state runner-up in the 1,600 meters in 2003 and third-place finisher in 2004 ... three-year letterwinner in soccer with first-team all-league honors ... 2005 Mercer Island Scholar-Athlete of the Year.

**Cardinal Catalogue:** Human biology major ... parents are Matt O'Meara and Lisa Belden, both Stanford graduates.



## KAYLIN PENNINGTON



Junior  
Benicia, CA  
(Benicia)

**Stanford:** A middle-distance specialist who has also made some solid contributions for the cross country team ... will provide leadership to the returning national champs.

**2007 Season (Sophomore):** Finished 68th at the Bronco Invitational with a 5,000-meter time of 18:54 in her only cross country race of the season.

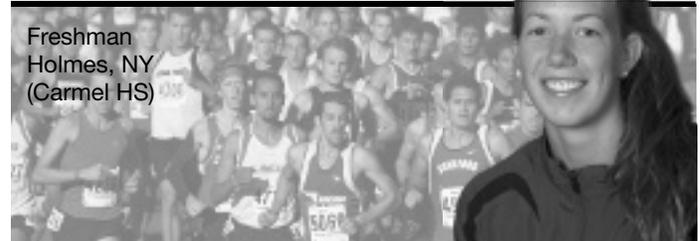
**2006 Season (Freshman):** Earned a third-place finish at the Stanford Invitational ... finished fifth at the Bronco Invitational.

**2005 Season:** Redshirted.

**High School:** 2005 Golden West Invitational champion in the 800 meters ... school record-holder in the mile and 800 meters ... finished 10th at the 2004 USATF Cross Country Junior Olympics, earning All-America honors ... valedictorian and California Scholar Federation (CSF) member.

**Cardinal Catalogue:** Human biology major ... parents are Terrance and Gretchen Pennington.

## KRISTIN REESE



Freshman  
Holmes, NY  
(Carmel HS)

**High School:** 2008 New York indoor state champion in the 1,000 meters ... 13-time All-State in cross country and track ... five-time All-American in indoor and outdoor track ... ran times of 4:35.90 in the 1,500 meters and 4:52.65 indoors, in the mile during the 2008 season ... her time of 2:52.06 in the indoor 1,000 meters during 2008, ranked fourth nationally for high schoolers ... holds a total of nine school records at her alma mater, Carmel HS, with six individually from 600 to 3,200 meters and three relays.

**Cardinal Catalogue:** Major is undeclared ... Parents are James and Christine ... has two brothers, Kevin, who ran cross country and track for the University of New Haven and Daniel, who plays rugby for Marist College ... was her high school valedictorian at Carmel HS.



## ANNE ST. GEME



Sophomore  
Newport Beach, CA  
(Corona del Mar)

**Stanford:** A talented athlete that comes from a strong running heritage ... will look to add depth to the Cardinal.

**2007 Season (Freshman):** Did not compete.

**2006 Season:** Redshirted.

**High School:** The 2006 CIF-Champion in the 800 meter (2:10) ... the 2005 California state champion at 1,600 meters ... ran a personal best of 4:39.94 in the 1,600 meters which was the third-best high school time ever in California ... second in the mile at the 2006 Nike Outdoor Nationals with a 4:41.57 ... Masters Meet 3,200-meter Champion with a personal best time of 10:15.89 ... the 2006 Arcadia Invitational mile champion setting the meet record of 4:46.10 ... anchored the Corona del Mar distance medley relay team to two national championships and a California state record of 11:33 ... the 2005 California state cross country Champion at Fresno with a 5,000-meter time of 17:19 ... the 2005/2006 Orange County Athletic Directors' Athlete of the Year ... the 2006 valedictorian at Corona del Mar HS.

**Cardinal Catalogue:** American studies major ... daughter of Ed F. St. Geme and Ceci Hopp St. Geme ... mother was an All-American and NCAA champion in track and cross country at Stanford, inducted into the Hall of Fame in 2002 ... father was a free safety on the Stanford football team ... her grandfather, four uncles and cousin also played football at Stanford and one cousin was a member of the Stanford crew team.

## KELSEY WALKER



Junior  
Bellevue, WA  
(Bellevue)

**Stanford:** Returns for her third year on The Farm where she will look to become a solid contributor.

**2007 Season (Sophomore):** Did not compete.

**2006 Season (Freshman):** Recorded a fourth-place finish at the Bronco Invitational.

**High School:** 2004 and 2005 Washington state champion in the 1,600 meters ... Also captured the state title in the 3,200 meters in 2005 and 2006 and was runner-up in the event in 2004 ... competed at the 2005 Foot Locker West Regional, finishing 17th ... finished seventh at the 2005 Border Clash (Oregon vs. Washington) ... school record-holder in the 800 meters.

**Cardinal Catalogue:** Urban studies major ... parents are Chris and Lisa Walker.





## 2007 CROSS COUNTRY IN REVIEW

### Cardinal Women Claim Third Straight National Championship

#### Chico State Invitational – Oroville, CA (September 8, 2007)

The Cardinal men and women got their seasons off to a strong start by winning both races at the Chico State Invitational. The men were led by Justin Marpole-Bird who finished second overall with a time of 26:20.4. Also placing in the top-10 were Lauren Jespersen who was seventh (26:40.5) and Hari Mix who was eighth (26:46.0). The Cardinal scored 29 points to better second place Chico State who had 34 points. The women scored 28 points to also outdistance second place Chico State with 31 points. The Cardinal were led by individual champion, Teresa McWalters with a time of 20:57.2. Stanford also got top-10 finishes from Lindsay Allen (third), Alicia Follmar (fourth), and Maddie O'Meara (sixth).

#### Stanford Invitational – Stanford, CA (September 29, 2007)

The Cardinal dominated their home meet with both the men and women achieving commanding victories. The women scored just 27 points, led by individual champion Arianna Lambie who completed the 6,000 meter course in 19:48. She led a group of five Stanford runners in the top-10. Also with top-10 finishes were Alicia Follmar (fourth), Lauren Centrowitz (sixth), Kate Niehaus (seventh), and Katie Harrington (ninth). The men scored 37 points and were led by Neftalem Araia who finished fourth with an 8,000 meter time of 23:40. Also with top-10 finishes for Stanford were Hari Mix (fifth), Russell Brown (sixth), and Hakon DeVries (tenth).

#### Bronco Invitational – Santa Clara, CA (October 13, 2007)

Stanford ran partial teams at the Bronco Invitational where the men placed sixth and the women placed 12th. The men were led by a fourth place finish by Lauren Jespersen who completed the 8,000 meter course in 24:51. The top finisher for the women was Maddie O'Meara who completed the 5,000 meter course with a time of 17:58 to finish 22nd.

#### Pre-NCAA Invitational – Terre Haute, IN (October 13, 2007)

Stanford fared well in their first big test of the year at the Pre-NCAA Invitational. The women claimed the meet title with 102 points, 19 better than runner-up, Florida State. The Cardinal got outstanding performances from Teresa McWalters and Arianna Lambie who finished second (20:00.1) and third (20:01.1), respectively. Alicia Follmar finished as the Stanford's third runner in

23rd place with a time of 20:51. The men were led by Russell Brown who placed 11th (23:37) to lead the Cardinal to a sixth place finish. Hari Mix also ran well, placing 23rd with a time of 23:47.

#### Pac-10 Championships – Corvallis, OR (October 27, 2008)

The Stanford women recorded their 12th straight Pac-10 Championship while the men finished as the Pac-10 runner-up at the 2007 Pac-10 Championships. The Cardinal women swept the top two places when Arianna Lambie captured the individual Pac-10 title by placing first in 19:40.7 and Teresa McWalters finished right behind her in second with a time of 19:41.1. Lauren Centrowitz also had a top-10 finish, placing tenth with a time of 20:27.1. The men were led by Russell Brown who finished third with a time of 23:08.7. Also with top-10 finishes were Hari Mix who finished fifth (23:11.6) and Neftalem Araia who finished sixth (23:12.1).

#### NCAA West Regional – Eugene, OR (November 10, 2007)

The Stanford women continued their great season by winning the NCAA West Regional with just 33 points, while the men placed third with 100 points. Teresa McWalters led Stanford with the individual title with a time of 19:57.30. She led four Stanford runners in the top-10. Alex Gits finished third with a time of 20:23.40, Arianna Lambie finished fifth with a time of 20:31.25, and Lauren Centrowitz finished tenth with a time of 20:44.80. The men received a pair of top-10 finishes with Neftalem Araia finishing sixth with a time of 30:08.35 and Hari Mix finishing tenth with a time of 30:20.60.

#### NCAA Championships – Terre Haute, IN (November 19, 2007)

The NCAA Championships proved fruitful for the Stanford women for the third consecutive year as they completed their dream season with an NCAA title. Arianna Lambie paced the Cardinal with a ninth place finish and All-America honor, covering the course in 20:18.2. Also stepping up big for Stanford and earning All-America honors were Lauren Centrowitz who finished 36th (20:59.3) and Katie Harrington who finished 40th (21:06.5). The men were led by a pair of All-Americans in seniors Neftalem Araia and Russell Brown, who finished shoulder to shoulder to capture 50th and 51st place in identical times of 30:42.0.



# 2007 TEAM RESULTS

## September 8, 2007

### Chico State Invitational (Oroville, CA)

#### Men's Team Results (5 teams)

1. **Stanford 29**; 2. Chico State 34; 3. St. Mary's 88; 4. Simpson University 108; 5. CSU Monterey Bay 119

#### Men's Individual Results (8,000 Meters, 70 Runners)

1. Scott Bauhs, unattached 26:13.7  
**2. Justin Marpole-Bird, Stanford 26:20.4**  
 3. Antonio Miramontes, unattached 26:23.1  
 4. Tim Tollefson, Chico State 26:25.5  
 5. Oscar Ogwaro, Unattached 26:27.9  
 6. Abdenego Magur, Simpson Univ. 26:28.3  
**7. Lauren Jespersen, Stanford 26:40.5**  
**8. Hari Mix, Stanford 26:46.0**  
 9. Sergio Lares, Unattached 26:46.8  
 10. Brendan Scanlon, Chico State 26:48.4

**Other Stanford Runners:** 12. Neftalem Araia, 26:56.3; 15. Jacob Evans, 27:06.4; 27. Chris Mocko, 27:40.6

#### Women's Team Results (7 teams)

1. **Stanford 28**; 2. Chico State 31; 3. St. Mary's 88; 4. UC Davis 90; 5. CSU Monterey Bay 149; 6. Simpson University 153; 7. Shasta College 161

#### Women's Individual Results (6,000 Meters, 60 Runners)

**1. Teresa McWalters, Stanford 20:57.2**  
 2. Sarah Montez, Chico State 21:45.9  
**3. Lindsay Allen, Stanford 21:56.6**  
**4. Alicia Follmar, Stanford 21:56.8**  
 5. Shannon McVanell, Chico State 22:04.8  
**6. Madeleine O'Meara, Stanford 22:07.7**  
 7. Mary Torres, unattached 22:20.9  
 8. Kara Lubieniecki, Chico State 22:31.5  
 9. Aisha Kamala, Chico State 22:36.8  
 10. Lindsay Nelson, Chico State 22:47.6

**Other Stanford Runners:** 14. Shannon Bergstedt, 23:26.4



Teresa McWalters

## September 29, 2007

### Stanford Invitational (Stanford, CA)

#### Men's Team Results - 8,000 meters (31 teams)

1. **Stanford 37**; 2. Cal 65; 3. UCSB 97; 4. Adams State 120; 5. Chico State 199; 6. Guelph 248; 7. Arizona 301; 8. Azusa Pacific 308; 9. Long Beach State 312; 10. UC Davis 358

#### Men's Individual Results (8,000 Meters, 204 Runners)

1. Aron Rono, Azusa Pacific 23:13  
 2. David Torrence, California 23:25  
 3. Aaron Braun, Adams State 23:38  
**4. Neftalem Araia, Stanford 23:40**  
**5. Hari Mix, Stanford 23:46**  
**6. Russell Brown, Stanford 23:47**  
 7. Mark Matusak, California 23:55  
 8. Yosef Ghebray, California 24:06  
**9. Michael Coe, California 24:14**  
 10. Hakon DeVries, Stanford 24:17

**Other Stanford Runners:** 12. Justin Marpole-Bird, 24:28; 19. Chris Mocko, 24:45; 28. Lauren Jespersen, 24:55; 46. Jacob Evans, 25:08.

#### Women's Team Results (28 teams)

1. **Stanford 27**; 2. Adams State 78; 3. UC Irvine 133; 4. Arizona 160; 5. Guelph 171; 6. Chico State 205; 7. Loyola Marymount 213; 8. Cal 231; 9. Long Beach State 235; 10. Utah 241

#### Women's Individual Results (6,000 Meters, 185 Runners)

**1. Arianna Lambie, Stanford 19:48**  
 2. Lindsay Carson, Guelph 20:34  
 3. Laura Olvera, UC Irvine 20:42  
**4. Alicia Follmar, Stanford 20:52**  
 5. Candice Proctor, UC Irvine 20:54  
**6. Lauren Centrowitz, Stanford 20:55**  
**7. Kate Niehaus, Stanford 20:59**  
 8. Laura Mickelson, LMU 21:04  
**9. Katie Harrington, Stanford 21:08**  
 10. Rebecca Yau, California 21:17

**Other Stanford Runners:** 17. Lindsay Allen, 21:31; 98. Shannon Bergstedt, 23:17

## October 13, 2007

### Bronco Invitational (Santa Clara, CA)

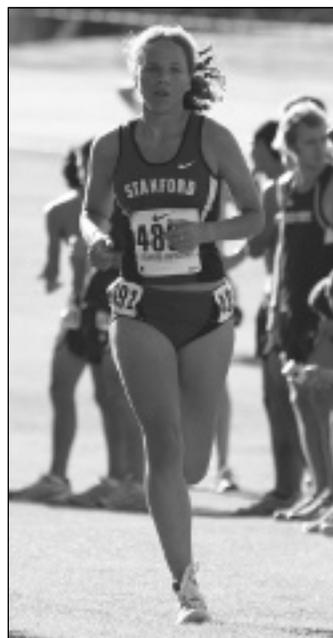
#### Men's Team Results (17 teams)

1. Long Beach St. 85; 2. Loyola Marymount 111; 3. UC Davis 117; 4. Sacramento St. 139; 5. Fullerton 160; **6. Stanford 170**; 7. Santa Clara 172; 8. Boise St. 182; 9. USF 190; 10. Masters College 226

#### Men's Individual Results (8,000 Meters, 158 Runners)

1. Brendan Gregg, Unattached 24:36  
 2. Mike Delaurenti, Santa Clara 24:49  
 3. Cody Eaton, Boise State 24:51  
**4. Lauren Jespersen, Stanford 24:51**  
 5. Dylan Jaedtke, Long Beach State 24:52  
 6. KC Cody, Unattached 24:52  
 7. Tommy Gruenewald, Unattached 24:53  
 8. Jake Riley, Unattached 25:00  
 9. Eli Rodriguez, Long Beach State 25:06  
 10. Alex Nelso, USF 25:07

**Other Stanford Runners:** 21. Chris Mocko, 25:23; 23. Jacob Evans, 25:26; 38. Garrett Heath, 25:39; 140. Justion Reed, 28:13.



