

Stanford

Cross Country

2006 Media Guide



Stanford At the White House



On April 6th, 2006, the Cardinal Women's Cross Country team had one more celebration to receive for their November 22nd, 2005, national championship run. The champion team was headed to the nation's capital to be honored by President Bush in a daylong affair.

It has become recent custom for the President of the United States to invite the NCAA Division 1 national champion teams to the White House for Student-Athlete Day. The extended invitation was an opportunity for the women's cross country team to be recognized by the President for their great effort at the NCAA championship final.

"The trip to DC and the White House was a great honor for us; but more than that, it provided us an opportunity to be nostalgic and reflect on the entire cross country season and our great bond that helped us reach our goal," team captain Teresa McWalters said.

The winning team of Lauren Centrowitz, Lindsay Flacks, Alicia Follmar, Katie Harrington, Arianna Lambie, Teresa McWalters, Amanda Trotter and Katy Trotter, scored 146 points to triumph over the entire nation. Head coach Peter Tegen and then assistant coach Ashley Couper traveled with the victorious team for the event.

Thinking back to the effort being honored, "Our team pulled together, our coaches guided us well, and we were ready to fight for the national title on race day," said Lambie. "At the end of the race, we thought we had been outscored. We had to

think about pulling proudly together and holding strong even though we probably hadn't achieved our highest goal. But fifteen minutes later, when they announced that Stanford had won, we were excited and truly proud of attaining what we worked so hard all season to attain."

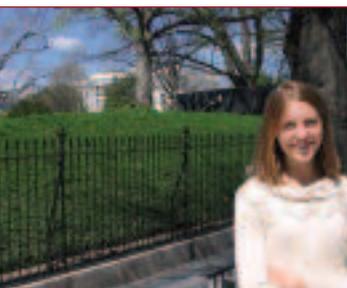
During their stay in Washington D.C. the team toured some of the historic rooms in the White House. Afterward, the team relaxed on the White House South Lawn, where they had the chance to talk to the members of other national championship teams.

As part of the ceremony a representative of each winning team presented President Bush with a gift. On behalf of the Cardinal program, team captain Arianna Lambie gave the gift. Once the ceremony was completed the Cardinal had their picture taken with the president to remember the day's happenings and were back on their way to sunny California.



"The team looked forward to the visit to the White House," said Stanford head coach Peter Tegen. "The team had a great season, and were excited that the President was honoring this great Stanford team, and the other NCAA championship schools as well."

Katy Trotter, Amanda Trotter, Teresa McWalters and Arianna Lambie were also members of the Stanford squad that captured a national title at the 2003 NCAA Cross Country Championships.





2006 Stanford Men's Cross Country Team

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Cardinal Quick Facts

Location Stanford, CA 94305
 Founded 1891
 Enrollment 13,075 (6,556 undergrad)
 President John Hennessy
 Athletic Director Bob Bowsby
 Colors Cardinal & White
 Nickname Cardinal
 Home Course Stanford Golf Course
 Conference Pacific-10
 Cross Country Trainer Mark Moreno
 Team Physician Dr. Michael Fredericson
 Team Massage Therapists Doug Consiglio,
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On the Cover

Front Cover: Neftalem Araia and Arianna Lambie will lead the Cardinal in 2006. Through the years, Stanford has become one of the most successful programs in the nation.



2006 Stanford Women's Cross Country Team



2006 Stanford Cross Country Outlook

The Cardinal looks to continue a legacy of dominance

The Stanford women's team won its third NCAA title in 2005.

Stanford Cross Country opens the 2006 season as a marked target, a position to which the Cardinal has grown accustomed. The Stanford men and women continued a legacy of dominant distance running in 2005, a season that saw a third women's NCAA title and dual Pac-10 championships. Five cross country All-Americans return from the 2005 season, along with 37 returners and five newcomers. Named the 2005 Pac-10 Cross Country Coach of the Year, second-year coach Peter Tegen and his squads will look to defend years of success with one of the most talented groups in Stanford history.

"Improving on previous years' performances is never easy," said Tegen, "But it has to be part of the equation when defining goals for the upcoming season. It has been great working so closely with both teams this past year. Now they are back fearless and focused, with an open mind and looking beyond what they have ever done before."

Men's Outlook

After losing three key seniors to graduation in 2005, the Cardinal men can boast just one loss from the 2005 squad that finished sixth at the NCAA Cross Country Championships. Anchored by a solid group of talented and experienced upperclassmen, look for the Stanford men to only improve upon their 2005 accomplishments.

"The Stanford men's team has more upperclassmen than in 2005, and the experience level as well as the overall depth of the team has increased significantly," Tegen said. "The excellent track performances in the distances this past spring should translate into improved and consistent cross country racing. There is great leadership coming from several seasoned seniors, making the team solid throughout. Our guys are eager to defend their 2005 Pac-10 title and also be in the mix of contenders for the remaining NCAA championship season."

Redshirt-junior Neftalem Araia headlines a group of accomplished upperclassmen. Araia has earned All-American honors in both of his NCAA cross country endeavors, placing eighth in 2004 and 11th in 2005, with the Stanford men placing sixth as a team in both competitions. A reliable competitor and team leader, Araia delivers in each race he enters and will inspire his squad to great heights in 2006.

Seniors Jacob Gomez, Brett Gotcher, Jonathan Pierce and Rolf Steier compose the backbone of this year's team. Each has achieved success in the cross country and track postseasons and is ready to elevate the Cardinal to a higher level in 2006. An athlete with great range, Gomez earned the 2006 indoor conference title in the 3,000 meters and later gained his first All-American honor in the event at the NCAA Championships. Competing at the NCAA outdoor championships for the third-straight year in the 10,000 meters last season, Gotcher earned his first All-American honor with a 12th-place finish. Gotcher also turned in 10th and 11th-place finishes at the 2005 Pac-10 and West Regional championships. A runner who has contributed to multiple Cardinal championships, Pierce earned his first All-American honor during the 2006 outdoor season after finishing seventh in the 3,000 meter steeplechase. Pierce was also a scorer for both of Stanford's sixth-place NCAA finishes in cross country. Steier battled back from a series of injuries early in his career to gain All-American status in the 1,500 meters at the 2006 NCAA Outdoor Championships. Steier and the rest of the senior class have gained extensive experience at the championship level and are capable of guiding the Cardinal to another successful cross country campaign.

Returners Hakon DeVries, Garrett Heath, Lauren Jespersen, John McGuire, Hari Mix and Forrest Tahdoahnippah will provide the necessary depth Stanford needs in 2006. DeVries earned his first All-American honor with a 13th-place finish in the 5,000 meters at the 2006 NCAA Outdoor Championships, also recording two top-five finishes earlier in the year during cross country. Heath earned a top-25 finish at the 2005 NCAA West Regional and later gained All-American honors as a member of Stanford's eighth-place distance medley relay team at the indoor national championship. An NCAA qualifier in the mile during indoor track, Jespersen also recorded a sixth-place finish in the 4,000 meters at the Stanford Invite. McGuire made an immediate impact as a true freshman in 2005, helping the Cardinal to runner-up and sixth-place finishes at the West Regional and NCAA championships, respectively. A long distance specialist, Mix qualified for the 2006 NCAA Outdoor Championships in the 10,000 meters and notched two post-season finishes for the Cardinal last season in cross country. Tahdoahnippah also logged solid performances for the Cardinal at the 2004 and 2005 Pac-10 cross country championships. These six experienced returners will bolster a talented Stanford squad.

Middle distance specialists, indoor and outdoor track All-Americans Russell Brown, Joaquin Chapa and Michael Garcia will provide talented depth for the Cardinal. Jacob Evans, Chris Mocko, Kevin Bickham, Eric

Giddings and Alex Greenburg also gained valuable experience in 2005 and are ready to contribute this season.

Stanford adds two talented newcomers to the mix in freshmen Steven Duplinsky and Justin Marpole-Bird. An accomplished competitor with international experience in distance running as well as the triathlon, Duplinsky comes to Stanford with two Maryland/Virginia/D.C. private school cross country championships and the 2005 ITU U-20 World Triathlon title. Hailing from Vancouver, B.C., Marpole-Bird has captured 1,500 and 3,000 meter B.C. high school championships and qualified for the World Junior Track & Field Championships last summer in Beijing, China.

Women's Outlook

With every runner returning from the 2005 national championship squad, and three talented newcomers joining the ranks, the Stanford women are poised for another successful season in 2006. The Cardinal will rely on an experienced group of upperclassmen to defend last year's undefeated season.

"As the defending national champion and undefeated throughout 2005, our women's team will be somewhat marked by the competition" said Tegen. "Repeating an NCAA championship may be more challenging than winning one in the first place. However, the Stanford ladies will be back in full force without losing any of their teammates. It will take some careful planning and a measured approach to competing throughout the season in order to contend for the title again. I know our ladies are ready for the challenge."

Senior All-Americans Katy Trotter and Amanda Trotter, as well as red-shirt junior All-Americans Arianna Lambie and Teresa McWalters are a feared pack after accumulating two national titles, three NCAA West Region titles and three Pac-10 Championships during their first three years on The Farm. Lambie was Stanford's highest finisher at the 2005 NCAA Championship, placing eighth to gain All-American honors. A six-time All-American in cross country, indoor and outdoor track, this year's squad will rely on Lambie's experience to lead them to another championship season. A reliable duo, Katy and Amanda Trotter haven't missed a cross country race during their time on The Farm. Katy earned her second cross country All-American honor after finishing 20th in 2005, while Amanda has earned top-10 finishes at the conference and regional levels and is ready to have a standout senior campaign. The 2004 Pac-10 Newcomer of the Year, McWalters has proven to be a valuable component to Stanford's success, with fourth and fifth place finishes at the 2005 Pac-10 and West Regional races respectively. With the experience and talent these four provide, the Cardinal will be a heavy favorite to repeat its successful 2005 season.

Add additional All-Americans Lauren Centrowitz and Lindsay Flacks to the mix, and the Cardinal boasts an unstoppable squad. A junior specializing in middle distances on the

track, Centrowitz proved she can go the distance with a 47th place finish and All-American honor at the 2005 NCAA Cross Country Championships. Flacks made an immediate impact in the long distances when she came to The Farm, but added her first All-American honor after she finished 25th at cross country nationals in 2005, Stanford's third runner at the event.

Seven other key returners will provide essential depth for the Cardinal in 2006, including redshirt-sophomore Katie Harrington, sophomore Alicia Follmar, juniors Lindsay Allen and Shannon Bergstedt, senior Leah Sawyer, sophomore Mary Liz McCurdy and redshirt-freshman Maddy O'Meara. Harrington was Stanford's sixth finisher at the 2005 NCAA Championships in her first cross country season, with additional experience as a regional qualifier and Pac-10 scorer in the long distances in track. Ranked fourth all-time on the Freshman Top-Five list for the 800 meters, Follmar proved to be a valuable asset in cross country as she finished fourth in the Stanford Invite 4,000 meters and 28th at the Pac-10 Championships. After gaining post-season racing experience, look for Harrington and Follmar to improve in 2006.

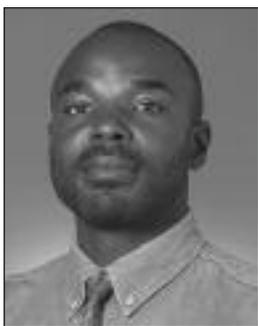
A steeplechase specialist, Allen contributed a sixth-place finish in the Stanford Invite 4,000 meters and a 29th-place finish at the Pac-10 Championships. Bergstedt also tallied two top-10 performances at the Stanford Invite and Pre-NCAA Open, while Sawyer, a long distance specialist, logged key finishes at the Stanford and USF Invitationals. Allen, Bergstedt and Sawyer will all provide necessary depth to a talented team. McCurdy saw limited action in 2005, but nabbed a top-25 finish at the Murray Keating Invitational. O'Meara redshirted the 2005 cross country season, but gained valuable racing experience during outdoor track and will be ready to compete for the Cardinal in 2006. With six returning All-Americans backed by an experienced and talented core, the Cardinal will race with more depth than has been seen in recent seasons.

The Cardinal boasts another exciting group of recruits in 2006, including Kate Niehaus, Anne St. Geme and Kelsey Walker. Niehaus has an exciting list of track accomplishments, including four All-American honors, but also holds the South Carolina cross country record. The daughter of Stanford all-time great Ceci Hopp, St. Geme has collected some impressive accomplishments, including multiple CIF and California cross country championships, as well as anchoring the 2006 Nike Outdoor championship distance medley relay team. Walker also comes to Stanford with multiple accolades, including four state championships in track.

With such a deep and highly accomplished squad, Tegen is excited to start the 2006 season on September 9 at UC Davis:

"We are going to pace ourselves and approach the season like a long race, getting ready for the bell lap. I think we are on the right track, because all I see is excitement and enthusiasm."





Edrick Floreal

Franklin P. Johnson Director of Track & Field

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 by former Stanford Athletic Director Dr. Ted Leland. He will begin his ninth 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, the Cardinal men and women have enjoyed tremendous success at the Conference and NCAA championship level. Floreal has developed the Stanford sprinters, hurdlers and jumpers into Pac-10 and NCAA Championship title contenders.

During Floreal's first year as Franklin P. Johnson Director of Track & Field in 2006, his 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 Chantae Bayne-Hackett's third-place finish in the 200 meters and eighth-place finish in the 60 meters, setting school records in both events. Sophomore Erica 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 Pac-10 Championships later in the year, McLain repeated as the Pac-10 long jump and triple jump champion. No other woman in conference history has captured both titles in a single year. Bayne-Hackett also captured the 400 meter title in a school-record 52.35. At the 2006 NCAA West Regional, Nashonne Johnson captured the regional title in the 400 meters, leading the Cardinal to a first-place team tie with USC. McLain improved her All-American total to seven with a third-place performance in the long jump and a runner-up finish in the triple jump. Janice Davis and Ashley Freeman also earned All-American honors in the 200 meters and 800 meters, respectively. Eleven athletes in all were named All-Americans at the championship and Floreal was later named the West Regional Outdoor Coach of the Year.

In 2005, Stanford's crew of sprinters, hurdlers and jumpers were simply sensational in a season that led to Pac-10 Conference, District 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. McLain's triple jump of 45-2 1/2 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 3/4, thus earning a berth on Team USA which competed at the World Championship in Finland.

Stanford captured its first Pac-10 title in women's track & field (in a school record 173 points over UCLA's 70) in 2005, thanks in part to wins by Undine Becker in the 400 meter hurdles, 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 1600 meter relay.

The Cardinal 1600 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 indoor 60 meters, Nick Sebes in the indoor 400 meters, Janice Davis in the indoor 60 meters and 200 meters, Ashley Purnell in the indoor 400 meters and the indoor 1600 meter relay team of Christine 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 led Stanford to a runner-up finish at the 2004 Pac-10 Championships with 153 points. The Cardinal women finished sixth at the 2004 NCAA Outdoor Championships. At the 2004 NCAA Indoor Championships, Floreal coached Stanford to a seventh place finish. 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 title.

Several school records in the sprints and relays were set in 2004. The women's 4x100 meter relay and the 1600 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-America 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, Nashonne 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 1600 meter relay won the Pac-10 Championship, set a then school record, and qualified for the NCAA Championships. Nashonne Johnson broke the freshman school 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 1600 meter relay team won the 2003 crown at the MPSF Championships. The men's 1600 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 a No. 5 world ranking. Upshaw finished second at the 2004 U.S. Olympic Trials to earn a spot on the U.S. Olympic team. 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 an 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.



Peter Tegen, regarded as one of the most highly respected middle distance and distance coaches in the United States, begins his second season on The Farm after being named Stanford's men's and women's head cross country coach on August 17, 2005 by Edrick Floreal, Franklin P. Johnson Director of Track & Field.

In his first season at Stanford, Tegen led the Cardinal women to a national title at the 2005 NCAA Cross Country Championships, the third NCAA women's title in school history. The women's squad went undefeated in 2005, while the men's team captured a sixth-straight Pac-10 title and went on to finish sixth at the NCAA Championships in Terre Haute, Ind. For his efforts both at Stanford and formerly at Wisconsin, Tegen was named the 2005 Outstanding NCAA Division I Women's Cross Country Coach of the Past 25 Years by the USTFCCCA.

"Peter has done a phenomenal job hitting the ground running," said Floreal. "The success of his teams last year has shown his great coaching ability. We will continue to grow to an extremely high level with Peter."

Tegen enjoyed great success in 30 years of coaching at the University of Wisconsin in Madison. Within the Big Ten Conference, Tegen coached more league champions, national champions and All-Americans than any other coach. Tegen also coached more All-Americans than any coach in Wisconsin athletic history.

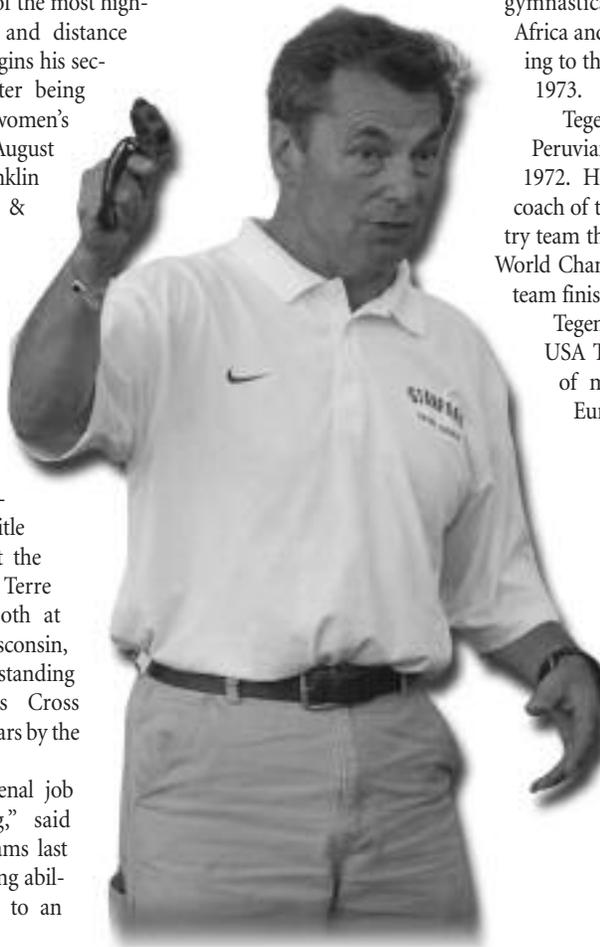
Tegen coached more than 43 national champions in track and cross country, and his athletes earned more than 250 All-American honors.

Tegen coached the Badgers to two NCAA cross country titles (1984, 1985), 24 Top-10 national finishes in cross country; 21 Top-10 national finishes in track, including four NCAA runner-up titles, and 39 Big Ten Conference championships in track and cross country. Tegen coached more than 224 Big Ten event champions.

His list of great runners include Olympians Kathy Butler (1996, 2004), Suzy Favor Hamilton (1992, 1996, 2000) and Cindy Bremser (1984). He has also coached numerous runners who competed in several World Championships in track and field and cross country.

Academics were just as important to Tegen with nearly 300 Academic All-Big Ten selections since 1984. Numerous other Badger athletes also gained Academic All-American status.

A native of the Hanover area in Germany, Tegen received his undergraduate degree from the Deutsche Sporthochschule and University of Koln in 1965, and has graduate degrees in English and sports sciences from the University of Freiburg in 1973.



Tegen has taught English and coached gymnastics and track in Germany, Africa and Latin America before coming to the University of Wisconsin in 1973.

Tegen was the head coach of the Peruvian National team in 1971 and 1972. He also served as the head coach of the U.S. women's cross country team that finished sixth at the 1997 World Championships, the highest U.S. team finish since 1985.

Tegen has twice been selected by USA Track & Field to lead squads of middle distance runners on European tours.

Tegen has also received several notable honors in his career including National Cross Country Coach of the Year (twice), Big Ten Coach of the Year in track (six times) and in cross country (nine times).

Tegen inherits a cross country program at Stanford that has enjoyed tremendous success in recent years. Stanford has won the NCAA men's cross country title four times (1996, 1997, 2002, 2003) while the Cardinal women have captured three national titles (1996, 2003, 2005) since 1996. The Cardinal men have won the NCAA West Regional 10 of the last 11 years, while the Stanford women have won the regional crown seven straight years. At the Pac-10 Championships, Stanford's men's team has won six straight league titles, while the Stanford women have captured the league title the past 10 years.



Peter Tegen

Head Cross Country Coach
(Men/Women)





David Vidal

Assistant Coach

Former Stanford standout David Vidal will remain on The Farm for his first season 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 school history.

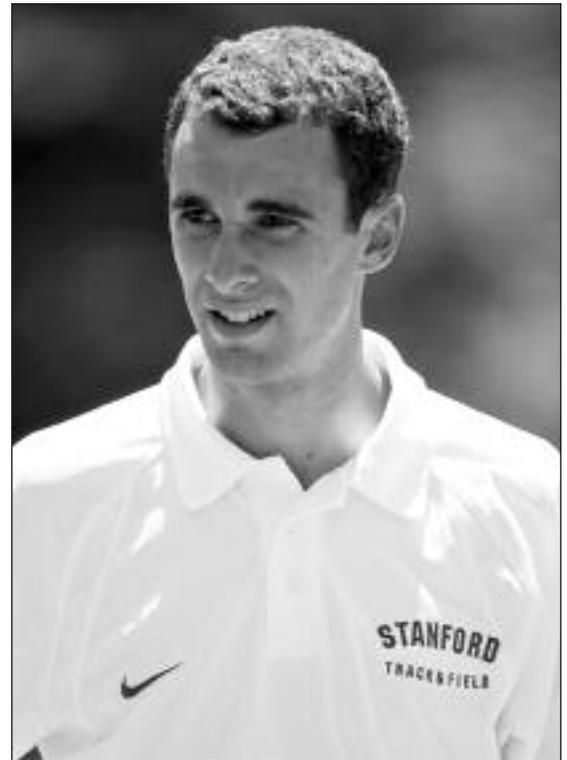
"David is a young coach who loves the Stanford program and understands what it takes to be a successful student-athlete at Stanford," said Cardinal Director of Cross Country/Track & Field Edrick Floreal. "He is committed to continuing our success in both the men's and women's distance running programs."

Known as a positive leader and consistent competitor, Vidal helped his squads to three Pac-10 cross country championships, two NCAA West Regional titles and two sixth-place team 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 3000 meter steeplechase before earning runner-up honors in the event at the Pac-10 Championships. His time of 8:43.07 at the 2005 NCAA West Regional ranks him fourth all-time at Stanford.

A native of Kalispell, Montana, Vidal graduated in June 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.

"I am honored to be joining Stanford's elite coaching staff and to remain a part of such a close community" said Vidal, "Stanford is a very special place and I am excited to work with such amazing student-athletes and help further the success of the program as a whole".



Robert Weir

Head Men's Track and Field Coach



John Rembao

Director of Operations



Kris Mack

Assistant Track and Field Coach



Mary Jo Alexander

Operations Manager



Mark Moreno

Athletic Trainer



Jeane Goff

Media Relations Contact



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Russell Brown	Sr./Jr.	Hanover, NH (Hanover)
Joaquin Chapa	Sr./Jr.	Portland, OR (Grant)
Hakon DeVries	Jr./So.	Hopewell Junction, NY (John Jay)
Steven Duplinsky	Fr.	Kensington, MD (Georgetown Prep)
Jacob Evans	Jr./So.	Watsonville, CA (Aptos)
Michael Garcia	Sr./Jr.	Santa Fe, NM (Santa Fe)
Eric Giddings	So./Fr.	South Portland, Me (South Portland)
Jacob Gomez	Sr.	Klamath Falls, OR (Klamath Union)
Brett Gotcher	Sr.	Watsonville, CA (Aptos)
Alex Greenburg	So./Fr.	Upland, Ca (Upland)
Garrett Heath	Jr./So.	Winona, MN (Winona Senior)
Lauren Jespersen	Sr./Jr.	Klamath Falls, OR (Klamath Union)
Justin Marpole-Bird	Fr.	Vancouver, BC, Canada (St. George's School)
Matthew McEvoy	So./Fr.	Dallas, TX (Jesuit College Prep)
John McGuire	So.	Golden, CO (D'Evelyn)
Hari Mix	Jr./So.	Charlottesville, VA (Albemarle)
Chris Mocko	Jr./So.	McLean, VA (Thomas Jefferson HS for Science and Technology)
Jonathan Pierce	Sr.	Ogdensburg, NY (Lisbon Central)
Rolf Steier	Sr.	Temple Terrace, FL (Berkeley Prep)
Forrest Tahdooahnippah	Sr./Jr.	St. Paul, MN (Minneapolis Southwest)
Wes Walker	Fr.	El Paso, TX (Andress)

Neftalem Araia

****Three-Time All-American****

Senior/Junior (ath) • Indianapolis, IN (Lawrence North)



Stanford: One of the top men's competitors with multiple All-American honors ... Has anchored the men's distance program with solid performances in the postseason ... Finished in the top-12 in both of his NCAA cross country experiences ... Also qualified for the NCAA championships during both of his outdoor seasons ... Will continue to provide leadership and consistency in 2006-07.

2005 Cross Country Season (Sophomore): Stanford's top finisher and an All-American at the NCAA Championships after finishing 11th and leading his squad to a sixth-place finish ... Placed eighth at the NCAA West Regional to guide the Cardinal to a runner-up team finish ... Turned in a third-place performance at the Pac-10 Championships to help Stanford win its sixth-straight team title ... Also finished sixth in the 8,000 meters at the Stanford Invitational as the Cardinal claimed wins in both races ... A First-Team All-Pac-10 selection.

2004 Cross Country Season (Freshman): The top freshman finisher at the NCAA Championship, placed eighth with All-American honors to lead Stanford to a sixth-place team performance ... Finished third at the NCAA West Regional as Stanford claimed a 10th-straight team championship ... Placed in the top eight finishers in all four races in which he competed, including a fifth-place performance at the Pre-NCAA meet.

2003 Cross Country Season: Redshirted.

High School: Indiana state champion in the 3,200 meters as a junior ... 2001 and 2002 Indiana State high school cross country champion in addition to helping his team to the 2002 state championship ... Two-time Footlocker national finalist with a fourth-place finish in 2002 ... Runner-up in the 3,200 meters at the 2002 Adidas Outdoor National Championships.

Cardinal Catalogue: Communication major ... Parents are Araia and Lemlem Hadgu ... Named to the 2006 USTFCCCA All-Academic track & field team ... 2005 Pac-10 All-Academic track & field selection, as well as 2006 Pac-10 track & field All-Academic Honorable Mention ... Named to the 2004 and 2005 Pac-10 All-Academic cross country teams ... Born December 13, 1984.