Lauren Centrowitz

#### Women's Team Results (16 teams)

1. USF 76; 2. Long Beach St. 100; 3. Santa Clara 125; 4. Nevada 126; 5. Cal State LA 127; 6. Fullerton 135; 7. UC Davis 152; 8. Loyola Marymount 169; 9. Boise St. 206; 10. New Mexico St. 238; 11. San Jose St. 286; **12. Stanford 308**

#### Women's Individual Results (6,000 Meters, 140 Runners)

1. Laura Mickelson, LMU 17:03  
 2. Sarah Apgar, Long Beach State 17:21  
 3. Kim Conley, UC Davis 17:22  
 4. Adrie Puetz, Santa Clara 17:30  
 5. Tara Erdmann, LMU 17:38  
 6. Christa Avena, Nevada 17:40  
 7. Carly Harris, Long Beach State 17:41  
 8. Samantha Davis, Nevada 17:43  
 9. Michelle Born, USF 17:43  
 10. Karla Alburez, Cal State LA 17:44

**Other Stanford Runners:** 22. Maddie O'Meara, 17:58; 63. Lindsay Flacks, 18:44; 68. Kaylin Pennington, 18:54; 70. Anna Schuessler, 18:55; 99. Shannon Bergstedt, 19:25

## October 13, 2007

### Pre-NCAA Invitational (Terre Haute, IN)

#### Men's Team Results (40 teams)

1. UTEP 129; 2. Colorado 155; 3. North Carolina St. 182; 4. Michigan 208; 5. Notre Dame 261; **6. Stanford 264**; 7. Minnesota 289; 8. Providence 301; 9. Arizona St. 305; 10. Cal Poly 328

#### Men's Individual Results (8,000 Meters, 273 Runners)

1. Josh McDougal, Liberty 22:56.4  
 2. Jacob Korir, Eastern Kentucky 23:00.6  
 3. Stephen Pifer, Colorado 23:16.7  
 4. Brent Vaughn, Colorado 23:16.8  
 5. Patrick Smyth, Notre Dame 23:18.2  
 6. Max Smith, Providence 23:21.2

7. Michael Woods, Michigan 23:24.7  
 8. Stephen Samoei, UTEP 23:28.4  
 9. Francis Kasagule, Lamar 23:32.4  
 10. Patrick Mutai, UTEP 23:33.4

**Other Stanford Runners:** 11. Russell Brown, 23:37; 23. Hari Mix, 23:47; 50. Neftalem Araia, 24:04; 56. Hakon DeVries, 24:09; 124. John McGuire, 24:48; 141. Justin Marpole-Bird, 24:55

#### Women's Team Results (35 teams)

1. **Stanford 102**; 2. Florida St. 123; 3. Michigan St. 178; 4. Minnesota 192; 5. Georgetown 210; 6. Colorado St. 216; 7. Rice 224; 8. Northern Arizona 266; 9. Wisconsin 288; 10. North Carolina St. 289.

#### Women's Individual Results (6,000 Meters, 259 Runners)

1. Susan Kuijken, Florida State 19:55.5  
**2. Teresa McWalters, Stanford 20:00.1**  
**3. Arianna Lambie, Stanford 20:01.1**  
 4. Emily Harrison, Virginia 20:04.8  
 5. Melissa Grelli, Georgetown 20:13.1  
 6. Diana Jephchirchir, Coastal Carolina 20:24.6  
 7. Alex Becker, Tulsa 20:26.7  
 8. Ilsa Paulson, Northern Arizona 20:33.1  
 9. Alissa McKaig, Michigan State 20:34.9  
 10. Brittany Tinsley, N. Carolina St. 20:38.0

**Other Stanford Runners:** 23. Alicia Follmar, 20:51; 31. Alex Gits, 20:58; 43. Kate Niehaus, 21:08; 47. Lindsay Allen, 21:11; 52. Katie Harrington, 21:15



Russell Brown

## October 27, 2007

### Pac-10 Championships (Corvallis, OR)

#### Men's Team Results (8 teams)

1. Oregon 39; **2. Stanford 55**; 3. Cal 70;  
4. UCLA 97; 5. Arizona State 105; 6.  
Washington 162; 7. Washington State 166;  
8. Arizona 260.

#### Men's Individual Results (8,000 Meters, 76 Runners)

1. Shadrack Kiptoo-Biwott, Oregon 22:54.9  
2. Galen Rupp, Oregon 22:58.4  
**3. Russell Brown, Stanford 23:08.7**  
4. Austin Ramos, UCLA 23:10.8  
5. Hari Mix, Stanford 23:11.6  
**6. Neftalem Araia, Stanford 23:12.1**  
7. Yosef Ghebray, Cal 23:14.4  
8. Mark Mutusak, Cal 23:16.8  
9. David Torrence, Cal 23:17.4  
10. Kyle Alcorn, Arizona State 23:18.8

**Other Stanford Runners:** 17. Hakon Devries, 23:30.0; 24. John McGuire, 23:43.2; 29. Garrett Heath, 23:47.7; 35. Elliot Heath, 23:53.9; 39. Lauren Jespersen, 24:02.9; 43. Justin Marpole-Bird, 24:09.2; 51. Brendan Gregg, 24:24.1

#### Women's Team Results (10 teams)

- 1. Stanford 48**; 2. Oregon 64; 3. Arizona St. 68; 3. Washington 68; 5. Washington St. 136; 6. Arizona 188; 7. Oregon St. 197; 8. USC 215; 9. Cal 237; 10. UCLA 248

#### Women's Individual Results (6,000 Meters, 86 Runners)

- 1. Arianna Lambie, Stanford 19:40.7**  
**2. Teresa McWalters, Stanford 19:41.1**  
3. Alexandra Kosinski, Oregon 19:54.1  
4. Nicole Blood, Oregon 20:08.5  
5. Jenna Kingma, Arizona State 20:09.4  
6. Anita Campbell, Washington 20:10.9  
7. Ali Kieley, Arizona State 20:24.3  
8. Isley Gonzalez, Washington State 20:26.6  
9. Katie Follett, Washington 20:26.8  
**10. Lauren Centrowitz, Stanford 20:27.1**

**Other Stanford Runners:** 14. Kate Niehaus, 20:35.9; 21. Katie Harrington,



Neftalem Araia

20:52.3; 22. Lindsay Allen, 20:54.3; 43. Maddie O'Meara, 21:31.1; 54. Lindsay Flacks, 21:47.4

## November 10, 2007

### NCAA West Regional (Eugene, OR)

#### Men's Team Results (24 teams)

1. Oregon 47; 2. Portland 76; **3. Stanford 100**; 4. Cal 112; 5. Cal Poly 116; 6. Arizona State 141; 7. UCLA 142; 8. Washington State 220; 9. UC Santa Barbara 224; 10. Washington 233

#### Men's Individual Results (10,000 Meters, 174 Runners)

1. Galen Rupp, Oregon 29:35.45  
2. David Kinsella, Portland 29:45.70  
3. Shadrack Kiptoo-Biwott, Oregon 30:03.50  
4. John Moore, Portland 30:05.70  
5. Michael Kilburg, Portland 30:06.90  
**6. Neftalem Araia, Stanford 30:08.35**  
7. Kyle Alcorn, Arizona State 30:12.15  
8. Yosef Ghebray, Cal 30:14.55  
9. David Torrence, Cal 30:19.00  
**10. Hari Mix, Stanford 30:20.60**

**Other Stanford Runners:** 26. Hakon Devries, 30:51.0; 28. Garrett Heath 30:52.35; 30. Russell Brown 30:54.45; 41. Elliot Heath, 31:11.85; 65. John McGuire 31:48.85.

#### Women's Team Results (31 teams)

- 1. Stanford 33**; 2. Oregon 72; 3. Arizona St. 106; 4. Washington 118; 5. UC Santa Barbara 143; 6. Washington State 249; 7. Portland 250; 8. UC Riverside 304; 9. Cal 328; 10. Long Beach State 334

#### Women's Individual Results (6,000 Meters, 212 Runners)

- 1. Teresa McWalters, Stanford 19:57.30**  
2. Nicole Blood, Oregon 20:05.35  
**3. Alex Gits, Stanford 20:23.40**

4. Anita Campbell, Washington 20:24.40  
**5. Arianna Lambie, Stanford 20:31.25**  
6. Alexandra Kosinski, Oregon 20:36.45  
7. Katie Follett, Washington 20:39.70  
8. Jenna Kingma, Arizona State 20:41.30  
9. Dana Morgan, Portland 20:41.40  
**10. Lauren Centrowitz, Stanford 20:44.80**  
**Other Stanford Runners:** 14. Katie Harrington, 20:49.40; 19. Lindsay Allen, 21:00.15; 144. Kate Niehaus, 22:59.20.

## November 19, 2007

### NCAA Championships (Terre Haute, IN)

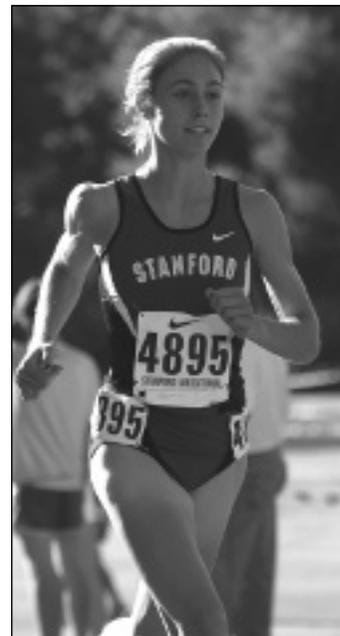
#### Men's Team Results (30 teams)

1. Oregon 85; 2. Iona 113; 3. Oklahoma State 180; 4. Northern Arizona 190;  
5. Wisconsin 239; 6. Alabama 280;  
7. Colorado 287; 8. Minnesota 322;  
9. Louisville 324; 10. UTEP 331; **19. Stanford 451**

#### Men's Individual Results (10,000 Meters, 174 Runners)

1. Josh McDougal, Liberty 29:22.4  
2. Galen Rupp, Oregon 29:23.4  
3. Lopez Lomong, Northern Arizona 29:45.5  
4. Robert Curtis, Villanova 29:46.3  
5. Brent Vaughn, Colorado 29:47.4  
6. Jacob Korir, Eastern Kentucky 29:48.7  
7. Shadrack Songok,

- Tex. AM Corp. Christi 29:50.1  
8. David Kinsella, Portland 29:52.2  
9. Shadrack Kiptoo-Biwot, Oregon 29:55.9  
10. David McNeill, No. Arizona 29:56.8  
**Other Stanford Runners:** 50. Neftalem Araia 30:42.0 (All-American); 51. Russell Brown 30:42.0 (All-American); 90. Hakon Devries 31:04.2; 162. Garrett Heath 31:37.8; 205. Hari Mix 32:13.2; 214. John McGuire 32:25.2; 237. Elliott Heath 33:00.9.



Arianna Lambie

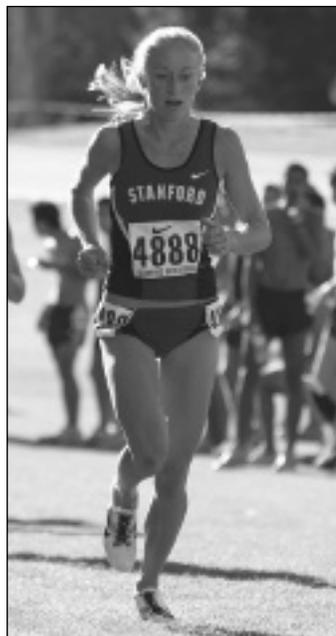
#### Women's Team Results (31 teams)

- 1. Stanford 145**; 2. Oregon 177; 3. Florida St. 236; 4. Arizona St. 251; 5. Michigan St. 321; 6. Illinois 331; 7. Northern Arizona 357; 8. Washington 358; 9. West Virginia 375; 10. Iowa 387

#### Women's Individual Results (6,000 Meters, 212 Runners)

1. Sally Kipyego, Texas Tech 19:30.9  
2. Jenny Barringer, Colorado 19:47.8  
3. Susan Kujiken, Florida State 19:57.3  
4. Diane Nukuri, Iowa 20:07.0  
5. Nicole Bush, Michigan State 20:13.4  
6. Emily Harrison, Virginia 20:15.0  
7. Barbara Parker, Florida State 20:17.0  
8. Nicole Blood, Oregon 20:17.6  
**9. Arianna Lambie, Stanford (All-American) 20:18.2**  
10. Melissa Grelli, Georgetown 20:19.6

**Other Stanford Runners:** 36. Lauren Centrowitz 20:59.3 (All-American); 40. Katie Harrington 21:06.5 (All-American); 53. Alex Gits 21:12.4; 62. Teresa McWalters 21:16.0; 72. Lindsay Allen 21:22.0; 89. Kate Niehaus 21:29.6



Lindsay Allen



Hari Mix



# 2007 INDIVIDUAL RESULTS

## Stanford Men's Individual Season Results

### Neftalem Araia

4. Stanford Invitational (9/29, 8,000m)	23:40
6. NCAA West Regional (11/10, 10,000m)	30:08.35
6. Pac-10 Championships (10/27, 8,000m)	23:12.1
12. Chico State Invitational (9/8, 8,000m)	26:56.3
50. NCAA Championships (11/19, 10,000m)	30:42.0
50. NCAA Pre-Invitational (10/13, 8,000m)	24:04

### Russell Brown

3. Pac-10 Championships (10/27, 8,000m)	23:08.7
6. Stanford Invitational (9/29, 8,000m)	23:47
11. NCAA Pre-Invitational (10/13, 8,000m)	23:27
30. NCAA West Regional (11/10, 10,000m)	30:54.45
51. NCAA Championships (11/19, 10,000m)	30:42.0

### Hakon DeVries

10. Stanford Invitational (9/29, 8,000m)	24:17
17. Pac-10 Championships (10/27, 8,000m)	23:30.0
26. NCAA West Regional (11/10, 10,000m)	30:51.0
56. NCAA Pre-Invitational (10/13, 8,000m)	24:09
90. NCAA Championships (11/19, 10,000m)	31:04.2

### Jacob Evans

15. Chico State Invitational (9/9, 8,000m)	27:06.4
23. Bronco Invitational (10/13, 8,000m)	25:26
46. Stanford Invitational (9/29, 8,000m)	25:08

### Brendan Gregg

51. Pac-10 Championships (10/27, 8,000m)	24:24.1
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### Elliot Heath

35. Pac-10 Championships (10/27, 8,000m)	23:53.9
41. NCAA West Regional (11/10, 10,000m)	31:11.85
237. NCAA Championships (11/19, 10,000m)	33:00.9

### Garrett Heath

28. NCAA West Regional (11/10, 10,000m)	30:52.35
29. Pac-10 Championships (10/27, 8,000m)	23:47.7
38. Bronco Invitational (10/13, 8,000m)	25:39
162. NCAA Championships (11/19, 10,000m)	31:37.8

### Lauren Jespersen

4. Bronco Invitational (10/13, 8,000m)	24:51
7. Chico State Invitational (9/8, 8,000m)	26:50.5
28. Stanford Invitational (9/9, 8,000m)	24:55
39. Pac-10 Championships (10/27, 8,000m)	24:02.9

### Justin Marpole-Bird

2. Chico State Invitational (9/8, 8,000m)	26:20.4
12. Stanford Invitational (9/9, 8,000m)	24:28
43. Pac-10 Championships (10/27, 8,000m)	24:09.2
141. NCAA Pre-Invitational (10/13, 8,000m)	24:55