Russell Brown

****Three-Time All-American****

Senior/Junior (ath) • Hanover, NH (Hanover)



Stanford: Enters 2006-07 after an outstanding outdoor track season in which he finished fifth in the 1,500 meters to earn All-American honors ... Was also the Pac-10 runner-up in the 1,500 ... Earned All-American honors after finishing eighth in the mile at the 2006 NCAA indoor championship ... Garnered his first All-American honor in 2005 as part of the fourth-place distance medley relay ... Advanced to the 1,500 meter final at the 2005 NCAA Championships ... A talented middle distance runner who will continue to contribute to the cross country squad.

2005 Cross Country Season: Helped the Cardinal to a sixth-straight Pac-10 team championship ... Claimed the individual victory in the 4,000 meters at the Stanford Invitational as the Cardinal captured both team titles ... Also finished seventh at the Murrage Keatinge Invitational.

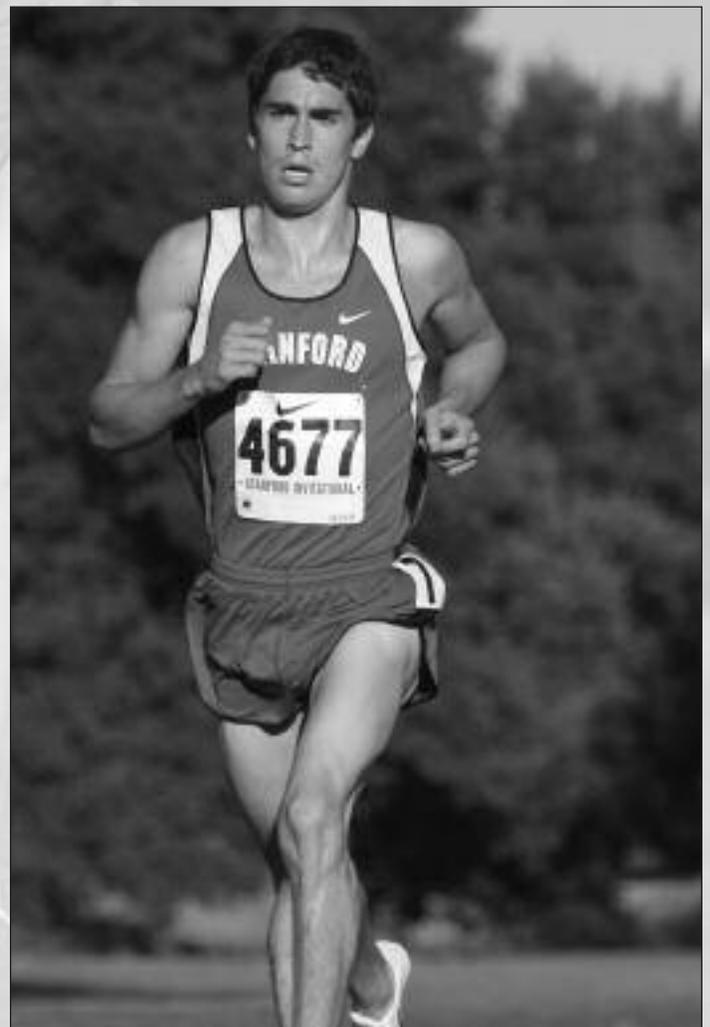
2004 Cross Country Season: Competed in three races with two top-10 finishes ... Placed seventh in the open division of the Pac-10 Championships ... Finished 11th in the 4,000 meters at the Stanford Invitational, helping the Cardinal men capture the 4,000 team title

2003 Cross Country Season: Redshirted.

International Competition: Competed in the 1,500 meters at the 2004 IAAF World Junior Track & Field Championships in Grosseto, Italy.

High School: Finished third at the 2003 U.S. Junior National Championships with a time of 1:50.16 ... New Hampshire state high school record-holder in the 800 meters ... Captured the New England 600 meter indoor title and the Nike Indoor Classic 800 meters as a senior ... Individual class (intermediate) champion in the 400, 800, 1,600 and 3,200 meters ... Individual class (intermediate) cross country state champion his junior year and helped his squad to the state championship

Cardinal Catalogue: Political Science major ... Parents are Chris Brown and Jocelyn Chertoff ... 2006 USTFCCCA All-Academic Track and Field Team member ... 2005 Pac-10 All-Academic track & field selection, and was named 2006 Second Team Pac-10 All-Academic for track & field ... 2005 Pac-10 All-Academic cross country selection ... Born March 6, 1985.



Joaquin Chapa

****Two-Time All-American****

Senior/Junior (ath) • Portland, OR (Grant)



Stanford: An accomplished middle distance runner whose versatility adds depth to the Cardinal's cross country squad ... Made an immediate impact on the distance squad, capturing the Big Meet 800 meter title his freshman year ... Earned his first All-American honor as a sophomore on the fourth-place distance medley relay team at the 2005 NCAA Indoor Championships ... Added a second All-American honor as a part of the eighth-place distance medley relay team in 2006 ... Has the potential to make significant contributions during the 2006 cross country season.

2005 Cross Country Season (Sophomore): Did not compete.

2004 Cross Country Season (Freshman): Competed in one race, placing seventh in the 4,000 meters at the Stanford Invitational to help the Cardinal capture the event title.

2003 Cross Country Season: Redshirted.

High School: 2003 Oregon high school 1,500 meter champion with a time of 3:51.39, the fourth-fastest performance in the nation that year ... Runner-up in the 800 meters at the 2003 Oregon high school state meet and ran the sixth-fastest time in the nation for the 800 meters in 2003 ... Finished sixth in the 1,500 meters (3:53.9) at the 2003 U.S. Junior National Championships.

Cardinal Catalogue: Political Science major ... Parents are Rudy Chapa and Patricia Eiting ... Father was one of the top distance runners in U.S. history and is the American high school record-holder in the 10,000 meters ... Mother was a long jumper and sprinter at Indiana University ... Named to the 2006 USTFCCCA All-Academic Track & Field Team ... 2005 Pac-10 All-Academic track & field selection ... Also a 2006 Pac-10 All-Academic Second Team choice in track & field ... Named to the 2004 Pac-10 All-Academic cross country team ... Born November 1, 1984.



Hakon DeVries

****All-American****

Junior/Sophomore (ath) • Hopewell Junction, NY (John Jay)



Stanford: A versatile athlete with international racing experience in cross country ... Qualified for the NCAA Championships in the 5,000 meters during his first outdoor season for the Cardinal, earning his first All-American honor with a 13th-place finish ... Has continued to improve throughout his time on The Farm and should be a valuable asset for Stanford in cross country and throughout the year.

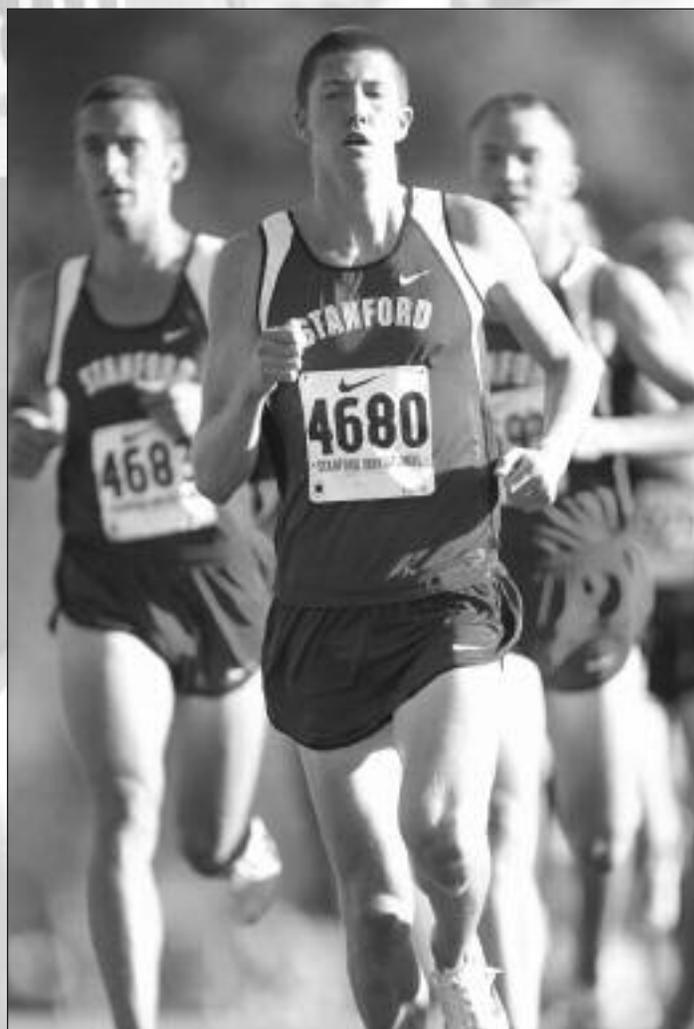
2005 Cross Country Season (Freshman): Finished fifth at the Murray Keatinge Invitational to help Stanford win the team title ... Runner-up in the 4,000 meters at the Stanford Invitational, leading the Cardinal to team championships in both races.

2004 Cross Country 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 ... Footlocker 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: Undeclared Major ... 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 & field ... Born February 17, 1986.



Michael Garcia

****Two-Time All-American****

Senior/Junior (ath) • Santa Fe, NM (Santa Fe)



Stanford: A two-time All-American in indoor track whose versatility has been a valuable resource for the cross country squad ... Earned his first All-American honor as a member of Stanford's distance medley relay team that finished fourth at the 2005 NCAA Indoor Championships ... Gained a second All-American honor as part of the Cardinal distance medley relay team that finished eighth at the 2006 NCAA Indoor Championships ... A 2005 Big Meet champion in the 800 meters ... His best time of 1:48.9 in the 800 meters, run at the 2006 NCAA Outdoor Track & Field Championships, is two-hundredths of a second off of Stanford's all-time Top-10 list ... Will add depth to a talented cross country squad.

2005 Cross Country Season (Sophomore): Finished 11th in the 4,000 meters at the Stanford Invitational, helping the Cardinal to team victories in both races.

2004 Cross Country Season (Freshman):
Did not compete.

2003 Cross Country Season: Redshirted.

High School: Two-time New Mexico state high school champion in the 800 meters ... 2002 state champion and state meet record-holder in the 400 meters (48.10) ... Named the 2003 New Mexico and Gatorade Track Athlete of the Year, as well as the 2003 Santa Fe High School Athlete of the Year ... Valedictorian.

Cardinal Catalogue: Biological Sciences major ... Parents are Anthony and Antoinette Garcia ... 2006 USTFCCCA All-Academic Track and Field Team member ... 2005 Pac-10 All-Academic track and field selection ... Also a 2006 Pac-10 All-Academic Honorable Mention selection in track & field ... Born May 23, 1985.



Jacob Gomez

****All-American****

Senior • Klamath Falls, OR (Klamath Union)



Stanford: An athlete with great range, he finished tenth last year in the 3,000 meters at the 2006 NCAA Indoor Championship to earn his first All-American honor ... Also captured the MPSF individual title in the 3,000 meters in 2006 ... Has gained valuable experience as a postseason competitor for the Cardinal throughout the year ... Will bring leadership and reliability to this year's cross country squad.

2005 Cross Country Season (Junior): Helped the Cardinal to a sixth-place finish at the NCAA Championship ... Placed 14th at the Pac-10 Championship as Stanford claimed the team title for the sixth-straight year, earning Second-Team All-Pac-10 honors ... Runner-up at the Pre-NCAA meet.

2004 Cross Country Season (Sophomore): Helped lead Stanford to a Pac-10 Championship after finishing fourth individually ... Placed 10th at the Pre-NCAA meet ... Also finished 10th at the Notre Dame

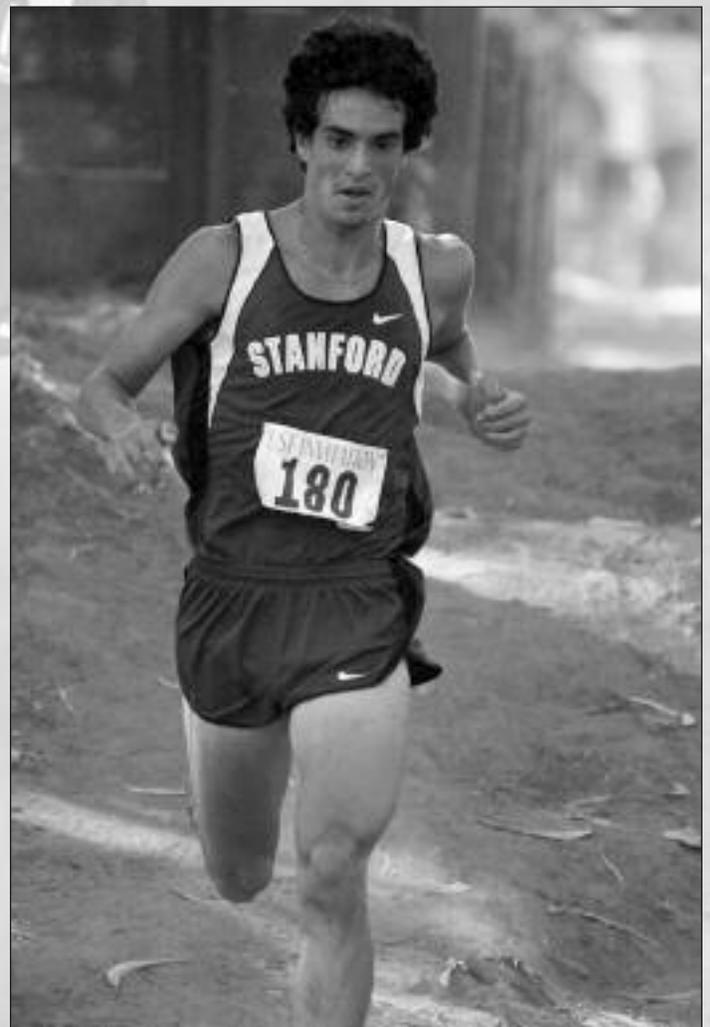
Invitational ... A First-Team All-Pac-10 selection.

2003 Cross Country Season (Freshman): Placed 20th at the Pac-10 Championship to help the Cardinal to a team title ... Finished third at the Bronco Invitational ... Runner-up at the Cal Poly Invitational.

2002 Cross Country Season: Redshirted.

High School: 2001 and 2002 Oregon state high school champion in the 3,000 meters ... 2002 Golden West champion in the 3,200 meters ... Ran the third-fastest two-mile time (8:55.84) in the nation as a senior ... 2001 Oregon state runner-up in cross country ... Finished 10th at the Footlocker Nationals.

Cardinal Catalogue: Human Biology major ... Parents are Gabriel and Sydne Gomez ... 2004 Pac-10 All-Academic track and field selection, as well as a 2006 Pac-10 All-Academic Honorable Mention choice in track & field ... Named to the 2003 and 2004 Pac-10 All-Academic Cross Country Teams ... Born November 26, 1983.



Brett Gotcher

****All-American****

Senior • Watsonville, CA (Aptos)



Stanford: Earned All-American honors last spring after competing at the NCAA Championships in the 10,000 meters for the third-straight season ... 2003 U.S. Junior National Champion in the 10,000 meters ... A long distance specialist who will continue to contribute during the 2006 cross country season ... Will be looked upon for leadership as a postseason veteran.

2005 Cross Country Season (Junior): Helped lead the Cardinal to a sixth-place team finish ... Placed 11th at the NCAA West Regional ... Turned in a 10th-place performance at the Pac-10 Championship to help Stanford to a sixth-straight team title and earn Second-Team All-Pac-10 honors ... Finished fifth in the 8,000 meters at the Stanford Invitational as the Cardinal men claimed victories in both races.

2004 Cross Country Season (Sophomore): Stanford's fifth runner as the Cardinal finished sixth as a team ... Placed 24th at the NCAA West Regional ... Finished 11th at the Pac-10 Championships to help the

Cardinal win a fifth-straight team title, earning Second-Team All-Pac-10 honors.

2003 Cross Country Season (Freshman): Finished 19th at the Pac-10 Championship as Stanford claimed the team title for the fourth-straight year ... Pre-NCAA Open champion ... Placed fifth in the 8,000 meters at the Stanford Invitational and earned runner-up honors at the Bronco Invitational.

2002 Cross Country Season: Redshirted.

International Competition: Gold medalist in the 10,000 meters at the 2003 Junior Pan Am Games in Barbados ... Finished fourth at the 2003 U.S. Junior National Cross Country Championships to qualify for the IAAF World Junior Cross Country Championships in Lausanne, Switzerland.

High School: Two-time Central Coast Section champion in cross country ... A 2000 Footlocker Cross Country Nationals finalist ... Finished third in the 10,000 meters at the 2002 Junior National Championships ... Ran the fifth-fastest two-mile time in the nation as a senior at Aptos High School.

Cardinal Catalogue: Psychology major ... Parents are Terry and Loree Gotcher ... 2004 and 2005 Pac-10 All-Academic track and field selection ... Three-time (2003, 2004 and 2005) Pac-10 All-Academic cross country selection ... Born September 1, 1984.



Garrett Heath

****All-American****

Junior/Sophomore (ath) • Winona, MN (Winona Senior)



Stanford: A postseason contributor for the Cardinal in his first seasons of cross country, indoor track and outdoor track ... Has proven he can compete at all distances ... Earned his first All-American as a member of the Cardinal distance medley relay team that finished eighth at the 2006 NCAA Indoor Track & Field Championships ... Should continue to improve in just his second season competing for the Cardinal after amassing impressive finishes his freshman year.

2005 Cross Country 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 Cross Country Season: Redshirted.

High School: 2003 and 2004 Minnesota state mile and two-mile champion ... Top-10 finisher at the Footlocker 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: Undeclared Major ... Parents are Bob and Linda Heath ... 2006 USTFCCA All-Academic Track and Field Team member ... Also selected to the 2006 Pac-10 All-Academic Second Team ... Born November 3, 1985.



Jonathan Pierce

****All-American****

Senior • Ogdensburg, NY (Lisbon Central)



Stanford: One of the best steeplechasers in Stanford history ... Finished seventh at the 2006 NCAA Outdoor Championship in the steeplechase to earn his first All-American honor ... Also finished third in the event at the Pac-10 Championships ... A postseason veteran for the Cardinal in both cross country and track ... Will anchor a talented distance squad in 2006.

2005 Cross Country Season (Junior): Finished 54th at the NCAA Championship to help Stanford to a sixth-place team finish ... Placed 14th at the NCAA West Regional ... Finished seventh at the Pac-10 Championship to help the Cardinal win a sixth-straight team title and earn First-Team All-Pac-10 honors ... Recorded three more top-10 finishes, including sixth at the Pre-NCAA meet.

2004 Cross Country Season (Sophomore): Stanford's No. 4 runner at the NCAA Championship where the Cardinal finished sixth ... Finished tenth at the NCAA West Regional as Stanford won a tenth-straight team championship... Placed 16th at the Pac-10 Championship to help the Cardinal claim a fifth-straight team title.

2003 Cross Country Season (Freshman): Finished fourth at the Stanford Invitational in the 4,000 meters ... The Bronco Invitational individual champion.

2002 Cross Country Season: Redshirted.

High School: 2002 New York state high school champion in the 1,600 and 3,200 meters ... 2001 Footlocker Nationals cross country finalist ... Runner-up at the state cross country championship as a senior ... 2002 New York State Senior runner of the Year.

Cardinal Catalogue: Human Biology major ... Parents are Paul and Susan Pierce ... 2003 Pac-10 All-Academic cross country selection ... Born September 3, 1983.



Rolf Steier

****All-American****

Senior • Temple Terrace, FL (Berkeley Prep)



Stanford: Battled back from injuries to gain All-American status in the 1,500 meters at the 2006 NCAA Outdoor Championship ... Has been a solid performer for the Cardinal in both cross country and track ... Will be counted on for leadership after a breakthrough season last spring.

2005 Cross Country Season (Junior): Finished 35th at the NCAA West Regional ... Helped the Cardinal to a sixth-straight team title at the Pac-10 Championship.

2004 Cross Country Season (Sophomore): Placed seventh in the 8,000 meters at the Stanford Invitational.

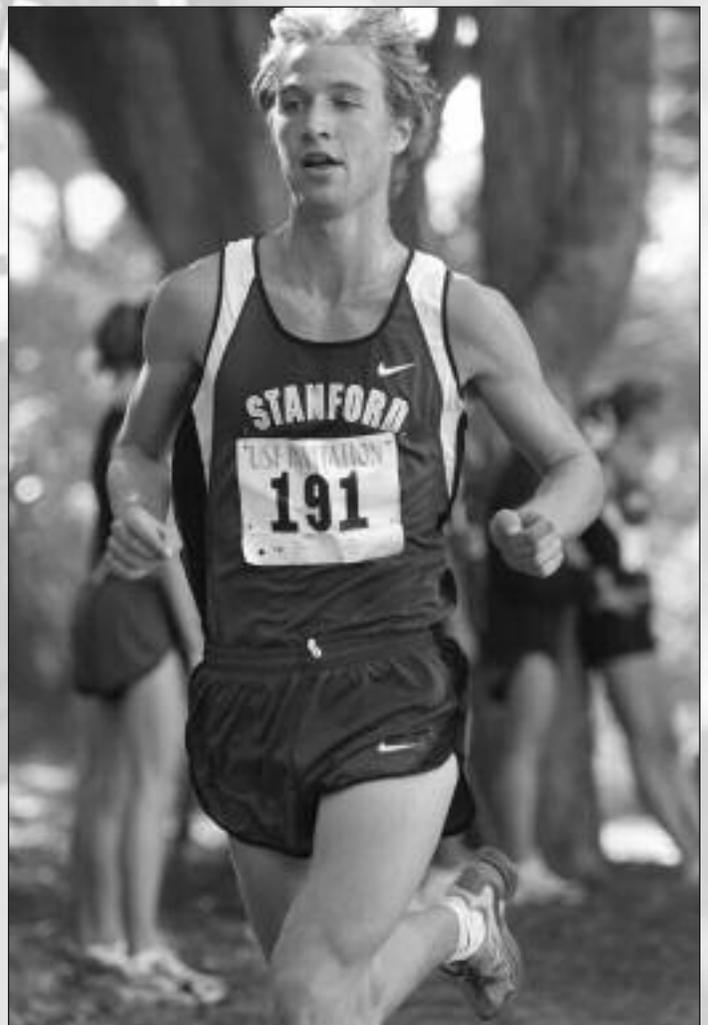
2003 Cross Country Season (Freshman): Finished ninth in the 4,000 meters at the Stanford Invitational, helping the Cardinal claim wins in both races.

2002 Cross Country Season: Redshirted.

International Competition: Represented the United States in the 1,500 meters at the 2001 World Youth Championships in Debrecen, Hungary, finishing eighth in the final.

High School: 2001 and 2002 Florida state high school champion in the 1,600 and 3,200 meters ... 2002 indoor All-American in the 3,200 meters ... Represented the U.S. in the 1,500 meters at the World Youth Games ... Three-time state champion in cross country.

Cardinal Catalogue: Engineering major ... Parents are Frederick Steier and Jane Jorgensen ... Named to the 2006 USTFCCCA All-Academic Track and Field Team ... 2004 Pac-10 All-Academic track & field selection ... Also earned 2006 Pac-10 All-Academic Honorable Mention honors ... Born June 7, 1984.





Kevin Bickham

Senior/Junior (ath) • Oceanside, CA (El Camino)

Stanford: Primarily a middle distance runner ... Also competitive at the longer distances, adding depth to a talented cross country squad.

2005 Cross Country Season (Sophomore): Finished 45th in the 8,000 meters at the Stanford Invitational, helping the Cardinal men capture victories in both races.

2004 Cross Country Season (Freshman): Competed in the 8,000 meters at the Stanford Invitational to help the Cardinal finish second as a team.

2003 Cross Country Season: Redshirted.

High School: Four-time North Country Scholar-Athlete ... Competed at the California state championship meet in 2003 ... Founded the Running Club at El Camino High School.

Cardinal Catalogue: Mechanical Engineering, Product Design major ... Parents are Eddie and Karen Bickham ... Born June 14, 1985.



Jacob Evans

Junior/Sophomore (ath) • Watsonville, CA (Aptos)

Stanford: Gained experience after successful indoor and outdoor seasons at middle distance ... Brings depth to a talented cross country squad.

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 ... Born January 3, 1986.



Jacob Evans



Eric Giddings

Sophomore/Freshman (ath) • South Portland, ME (South Portland)

Stanford: A long distance specialist who gained valuable experience during his redshirt year ... Competed in the 10,000 meters at the 2006 U.S. Junior National Championships in Indianapolis, Indiana.

2005 Cross Country Season: Redshirted.

High School: A two-time Maine high school state champion in cross country ... Five-time state champion in the 3,200 meters in indoor and outdoor track, as well as a four-time state champion in the 1,600 meters ... Helped his high school squad to the Maine state indoor and outdoor track titles in 2002 ... New England 3,200 meter champion in outdoor track in 2005 ... 2005 Southern Maine Athletic Association Runner of the Year.

Cardinal Catalogue: Undeclared major ... Parents are Sharon Belisle and Larry Giddings ... Born April 20, 1987.



Alex Greenberg

Sophomore/Freshman (ath) • Upland, CA (Upland)

Stanford: A newcomer to distance running ... Qualified for the 2006 U.S. Junior Nationals in the 800 meters ... Will continue to grow as a competitor for the Cardinal cross country and track programs.

2005 Cross Country Season: Redshirted.

High School: Upland High School mile record-holder during his sophomore and senior years ... A member of the championship 4 x 800 meter relay team at the 2004 Arcadia Invitational.

Cardinal Catalogue: Undeclared major ... Parents are Linda Bosserman and Roger Greenburg (deceased) and Ted Piatt (stepfather) ... Born June 1, 1987.



Lauren Jespersen

Senior/Junior (ath) • Klamath Falls, OR (Klamath Union)

Stanford: A strong middle distance runner who adds depth to a talented cross country team ... Competed in the mile at the 2005 NCAA Indoor nationals ... Will bring championship experience to the 2006 distance squad.

2005 Cross Country Season (Sophomore): Finished sixth in the 4,000 meters at the Stanford Invitational to help the Cardinal capture team championships in both races.

2004 Cross Country Season (Freshman): Helped Stanford win a fifth-straight Pac-10 team championship ... Finished third at the Pre-NCAA Open race ... Placed fifth in the 8,000 meters at the Stanford Invitational.