### John McGuire

24. Pac-10 Championships (10/27, 8,000m)	23:43.2
65. NCAA West Regional (11/10, 10,000m)	31:48.85
124. NCAA Pre-Invitational (10/13, 8,000m)	24:48
214. NCAA Championships (11/19, 10,000m)	32:25.2

### Hari Mix

5. Pac-10 Championships (10/27, 8,000m)	23:11.6
5. Stanford Invitational (9/29, 8,000m)	23:46
8. Chico State Invitational (9/8, 8,000m)	26:46.0
10. NCAA West Regional (11/10, 10,000m)	30:20.60
23. NCAA Pre-Invitational (10/13, 8,000m)	23:47
205. NCAA Championships (11/19, 10,000m)	32:13.2

### Chris Mocko

19. Stanford Invitational (9/9, 8,000m)	24:45
21. Bronco Invitational (10/13, 8,000m)	25:23
27. Chico State Invitational (9/9, 8,000m)	27:40.6

### Justin Reed

140. Bronco Invitational (10/13, 8,000m)	28:13
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Seven-Time All-American Garret Heath



Stanford's Top NCAA Finisher, All-American Arianna Lambie

## Stanford Women's Individual Season Results

### Lindsay Allen

3. Chico State Invitational (9/8, 6,000m)	21:56.6
17. Stanford Invitational (9/29, 6,000m)	21:31
19. NCAA West Regional (11/10, 6,000m)	21:00.15
22. Pac-10 Championships (10/27, 6,000m)	20:54.3
47. Pre-NCAA Invitational (10/13, 6,000m)	21:11
72. NCAA Championships (11/10, 6,000m)	21:22.0

### Shannon Bergstedt

14. Chico State Invitational (9/8, 6,000m)	23:26.4
98. Stanford Invitational (9/29, 6,000m)	23:17
99. Bronco Invitational (10/13, 5,000m)	19:25

### Lauren Centrowitz

6. Stanford Invitational (9/29, 6,000m)	20:55
10. NCAA West Regional (11/10, 6,000m)	20:44.80
10. Pac-10 Championships (10/27, 6,000m)	20:27.1
36. NCAA Championships (11/10, 6,000m)	20:59.3

### Lindsay Flacks

54. Pac-10 Championships (10/27, 6,000m)	21:47.4
63. Bronco Invitational (10/13, 5,000m)	18:44

### Alicia Follmar

4. Chico State Invitational (9/8, 6,000m)	21:56.8
4. Stanford Invitational (9/29, 6,000m)	20:52
23. Pre-NCAA Invitational (10/13, 6,000m)	20:51

### Alex Gits

3. NCAA West Regional (11/10, 6,000m)	20:23.40
31. Pre-NCAA Invitational (10/13, 6,000m)	20:58
53. NCAA Championships (11/10, 6,000m)	21:12.4

### Katie Harrington

9. Stanford Invitational (9/29, 6,000m)	21:08
14. NCAA West Regional (11/10, 6,000m)	20:49.40
21. Pac-10 Championships (10/27, 6,000m)	20:52.3
40. NCAA Championships (11/10, 6,000m)	21:06.5
52. Pre-NCAA Invitational (10/13, 6,000m)	21:15

### Arianna Lambie

1. Pac-10 Championships (10/27, 6,000m)	19:40.7
1. Stanford Invitational (9/29, 6,000m)	19:48
3. NCAA Pre-Invitational (10/13, 6,000m)	20:01.1
5. NCAA West Regional (11/10, 6,000m)	20:31.25
9. NCAA Championships (11/10, 6,000m)	20:18.2

### Teresa McWalters

1. NCAA West Regional (11/10, 6,000m)	19:57.30
1. Chico State Invitational (9/8, 6,000m)	20:57.2
2. Pac-10 Championships (10/27, 6,000m)	19:41.1
2. NCAA Pre-Invitational (10/13, 6,000m)	20:00.1
62. NCAA Championships (11/10, 6,000m)	21:16.0

### Kate Niehaus

7. Stanford Invitational (9/29, 6,000m)	20:59
14. Pac-10 Championships (10/27, 6,000m)	20:35.9
43. Pre-NCAA Invitational (10/13, 6,000m)	21:08
89. NCAA Championships (11/10, 6,000m)	21:29.0
144. NCAA West Regional (11/10, 6,000m)	22:59.20

### Maddie O'Meara

6. Chico State Invitational (9/8, 6,000m)	22:07.7
22. Bronco Invitational (10/13, 5,000m)	17:58
43. Pac-10 Championships (10/27, 6,000m)	21:31.1

### Kaylin Pennington

68. Bronco Invitational (10/13, 5,000m)	18:54
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### Anna Schuessler

70. Bronco Invitational (10/13, 5,000m)	18:55
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# TOP TIMES - STANFORD CROSS COUNTRY COURSE

## Top 10 Performers - Men (10,000 meters)

1. Robert Cheseret, Arizona	2005 (NCAA West Regional)	30:03.3
2. Obed Muntanya, Arizona	2005 (NCAA West Regional)	30:05.7
3. Casey Burchill, Arizona State	2005 (NCAA West Regional)	30:09.3
4. Jonah Maiyo, Arizona	2005 (NCAA West Regional)	30:19.8
5. Mark Mandi, Washington	2005 (NCAA West Regional)	30:21.4
6. Mohamed Trafah, Arizona	2005 (NCAA West Regional)	30:23.0
7. Ryan Warrenburg, Arizona State	2005 (NCAA West Regional)	30:23.2
8. Neftalem Araia, Stanford	2005 (NCAA West Regional)	30:23.5
9. Austin Ramos, UCLA	2005 (NCAA West Regional)	30:24.1
10. John Moore, Portland	2005 (NCAA West Regional)	30:25.0

## Top 10 Stanford Performers - Men (10,000 meters)

1. Neftalem Araia	2005 (NCAA West Regional)	30:23.5
2. Brett Gotcher	2005 (NCAA West Regional)	30:26.3
3. Jonathan Pierce	2005 (NCAA West Regional)	30:36.4
4. Garrett Heath	2005 (NCAA West Regional)	30:54.4
5. John McGuire	2005 (NCAA West Regional)	30:55.4
6. Hari Mix	2005 (NCAA West Regional)	31:00.9
7. Rolf Steier	2005 (NCAA West Regional)	31:15.0

## Top 10 Performers - Men (8000 meters)

1. Galen Rupp, Oregon	2006 (Pac-10 Championships)	23:03.1
2. Scott Bauhs, unattached	2007 (Stanford Invitational)	23:07
2. Robert Cheseret, Arizona	2006 (Pac-10 Championships)	23:10.9
4. Aron Rono, Azusa Pacific	2007 (Stanford Invitational)	23:13
3. Neftalem Araia, Stanford	2006 (Pac-10 Championships)	23:15.4
4. Aaron Aguayo, Arizona State	2006 (Pac-10 Championships)	23:20.4
5. Obed Mutanya, Arizona	2006 (Pac-10 Championships)	23:23.3
6. Josh McDougal, Liberty	2005 (Stanford Invitational)	23:24
9. David Torrence, California	2007 (Stanford Invitational)	23:25
7. Shadrack Kiptoo-Biwott, Oregon	2006 (Pac-10 Championships)	23:28.9
8. Neftalem Araia, Stanford	2006 (Stanford Invitational)	23:31
9. Jeremy Mineau, Washington	2006 (Pac-10 Championships)	23:34.7
10. Brett Gotcher, Stanford	2006 (Pac-10 Championships)	23:35.7

## Top 10 Stanford Performers - Men (8000 meters)

1. Neftalem Araia	2006 (Pac-10 Championships)	23:15.4
2. Neftalem Araia	2006 (Stanford Invitational)	23:31
3. Brett Gotcher	2006 (Pac-10 Championships)	23:35.7
4. Neftalem Araia	2007 (Stanford Invitational)	23:40
5. Hari Mix	2007 (Stanford Invitational)	23:46
5. Jonathan Pierce	2006 (Stanford Invitational)	23:46
7. Russell Brown	2007 (Stanford Invitational)	23:47
8. Garrett Heath	2005 (Stanford Invitational)	23:48
9. Peter Meindl	2004 (Stanford Invitational)	23:52
9. Brett Gotcher	2005 (Stanford Invitational)	23:52

## Top 10 Performers - Men (4000 meters)

1. Grant Robison, Stanford	2001 (Stanford Invitational)	10:54
2. Seth Henjy, Stanford	2001 (Stanford Invitational)	11:02
3. Ryan Hall, Stanford	2001 (Stanford Invitational)	11:07
4. Donald Sage, Stanford	2001 (Stanford Invitational)	11:21
5. Jeremy Huffman, Unattached	2001 (Stanford Invitational)	11:22
6. Jason Lunn, Unattached	2001 (Stanford Invitational)	11:24
7. Philip West, Stanford	2001 (Stanford Invitational)	11:28
8. Steve Loughlin, Stanford	2001 (Stanford Invitational)	11:31
9. Seton McAndrews, Unattached	2001 (Stanford Invitational)	11:34
10. Justin Romaniuk, Unattached	2001 (Stanford Invitational)	11:38

## Top 10 Stanford Performers - Men (4000 meters)

1. Grant Robison	2001 (Stanford Invitational)	10:54
2. Seth Henjy	2001 (Stanford Invitational)	11:02
3. Ryan Hall	2001 (Stanford Invitational)	11:07
4. Donald Sage	2001 (Stanford Invitational)	11:21
5. Philip West	2001 (Stanford Invitational)	11:28
6. Steve Loughlin	2001 (Stanford Invitational)	11:31
7. Tyson Hendricksen	2001 (Stanford Invitational)	11:47
8. David Stillman	2001 (Stanford Invitational)	11:57
9. Russell Brown	2005 (Stanford Invitational)	11:59
10. Steve DeWitt	2003 (Stanford Invitational)	12:01
10. Hakon DeVries	2005 (Stanford Invitational)	12:01

## Top 10 Performers - Women (6000 meters)

1. Arianna Lambie, Stanford	2005 (NCAA West Regional)	19:29.3
2. Arianna Lambie, Stanford	2007 (Stanford Invitational)	19:48
3. Amy Hastings, Arizona State	2005 (NCAA West Regional)	19:58.4
4. Ashley Caldwell, UCLA	2005 (NCAA West Regional)	20:12.5
5. Arianna Lambie, Stanford	2006 (Stanford Invitational)	20:13
6. Arianna Lambie, Stanford	2006 (Pac-10 Championships)	20:15.1
7. Teresa McWalters, Stanford	2005 (NCAA West Regional)	20:16.8
8. Katy Trotter, Stanford	2005 (NCAA West Regional)	20:17.1
9. Lindsay Flacks, Stanford	2005 (NCAA West Regional)	20:17.3
10. Katy Trotter, Stanford	2006 (Pac-10 Championships)	20:18.3
10. Amanda Trotter, Stanford	2006 (Pac-10 Championships)	20:18.3

## Top 10 Stanford Performers - Women (6000 meters)

1. Arianna Lambie	2005 (NCAA West Regional)	19:29.3
2. Arianna Lambie	2007 (Stanford Invitational)	19:48
2. Arianna Lambie	2006 (Stanford Invitational)	20:13
3. Arianna Lambie	2006 (Pac-10 Championships)	20:15.1
4. Teresa McWalters	2005 (NCAA West Regional)	20:16.8
5. Katy Trotter	2005 (NCAA West Regional)	20:17.1
6. Katy Trotter	2006 (Pac-10 Championships)	20:18.3
6. Amanda Trotter	2006 (Pac-10 Championships)	20:18.3
8. Katy Trotter	2006 (Stanford Invitational)	20:19
9. Teresa McWalters	2006 (Pac-10 Championships)	20:25.0
10. Amanda Trotter	2005 (NCAA West Regional)	20:26.4

## Top 10 Performers - Women (5000 meters)

1. Amy Skieresz - Arizona	1996 (Pac-10 Championships)	16:36
2. Amy Yoder - Arkansas	1999 (Stanford Invitational)	16:41
3. Julia Stamps - Stanford	1999 (Stanford Invitational)	16:43
3. Tracy Robertson - Arkansas	1999 (Stanford Invitational)	16:43
5. Lauren Fleshman - Stanford	1999 (Stanford Invitational)	16:47
6. Erin Sullivan - Stanford	1999 (Stanford Invitational)	16:49
6. Jessica Koch-Dailey - Arkansas	1999 (Stanford Invitational)	16:49
6. Erica Palmer - Wisconsin	1999 (Stanford Invitational)	16:49
9. Kim Mortensen - UCLA	1996 (Stanford Invitational)	16:52
10. Sally Glynn - Stanford	1999 (Stanford Invitational)	16:54
10. Larissa Kleinmann - Arkansas	1999 (Stanford Invitational)	16:54

## Top 10 Stanford Performers - Women (5000 meters)

1. Julia Stamps	1999 (Stanford Invitational)	16:43
2. Lauren Fleshman	1999 (Stanford Invitational)	16:47
3. Erin Sullivan	1999 (Stanford Invitational)	16:49
4. Sally Glynn	1999 (Stanford Invitational)	16:54
5. Mary Cobb	1997 (Stanford Invitational)	17:05
6. Sarna Renfro	1997 (Stanford Invitational)	17:08
7. Kortney Dunscombe	1994 (Pac-10 Championships)	17:12
8. Jessica Fry	1996 (Pac-10 Championships)	17:15
9. Caroline Annis	1998 (Stanford Invitational)	17:25
10. Monal Chokshi	1995 (Stanford Invitational)	17:30

## Top 10 Performers - Women (4000 meters)

1. Alicia Craig, Stanford	2001 (Stanford Invitational)	12:40
2. Michaela Manova, BYU	2001 (Stanford Invitational)	12:54
3. Cheryl Smith, Hawaii	2001 (Stanford Invitational)	13:01
4. Bethany Brewster, Wisconsin	2001 (Stanford Invitational)	13:03
5. Laura Turner, Stanford	2001 (Stanford Invitational)	13:12
6. Katie Hotchkiss, Stanford	2001 (Stanford Invitational)	13:15
7. Sara Bei, Stanford	2004 (Stanford Invitational)	13:16
8. Michelle Lilienthal, Wisconsin	2001 (Stanford Invitational)	13:17
9. Jill Rencher, Brigham Young	2001 (Stanford Invitational)	13:19
9. Emilie Mondor, Simon Fraser	2001 (Stanford Invitational)	13:19

## Top 10 Stanford Performers - Women (4000 meters)

1. Alicia Craig	2001 (Stanford Invitational)	12:40
2. Laura Turner	2001 (Stanford Invitational)	13:12
3. Katie Hotchkiss	2001 (Stanford Invitational)	13:15
4. Sara Bei	2004 (Stanford Invitational)	13:16
5. Jeane Goff	2001 (Stanford Invitational)	13:23
6. Colleen Flaherty	2001 (Stanford Invitational)	13:36
7. Arianna Lambie	2003 (Stanford Invitational)	13:42
8. Lauren Fleshman	2002 (Stanford Invitational)	13:48
9. Malindi Elmore	2002 (Stanford Invitational)	13:56
9. Katy Trotter	2004 (Stanford Invitational)	13:56