2003 Cross Country Season: Redshirted.

High School: 2002 Oregon state high school champion in the 1,500 meters and runner-up in the 800 meters ... 2001 Oregon high school runner-up in the 800 meters ... Oregon state cross country champion as a junior and runner-up as a senior ... Two-time Footlocker Nationals cross country finalist ... Second-team All-America selection and two-time first-team All-West.

Cardinal Catalogue: Civil Engineering major ... Parents are Larry and Maureen Jespersen ... 2005 Pac-10 All-Academic track and field selection ... Also a 2006 Pac-10 All-Academic Honorable Mention choice in track & field ... 2004 and 2005 Pac-10 All-Academic cross country selection ... Born September 24, 1984.



Lauren Jespersen



John McGuire

Sophomore • Golden, CO (D'Evelyn)

Stanford: Made immediate postseason contributions to the squad as a freshman ... Redshirted the indoor and outdoor track seasons ... Should continue to improve in cross country after gaining valuable experience in 2005.

2005 Cross Country Season (Freshman): Helped Stanford to a sixth-place finish at the NCAA Championship ... Finished 24th at the NCAA West Regional ... Placed 29th in the 8,000 meters at the Stanford Invitational to help the Cardinal capture team titles in both races.

High School: Seven-time Colorado high school state champion in track ... A member of the state record-holding 4 x 800 meter relay team ... Set the 4A state record in the 800 meters (1:51.91) ... Earned All-American honors as part of the 4 x 800 meter relay team at the 2005 Nike Outdoor Nationals ... Three-time Colorado state cross country champion ... Finished fourth at the Footlocker National Cross Country Championship to earn All-American honors ... Led his team to three state cross country championships.

Cardinal Catalogue: Undeclared major ... Parents are Robin and Rose McGuire ... Born December 31, 1986.



Hari Mix

Junior/Sophomore (ath) • Charlottesville, VA (Albemarle)

Stanford: A talented long distance runner with postseason experience ... Competed in the 10,000 meters at the NCAA Outdoor Championships after placing fifth at the Pac-10 Championships ... Will make a direct impact on Stanford's success in 2006.

2005 Cross Country 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 Cross Country 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 ... 2005 Pac-10 All-Academic cross country selection ... Also a 2006 Pac-10 All-Academic Honorable Mention selection in track & field ... Born October 16, 1985.



Chris Mocko

Junior/Sophomore (ath) • McLean, VA (Thomas Jefferson HS for Science and Technology)

Stanford: A long distance specialist with steeplechase experience ... Will gain valuable racing experience in 2006.

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

2004 Cross Country 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 4 x 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 ... Born March 6, 1986.



Forrest Tahdooahnippah

Senior/Junior (ath) • St. Paul, MN (Minneapolis Southwest)

Stanford: A long distance specialist with international racing experience ... Expected to make significant contributions in 2006.

2005 Cross Country Season (Sophomore): Placed 31st at the Pac-10 Championships as the Cardinal won a sixth-straight crown ... Finished third at the Pre-NCAA meet ... Finished ninth in the 8,000 meters at the Stanford Invitational to help the Cardinal claim wins in both races.

2004 Cross Country Season (Freshman): Finished 26th at the Pac-10 Championships to help Stanford to a fifth-straight team title ... Recorded two top-5 finishes including third at the Sacramento State Open.

2003 Cross Country Season: Redshirted.

International Competition: Competed for the United States at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium, finishing 37th.

High School: 2002 Minnesota state high school champion in the 3,200 meters ... A nine-time regional and city champion in track and field.

Cardinal Catalogue: Public Policy major ... Parents are Teresa Whitman and Cornell Tahdooahnippah ... 2005 Pac-10 All-Academic track & field selection ... 2004 and 2005 Pac-10 All-Academic cross country selection ... Born March 31, 1985.



Forrest Tahdooahnippah



Steven Duplinsky

Freshman • Kensington, MD (Georgetown Prep)

Stanford: An accomplished competitor in cross country and track, as well as a dominant triathlete with international experience ... A versatile athlete who should strengthen a talented cross country squad.

International Competition: 2005 ITU U-20 World Triathlon champion ... Placed sixth at the World Junior Elite Duathlon Championships in Belgium.

High School: Two-time Maryland/Virginia/D.C. private school cross country champion ... Twice-named all-state in cross country ... 2005 Washington Post All-Metropolitan Cross Country Runner of the Year ... League record-holder in 3,200 meters and two-time league champion in the event ... Holds three school records in track and multiple course records in cross country ... Also an accomplished triathlete: 2005 ITU Elite U-20 World Triathlon Champion ... 2005 U.S. National Elite (U-20) Triathlete of the Year ... 2005 Canadian national champion in the triathlon ... 2004 U.S. National Junior Elite Triathlete and Duathlete of the Year ... 2004 U.S. National Triathlon champion ... 2004 Canadian national triathlon champion

Cardinal Catalogue: Undeclared major ... Parents are Bo and Lorraine Duplinsky ... Born June 27, 1987.



Justin Marpole-Bird

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

Stanford: An experienced competitor at both the middle and long distances ... Gained valuable international exposure in the 1,500 meters at the 2006 World Junior Track & Field Championships in China ... Will make a significant impact for the Cardinal distance program.

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

High School: Captured the 1,500 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 8th 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 ... Born March 10, 1988.



Lindsay Allen	Jr.	Pleasant Hill, CA (College Park)
Shannon Bergstedt	Jr.	Minnetonka, MN (Hopkins)
Lauren Centrowitz	Jr.	Arnold, MD (Broadneck)
Lindsay Flacks	Jr./So.	Calabasas, CA (Harvard Westlake)
Alicia Follmar	So.	Saratoga, CA (Saratoga)
Katie Harrington	Jr./So.	Carmel, IN (Carmel)
Arianna Lambie	Sr./Jr.	Harvard, MA (The Bromfield School)
Mary Liz McCurdy	So	Brightwaters, NY (Bay Shore)
Teresa McWalters	Sr./Jr.	San Francisco, CA (Home Schooled)
Kate Niehaus	Fr.	Columbia, SC (Spring Valley)
Madeleine O'Meara	So/Fr.	Mercer Island, WA (Mercer Island)
Kaylin Pennington	So/Fr.	Benicia, CA (Benicia)
Leah Sawyer	Sr.	Medford, OR (St. Mary's)
Anne St. Geme	Fr.	Newport Beach, CA (Corona Del Mar)
Amanda Trotter	Sr.	Little Silver, NJ (Red Bank Regional)
Katy Trotter	Sr.	Little Silver, NJ (Red Bank Regional)
Kelsey Walker	Fr.	Bellevue, WA (Bellevue)

Lauren Centrowitz

****American Record Holder****
****All-American****

Junior • Arnold, MD (Broadneck)



Stanford: A member of the American record-holding 4 x 1500 meter relay team that won the Penn Relays in 2006 ... Enjoyed an outstanding indoor season last spring and start to the outdoor season before experiencing a season-ending injury ... A returning All-American in cross country, she will provide leadership and talent to the defending national champions.

2005 Cross Country Season (Sophomore): Earned All-American honors after finishing 47th at the NCAA Championships and contributing to Stanford's national championship ... Was 12th at the NCAA West Regional as the Cardinal claimed the team title ... Recorded an 11th-place finish to help Stanford to the Pac-10 championship ... Finished third on the 4,000 meter course at the Stanford Invitational.

2004 Cross Country Season (Freshman):

Competed at the NCAA Championships as Stanford placed fifth ... Finished 14th at the

Pac-10 Championships to help the Cardinal win the team title ... Stanford's No. 4 runner with a seventh-place finish on the 4,000 meter course at the Stanford Invitational ... A second-team All-Pac-10 selection.

International Competition: Competed in the 1,500 meters at the 2005 Junior Pan Am Games in Ontario, Canada.

High School: Finished third in the mile at the Nike Indoor Championships during her senior season ... 2004 Penn Relays runner-up in the mile ... Gained All-American honors in the 1500 meters at the 2003 U.S. Junior National Championships ... Won eight state high school titles in the 800 meters, mile and two-mile ... Two-time Maryland cross country individual champion.

Cardinal Catalogue: Political Science major ... Parents are Matt and Beverly Centrowitz ... Father was the American record holder in the 5,000 meters and now coaches at American University ... Named to the 2005 Pac-10 All-Academic team ... Born September 25, 1986.



Lindsay Flacks

****All-American****

Junior/Sophomore (ath) • Calabasas, CA (Harvard Westlake)



Stanford: An All-American and international competitor who will significantly contribute to Stanford's success in 2006-07 ... Finished fourth at the 2005 U.S. Junior Cross Country Championship to earn a spot on the U.S. Team for the World Junior Cross Country Championship in France ... Helped Stanford to its first-ever Pac-10 track championship in 2005 with a third-place finish in the 10,000 meters.

2005 Cross Country 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 Cross Country Season: Redshirted.

International Competition: Finished fourth at the 2005 World Junior Cross Country Championship in France.

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

Cardinal Catalogue: Undeclared major ... Parents are Dawn and Scott Flacks ... A 2006 Pac-10 All-Academic Honorable Mention choice in track & field ... Selected to the 2005 Pac-10 All-Academic team ... Born November 22, 1986.



Arianna Lambie

****American Record-Holder****

****Six-Time All-American****

Senior/Junior (ath) • Harvard, MA (The Bromfield School)



Stanford: One of the most talented runners in program history ... A six-time All-American with top finishes in cross country, indoor track and outdoor track ... 2006 Pac-10 champion at 1,500 meters in addition to runner-up in the event in 2004 ... A member of the American record-holding 4 x1500 meter relay team that won the Penn Relays in 2006, as well as the school record-holding and runner-up distance medley relay team at the same meet ... Tallied three All-American honors at the 2006 NCAA indoor meet, including three top-five performances ... Has helped Stanford to two NCAA cross country championships, a runner-up NCAA indoor track team finish and the only Pac-10 track team title in school history.

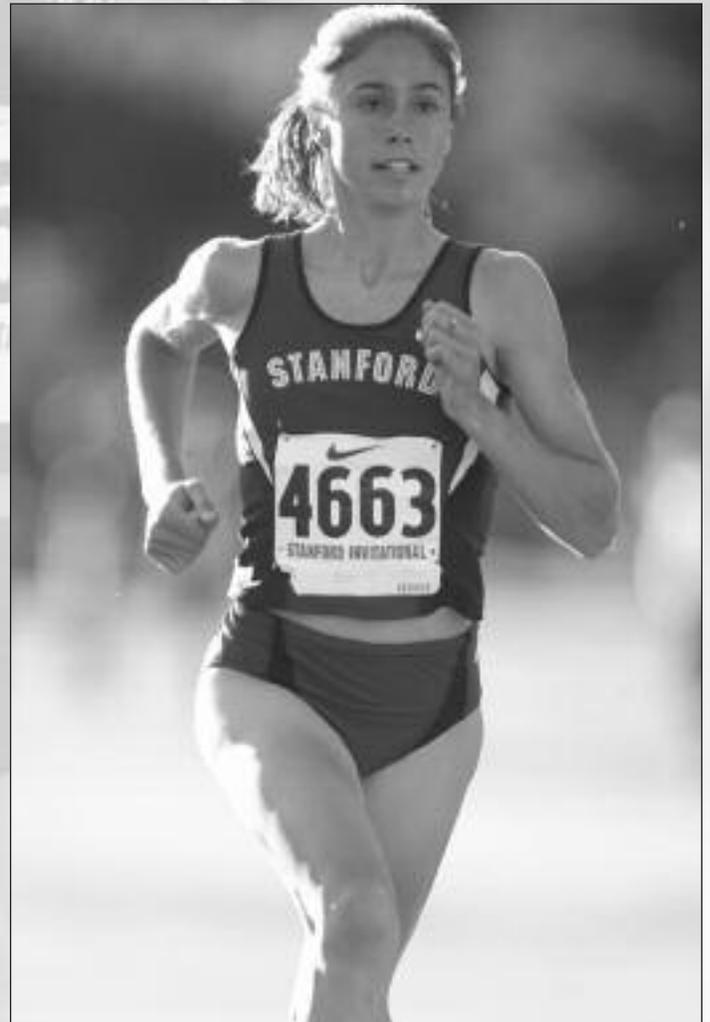
2005 Cross Country Season (Sophomore): 2005 NCAA West Region and Pac-10 Cross Country Runner of the Year ... Gained All-American honors with an eighth-place finish at the NCAA Championship, helping Stanford to its second national title in three years as co-captain... Captured the NCAA West Region individual title with a time of 19:29.3 to lead the Cardinal to a seventh-straight team championship ... Also claimed an individual victory at the Pac-10 Championships with a time of 20:20.00, helping Stanford to a tenth-straight team title ... Recorded wins at the Stanford Invitational (6,000 meters), Murray Keatinge Invitational and USF Invitational as Stanford claimed team victories at all three races ... Named First-Team All-Pac-10.

2004 Cross Country Season: Redshirted.

2003 Cross Country Season (Freshman): Pac-10 Cross Country Newcomer of the Year ... Earned All-American honors after finishing 24th at the NCAA championships and helping Stanford to a national title ... Finished third at the Pac-10 Championships as the Cardinal won an eighth-straight league championship ... Runner-up at the Stanford Invitational 4,000 meter course as well as the Murray Keatinge Invitational ... Selected First-Team All-Pac-10.