1996 NCAA Championship Men's & Women's Cross Country

## Stanford Top Team Performances at the NCAA Championships

### Men

Year	Place	Points	Head Coach	Site
2006	Fourth Place	195 points	Peter Tegen	Terre Haute, IN
2005	Sixth Place	231 points	Peter Tegen	Terre Haute, IN
2004	Sixth Place	269 points	Andrew Gerard	Terre Haute, IN
2003	NCAA Champion	24 points	Andrew Gerard	Waterloo, IA
2002	NCAA Champion	47 points	Vin Lananna	Terre Haute, IN
2001	Second Place	91 points	Vin Lananna	Greenville, SC
2000	Fourth Place	149 points	Vin Lananna	Ames, IA
1999	Fourth Place	223 points	Vin Lananna	Bloomington, IN
1998	Second Place	114 points	Vin Lananna	Lawrence, KS
1997	NCAA Champion	53 points	Vin Lananna	Greenville, SC
1996	NCAA Champion	46 points	Vin Lananna	Tucson, AZ
1995	Fifth Place	209 points	Vin Lananna	Ames, IA
1994	Sixth Place	208 points	Vin Lananna	Fayetteville, AR
1968	Second Place	100 points	Marshall Clark	Wheaton, IL

### Women

Year	Place	Points	Head Coach	Site
2007	NCAA Champion	145 points	Peter Tegen	Terre Haute, IN
2006	NCAA Champion	195 points	Peter Tegen	Terre Haute, IN
2005	NCAA Champion	146 points	Peter Tegen	Terre Haute, IN
2004	Fifth Place	175 points	Dena Evans	Terre Haute, IN
2003	NCAA Champion	120 points	Dena Evans	Waterloo, IA
2002	Second Place	113 points	Vin Lananna	Terre Haute, IN
2001	Fifth Place	206 points	Vin Lananna	Greenville, SC
2000	Third Place	198 points	Vin Lananna	Ames, IA
1999	Third Place	127 points	Vin Lananna	Bloomington, IN
1998	Third Place	111 points	Vin Lananna	Lawrence, KS
1997	Second Place	102 points	Vin Lananna	Greenville, SC
1996	NCAA Champion	101 points	Vin Lananna	Tucson, AZ
1995	Ninth Place	235 points	Vin Lananna	Ames, IA
1994	Seventh Place	198 points	Vin Lananna	Fayetteville, AR
1984	Second Place	89 points	Brooks Johnson	University Park, PA
1983	Second Place	98 points	Brooks Johnson	Bethlehem, PA
1982	Second Place	91 points	Brooks Johnson	Bloomington, IN
1981	Third Place	105 points	Brooks Johnson	Wichita, KS

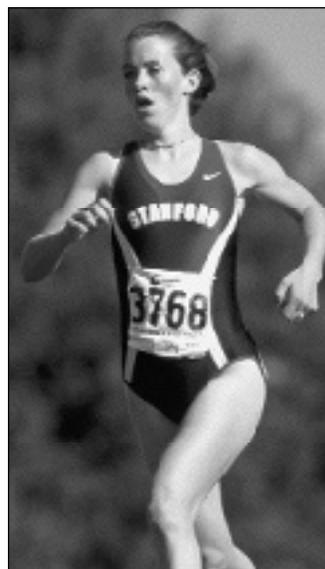
## Top Team Performances at the NCAA West Regional Championships

### Men

Year	Place	Points	Head Coach	Site
2007	Third Place	100 points	Peter Tegen	Eugene, OR
2006	Second Place	88 points	Peter Tegen	Portland, OR
2005	Second Place	80 points	Peter Tegen	Stanford, CA
2004	First Place	49 points	Andrew Gerard	Fresno, CA
2003	First Place	18 points	Andrew Gerard	Gresham, OR
2002	First Place	21 points	Vin Lananna	Stanford, CA
2001	First Place	37 points	Vin Lananna	Tucson, AZ
2000	First Place	58 points	Vin Lananna	Fresno, CA
1999	First Place	40 points	Vin Lananna	Portland, OR
1998	First Place	37 points	Vin Lananna	Fresno, CA
1997	First Place	—	Vin Lananna	Tucson, AZ
1996	First Place	31 points	Vin Lananna	Fresno, CA
1995	First Place	53 points	Vin Lananna	Portland, OR
1994	Second Place	58 points	Vin Lananna	Tucson, AZ
1989	Third Place	—	Scott Chisam	Fresno, CA
1985	Third Place	—	Brooks Johnson	Seattle, WA

### Women

Year	Place	Points	Head Coach	Site
2007	First Place	33 points	Peter Tegen	Eugene, OR
2006	First Place	42 points	Peter Tegen	Portland, OR
2005	First Place	28 points	Peter Tegen	Stanford, CA
2004	First Place	29 points	Dena Evans	Fresno, CA
2003	First Place	45 points	Dena Evans	Gresham, OR
2002	First Place	21 points	Vin Lananna	Stanford, CA
2001	First Place	39 points	Vin Lananna	Tucson, AZ
2000	First Place	58 points	Vin Lananna	Fresno, CA
1999	First Place	29 points	Vin Lananna	Portland, OR
1998	Second Place	80 points	Vin Lananna	Fresno, CA
1997	First Place	37 points	Vin Lananna	Tucson, AZ
1996	First Place	51 points	Vin Lananna	Fresno, CA
1995	Second Place	71 points	Vin Lananna	Portland, OR
1994	First Place	55 points	Vin Lananna	Tucson, AZ
1993	Second Place	—	Vin Lananna	Portland, OR
1986	Second Place	—	Brooks Johnson	Fresno, CA
1984	First Place	—	Brooks Johnson	Tucson, AZ
1983	Second Place	—	Brooks Johnson	Eugene, OR
1982	First Place	—	Brooks Johnson	Fresno, CA
1977	Third Place (AIAW)	—	Marshall Clark	Stanford, CA



Malindi Elmore



Erin Sullivan



Stanford swept the NCAA Cross Country Championships in 2003.



PattiSue Plumer, Kim Schnurpfeil and Ceci Hopp ran on Stanford's teams which finished no lower than third at the NCAAs during the early 1980s.

## Top Team Performances at the Pac-10 Conference Championships

### Men

Year	Place	Points	Head Coach	Site
2007	Second Place	55 points	Peter Tegen	Corvallis, OR
2006	Second Place	58 points	Peter Tegen	Stanford, CA
2005	First Place	46 points	Peter Tegen	Tucson, AZ
2004	First Place	37 points	Andrew Gerard	San Francisco, CA
2003	First Place	23 points	Andrew Gerard	Pullman, WA
2002	First Place	24 points	Vin Lananna	Stanford, CA
2001	First Place	28 points	Vin Lananna	Scottsdale, AZ
2000	First Place	21 points	Vin Lananna	Seattle, WA
1999	Second Place	63 points	Vin Lananna	Long Beach, CA
1998	First Place	48 points	Vin Lananna	Eugene, OR
1997	First Place	33 points	Vin Lananna	Stanford, CA
1996	First Place	29 points	Vin Lananna	Stanford, CA
1995	Second Place	58 points	Vin Lananna	Stanford, CA
1993	First Place	—	Vin Lananna	Stanford, CA
1988	Second Place	—	Scott Chisam	Stanford, CA
1986	Third Place	—	Brooks Johnson	Stanford, CA
1985	First Place	—	Brooks Johnson	Stanford, CA
1978	Second Place	—	Dean Clark	—
1970	Third Place	—	Marshall Clark	—
1969	Third Place	—	Marshall Clark	—

### Women

Year	Place	Points	Head Coach	Site
2007	First Place	48 points	Peter Tegen	Corvallis, OR
2006	First Place	22 points	Peter Tegen	Stanford, CA
2005	First Place	34 points	Peter Tegen	Tucson, AZ
2004	First Place	30 points	Dena Evans	San Francisco, CA
2003	First Place	22 points	Dena Evans	Pullman, WA
2002	First Place	23 points	Vin Lananna	Pasadena, CA
2001	First Place	27 points	Vin Lananna	Scottsdale, AZ
2000	First Place	51 points	Vin Lananna	Seattle, WA
1999	First Place	32 points	Vin Lananna	Long Beach, CA
1998	First Place	53 points	Vin Lananna	Eugene, OR
1997	First Place	36 points	Vin Lananna	Stanford, CA
1996	First Place	38 points	Vin Lananna	Stanford, CA
1995	Third Place	61 points	Vin Lananna	Stanford, CA
1994	First Place	57 points	Vin Lananna	Stanford, CA
1993	First Place	—	Vin Lananna	Stanford, CA
1986	Third Place	—	Brooks Johnson	Stanford, CA
1985	First Place (Pac West)	—	Brooks Johnson	Los Angeles, CA
1984	First Place (WCAA)	—	Brooks Johnson	Long Beach, CA
1983	First Place (WCAA)	—	Brooks Johnson	Tucson, AZ
1982	First Place (WCAA)	—	Brooks Johnson	Los Angeles, CA
1980	Second Place (NorCal)	—	Laurel Treon	Stanford, CA



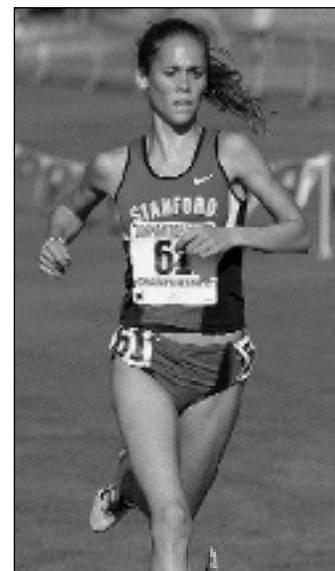
Alicia Craig



Brad Hauser



Brent Hauser



Katy Trotter

# STANFORD ON THE INTERNATIONAL SCENE



Alexandra Gits

## 2008 Beijing Olympic Games

Leila Ben-Youssef (2005) Pole Vault  
 Jillian Camarena (2004) Shot Put  
 Ian Dobson (2005) 5,000m  
 Ryan Hall (2005) Marathon  
 Arantxa King (2011) Long Jump  
 Erica McLain (2008) Triple Jump  
 Michael Robertson (2007) Discus

## 2008 U.S. Olympic Trials

Lindsay Allen (2008) 3,000 steeplechase  
 Sarah (Bei) Hall (2005) 1,500m  
 Russell Brown (2007) 1,500m  
 Jill Camarena (2004) Shot Put  
 Ian Dobson (2005) 5,000m & 10,000m  
 Lauren Fleshman (2003) 5,000m  
 Brett Gotcher (2007) 10,000m  
 Ryan Hall (2005) Marathon  
 Garrett Heath (2009) 1,500m  
 Sarah (Hopping) Veress (2006) Hammer Throw  
 Graeme Hoste (2008) Pole Vault  
 Gabe Jennings (2002) 1,500m  
 Arianna Lambie (2008) 5,000m  
 Louis Luchini (2004) 10,000m  
 Erica McLain (2008) Triple Jump & Long Jump  
 Jonathon Pierce (2007) 3,000m  
 Summer Pierson (2000) Discus  
 Jonathon Riley (2002) 5,000m  
 Michael Robertson (2007) Discus  
 Grant Robison (2004) 1,500m  
 Toby Stevenson (2000) Pole Vault  
 Teresa McWalters (2008) 5,000m

## 2008 World Junior Track and Field Championships

Laurynne Chetalat (2012) 3,000m  
 Sarah McCurdy (2012) 800m

## 2008 World Indoor Track & Field Championships

Russell Brown (2007) Mile

## 2008 World Junior Cross Country Championships

Alexandra Gits (2011)  
 Laurynne Chetalat (2012)

## 2007 U.S.A. Outdoor Track & Field Championships

Sarah (Bei) Hall (2005) 1500m  
 Russell Brown (2007) 1500m

Jillian Camarena (2004) Shot Put  
 Alicia (Shay) Craig (2005) 10,000m  
 Ian Dobson (2005) 5,000m  
 Lauren Fleshman (2003) 5,000m  
 Ryan Hall (2005) 10,000m  
 Garrett Heath (2008) 1,500m  
 Gabe Jennings (2002) 1,500m  
 Arianna Lambie (2008) 5,000m  
 Erica McLain (2008) Triple Jump  
 Michael Robertson (2007) Discus  
 Toby Stevenson (2000) Pole Vault

## 2007 World Track & Field Championships

Michael Robertson (2007) Discus  
 Jillian Camarena (2004) Shot Put

## 2007 Pan American Games

Andrew Dargie (2011) 4x400  
 Arantxa King (2011) Long Jump  
 Michael Robertson (2007) Discus

## 2007 Junior Pan American Games

Elliott Heath (2011) 5,000m  
 Shataya Hendricks (2011) 4x400m  
 Arantxa King (2011) Long Jump

## 2007 World University Games

Andrew Dargie (2011) 400m

## 2006 North American, Central American, and Caribbean Championships (NACAC)

Erica McLain (2007) Triple Jump

## 2006 Commonwealth Games

Ashley Cooper (2001) 1,500m

## 2006 U.S. Outdoor Championships

Sara (Bei) Hall (2005) 5,000m  
 Russell Brown (2007) 1,500m  
 Janice Davis (2007) 100m & 200m  
 Ian Dobson (2005) 5,000m  
 Lauren Fleshman (2005) 5,000m  
 Ryan Hall (2005) 5,000m  
 Sarah (Hopping) Veress (2005) Hammer Throw  
 Graeme Hoste (2008) Pole Vault  
 Jason Lunn (1997) 1,500m  
 Jonathon Riley (2002) 1,500m  
 Gabe Jennings (2002) 1,500m  
 Jonathon Pierce (2007) 3,000m Steeplechase

## 2006 U.S. Junior Outdoor Championships

Eric Giddings (2009) 10,000m  
 Alex Greenburg (2009) 800m  
 Donell Hill (2009) Pole Vault  
 Adrian Munabi (2009) Long Jump  
 Lauren Stewart (2009) Triple Jump & Heptathlon

## 2006 World Cross Country Championships

Ian Dobson (2005) Long Course  
 Sara (Bei) Hall (2005) Short Course  
 Ryan Hall (2005) Long & Short Course

## 2005 World Track & Field Championships

Ian Dobson (2005) 5,000m  
 Lauren Fleshman (2003) 5,000m  
 Ryan Hall (2005) 5,000m

## 2005 Junior Pan American Games

Lindsay Allen (2008) 3,000m Steeplechase  
 Lauren Centrowitz (2009) 1,500m

## 2005 U.S. Outdoor Track & Field Championships

Neftalem Araia (2008) 5,000m  
 Sara (Bei) Hall (2005) 5,000m  
 Russell Brown (2008) 1,500m  
 Joaquin Chapa (2008) 1,500m  
 Ian Dobson (2004) 5,000m  
 Chris Emme (2005) 5,000m  
 Lauren Fleshman (2003) 5,000m  
 Ryan Hall (2005) 5,000m  
 Arianna Lambie (2007) 1,500m  
 Jason Lunn (1997) 1,500m  
 Jonathon Riley (2002) 1,500m  
 Grant Robison (2003) 1,500m  
 David Vidal (2006) 3,000m Steeplechase

## 2005 U.S. Junior Outdoor Track & Field Championships

Lindsay Allen (2008) 3,000m Steeplechase  
 Claire Cormier Thielke (2008) 800m

## 2005 World Cross Country Championships

Ian Dobson (2005) Long Course  
 Lauren Fleshman (2003) Long Course  
 Donald Sage (2004) Short Course

## 2005 World Junior Cross Country Championships

Hakon DeVries (2009)  
 Lindsay Flacks (2009)

## 2004 World Cross Country Championships

Malindi Elmore (2003)  
 Lauren Fleshman (2003)

## 2004 World Junior Cross Country Championships

Forrest Tahdoahnippah (2007)  
 Amanda Trotter (2007)  
 Katy Trotter (2007)

## 2004 North American, Central American, and Caribbean Championships (NACAC)

Ian Dobson (2005) 3,000m Steeplechase

## 2004 Athens Olympic Games

Malindi Elmore (2003) 1,500m  
 Jonathon Riley (2002) 5,000m  
 Grant Robison (2004) 1,500m  
 Toby Stevenson (2000) Pole Vault – Silver Medal

## 2004 World Junior Track & Field Championships

Russell Brown (2007) 1,500m

## 2004 U.S. Olympic Trials

Ian Dobson (2005) 3,000m Steeplechase  
 Seth Henjy (2004) 5,000m  
 Greg Jimmerson (1997) 10,000m  
 Louis Luchini (2004) 5,000m  
 Jason Lunn (1997) 1,500m  
 Jonathon Riley (2002) 5,000m  
 Grant Robison (2004) 1,500m  
 Donald Sage (2004) 1,500m  
 Michael Stember (2001) 1,500m  
 Adam Tenforde (2004) 10,000m  
 Caroline Annis (2001) Marathon  
 Sara (Bei) Hall (2005) 5,000m  
 Alicia Craig (2006) 10,000m  
 Sally Hauser (2001) 1,500m



Ian Dobson (Far R)  
 Photo: Getty Images



# STANFORD ON THE INTERNATIONAL SCENE



*Ryan Hall*  
Photo: Getty Images

Julia Stamps (2001) Marathon  
Heather Tanner (2002) Marathon  
Ashley Wysong (2002) 800m

**2003 World Junior Cross Country Championships**

Brett Gotcher (2006)

**2003 World Track & Field Championships**

Lauren Fleshman (2003) 5,000m  
Regina Jacobs (1985) 1,500m  
Jason Lunn (1997) 1,500m

**2003 Pan American Games**

Ashley Couper (2001) 1,500m  
Malindi Elmore (2003) 1,500m  
Seth Henjy (2004) 5,000m  
Grant Robison (2004) 1,500m  
Michael Stember (2000) 1,500m

**2003 World University Games**

Malindi Elmore (2003) 1,500m

**2003 Junior Pan American Games**

Brett Gotcher (2006) 10,000m  
Peter Meindl (2006) 5,000m

**2003 U.S. Outdoor Track & Field Championships**

Alicia Craig (2005) 5,000m  
Ian Dobson (2004) 10,000m  
Lauren Fleshman (2003) 5,000m  
Brad Hauser (2000) 5,000m  
Sally Hauser (2001) 1,500m  
Seth Henjy (2004) 5,000m  
Regina Jacobs (1985) 1,500m  
Louis Luchini (2004) 5,000m  
Jason Lunn (1997) 1,500m  
Jonathon Riley (2002) 5,000m  
Grant Robison (2004) 1,500m  
Donald Sage (2005) 1,500m  
Michael Stember (2001) 1,500m  
Adam Tenforde (2003) 10,000m  
Ashley Wysong (2002) 800m

**2002 World Cross Country Championships**

Greg Jimmerson (1997) Long Course  
Jonathon Riley (2002) Short Course

**2002 World Junior Cross Country Championships**

Sara (Bei) Hall (2005)

**2002 World Junior Track & Field Championships**

Sara (Bei) Hall (2005) 3,000m

**2002 U.S. Outdoor Track & Field Championships**

Maurica Carlucci (2002) 1,500m  
Lauren Fleshman (2003) 5,000m  
Brad Hauser (2000) 10,000m  
Sally Hauser (2001) 1,500m  
Seth Henjy (2004) 5,000m  
Regina Jacobs (1985) 1,500m  
Gabe Jennings (2002) 1,500m  
Louis Luchini (2004) 5,000m  
Jason Lunn (1997) 1,500m  
Jonathon Riley (2002) 5,000m  
Grant Robison (2004) 1,500m  
Michael Stember (2001) 800m  
Adam Tenforde (2003) 10,000m  
Jesse Thomas (2002) 3,000m Steeplechase  
Laura Turner (2002) 3,000m Steeplechase  
Ashley Wysong (2002) 800m

**2001 World Cross Country Championships**

Brad Hauser (2000) Short Course  
Greg Jimmerson (1997) Long Course

**2001 World Junior Cross Country Championships**

Victoria Chang (2004)  
Ian Dobson (2005)

**2001 World Track & Field Championships**

Regina Jacobs (1985) 1,500m  
Gabe Jennings (2002) 1,500m

**2001 World University Games**

Malindi Elmore (2003) 1,500m  
Sally Glynn (2001) 5,000m  
Gabe Jennings (2002) 1,500m  
Jonathon Riley (2002) 5,000m  
Michael Stember (2001) 1,500m

**2001 Junior Pan American Games**

Jillian Camarena (2004) Shot Put  
Ian Dobson (2004) 5,000m  
Chris Emme (2004) 10,000m

**2000 Sydney Olympic Games**

Chrystie Gaines (1992) 4x100 Relay – Bronze Medal  
Brad Hauser (2000) 5,000m  
Regina Jacobs (1985) 1,500m & 5,000m  
Gabe Jennings (2002) 1,500m – Olympic Semi-Finalist  
Michael Stember (2001) 1,500m – Olympic Semi-Finalist

**2000 U.S. Olympic Trials**

Jason Balkman (2000) 10,000m  
Fred Carter (1992) 3,000m Steeplechase  
Mary Cobb (1999) 1,500m  
Lauren Fleshman (2003) 5,000m  
Sally Glynn (2001) 1,500m & 5,000m  
Brad Hauser (2000) 5,000m & 10,000m  
Brent Hauser (2000) 5,000 & 10,000m  
Regina Jacobs (1985) 1,500m & 5,000m  
Gabe Jennings (2002) 1,500m  
Greg Jimmerson (1997) 3,000m Steeplechase  
Jason Lunn (1997) 1,500m  
Jake Mass (1999) 1,500m  
Nathan Nutter (1999) 10,000m  
Rob Reeder (1997) Marathon  
Jonathon Riley (2002) 5,000m  
Dave Schdamore (1992) Marathon  
Michael Stember (2001) 1,500m  
Gary Stolz (1992) Marathon & 10,000m

*Jillian Camarena*  
Photo: Getty Images



# CROSS COUNTRY HERITAGE

"Four of the best years of your life" can move pretty fast, especially if you are a student-athlete at Stanford University.

For three graduates of Stanford, the years have been beyond belief.

"The best thing about Stanford was the people I met," said 2008 U.S. Olympian, Ryan Hall ('05), a three-time All-American and the 2005 NCAA outdoor track champion in the 5000 meters. "This is something I wouldn't trade for anything. It's the fantastic people you meet and the relationships you develop."

Sara Bei ('05) enjoyed a remarkable career at Stanford. A six-time All-American and two-time Pac-10 cross country champion, Bei was always impressed with the environment of the Stanford campus. "The diversity of the people is amazing," said Bei. "I learned a lot meeting people at Stanford who were from all over the world. Academically, it was really amazing taking classes from professors from the top of their field."

Tradition and success are often used descriptions for men's and women's cross country at Stanford University.

Since 1916 for men, and 1977 for women, Stanford has enjoyed success on the national and international levels. Cardinal runners have competed for numerous United States Junior and Senior National teams, and have been prominent competitors at the Olympics and the World Championships.

On the collegiate level, Stanford has been the most dominant men's and women's cross country programs over the last 15 years. The Cardinal women's cross country teams have finished in the top five at the NCAA Championships every year since 1996, while the Stanford men's program has finished in the Top 6 13 of the last 14 years. In the last ten seasons, Stanford has won four men's national titles (1996, 1997, 2002, 2003) and five women's national titles (1996, 2003, 2005, 2006, 2007). Since 1996, Stanford has won 18 of 20 men and women's NCAA West Regional Cross Country titles. The Cardinal women have won 14 of the last 15 Pac-10 Cross

and Ceci (Hopp) St. Geme helped achieve national prominence for Stanford by producing NCAA runner-up finishes from 1982-84 and a third place finish in 1981.

In recent years, another large group of Cardinal athletes have returned Stanford to the national spotlight. The long list of NCAA champions and All-Americans included Monal Chokshi (1997), Sarna Renfro (1998), Mary Cobb (1999), Sally Glynn (2001), Julia Stamps (2002), Lauren Fleshman (2003), Malindi Elmore (2003), Sara Bei (2005), Alicia Craig (2005), Amanda Trotter (2006), Katy Trotter (2006), Arianna Lambie (2008) and Teresa McWalters (2008).

"Experiencing all that Stanford has to offer was one of the most exhilarating, educational and inspiring times in my life," said Cobb, who will graduate in 2005 from the UC Hastings College of Law in San Francisco. "From participating on a nationally-ranked cross country, and track and field team to working alongside leading researchers and academics, I was continually amazed by the caliber of every athlete, student and professor at Stanford. In my experience, every individual at Stanford held her or himself to the same high standard of excellence and took pride in chasing and achieving their dreams, whether academic or athletic. The thrill of contributing to Stanford's excellence was a rare honor, and I continue to carry with me, to this day, the lessons learned in team work, commitment, discipline and integrity."

In 2008, Alex Gits (2011) competed in the IAAF World Junior Cross Country Championships where she placed 13th and was the highest American finisher.

Three members of the Stanford family competed at the 2005 IAAF World Cross Country Championships in France. Former Stanford All-American Lauren Fleshman (2003) led a strong United States team to a third place finish in the women's short race (4000 meters). Fleshman, a four-time cross country All-American, placed eleventh among 106 runners, the best finish by an American athlete in any of the six races held at the Championships. Ian Dobson (2004) was second among United States runners in the long race for men (12k). Donald Sage (2005) placed second among Americans in the short race for men (4000 meters).



1968



1982



1996



1981



Country Championships while the men have stood atop the awards podium nine of the last 11 conference championships.

Over the years, Stanford has produced some of the nation's finest men's distance runners, including All-Americans Harry McCalla (1965), Greg Brock (1970), Brook Thomas (1970), Don Kardong (1971), Marc Olesen (1986), Gary Stolz (1993), Jason Lunn (1998), Greg Jimmerson (1998), Nathan Nutter (1999), Brad and Brent Hauser (2000), Jason Balkman (2000), Michael Stember (2001), Gabe Jennings (2002), Jonathon Riley (2002), Louis Luchini (2004), Grant Robison (2004), Ian Dobson (2005), Donald Sage (2005), Ryan Hall (2005), Neftalem Araia (2008) and Russell Brown (2008).

"Stanford is a great place," said 2008 U.S. Olympian, Ian Dobson (2005), a nine-time All-American. "I really appreciate all the things that Stanford has done for me. I had great coaches and great facilities to train and compete. I also met many great people, and those people have given me a lot of opportunities to succeed in life."

Greg Jimmerson, a four-time All-American who helped Stanford to the 1996 NCAA cross country championship, remembers his days competing for the Cardinal.

"Stanford was an amazing place to develop as an athlete and as a student," said Jimmerson, who later competed in the 2000 and 2004 U.S. Olympic Trials. "It was exciting to be part of the best overall athletic program in the nation, and to contribute to the emergence of the best cross country program in the nation. Academically, I was blessed to be among the brightest student bodies in the country, and to study under some of the best professors in the world. Stanford challenged me to reach new heights in both mind and body."

The Cardinal women's program first gained national prominence during the early 1980's when future Olympians, and NCAA champions Regina Jacobs, Alison Wiley, PattiSue Plumer,

Lindsay Flacks (2008) and Hakon DeVries (2008) competed at the 2005 IAAF World Junior Cross Country Championship. Flacks placed third among U.S. runners to help the American squad to a fourth place finish in the junior women's race (Under-20). DeVries finished fourth (8000 meters) among United States runners to help the American squad to a seventh place showing.

Five members of the Stanford family competed at the 2004 IAAF World Cross Country Championships in Brussels, Belgium. Amanda (2007) and Katy Trotter (2007), and Forrest Tahdoahnippah (2007) competed for the U.S. Junior National team, while Lauren Fleshman (2003) participated in the women's 4000 meter short course for Team USA. Also, Malindi Elmore (2003) competed for Canada. In 2003, Brett Gotcher (2006) was a member of the United States team that participated in the World Junior Cross Country Championships in Lausanne, Switzerland.

Three Stanford athletes earned spots on Team USA for the World Cross Country Championships in 2002. Sara Bei (2005) finished third in the Junior Women's division at the 2002 U.S. Winter Cross Country Nationals in Vancouver, Washington, while Jonathon Riley (2002) finished eighth in the men's short course race. Stanford alumnus Greg Jimmerson (1997) secured his second consecutive spot as a member of the men's long course team by finishing sixth.

Stanford's powerful cross country presence was in full force at the 2001 U.S. Winter Cross Country Nationals as Cardinal runners earned spots on the U.S. Cross Country National Teams. 2000 Olympian and Stanford alumnus Brad Hauser (2000) finished second in the Senior Men's 4000 meter race to earn his second consecutive berth on the U.S. team. Hauser was the top American finisher in the short course race at the World Cross Country Championships in Ostend,

# CROSS COUNTRY HERITAGE

Belgium. Greg Jimmerson, a 1998 Stanford graduate, qualified for the U.S. National team after placing fourth in the Senior Men's 12,000 meter race and earned a bronze medal in Belgium as part of the third place American team. Ian Dobson (2005) finished third in the junior men's race to grab a spot on his first U.S. National team.

During the summer of 2001, several Cardinal athletes competed at the U.S. Track and Field Championships, the World University Games, the Junior Pan Am Games, and the U.S. Junior National Championships. Ian Dobson and Chris Emme captured U.S. Junior National titles in the 5000 and 10,000 meters, respectively, to qualify for the Junior Pan American Championships in Santa Fe, Argentina.

Stanford's Cobb Track and Angell Field proved to be a beautiful setting for the 2002 and 2003 USA Outdoor Track & Field Championships and the USA Junior National Championships. Several members of the 2003 team competed in the middle distance and distance events, including top performances by Grant Robison (third at 1500 meters), Lauren Fleshman (fourth in the 5000 meters), Louis Luchini (fifth in the 5000 meters), Alicia Craig (fifth in the 5000 meters), Ian Dobson (sixth in the 10,000 meters) and Adam Tenforde (tenth in the 10,000 meters). In all, 21 Stanford athletes competed at the 2003 U.S. Outdoor Championships including Sally Hauser, Ashley Wysong, Seth Hejny, Jonathon Riley (fourth in the 5000 meters) and Michael Stember (fourth in the 1500 meters). In the men's 1500 meter finals, Stanford athletes finished first, second and fourth.

At the junior level, Brett Gotcher won the 10,000 meter title and Peter Meindl finished third in the 5000 meters. Gotcher went on to capture the gold medal at the Junior Pan American Championships in Barbados.

"Everyone knows that Stanford is a very special place. The perfect mix of academic, athletic, social and climatic environments is simply unique in college sports. Your experience here will change your life forever."

Fleshman (2003) who finished fourth. Garrett Heath and Russell Brown both qualified for the 1500 meter final placing seventh and ninth, respectively. Several other Cardinal alumni competed in middle distance and distance events including Gabe Jennings (1500 meter), Ryan Hall (10,000 meter), Ian Dobson (5000 meter), Sara Bei-Hall (5000 meter), and Alicia Craig (10,000 meter). At the 2007 USA National Junior Championships, Elliot Heath finished first in the 5000m and earned his way to the Junior Pan American Games in Sao Paulo, Brazil, where he earned runner-up honors.