High School: 2003 U.S. Junior National champion in the 1,500 meters with a time of 4:20.20 ... Recorded the third-fastest national high school time in the mile at 4:37.23 ... Captured eight state championships in cross country, indoor track and outdoor track ... Set a national indoor high school record in the 1,000 meters with a time of 2:45.46 ... Ran the nation's fastest times in the mile and two-mile (10:12.0) as a senior ... Set a meet record of 4:39.00 in the mile at the Adidas Outdoor Track & Field Championships ... 2003 Footlocker Northeast Regional Cross Country champion ... Helped her squad to the state cross country title during both her junior and senior campaigns ... A Wendy's High School Heisman national finalist.

Cardinal Catalogue: Earth Systems major ... 2006 USTFCCCA All-Academic Track and Field Team member ... 2005 Pac-10 All-Academic track & field selection, as well as a 2006 Pac-10 All-Academic First Team selection in track & field ... Named to the 2005 Pac-10 All-Academic cross country team ... Born June 12, 1985.



Teresa McWalters

****Three-Time All-American****

Senior/Junior (ath) • San Francisco, CA (Home-schooled)



Stanford: A competitive leader for both the cross country and track & field squads, she has garnered three All-American honors ... Recorded top-three finishes in the indoor 3,000 meters and outdoor 5,000 meters at the NCAAs ... Despite battling injuries, has performed solidly for the Cardinal in the postseason ... Will inspire the distance squad with a tenacious attitude in 2006.

2005 Cross Country Season (Sophomore): Helped lead the Cardinal to its second NCAA title in the last three years as co-captain ... Finished fourth at the NCAA West Regional as Stanford won a seventh-straight championship ... Guided the Cardinal to a tenth-straight league title as she finished fifth at the Pac-10 Championship ... Placed fourth at the Pre-NCAA meet and was runner-up at the Murray Keatinge Invitational, her first race of the season ... Named First-Team All-Pac-10.

2004 Cross Country Season (Freshman):
Pac-10 Newcomer of the Year ... Finished

46th at the NCAA Championships to help the Cardinal to fifth-place performance ... Contributed to Stanford's team titles at the Pac-10 and NCAA West Regional Championships, including an 11th-place finish at the Pac-10 meet ... Runner-up in the 6,000 meters at the Stanford Invitational ... A Second-Team All-Pac-10 selection.

2003 Cross Country Season: Redshirted due to injury after finishing second in the Stanford Invitational 6,000 meters.

High School: A talented student-athlete who was home-schooled for 12 years ... Took classes at San Francisco State, USF and City College of San Francisco as well as independent study ... Trained with the Impalas running group.

Cardinal Catalogue: Art History major ... Parents are Mike and Jeanne McWalters ... Named to the 2006 USTFCCCA All-Academic Track and Field Team ... 2005 Pac-10 All-Academic track and field selection, as well as a 2006 Pac-10 All-Academic Honorable Mention choice in track & field ... 2004 and 2005 Pac-10 All-Academic cross country selection ... Born November 15, 1984.



Amanda Trotter

****American Record-Holder****
****All-American****

Senior • Little Silver, NJ (Red Bank Regional)



Stanford: A talented and reliable performer for the Cardinal during her first three years ... Earned her first All-American honor as a member of the runner-up distance medley relay at the 2006 NCAA Indoor Championships ... Also a member of the American record-holding 4 x1500 meter relay team that won the Penn Relays in 2006 ... Helped the Cardinal cross country squad go undefeated in 2005 with a national championship ... Has assisted in two cross country national championships, a runner-up NCAA indoor team performance as co-captain and Stanford's only Pac-10 track championship ... Will anchor a talented cross country squad in 2006.

2005 Cross Country Season (Junior): Helped the Cardinal to its second NCAA championship in the last three years ... Finished eighth at the NCAA West Regional to lead Stanford to a seventh-straight team championship ... Placed 14th at the Pac-10 Championship as the Cardinal secured a 10th-straight win ... Captured the 4,000 meter title at the Stanford Invitational to guide the Cardinal to victories

in both races ... Selected Second-Team All-Pac-10.

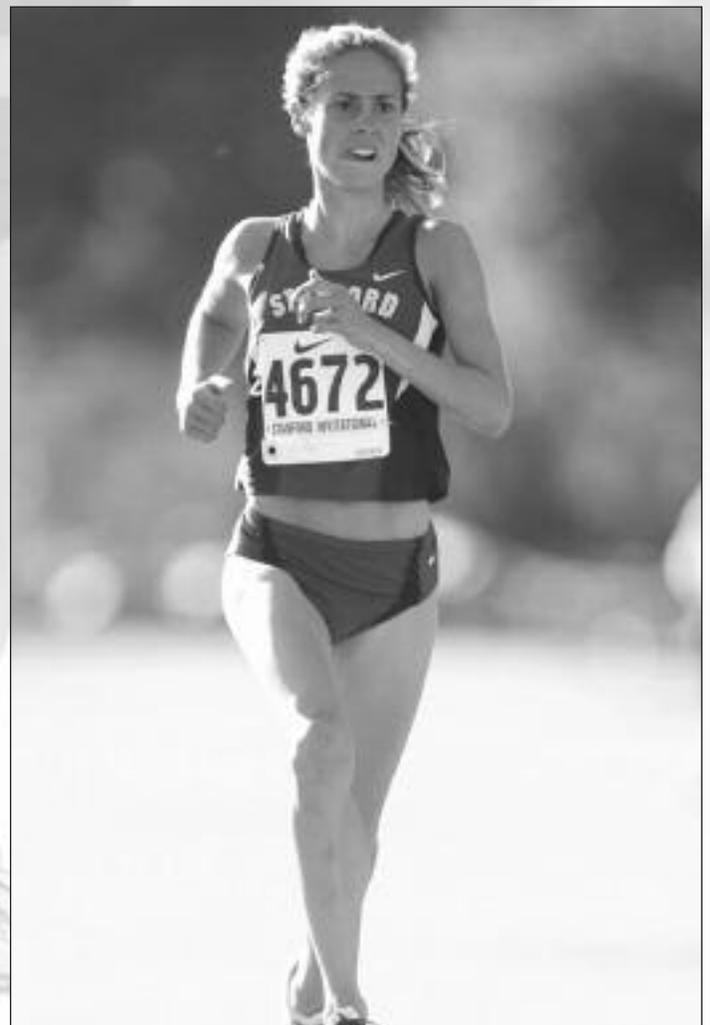
2004 Cross Country Season (Sophomore): Helped Stanford to a fifth-place finish at the NCAA Championships, as well as the NCAA West Regional title with a 17th-place individual finish ... Placed sixth at the Pac-10 Championships to help the Cardinal to its ninth-straight team title ... Recorded three top-10 finishes including third place on the 6,000 meter course at the Stanford Invitational ... Named First-Team All-Pac-10.

2003 Cross Country Season (Freshman): Stanford's fifth runner as the Cardinal captured the national title ... Placed 17th at the NCAA West Regional with Stanford claiming the team championship ... Finished 10th at the Pac-10 Championship, helping Stanford to its eighth-straight team victory ... Individual champion at the Murray Keatinge Invitational ... A Second-Team All-Pac-10 selection.

International Competition: Finished 31st at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium.

High School: 2003 New Jersey high school champion in the 1,600 and 3,200 meters ... A member of the distance medley relay team that set a national record at the Adidas Outdoor High School Nationals and captured the 2003 Penn Relays crown ... New Jersey indoor state 3,200 record-holder ... Captured the 1,600 and 3,200 meters at the 2003 New Jersey Meet of Champions ... All-American and state champion in cross country.

Cardinal Catalogue: Human Biology major ... Parents are Tom and Janet Trotter ... Older sister, Sarah, ran track at Virginia ... Named to the 2006 USTFCCCA All-Academic Track and Field Team... 2005 Pac-10 All-Academic track & field selection, as well as a 2006 Pac-10 All-Academic First Team choice for track & field ... 2004 and 2005 Pac-10 All-Academic cross country selection ... Born on April 4, 1985.



Katy Trotter

****American Record-Holder****

****Eight-Time All-American****

Senior • Little Silver, NJ (Red Bank Regional)



Stanford: Has gained extensive experience and accolades as an eight-time All-American in cross country, indoor and outdoor track ... Earned All-American honors during both Cardinal cross country national championships ... Finished eighth outdoors last spring in the 5,000 meters to gain her first outdoor All-American honor ... A leader on the track and in the classroom with multiple Pac-10 All-Academic honors ... Will be counted on to anchor an extremely talented squad in 2006-07.

2005 Cross Country Season (Junior): Finished 20th and earned All-American honors at the NCAA Championships to help the Cardinal claim the national title ... Placed fifth at the NCAA West Regional as Stanford won a seventh-straight team championship ... Was 15th at the Pac-10 Championship to help the Cardinal to a 10th-straight team victory ... Runner-up in the 6,000 meters at the Stanford Invitational, helping the Cardinal secure wins in both races.

2004 Cross Country Season (Sophomore):

Stanford's fourth runner at the NCAA Championship where the Cardinal finished fifth ... Placed seventh at the NCAA West Regional as Stanford won a sixth-straight team championship ... Finished eighth at the Pac-10 Championship to help Stanford win its ninth-straight team title ... Recorded two more top-10 finishes at the Notre Dame Invitational and Pre-NCAA meet ... Second-Team All-Pac-10 selection.

2003 Cross Country Season (Freshman): Earned her first collegiate All-American honor after finishing 21st at the NCAA Championship and helping Stanford to the national title ... Placed tenth at the NCAA West Regional and sixth at the Pac-10 Championships to lead the Cardinal to team victories at both events ... Finished fifth in the 6,000 meters at the Stanford Invitational ... Named First-Team All-Pac-10.

International Competition: Finished 36th at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium.

High School: 2003 Footlocker National Cross Country runner-up with a third-place finish at the Footlocker Northeast Regional ... Ran the 1,600 meters on the distance medley relay team that finished first at the 2003 Penn Relays and set a national record at the Adidas Outdoor High School Nationals ... 2003 Arcadia Invitational champion in the 1,600 meters ... Ranked in the top-10 in the nation in the 1,600 meters and two-mile as a senior.

Cardinal Catalogue: Human Biology major ... Parents are Janet and Tom Trotter ... 2006 USTFCCCA All-Academic Track and Field selection ... Older sister, Sarah, ran track at Virginia ... Named to the 2005 Pac-10 All-Academic track & field team, as well as the 2006 Pac-10 All-Academic First Team for track & field ... 2004 and 2005 Pac-10 All-Academic cross country selection ... Born on April 4, 1985.





Lindsay Allen

Junior • Pleasant Hill, CA (College Park)

Stanford: A talented steeplechaser with two top-five finishes in the Pac-10 Track & Field Championships ... Looking to continue her success in cross country as a significant contributor in 2006.

2005 Cross Country Season (Sophomore): Helped the Cardinal to its 10th-straight Pac-10 Championship ... Finished sixth in the 4,000 meters at the Stanford Invitational.

2004 Cross Country Season (Freshman): Contributed to Stanford's Pac-10 Championship ... Finished 15th in her regular season debut at the Stanford Invitational 4,000 meter course.

High School: Finished third at the 2004 U.S. Junior National Championships in the 3,000 meter steeplechase ... The California high school record holder in the 800 meters, 1600 meters and 3,200 meters ... A two-time Footlocker West Regional cross country finalist ... A two-time Northern Coast Section cross country champion.

International Competition: Competed at the 2005 Junior Pan Am Games in Canada where she won the bronze medal in the 3,000 meter steeplechase.

Cardinal Catalogue: Human Biology major ... Parents are Dawn Block and Spencer Allen ... Named to the 2005 Pac-10 All-Academic cross country team ... Also a 2006 Pac-10 All-Academic Honorable Mention selection in track & field ... Born June 30, 1986.



Lindsay Allen



Shannon Bergstedt

Junior • Minnetonka, MN (Hopkins)

Stanford: A talented middle distance runner who has contributed to Stanford's success despite battling injuries in her first two seasons.

2005 Cross Country Season (Sophomore): Contributed to the Cardinal's 10th-straight Pac-10 title ... A top-10 finisher on the 4,000 meter course at the Stanford Invitational.

2004 Cross Country Season (Freshman): Helped Stanford to a sixth-straight NCAA West Region championship ... Finished second as the Cardinal's No. 2 runner on the 4,000 meter course at the Stanford Invitational.

High School: Won seven state high school championship titles in the 1,600 and 3,200 meters ... The Minnesota high school record holder in the 3,200 meters ... The Minnesota state cross country individual champion ... Named the 2001 Minnesota Cross Country Runner of the Year.

Cardinal Catalogue: Human Biology major ... Parents are Tim and Michelle Bergstedt ... Honored as a 2005 Pac-10 All-Academic team member ... Born November 17, 1985.



Shannon Bergstedt



Alicia Follmar

Sophomore • Saratoga, CA (Saratoga)

Stanford: Enjoyed a breakout track season to place her fourth on the all-time freshman Top-Five list for the 800 meters ... A member of the third-place 4 x 800 meter relay team at the 2006 Penn Relays ... Will make a significant impact on Stanford's cross country success after a solid freshman campaign.

2005 Cross Country 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 state champion in cross country ... CCS cross country champion in 2004 ... Stanford Invitational cross country champion.