Stanford's Olympic tradition was perhaps best exemplified at the 2000 U.S. Olympic Trials when Cardinal runners Gabe Jennings, Brad Hauser and Michael Stember gained berths on the Olympic Team that competed in Sydney, Australia. Jennings captured first place honors in the 1500 meters at the 2000 Olympic Trials in Sacramento with a time of 3:35.90. For Jennings, being a member of the U.S. Olympic team and going to the Sydney Olympics was a dream come true. "I remember dreaming as a young kid, thinking of where I'd be in four years," said Jennings. "All young kids do that. Here I am now, I can't explain it. It's one thing to dream it, quite another to make your dreams come true."

Hauser, a 2000 Stanford graduate, competed in both the 10,000 and 5000 meters, earning his first Olympic berth with a second place finish and school record time of 13:27.31 in the 5000 meters. Hauser, a five-time NCAA champion and 12-time All-American, also ran the 10,000 meters at the 1999 World Championships.

Stember, a 2001 Stanford graduate, placed third in the 1500 meters to gain a berth on the U.S. Olympic team. He established a new school record of 3:35.11 while representing the United States at the IAAF Golden League Meet in Monte Carlo, Monaco, in August of 2000. More than 20 Stanford track and field student-athletes competed at the 2000 Olympic Trials.

Stanford Academic Excellence

Stanford University has a world-renowned reputation for academic excellence and the cross



Stanford athletes also have earned powerful credentials in track and field. 15 Stanford athletes competed in the 2008 U.S. Olympic Trials in the middle and long distances with Ryan Hall (marathon) and Ian Dobson (5,000 meters) qualifying for the U.S. Olympic team and competing in the Beijing Olympics.

Numerous middle distance and distance runners from Stanford also competed at the 2004 U.S. Olympic Trials, including Sara Bei (5000 meters), Alicia Craig (10,000 meters), Ian Dobson (3000 meter steeplechase), Seth Hejny (5000 meters), Louis Luchini (5000 meters), Grant Robison (1500 meters) and Donald Sage (1500 meters).

At the 2004 Olympic Games in Athens, Greece, Grant Robison (2004) and Jonathon Riley (2002) competed for the United States in the 1500 and 5000 meters, respectively. Malindi Elmore (2003) competed for Canada in the 1500 meters.

The 2005 U.S.A. Outdoor Championships saw 13 Stanford athletes competing and was highlighted by the performances of Lauren Fleshman (2003), Ian Dobson (2005), and Ryan Hall (2005). Fleshman finished second place in the 5,000 meter to qualify for the World Championships while Ian Dobson and Ryan Hall also qualified for the World Championships, finishing second and third in the 5,000 meter. They both achieved the Olympic A standard and the top two marks in Stanford history with their times of 13:15.33 and 13:16.03. The 2006 USA Outdoor Track & Field Championships also saw a large Stanford contingent with 13 Stanford athletes and 5 Juniors.

The 2007 summer brought many Cardinal to compete at U.S.A. Outdoor Track & Field Championships, World Track & Field Championships, Pan American Games, Junior Pan American Games, and World University Games. At the U.S.A. Track & Field Championships Lambie recorded a fifth place finish in the 5000 meter finals along with former Cardinal Lauren

country and track & field programs uphold that tradition. Started 13 years ago, the United States Cross Country Coaches Association began selecting individuals and teams for the honor of being named Academic All-American. Based upon the criteria that the entire roster must maintain an average of at least a 3.0 cumulative GPA, both the men's and women's cross country teams at Stanford have been named Academic All-Americans each of the last 13 years. Numerous Stanford athletes have achieved All-America academic status in their careers.

## Stanford Golf Course

The beautiful Stanford University Golf Course is home to the Cardinal men's and women's cross country teams. A shady site covered with more than 300 oak trees, the course is both picturesque and challenging. Just as rich as the scenery is the tradition of top flight cross country competition. More than ten Pac 10 and NCAA West Regional Championships have been hosted at the Stanford golf course and the prestigious Stanford Invitational brings in many of the top high school and college teams in the nation. The terrain has challenged some of the finest distance runners in the world. The Stanford Golf Course will also be the site of the 2008 NCAA West Regional.

## Stanford Invitational

The Stanford Cross Country Invitational will be held for the 35th time in 2008 and will feature some of the nation's best men's and women's cross country teams. More than 4,200 athletes representing more than 50 colleges and over 200 high schools will compete at the Stanford Golf Course on September 27.



# CROSS COUNTRY HONORS



*Ian Dobson*



*Louis Luchini*



*Ryan Hall*

Erin Sullivan – 1999, 2000  
 Lori Thrupp – 1976 (AIAW), 1977 (AIAW), 1978 (AIAW)  
 Katy Trotter – 2003, 2005  
 Alison Wiley – 1982, 1983, 1984

## **Pac-10 Athlete of the Year**

Sara Bei – 2003  
 Ryan Hall – 2003  
 Alicia Craig – 2002  
 Arianna Lambie – 2005, 2006, 2007  
 Grant Robinson – 2002  
 Donald Sage – 2001  
 Jonathon Riley – 2000  
 Erin Sullivan – 1999  
 Louise Watson – 1992  
 Marc Olesen – 1985

## **Pac-10 Men's Individual Champions**

Ian Dobson – 2003  
 Grant Robinson – 2001, 2002  
 Jonathon Riley – 2000  
 Marc Olesen – 1985

## **Pac-10 Women's Individual Champions**

Sara Bei – 2002, 2003  
 Lauren Fleshman – 2001  
 Arianna Lambie – 2005, 2007  
 Erin Sullivan – 1999  
 Regina Jacobs – 1983 (WCAA), 1984 (WCAA), 1985 (Pac-West)  
 Ceci Hopp – 1982 (WCAA)

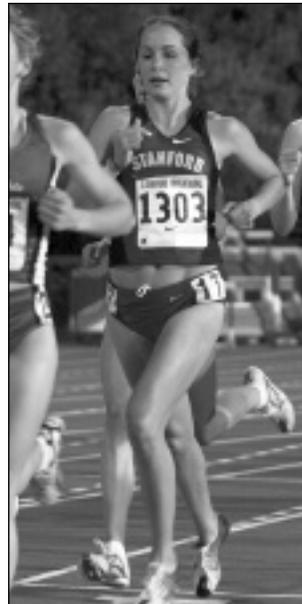
## **Men's All-Americans**

Neftalem Araia – 2004, 2005, 2006, 2007  
 Jeff Atkinson – 1984  
 Jason Balkman – 1997  
 Greg Brock – 1968  
 Russell Brown – 2007  
 Ian Dobson – 2001, 2002, 2003  
 Ryan Hall – 2002, 2003, 2004  
 Brad Hauser – 1996, 1997, 1998  
 Brent Hauser – 1996, 1997, 1998  
 Seth Henjny – 2003  
 Greg Jimmerson – 1994, 1995, 1996  
 Don Kardong – 1970  
 Louis Luchini – 2001, 2002, 2003  
 Jake Maaz – 1999  
 Harry McCalla – 1962, 1964  
 Thomas Murley – 1999, 2000  
 Nathan Nutter – 1995, 1996, 1997  
 Marc Olesen – 1985  
 Jonathon Riley – 1997, 1998, 1999, 2000  
 Grant Robinson – 2001, 2002, 2003  
 Donald Sage – 2001, 2002, 2003  
 Gary Stolz – 1992  
 Adam Tenforde – 2002, 2003  
 Brook Thomas – 1968  
 J.J. White – 1996

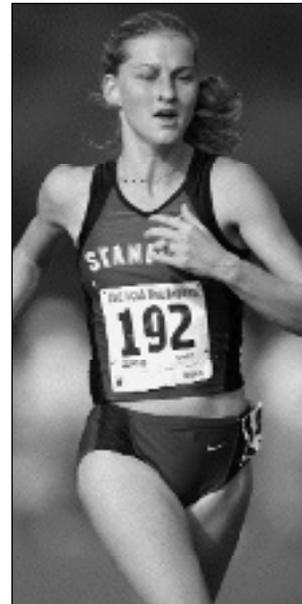
Lauren Fleshman – 1999, 2000, 2001, 2002  
 Jessica Fry – 1996  
 Sally Glynn – 1997, 1998  
 Carol Gray – 1986  
 Katie Harrington – 2007  
 Ceci Hopp – 1981, 1982  
 Regina Jacobs – 1982, 1983, 1984, 1985  
 Arianna Lambie – 2003, 2005, 2006, 2007  
 Teresa McWalters – 2006  
 PattiSue Plumer – 1981  
 Sarna Renfro – 1994, 1997  
 Kim Schnurpefeil – 1981  
 Julia Stamps – 1997, 1998, 1999

## **Women's All-Americans**

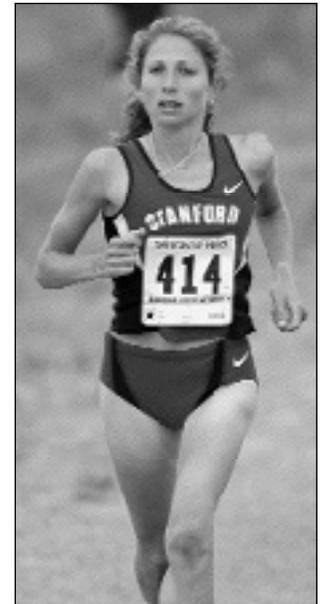
Caroline Annis – 1998  
 Sara Bei – 2003  
 Lauren Centrowitz – 2007  
 Monal Chokski – 1996  
 Mary Cobb – 1995, 1996, 1997, 1998  
 Alicia Craig – 2001, 2002, 2003, 2004  
 Kortney Dunscombe – 1994  
 Malindi Elmore – 2002  
**Lindsay Flacks – 2005**



*Caroline Annis*



*Lauren Fleshman*



*Sara Bei*





## Bob BOWLSBY

**THE JAQUISH & KENNINGER DIRECTOR OF ATHLETICS**

One of the most respected and admired athletic administrators in the nation, Bob Bowsby enters his third full year as the Jaquish & Kenninger Director of Athletics at Stanford University, a position he was appointed to on April 25, 2006 after spending 15 years at the helm of the University of Iowa's athletic program. In his initial two years in the position, Stanford has continued its well-earned reputation of fielding the most successful and wide-ranging Division I-A athletic programs in the nation.

As Stanford's sixth athletic director, Bowsby succeeds Ted Leland (1991-2005), Andy Geiger (1979-90), Joe Ruetz (1972-78), Chuck Taylor (1963-71) and Al Masters (1925-63). Bowsby directs a department that includes 35 intercollegiate varsity teams – 15 men's, 19 women's and one coed – plus the physical education department, intramurals, club sports, open recreation and the Stanford Golf Course. The department has an annual budget of approximately \$75 million and a staff of over 225.

"Bob Bowsby represents the best professional and personal values when it comes to student-athletes," said Stanford University Provost John Etchemendy. "He understands that the success of an athletics program is not simply measured in wins and losses, but in the academic achievements and character of the young women and men who work so hard on the field and in the classroom."

Under his administrative guidance, Stanford claimed its unprecedented 14th straight U.S. Sports Academy Directors' Cup last year, emblematic of the top overall program in the country. Sixteen Stanford teams boasted Top 10 finishes, winning national championships in women's cross country and synchronized swimming. In addition, the women's volleyball, women's basketball and men's golf teams enjoyed runner-up NCAA Tournament finishes in their respective sports, while the men's basketball team advanced to the Sweet 16 of the NCAA Tournament. Eight Stanford teams claimed conference championships.

Stanford's student-athletes were also highly-decorated last season. Two players – Foluke Akinradewo (women's volleyball) and Candice Wiggins (women's basketball) – earned national player of the year honors while nine student-athletes earned conference player of the year marks. In addition, three student-athletes – Hilary Barte (women's tennis), Alex Clayton (men's tennis) and Alix Klineman (women's volleyball) – earned national freshman of the year accolades.

Stanford student-athletes continue to excel in the classroom, as 14 Cardinal student-athletes earned academic All-America status during the 2007-08 season. Six Stanford student-athletes – Neftalem Araia (cross country), Russell Brown (track and field), Rachel Buehler (women's soccer), Tanner Gardner (wrestling), Rob Grube (men's golf) and Arianna Lambie (women's cross country) – were named Pac-10 Scholar Athletes of the Year.

Ten Stanford student-athletes – Araia, Buehler, Dylan Carney (men's gymnastics), Michael Garcia (men's track and field), Gardner, Sandy Hohener (men's water polo), Graeme Hoste (men's track and field), Josh Hustedt (track and field), Lambie and Laura Shane (lacrosse) – were named NCAA Postgraduate Scholars. In addition, Carney was the recipient of the Walter Byers Postgraduate Scholarship, the highest academic honor in intercollegiate athletics.

Bowsby continues to leave his mark in Stanford's coaching circles. Under first-year head coach Jim Harbaugh, the Stanford football team was one of the most improved squads in the Pac-10 Conference last season, as evident of wins over top-ranked (*USA Today*) USC and defending Pac-10 Conference co-champion Cal. Last spring, Bowsby ushered in a new era of Stanford basketball with the hiring of head coach Johnny Dawkins.

Throughout his career, Bowsby has emerged as a national leader in intercollegiate and amateur athletics. He was named in February, 2007, to the United States Olympic Committee Board of Directors.

He has previously served as President of the NCAA Division I-A Athletic Directors' Association (2002-03), Chair of the NCAA Division I Men's Basketball Committee for two years (2003-05) and a committee member for five years, Chair of the Big Ten Administrator's Council (2002-04) and Chair of the NCAA Management Council.

Bowsby was appointed by President George Bush as a member of the Commission on Opportunities in Athletics in 2002-03. The committee was led by U.S. Secretary of Education Rod Paige.

Bowsby was elected chair of the NCAA Olympic Sports Liaison Committee and represented the NCAA as one of two voting members on the United States Olympic Committee Board of Directors. He served as a member of the NCAA/U.S. Olympic Committee Task Force chaired by Cedric Dempsey and George Steinbrenner.

In addition, Bowsby served as chair of the NCAA Wrestling Committee and has served on NCAA committees on Financial Aid and Amateurism, the Special Committee to Review Amateurism Issues and the Special Committee to Review Financial Conditions in Athletics.

Bowsby has also served as an Executive Committee member with both the National Association of Collegiate Directors of Athletics and the Division I-A Athletic Directors Association and served as President of the I-A organization for two years.

The National Association of Collegiate Directors of Athletics (NACDA) named Bowsby in 2001-02 as Central Region Athletic Director of the Year and *Sports Business Journal* selected him from the four regional award winners as the National Athletics Director of the Year. The award highlights the efforts of the athletic directors for their commitment and positive contributions to campuses and their surrounding communities.

As the chief administrator for Iowa's athletic department from 1991-2006, Bowsby earned a reputation as one of the most admired, energetic and ambitious athletic administrators in the nation. Bowsby guided and supervised the merger of the Hawkeye's women's and men's athletics departments while enabling Iowa to maintain its standing as one of the most visible and successful Division I athletic programs.

Under his leadership, Iowa enjoyed unprecedented success and growth in the area of fund raising and facilities. Bowsby and the UI Development staff put in place \$25 million in endowments to help support Hawkeye student-athlete scholarship aid. In addition, he managed the planning and construction of \$120 million in facility projects on campus, including an \$87 million renovation to Kinnick Stadium.