Cardinal Catalogue: Biology major ... Parents are Ken and Debbie Follmar ... Named to the 2006 USTFCCCA All-Academic Track and Field Team ... Born July 24, 1987.



Katie Harrington

Junior/Sophomore (ath) • Carmel, IN (Carmel)

Stanford: A consistent performer for the Cardinal in the postseason, including the NCAA championships ... Regional qualifier in the 5,000 meters and Pac-10 scorer in the 10,000 meters ... Adds depth to the returning national champions.

2005 Cross Country 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 Cross Country 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 Footlocker 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 ... Named to the 2005 Pac-10 All-Academic team ... Born October 22, 1985.



Katie Harrington



Mary Liz McCurdy

Sophomore • Brightwaters, NY (Bay Shore)

Stanford: A top middle distance recruit out of high school, performed solidly as a freshman in both cross country and track ... Has gained experience and should add depth to a talented distance squad.

2005 Cross Country Season (Freshman): Recorded a top-25 finish at the Murray Keatinge Invitational.

High School: A 12-time All-American as a member of the 4 x 800, 4 x 1,600 and distance medley relays ... Member of the national record-holding distance medley relay team in 2004 ... Competed on the three-time national champion 4 x 800 meter relay team ... Six-time New York state champion in the 1,000 meters, 1,500 meters and 4 x 800 meter relay team ... Holds the Suffolk County 1,000 and 1,600 meter records ... Also the Long Island record-holder as a member of the 4 x 800, 4 x 1,600 and distance medley relay teams.

Cardinal Catalogue: Undeclared major ... Parents are Beth and Brian McCurdy ... Older brother, Patrick, is a senior at Holy Cross ... Younger sister, Sarah, was on the national record-setting distance medley relay team and other national championship teams at Bay Shore High School ... Born November 1, 1987.



Madeleine O'Meara

Sophomore/Freshman (ath) • Mercer Island, WA (Mercer Island)

Stanford: A well-rounded athlete, she gained valuable experience during the outdoor season ... Ready to contribute for the Cardinal in cross country.

2005 Cross Country 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: Undeclared major ... Parents are Matt O'Meara and Lisa Belden, both Stanford graduates ... Born April 21, 1987.



Kaylin Pennington

Sophomore/Freshman (ath) • Benicia, CA (Benicia)

Stanford: Made an immediate impact in her first indoor and outdoor track & field seasons ... A postseason competitor in indoor track, finishing seventh in the 800 meters at the 2006 MPSF Championship ... Proved to be a solid competitor in her first year and will get valuable racing experience this season in cross country.

2005 Cross Country Season: Redshirted.

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

Cardinal Catalogue: Undeclared major ... Parents are Terrance and Gretchen Pennington ... Born June 14, 1987.



Leah Sawyer

Senior • Medford, OR (St. Mary's)

Stanford: Has provided solid leadership and depth during her first three years ... Will be a valuable asset for the Cardinal on and off the course during the 2006 season.

2005 Cross Country Season (Junior): Finished 27th in the 4,000 meters at the Stanford Invitational, helping the Cardinal secure wins in both races ... Also competed at the USF Invitational with a 36th-place finish.

2004 Cross Country Season (Sophomore): Ran in three races with a best finish of eighth at the Sacramento State Open.

2003 Cross Country Season (Freshman): Competed at the Pac-10 Championships as Stanford claimed the team title ... Raced at three other meets, including the Stanford Invitational.

High School: Runner-up in the 1,500 and 3,000 meters at the Oregon state championships her senior year ... Finished fifth at the state cross country meet in 1999 ... Also played soccer.

Cardinal Catalogue: Human Biology major ... Parents are Rick and Linda Sawyer ... 2004 Pac-10 All-Academic cross country selection ... Born April 6, 1985.



Leah Sawyer



Kate Niehaus

Freshman • Columbia, SC (Spring Valley)

Stanford: An extremely accomplished recruit at all distances ... Has valuable racing experience on the national level and should make an immediate impact on the cross country squad.

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

Cardinal Catalogue: Undeclared major ... Parents are Greg and Elizabeth Niehaus ... Born August 1, 1988.



Anne St. Geme

Freshman • Newport Beach, CA (Corona Del Mar)

Stanford: A talented athlete that comes from a strong running heritage ... One of the top-ranked freshmen in the mile ... Will be an immediate strength for the Cardinal.

High School: Captured the CIF Division III and California Division III cross country championships her senior year ... At the 2006 Nike Outdoor Championships, anchored the championship distance medley relay team (the second fastest high school team all-time in the U.S.) and was runner-up in the mile ... Also finished second in the 3,200 meters at the 2006 California State Championships and earlier in the season anchored the championship distance medley relay team at the 2006 Arcadia Invitational ... During her junior year, anchored the national champion distance medley relay team at the Nike Outdoor Championships, as well as the runner-up 4 x 1,600 meter relay team ... Collected a second-place finish in the mile at the Arcadia Invitational in 2004.

Cardinal Catalogue: Undeclared major, interested in Human Biology and Art History ... Daughter of Edmond (Ed) F. St. Geme and Cecilia (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 ... Born November 8, 1987.



Kelsey Walker

Freshman • Bellevue, WA (Bellevue)

Stanford: A versatile runner with experience at all distances ... Will grow into a solid competitor for the Cardinal.

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 Footlocker West Regional, finishing 17th ... Finished seventh at the 2005 Borderclash (Oregon v. Washington).

Cardinal Catalogue: Undeclared major ... Parents are Chris and Lisa Walker ... Born on June 1, 1988.

Caring about the Community:

At Stanford, students are taught the value of investment. Put simply, you get out what you put in. This positive attitude is no different for many of the student-athletes in this program who volunteer their time for a wide variety of causes.

Athletes on the team volunteer as tutors, bedside companions and homeless shelter helpers among other activities. Caring about the community is a theme that resonates in the athletes of the cross country program because they understand the value of lending a helping hand.

Senior, Neftalema Araia echoes this sentiment, "As people who have been given an opportunity to thrive, I believe we owe it to others to continue the trend of extending help and opening doors."





2005 Cross Country In Review

Cardinal Women Undefeated in 2005, Men Claim Sixth Place at NCAA Championships

NCAA Championships – Terre Haute, IN (November 21, 2005)

The men's and women's teams continued Stanford's history of distance dominance at the NCAA Championships on Laverne Gibson Championship Cross Country Course. The Cardinal women captured their third national title in school history and the second championship in the last three years. Paced by three top-25 finishers, Stanford totaled 146 points compared to runner-up and defending national champion Colorado with 181 points. Top-ranked Duke turned in a third place performance with 185 points. Sophomore Arianna Lambie paced much of the race to lead the way for the Cardinal, earning All-American honors with an eighth-place finish over the 6,000 meter course with a time of 19:59.1. Junior Katy Trotter was Stanford's second runner in 20th with a time of 20:18.4, followed by freshman Lindsay Flacks in 25th with a time of 20:24.6. Both Trotter and Flacks were tabbed All-Americans. Sophomore Lauren Centrowitz finished 47th in a time of 20:39.4 to gain All-American honors, while sophomore Teresa McWalters rounded out the Cardinal's scorers in 92nd with a time of 21:03.2.

The Cardinal men finished sixth in the team standings for the second-straight year, totaling 231 points on the 10,000 meter course. Wisconsin easily claimed the team championship with an impressive 37 points, followed by Arkansas in third with 105 points. Sophomore Neftalem Araia was the Cardinal's top finisher for the second straight year, turning in a time of 29:51.6 for 11th place and All-American honors. Junior Jonathan Pierce was 54th for Stanford in 30:34.1, while fellow junior Jacob Gomez was 80th in a time of 30:49.0. Junior Brett Gotcher and senior David Vidal followed closely behind in 83rd (30:53. 2) and 84th (30:53. 5), respectively, to round out the Cardinal's scoring pack.

NCAA West Regional – Stanford, CA (November 12, 2005)

Stanford hosted its second NCAA West Regional championship on the Stanford Golf Course on November 12. The women posted a low score of 24 points to secure the team championship, followed by a talented Arizona State squad in second with 48 points. Arianna Lambie blasted the field in 19:29.3 to claim the individual victory, gapping runner-up Amy Hastings of ASU by more than 19 seconds. All seven Cardinal runners finished in the top 20, with the five scorers recording top-10 finishes. Teresa McWalters followed Lambie in fourth place with a time of 20:16.8. Katy Trotter was close behind in fifth (20:17.1) and Lindsay Flacks was sixth in 20:17.3. Arizona claimed the men's team victory with 33 points, ending Stanford's nine-year championship streak. The Cardinal tallied 80 points to grab second place, led by eighth-place finisher Neftalem Araia in 30:23.5. Arizona's Robert Cheseret claimed the West Region individual title in 30:03.3, followed by teammate Obed Muntanya in 30.05.7.

The Stanford women captured their third national title in school history and the second championship in the last three years in 2005, while the Cardinal men finished sixth in the team standings for the second-straight year.

Pacific-10 Championships – Tucson, AZ (October 29, 2005)

Both Cardinal distance squads recorded dominant performances at the Pac-10 Conference Championship in Tucson, Ariz. The second-ranked Stanford women captured a 10th-straight conference title, defeating Arizona State, 34-40, at the Dell Ulrich Golf Course. Arianna Lambie claimed the individual title in 20:20 to surpass Arizona State's defending champion Amy Hastings, who finished the course in 20:40. Lambie was later named the 2005 Pac-10 Cross Country Athlete of the Year. The Cardinal women placed six runners in the top-15, with Lindsay Flacks finishing third in 20:52 and Teresa McWalters placing fifth in 20:56. On the men's side, Stanford posted a low score of 46 to take down Arizona (78) and claim a sixth consecutive Pac-10 championship, the Cardinal's ninth title in the past 10 years. Neftalem Araia led the charge in third place, finishing in 24:19. Arizona's Robert Cheseret and Obed Mutanya recorded a 1-2 finish for the Wildcats. The Cardinal men placed all five scorers in the top 15 finishers. Jonathan Pierce was seventh (24:26), while Brett Gotcher rounded out the top ten in 24:37. Head coach Peter Tegan was later named 2005 Pac-10 Cross Country Coach of the Year after both of his squads collected team titles.

Pre-NCAA Meet – Terre Haute, IN (October 15, 2005)

The Cardinal men and women tallied three top-10 finishes at the Pre-NCAA meet in Terre Haute, Ind., en route to collecting team championships in both races. Arianna Lambie and Teresa McWalters finished third and fourth, respectively, as the Cardinal women posted 86 points for the team win in front of Notre Dame (147). Two more Stanford runners finished in the top-25, with Katy Trotter in 19th (20:41) and Lindsay Flacks in 24th (20:49). The Stanford men tallied a low score of 89 to BYU's 174 for the team victory. Jonathan Pierce recorded an outstanding sixth-place finish on the 8,000 meter course to lead the Cardinal men, finishing in 23:51. Teammates Brett Gotcher (24:09.2) and Garret Heath (24:09.6) placed 17th and 18th, respectively, while David Vidal was 22nd in 24:13.

Murray Keatinge Invitational – Orono, ME (October 1, 2005)

Stanford returned to Orono, Maine in 2005 for the Murray Keatinge Invitational, recording victories in both the men's and women's races. The Cardinal women defeated a talented Boston College squad, 24-42, with the help of 1-2 finishes by Arianna Lambie (16:38) and Teresa McWalters (16:51) on the 5,000 meter course. The women placed all eight runners in the top-20, with Katy Trotter crossing the line in fourth (17:01) and Amanda Trotter finishing in seventh (17:21). David Vidal cruised to a second-place finish in 24:00 to lead the Cardinal men, who defeated runner-up Dartmouth, 26-49. Stanford dominated the course, placing all six runners in the top-10. Jonathan Pierce was fourth in 24:13, while Russell Brown (24:16) and Jacob Gomez (24:16) trailed in seventh and eighth, respectively.

Stanford Invitational – Stanford, CA (September 24, 2005)

The Cardinal kicked off the regular season with a sweep of its own Stanford Invitational at the Stanford Golf Course. The women's squad split to capture titles on the 4,000 and 6,000 meter courses, while the men dominated the 4,000 and 8,000 meter races. In the women's 4,000 meters, Amanda Trotter claimed the individual win in 14:03, while Lauren Centrowitz took third in 14:17. The Cardinal women posted a score of 23 points in the 4,000 meters to top Simon Fraser's 79 points. In the 6,000 meters, Arianna Lambie led the pack in 21:15, while Katy Trotter finished closely behind in 21:19. Stanford totaled 31 points in the 6,000 to easily surpass Chico State with 136. The Stanford men grabbed a team victory in the 4,000 meters as Russell Brown finished first in 11:59, followed by teammate Hakon DeVries in 12:01. The Cardinal posted 23 points to Azusa Pacific's 72. In the 8,000 meters, Stanford defeated Chico State, 51-67, to complete a sweep of all four races. Garret Heath was the Cardinal's top finisher in third (23:48), while Brett Gotcher rounded out the top-five in 23:52.

USF Invitational – San Francisco, CA (September 3, 2005)

The USF Invitational boasted some of the top teams in the nation to open the 2005 season. The Stanford women put four runners in the top five finishers to claim the team win over runner-up Arizona, 42-56, on the 5,000 meter course. Arianna Lambie (18:18) and Julie Allen (18:20) performed a 1-2 finish, while Lindsay Flacks (18:27) and Katie Harrington (18:28) finished third and fourth, respectively. The Stanford men finished second to Arizona, 24-35, on the 8,000 meter course. The Cardinal swept the 5th through 10th-place finishes, lead by Hari Mix in 25:34. David Vidal was also sixth in 25:34.