A native of Waterloo, Iowa, Bowsby became Iowa's 10th Athletic Director in June, 1991, after serving in the same role at the University of Northern Iowa since 1984. Bowsby earned his bachelor's degree from Moorhead State University (Minnesota) in 1975 and his master's degree from the University of Iowa in 1978. He and his wife, Candice, have four children: Lisa, Matt, Rachel and Kyle.

### Stanford Athletic Directors

Al Masters .....	1925-63
Chuck Taylor .....	1963-71
Joe Ruetz .....	1972-78
Andy Geiger .....	1979-90
Ted Leland .....	1991-2005
Bob Bowsby .....	2006-Present





## Stanford University at a Glance

On October 1, 1891, the 465 new students who were on hand for opening day ceremonies at Leland Stanford Junior University greeted Leland and Jane Stanford enthusiastically, with a chant they had made up and rehearsed only that morning. Wah-hoo! Wah-hoo! L-S-J-U! Stanford! Its wild and spirited tone symbolized the excitement of this bold adventure. As a pioneer faculty member recalled, "Hope was in every heart, and the presiding spirit of freedom prompted us to dare greatly."



For the Stanford's on that day, the university was the realization of a dream and a fitting tribute to the memory of their only son, who had died of typhoid fever weeks before his sixteenth birthday. Far from the nation's center of culture and unencumbered by tradition or ivy, the new university drew students from all over the country: many from California; some who followed professors hired from other colleges and universities; and some simply seeking adventure in the West. Though there were many difficulties during the first months – housing was inadequate, microscopes and books were late in arriving from the East – the first year foretold of greatness. As Jane Stanford wrote in the summer of 1892, "Even our fondest hopes have been realized."

### Ideas of "Practical Education"

Governor and Mrs. Stanford had come from families of modest means and had built their way up through a life of hard work. So it was natural that their first thoughts were to establish an institution where young men and women could "grapple successfully with the practicalities of life." As their thoughts matured, these ideas of "practical education" enlarged to the concept of producing cultured and useful citizens who were well-prepared for professional success.

Nearly 116 years later, the university still enjoys the original 8,180 acres (almost 13 square miles) of grassy fields, eucalyptus groves, and rolling hills that were the Stanford's generous legacy, as well as the Quadrangle of "long corridors with their stately pillars" at the center of campus. It is still true, as the philosopher William James said, during his stint as a visiting professor, that the climate is "so friendly ... that every morning wakes one fresh for new amounts of work."

### Current Perspectives

In other ways, the university has changed tremendously on its way to recognition as one of the world's great universities. At the hub of a vital and diverse Bay Area, Stanford is less than hour's drive south of San Francisco and just a few minutes north of the Silicon Valley, an area dotted with computer and high technology firms largely spawned by the university's faculty and graduates. On campus, students and faculty enjoy new libraries, modern laboratories, tremendous sports and recreation facilities, and comfortable residences. Contemporary sculpture, as well as pieces from the Stanford Museum's extensive collection of sculpture by Auguste Rodin, is placed throughout the campus, providing unexpected pleasures at many turns. At the Stanford Medical Center, world-renowned for its research, teaching, and patient care, scientists and physicians are searching for answers to fundamental questions about health and disease. Ninety miles down



the coast, at Stanford's Hopkins Marine Station on the Monterey Bay, scientists are working to better understand the mechanisms of evolution, human development, and ecological systems.

The university is organized into seven schools: Earth Sciences, Education, Engineering, the Graduate School of Business, Humanities and Sciences, Law and Medicine. In addition, there are more than 30 interdisciplinary centers, programs, and research laboratories – including the Hoover Institution on War, Revolution and Peace; the Institute for International Studies; the Stanford Linear Accelerator Center; and the Stanford Center for the Study of Families, Children and Youth – where faculty from a wide range of fields bring different perspectives to bear on issues and problems. Stanford's Overseas Studies Program offers students in all fields remarkable opportunities for study abroad, with campuses in Australia, Beijing, Berlin, Cape Town, Florence, Kyoto, Madrid, Moscow, Oxford, Paris, and Santiago.



## Stanford People

By any measure, Stanford's faculty – which numbers just over 1,800 – is one of the most distinguished in the nation. As of the June of 2007, the faculty included 18 Nobel Laureates, four Pulitzer Prize winners, 24 MacArthur Fellows, 21 recipients of the National Medal of Science, three National Medley of Technology recipients, 228 members of the National Academy of Arts and Sciences, 135 members of the National Academy of Sciences, 83 National Academy of Engineering members, 29 members of the National Academy of Education, seven Wolf Foundation Prize winners, seven winners of the Koret Foundation Prize and three Presidential Medal of Freedom winners. Yet beyond their array of honors, what truly distinguishes Stanford faculty is their commitment to sharing knowledge with their students. The great majority of professors teach undergraduates both in introductory lecture classes and in small advanced seminars.

Currently 14881 students, of which 6689 are undergraduates, live and study on campus. A little more than 40 percent come from California, but all 50 states and approximately 68 countries are represented as well. Among undergraduates, approximately 55 percent are African American, Asian American, International, Mexican American, Native American, Native Hawaiian or Other Hispanic in ethnicity. Like the faculty, the Stanford student body is distinguished.



Approximately 10 students apply to Stanford for every place in the freshman class with 89% of those admitted finishing in the top 10% of their high school class. Ninety-four Stanford students have been named Rhodes Scholars, 74 have been selected Marshall Award winners, and 49 have been chosen Truman Scholars. Nearly 90 percent of graduating seniors plan to attend graduate or professional schools. Stanford students also shine in a tremendous array of activities outside the classroom – from student government to music, theater, and journalism. Through the Haas Center for Public Service, students participate in many community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.

In the athletic arena, Stanford students have enjoyed tremendous success as well. Stanford fields teams in 36 Division I varsity sports (15 men, 20 women, 1 co-ed). Of Stanford's 95 NCAA titles (107 national), 55 have been captured since 1990, by far the most in the nation. Thirty-eight of Stanford's athletes and coaches participated in the 1992 Olympics in Barcelona, 49 competed in Atlanta at the 1996 Games, 34



## U.S. News and World Report 2008 Top 10 Rankings of National Universities

1. Princeton
2. Harvard
3. Yale
4. **STANFORD**
5. Pennsylvania  
Cal Tech
7. Massachusetts Institute of Technology
8. Duke
9. Columbia  
Chicago

represented Stanford at the 2000 Games in Sydney, and 43 Stanford associates competed at the 2004 Games in Athens. Intramural and club sports are also popular; over 1,000 students take part in the club sports program, while participation in the intramural program has reached 9,000, with many students active in more than one sport.

## Looking Ahead

In her address to the Board of Trustees, in 1904, Jane Stanford said, “. . . Let us not be afraid to outgrow old thoughts and ways, and dare to think on new lines as to the future of the work under our care.”

Her thoughts echo in the words of former Stanford President Gerhard Casper, who has said, “The true university must reinvent itself every day . . . At Stanford, these are days of such reconsideration and fresh support for our fundamental tasks – teaching, learning, and research.”

# U.S. SPORTS ACADEMY DIRECTORS' CUP



## U.S. Sports Academy Directors' Cup 2007-08 Final Standings

1. STANFORD	1461.00	14. North Carolina	978.50
2. UCLA	1182.00	15. Florida State	971.50
3. Michigan	1154.50	16. Tennessee	953.75
4. Arizona State	1148.00	17. Virginia	869.00
5. Texas	1129.50	18. Wisconsin	830.50
6. Florida	1126.75	19. Duke	821.00
7. California	1120.00	20. Auburn	761.50
8. Louisiana State	1085.00	21. Notre Dame	760.50
9. Penn State	1041.00	22. Washington	745.25
10. Georgia	1040.00	23. Oklahoma	714.00
11. Ohio State	1034.75	24. Arkansas	697.00
12. Texas A&M	1031.00	25. Alabama	683.00
13. USC	1011.25		

Stanford captured its unprecedented 14th consecutive U.S. Sports Academy Directors' Cup last year, finishing with a total of 1461 points after placing in 21 postseason championships and earning points in the maximum 10 women's sports and nine men's sports. Stanford boasted an impressive 12 top-five finishes, winning a national championship in women's cross country, placing second in women's volleyball, women's basketball, men's gymnastics and men's golf, third in men's and women's swimming, women's gymnastics, women's water polo and fifth in women's indoor track and field and women's tennis. Stanford also finished seventh in men's indoor track, eighth in fencing, ninth in women's soccer, softball and men's basketball, 17th in men's tennis and 19th in men's cross country and wrestling.



### Spring

Stanford teams followed up their strong winter performances with an impressive spring, netting 468.00 points. The Stanford women's water polo team placed third at the NCAA Championships while the men's golf team and women's tennis team finished second and fifth, respectively, at their NCAA Championship events. Stanford also placed ninth in women's track and field, 17th in men's tennis and 25th in women's golf.



### Winter

Stanford took control of the Directors' Cup standings with a strong showing in the winter, as 10 Cardinal teams accounted for 767 points. Stanford women's basketball team advanced to the championship game of the NCAA Tournament while the Cardinal men's and women's gymnastics team finished second and third, respectively, at the NCAA Championships. Stanford finished third in men's and women's swimming, fifth in women's indoor track and field, seventh in men's indoor track and field, eighth in fencing, ninth in men's basketball and 19th in wrestling.



### Fall

Stanford finished fall competition with 315 points, good for third place in the Division I Sports Academy Directors' Cup standings behind California (370) and USC (343). The Cardinal scored points in five of nine fall sports, led by a strong showing by the women's cross country team, which captured its third straight NCAA championship. The women's volleyball team made another appearance in the NCAA title match, while the women's field hockey (9th), women's soccer (NCAA third round) and men's cross country teams (19th NAAs) all enjoyed strong fall showings.



### Directors' Cup Overview

The Sports Academy Directors' Cup was developed as a joint effort between the National Collegiate Association of Collegiate Directors of Athletics (NACDA) and the *USA Today* in 1993-94 in an effort to honor universities that strive for success in all of their sports programs. The program was expanded in 1995-96 to include Division II, III and the NAIA. Each institution is awarded points based on an institutions finish in 20 sports – 10 each for men and women.

NCAA championships are commonplace at Stanford University, as Cardinal teams have won national titles at an unprecedented rate, including a national-best 79 since 1980 and 56 since 1990. Stanford has won at least one NCAA championship for 32 consecutive years and has won four national titles in a single season nine times.

Nine different Stanford teams have won at least five national titles, including men's tennis (18), women's tennis (16), men's water polo (11), women's swimming and diving (9), men's swimming and diving (8), men's golf (8), women's volleyball (6), synchronized swimming (6) and women's cross country (5). A total of 19 Stanford teams have won at least one national championship.

Stanford teams have won a total of 109 national championships. In NCAA competition, Cardinal teams have won 95 team titles, including 58 men's championships and an NCAA-best 37 women's titles.

## Stanford Championship Facts

Total National Championships:	109
Total NCAA Championships:	95
Men's:	58
Women's:	37
Other National Championships:	14

\* Thru 7/1/08

## Titles By Sport

\* AIAW + Helms ^ ICYRA ! Rissman  
 • Unofficial title # U.S. Collegiate  
 Note: NCAA titles unless otherwise noted

### Baseball ..... 2

1987 Mark Marquess  
 1988 Mark Marquess

### Men's Basketball ..... 3

1937 John W. Bunn+  
 1938 John W. Bunn+  
 1942 Everett Dean

### Women's Basketball ..... 2

1990 Tara VanDerveer  
 1992 Tara VanDerveer

### Men's Cross Country ..... 4

1996 Vin Lananna  
 1997 Vin Lananna  
 2002 Vin Lananna  
 2003 Andy Gerard

### Women's Cross Country ..... 5

1996 Vin Lananna  
 2003 Dena Evans  
 2005 Peter Tegen  
 2006 Peter Tegen  
 2007 Peter Tegen

### Football ..... 1

1926 Glenn "Pop" Warner!

### Men's Golf ..... 8

1938 Eddie Twigg  
 1939 Eddie Twigg  
 1941 Eddie Twigg  
 1942 Eddie Twigg  
 1946 Eddie Twigg  
 1953 Eddie Twigg  
 1994 Wally Goodwin  
 2007 Conrad Ray

### Men's Gymnastics ..... 3

1992 Sadao Hamada  
 1993 Sadao Hamada  
 1995 Sadao Hamada

### Co-ed Sailing ..... 1

1997^ Steve Bourdow

### Men's Swimming & Diving ... 8

1967 Jim Gaughran  
 1985 Skip Kenney  
 1986 Skip Kenney  
 1987 Skip Kenney  
 1992 Skip Kenney  
 1993 Skip Kenney  
 1994 Skip Kenney  
 1998 Skip Kenney

### Synchronized Swimming ..... 6

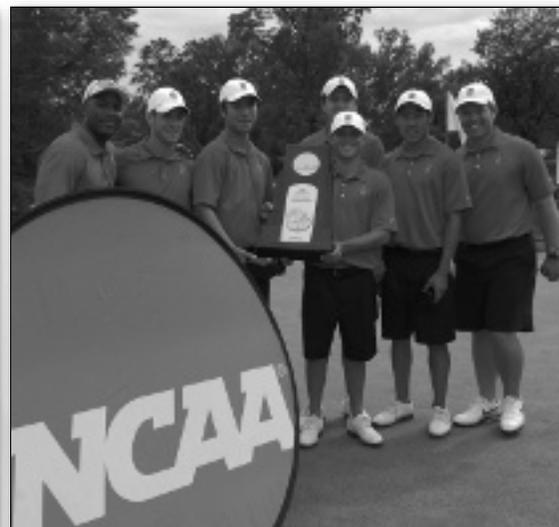
1998# Vickey Weir  
 1999# Gail Emory  
 2005# Heather Olson  
 2006# Heather Olson  
 2007# Heather Olson  
 2008# Heather Olson

### Women's Swimming & Diving ..... 9

1980\* Claudia Kolb Thomas  
 1983 George Haines  
 1989 Richard Quick  
 1992 Richard Quick  
 1993 Richard Quick  
 1994 Richard Quick  
 1995 Richard Quick  
 1996 Richard Quick  
 1998 Richard Quick

### Men's Tennis ..... 18

1942• John Lamb  
 1973 Dick Gould  
 1974 Dick Gould  
 1977 Dick Gould  
 1978 Dick Gould  
 1980 Dick Gould  
 1981 Dick Gould  
 1983 Dick Gould  
 1986 Dick Gould  
 1988 Dick Gould  
 1989 Dick Gould  
 1990 Dick Gould  
 1992 Dick Gould  
 1995 Dick Gould  
 1996 Dick Gould  
 1997 Dick Gould  
 1998 Dick Gould  
 2000 Dick Gould



Stanford captured the 2007 NCAA men's golf championship.



Stanford has won three straight NCAA women's cross country championships.



Stanford's women's tennis program has won five of the last eight NCAA championships.

### Women's Tennis ..... 16

1978\* Anne Gould  
 1982 Frank Brennan  
 1984 Frank Brennan  
 1986 Frank Brennan  
 1987 Frank Brennan  
 1988 Frank Brennan  
 1989 Frank Brennan  
 1990 Frank Brennan  
 1991 Frank Brennan  
 1997 Frank Brennan  
 1999 Frank Brennan  
 2001 Lele Forood  
 2002 Lele Forood  
 2004 Lele Forood  
 2005 Lele Forood  
 2006 Lele Forood

### Men's Track & Field ..... 4

1925 Dink Templeton  
 1928 Dink Templeton  
 1934 Dink Templeton  
 2000 Vin Lananna

### Men's Volleyball ..... 1

1997 Ruben Nieves

### Women's Volleyball ..... 6

1992 Don Shaw  
 1994 Don Shaw  
 1996 Don Shaw  
 1997 Don Shaw  
 2001 John Dunning  
 2004 John Dunning

### Men's Water Polo ..... 11

1963• Jim Gaughran  
 1976 Art Lambert  
 1978 Dante Dettamanti  
 1980 Dante Dettamanti  
 1981 Dante Dettamanti  
 1985 Dante Dettamanti  
 1986 Dante Dettamanti  
 1994 Dante Dettamanti  
 1995 Dante Dettamanti  
 2001 Dante Dettamanti  
 2002 John Vargas

### Women's Water Polo ..... 1

2002 John Tanner



Stanford's women's volleyball program has won six NCAA championships, including titles in 2001 and '04.



## We Will Teach

- By encouraging our student-athletes to capture all the joy, power and extraordinary personal growth that comes to those who compete and support athletic excellence.
- By hiring and retaining the best coaches and staff members available and arming them with the tools to achieve at the highest level.
- By fostering and nurturing a coaching, physical education and recreation staff that is committed to teaching with integrity & ambition and that performs in a manner which is consistent with the academic priorities of Stanford University.
- By recognizing the need to work as a team while valuing each individual's unique characteristics and abilities.
- By committing ourselves to the personal development and well being of our student-athletes and staff. Those who participate at all levels will learn the benefits of teamwork, discipline, goal setting, physical fitness, healthy lifestyles, character development, self confidence, sportsmanship, and an appreciation for lifelong learning.



## We Will Lead

- By being the model of success, of universal opportunity, and of unwavering commitment to the ideal of the scholar-athlete.
- By operating with integrity as we follow the spirit and the letter of each rule. Integrity will be displayed in our policies, performances and programs.
- By continuing our long history of conference and national prominence through a commitment to cutting edge involvement in athletic issues.



## We Will Win

- By maximizing our effort in every competition, on every team and in every setting where skill, determination and hard work combine to achieve singularly successful results.
- By having an uncompromising commitment to Conference and National championships and by providing each student-athlete with the tools necessary to be successful at the highest levels of both academic and athletic performance.
- By creating a commitment to a university-wide wellness culture that will allow Stanford students, faculty and staff to maximize their health and fitness opportunities throughout their lives.

## We Will Serve

- By respecting, honoring and responding to the needs of our student-athletes, coaches, colleagues, advocates and members of our larger community.
- By encouraging innovation and creativity. We will harness technology to extend our reach and to interface with our various internal and external constituencies.
- Through fiscal responsibility in all elements of departmental operations.
- By advancing outreach as a fundamental component of the department, we will strive to enhance the overall mission of the University through competitive excellence, effective outreach and an on-going commitment to customer service.
- By utilizing the department resources and physical facilities to serve the campus community, our alumni and our supporters throughout the world.
- By valuing our heritage, and in doing so we commit ourselves to championship caliber athletic achievement and the on-going enhancement of the traditions of Stanford Athletics, including leadership, individual and team achievement & intense pride and loyalty.



## Department of Athletics, Physical Education, and Recreation

### MISSION STATEMENT

From its founding in 1891, Stanford University's leaders have believed that physical activity is valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the university. Within this context for human development, it is the mission of Stanford's Department of Athletics, Physical Education and Recreation to offer a wide range of high quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health and well being.



Students participate in a seminar led by Vice Provost of Undergraduate Education, John Bravman.



Stanford Athletes at the Athletic Academic Resource Center.

## Academic Services for Student-Athletes

The goal of the Athletic Academic Resource Center (AARC) is to help each Stanford student-athlete realize their full academic potential. The AARC is staffed with two advisors/counselors, who help student-athletes perform the arduous task of balancing their academic and athletic lives. The AARC provides study table, tutoring, advising and counseling, computer access, Partners for Academic Excellence (PAE) and laptop computer checkout.

The AARC staff provides students with both short and long-term academic counseling and serves as a back-up to the student's assigned advisor. The short-term goals of the program are to help students choose classes and provide information on professors along with the workload and difficulty of classes; aid student-athletes in scheduling classes around practice and game schedules; and to provide assistance should conflicts arise with exams and competition. The program's long-term goals involve helping students choose majors that are consistent with their interests and goals and ensure that they fulfill their requirements and are on course to graduate in four years; and offer guidance regarding graduate and professional school opportunities.

The AARC staff coordinates a tutoring program which provides student-athletes with help in any class in which they are seeking assistance. The tutors are trained graduates or upperclass students who are available to help student-athletes achieve their academic goals.

Tutoring is not a replacement for student-athletes going to class nor doing their own homework. The tutor's role is to help student-athletes understand the concepts and develop problem-solving skills that will be effective in any given class. Assistance greater than this could be considered a violation of the University's Honor code.

## Stanford Athletics Rate Highly in APR Data

All 35 athletics programs at Stanford University exceeded the NCAA's Academic Progress Rate standards and five Cardinal teams earned perfect 1000 scores in the fourth annual set of APR numbers released last spring by the NCAA.

The 2008 report released by the NCAA features a four-year compilation of APR data from the 2003-04, 2004-05, 2005-06 and 2006-07 academic years and measures the eligibility, retention and graduation of student-athletes competing on every Division I sports team. It also serves as a predictor of graduation success.

Stanford's women's golf, women's gymnastics, women's swimming, women's volleyball and women's water polo programs received perfect 1000 scores. Near-perfect scores came in men's golf (991), men's volleyball (995), men's water polo (992), women's basketball (990), women's cross country (995), women's lacrosse (993), women's soccer (992) and softball (992).

Stanford's football team achieved the highest rating among all teams in the Football Bowl Subdivision over a four-year period beginning in 2003-04. Stanford registered a score of 986, placing the Cardinal first among Football Bowl Subdivision programs, ahead of the U.S. Naval Academy (979), Duke and Rutgers (977 each), the U.S. Air Force Academy (976), Rice (975), Boston College (972), along with Notre Dame, Northwestern and Miami, Fla. (all at 969).

## Partners for Academic Excellence

Co-sponsored by Undergraduate Advising & Research (UAR) and the Athletic Department, PAE II assists Stanford student-athletes in managing their demanding schedule and utilizing their limited free time effectively to ensure academic excellence.

By grouping several student-athletes together from different sports based on a similar academic interest, the PAE program focuses on creating an academic community for specific first-year students. Each group has an undergraduate mentor and a graduate school mentor, which are likely to be a current and former student-athlete.

During the autumn quarter, PAE participants meet weekly as a study group to assist with the transition from high school to university study. In the winter, the groups actively explore academic resources. Dinners with faculty members and Stanford alums who may share an academic or career interest are also part of the program. Freshman have the opportunity in a relaxed informal setting to meet and talk with faculty who may be otherwise hard to approach.

## Beyond Campus San Francisco Bay Area



From bustling cosmopolitan cities to quiet coastal retreats, the San Francisco Bay Area is incomparable. First-class attractions, world-class athletics, cultural diversity, remarkable skylines and breathtaking views make this the region one of the world's most popular destinations.

Stanford's campus is located less than an hour's drive from San Francisco to the north, just minutes from the Silicon Valley to the south and within easy reach of the breathtaking coastal cities that line the Pacific Ocean to the west.

San Francisco has been named by Conde Nast Traveler magazine as the No. 1 travel destination in the United State for 15 years in a row. Surrounded on three sides by the Pacific Ocean and San Francisco Bay, San Francisco is located on a hilly peninsula, occupying just 47 square miles of land. It is the center of the San Francisco Bay Area—the nation's fifth largest metropolitan area with a population of more than 7.0 million—and host to an estimated 16 million visitors each year.

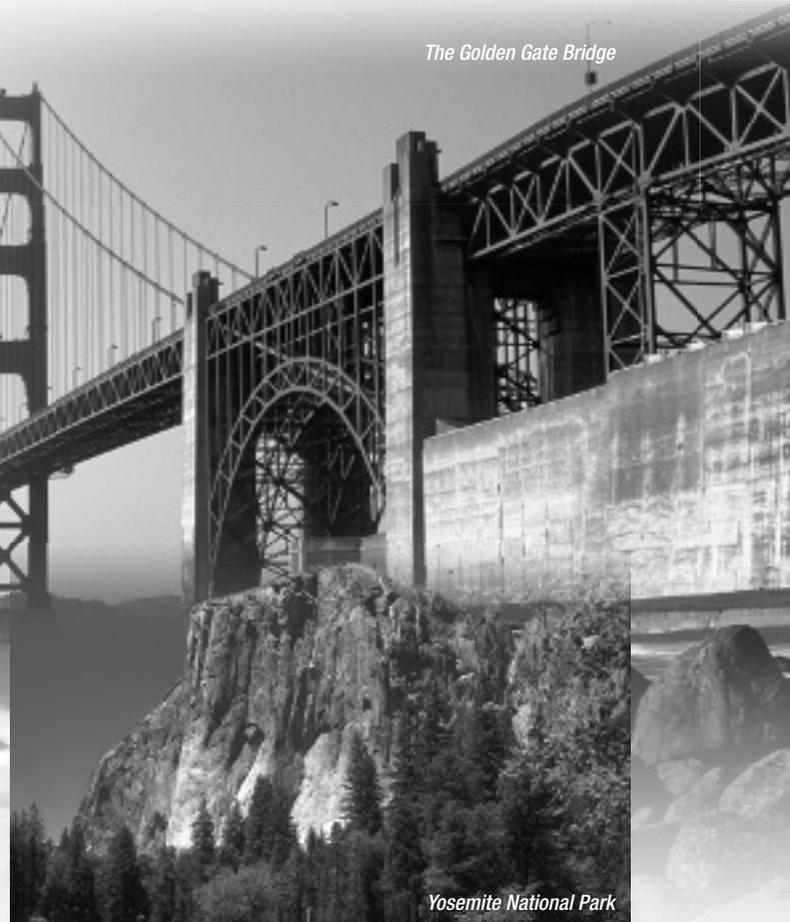
South of the Stanford campus are the cities of San Jose and Santa Clara, the anchors to the Silicon Valley. Computer firms and software companies can be found throughout the region, which is considered the leader among the world's technology industry.

One of the world's greatest stretches of coastline is located within a short drive from Stanford. To the south is the Monterey Peninsula, which includes the picturesque towns of Monterey, Carmel and Santa Cruz. The Monterey Bay Aquarium, Cannery Row and 17-Mile Drive along Pebble Beach are musts for visitors.

Further north and east of Marin County is the home to the Napa Wine Country and within a few hours drive from the Bay Area is Lake Tahoe, home to some of the finest skiing in the country and the wonders of Yosemite National Park.

The Bay Area is also home to six major professional sports franchises, including the San Francisco 49ers, Oakland Raiders, San Francisco Giants, Oakland A's, San Jose Sharks and Golden State Warriors.

*The Golden Gate Bridge*



*Yosemite National Park*



*Carmel Valley*

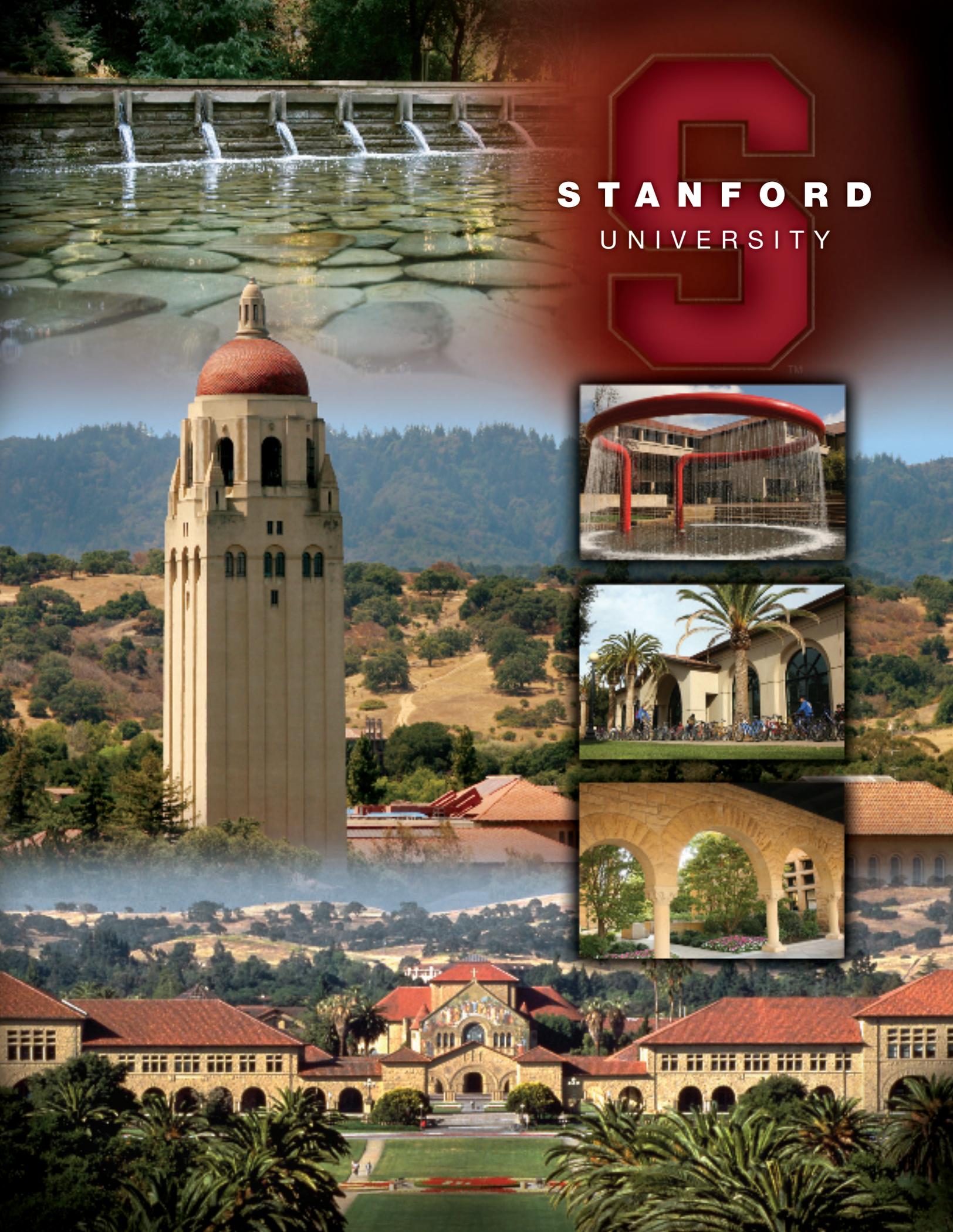


*AT&T Park, home of the San Francisco Giants*



*San Francisco Bay*





**STANFORD**  
UNIVERSITY





## 2008 STANFORD CROSS COUNTRY

DATE	EVENT
AUG. 30	UNIVERSITY OF SAN FRANCISCO INVITATIONAL
SEPT. 27	STANFORD INVITATIONAL
OCT. 4	UC DAVIS INVITATIONAL
OCT. 18	BRONCO INVITATIONAL
	NCAA PRE-NATIONALS
NOV. 1	PAC-10 CHAMPIONSHIPS
NOV. 15	NCAA REGIONAL
NOV. 24	NCAA CHAMPIONSHIPS