Shannon Bergstedt

**September 24
Stanford Invitational
(Stanford, CA)**

Men's Team Results (32 teams)

1. **Stanford 51**; 2. Chico State 67; 3. UC Santa Barbara 105; 4. Liberty 148; 5. California 155; 6. Long Beach State 166; 7. UC Davis 236; 8. New Mexico 282; 9. Pomona Pitzer 297; 10. Eastern Washington 304

Men's Individual Results (8,000 meters, 223 runners)

- 1. Josh McDougal, Liberty 23:24
- 2. Jordan McDougal, Liberty 23:46
- 3. **Garrett Heath, Stanford 23:48**
- 4. Kevin Chelimo, Texas Tech 23:50
- 5. **Brett Gotcher, Stanford 23:52**
- 6. **Neftalem Araia, Stanford 23:56**
- 7. Jim Grabow, Long Beach State 24:03
- 8. Scott Bauhs, Chico State 24:04
- 9. **Forrest Tahdoahnippah, Stanford 24:06**
- 10. Chris Ashley, UC Santa Barbara 24:10

Other Stanford Runners: 29. John McGuire 24:44; 45. Kevin Bickham 25:02; 62. Chris Mocko 25:17

Men's Team Results (11 teams)

1. **Stanford 23**; 2. Azusa Pacific 72; 3. Texas Tech 97; 4. Cal Coast TC 113; 5. Humboldt State 134; 6. USF 138; 7. Valparaiso 152; 8. San Jose State 185; 9. Santa Ana JC 210; 10. San Francisco State 218

Men's Individual Results (4,000 meters, 89 runners)

- 1. **Russell Brown, Stanford 11:59**
- 2. **Hakon DeVries, Stanford 12:01**
- 3. Matt McKeehan, Cal Coast TC 12:06
- 4. David Torrence, Unattached 12:18
- 5. Kevin Davis, California 12:22
- 6. **Lauren Jespersen, Stanford 12:24**
- 7. Danny Reid, Azusa Pacific 12:31
- 8. Josh Babiak, San Francisco State 12:36
- 9. **Jacob Evans, Stanford 12:38**
- 10. Caleb Lynch, Azusa Pacific 12:40

Other Stanford Runners: 11. Michael Garcia 12:41

**September 3, 2005
USF Invitational
(San Francisco, CA)**

Men's Team Results (8 teams)

1. Arizona 24; 2. **Stanford 35**; 3. Santa Clara 92; 4. USF 114; 5. Sacramento State 122; 6. San Francisco State 166; 7. San Jose State 200

Men's Individual Results (8,000 meters, 74 runners)

- 1. Obed Mutanya, Arizona 24:40.7
- 2. Mohamed Trafteh, Arizona 24:48.0
- 3. Kenny Frank, Arizona 25:22.5
- 4. Eric Chavez, Arizona 25:32.0
- 5. **Hari Mix, Stanford 25:34.7**
- 6. **David Vidal, Stanford 25:34.9**
- 7. **Garrett Heath, Stanford 25:35.2**
- 8. **Jonathan Pierce, Stanford 25:35.4**
- 9. **Forrest Tahdoahnippah, Stanford 25:35.7**
- 10. **Brett Gotcher, Stanford 25:36.1**

Women's Team Results (12 teams)

1. **Stanford 42**; 2. Arizona 56; 3. San Jose State 70; 4. Santa Clara 88; 5. USF 91; 6. Nevada 179; 7. Sacramento State 212; 8. UC Santa Cruz 216; 9. San Francisco State 262; 10. Pacific 272

Women's Individual Results (5,000 meters, 120 runners)

- 1. **Arianna Lambie, Stanford 18:18.3**
- 2. **Julie Allen, Stanford 18:20.7**
- 3. Tiffany Hall, San Jose State 18:23.1
- 4. **Lindsay Flacks, Stanford 18:27.1**
- 5. **Katie Harrington, Stanford 18:28.7**
- 6. Erica Sahli, San Jose State 18:29.8
- 7. Angelina Cabrera, Arizona 18:35.6
- 8. Amanda Thornberry, California 18:44.1
- 9. Jennier Hartford, USF 18:46.8
- 10. Brooke Wells, California 18:49.1

Other Stanford Runners: 36. Leah Sawyer 19:35.0; 84. Claire Cormier 21:30.3



Rolf Steier



Russell Brown

**September 24
Stanford Invitational
(Stanford, CA)**

Women's Team Results (32 teams)

1. **Stanford 31**; 2. Chico State 136; 3. Portland 155; 4. San Diego State 189; 5. UC Santa Barbara 193; 6. UC Irvine 198; 7. Long Beach State 199; 8. California 246; 9. Bowling Green 265; 10. New Mexico 267

Women's Individual Results (6,000 meters, 227 runners)

- 1. **Arianna Lambie, Stanford 21:15**
 - 2. **Katy Trotter, Stanford 21:19**
 - 3. Jacquelyne Gallegos, New Mexico 21:21
 - 4. Violet Chemakwila, Texas Tech 21:22
 - 5. Stephanie Rothstein, Unattached 21:26
 - 6. **Lindsay Flacks, Stanford 21:30**
 - 7. Lindsay Christman, Unattached 21:33
 - 8. Irene Kimaiyo, Texas Tech 21:46
 - 9. Lital Azulay, San Diego State 21:54
 - 10. Jamie Roloff, Bowling Green 21:58
- Other Stanford Runners:** 13. Julie Allen 22:10; 14. Katie Harrington 22:11

Women's Team Results (17 teams)

1. **Stanford 23**; 2. Simon Fraser 79; 3. British Columbia 99; 4. Valparaiso 147; 5. UC Davis 154; 6. UC Riverside 162; 7. Impala Racing Team 176; 8. Cal Coast TC 214; 9. Westmont 228; 10. Chico State 239

Women's Individual Results (4,000 meters, 128 teams)

- 1. **Amanda Trotter, Stanford 14:03**
 - 2. Ceci St. Geme, Cal Coast TC 14:07
 - 3. **Lauren Centrowitz, Stanford 14:17**
 - 4. Alicia Follmar, Stanford 14:32
 - 5. Meaghan McCollum, British Columbia 14:34
 - 6. **Lindsay Allen, Stanford 14:35**
 - 7. Megan Daly, Impala Racing Team 14:39
 - 8. Shannon Elmer, British Columbia 14:40
 - 9. **Shannon Bergstedt, Stanford 14:46**
 - 10. Kristen Kolstad, Simon Fraser 14:48
- Other Stanford Runners:** 27. Leah Sawyer 15:14; 62. Chiny Offor 16:06; 63. Ashley Freeman 16:07; 67. Laura Mottaz 16:13

**October 1
Murray Keatinge Invite
(Orono, ME)**

Men's Team Results (10 teams)

1. **Stanford 26**; 2. Dartmouth 49; 3. Iowa 66; 4. Boston College 125; 5. Maine 150; 6. Idaho State 158; 7. New Hampshire 184; 8. St. Francis Xavier 255; 9. Holy Cross 288; 10. Central Connecticut State 290

Men's Individual Results (4.96 miles, 101 runners)

- 1. Ben True, Dartmouth 23:59.1
- 2. **David Vidal, Stanford 24:00.0**
- 3. Alec Wall, Dartmouth 24:07.1
- 4. **Jonathan Pierce, Stanford 24:13.9**
- 5. **Hakon DeVries, Stanford 24:14.0**
- 6. Dave Burnham, Dartmouth 24:14.3
- 7. **Russell Brown, Stanford 24:16.6**
- 8. **Jacob Gomez, Stanford 24:16.6**
- 9. **Hari Mix, Stanford 24:18.4**
- 10. **Steven DeWitt, Stanford 24:27.4**

Women's Team Results (10 teams)

1. **Stanford 25**; 2. Boston College 42; 3. Dartmouth 84; 4. New Hampshire 138; 4. St. Francis Xavier 138; 6. Dalhousie Univ. 181; 7. Maine 187; 8. Idaho State 201; 9. Central Connecticut State 242; 10. Holy Cross 261

Individual Team Results (5,000 meters, 92 runners)

- 1. **Arianna Lambie, Stanford 16:38.3**
- 2. **Teresa McWalters, Stanford 16:51.9**
- 3. Laurel Burdick, Boston College 16:52.2
- 4. **Katy Trotter, Stanford 17:01.5**
- 5. Melanie Schorr, Dartmouth 17:05.8
- 6. Maria Cicero, Boston College 17:12.3
- 7. **Amanda Trotter, Stanford 17:21.3**
- 8. Mallory Champa, Boston College 17:25.2
- 9. Kristen Coon, Boston College 17:28.6
- 10. Hilary Dionne, Dartmouth 17:31.7

Other Stanford Runners: 13. Alicia Follmar 17:37.5; 15. Lindsay Allen 17:38.1; 19. Shannon Bergstedt 17:49.1; 25. Mary Liz McCurdy 18:22.4



Lindsay Flacks

**October 15
Pre-NCAA's**

(Terre Haute, IN)

Men's Team Results (33 teams)

1. **Stanford 89**; 2. Brigham Young 174; 3. Georgetown 222; 4. Kansas 231; 5. Dartmouth 237; 6. Virginia 252; 7. Florida State 255; 8. Indiana 261; 9. Oklahoma State 303; 10. Ohio State 360

Men's Individual Results (8,000 meters, 217 runners)
1. Josh Rohatinsky, Brigham Young 23:30.7
2. Kip Kangogo, TCU 23:39.4
3. Westly Keating, Texas-Pan American 23:42.3
4. Andrew Lemoncello, Florida State 23:48.1
5. Marcel Hewamudalige, Rice 23:50.6
6. Jonathan Pierce, Stanford 23:51.4
7. Fleet Hower, Georgetown 23:55.3
8. Brian Olinger, Ohio State 23:55.5
9. Zach Sabatino, Tennessee 23:56.3
10. Ian Burrell, Georgia 23:59.2

Other Stanford Runners: 17. Brett Gotcher 24:09.2; 18. Garrett Heath 24:09.6; 22. David Vidal 24:13.6; 26. Neftalem Araia 24:15.5; 51. Russell Brown 24:34.5; 74. John McGuire 24:50.1

Women's Team Results (35 teams)

1. **Stanford 86**; 2. Notre Dame 147; 3. Columbia 207; 4. Brigham Young 209; 4. North Carolina State 209; 6. Minnesota 223; 7. Northern Arizona 239; 8. Virginia 313; 9. Rice 351; North Carolina 358

Women's Individual Results (6,000 meters, 232 runners)
1. Victoria Mitchell, Butler 20:01.5
2. Caroline Bierbaum, Columbia 20:01.8
3. Arianna Lambie, Stanford 20:10.3
4. Teresa McWalters, Stanford 20:14.5
5. Lindsey Scherf, Harvard 20:15.4
6. Stephanie Madia, Notre Dame 20:17.6
7. Johanna Nilsson, Northern Arizona 20:25.4
8. Ashley Caldwell, UCLA 20:29.0
9. Lisa Stublic, Columbia 20:30.3
10. Lauren Blankenship, Samford 20:33.7
Other Stanford Runners: 19. Katy Trotter 20:41.0; 24. Lindsay Flacks 20:49.9; 36. Lauren Centrowitz 21:04.9; 47. Amanda Trotter 21:19.7; 62. Katie Harrington 21:33.1

Men's Open Results (147 runners)

1. Jacob Korir, Eastern Kentucky 24:08.7
2. Jacob Gomez, Stanford 24:24.7
3. Forrest Tahdoohnippah, Stanford 24:37.5
4. Joe Byrne, Southern Illinois 24:40.7
5. Hari Mix, Stanford 24:46.5
6. S. Anastasia-Murphy, William & Mary 24:55.6
7. Jason Dorais, Brigham Young 24:57.3
8. Tommy Manning, Georgetown 24:58.6
9. Erik Heinonen, Colorado 25:00.7
10. AJ Andrassy, Notre Dame 25:07.4

Women's Open Results (157 runners)

1. Sarah Rinker, Southern Illinois 21:24.7
2. Claire Otwell, Michigan 21:33.1
3. Lindsay Allen, Stanford 21:39.1
4. Jessie Stewart, Michigan 21:42.8
5. Alicia Follmar, Stanford 21:46.0
6. Shannon Bergstedt, Stanford 21:49.9
7. Annmarie Thomas, Brigham Young 21:53.0
8. Theresa Feldkamp, Michigan 21:53.2
9. Laura Glynn, Michigan 22:03.2
10. Kris Ogden, Brigham Young 22:09.8



Katy Trotter

**October 29
Pac-10 Championship
(Tucson, AZ)**

Men's Team Results (8 teams)

1. **Stanford 46**; 2. Arizona 78; 3. California 107; 4. Washington 116; 5. Arizona State 125; 6. Oregon 131; 7. UCLA 139; 8. Washington State 146

Men's Individual Results (8,000 meters, 76 runners)
1. Robert Cheseret, Arizona 23:57
2. Obed Mutanya, Arizona 24:13
3. Neftalem Araia, Stanford 24:19
4. Mark Mandi, Washington 24:20
5. Austin Ramos, UCLA 24:23
6. Mike Haddan, UCLA 24:24
7. Jonathan Pierce, Stanford 24:26
8. Giliat Ghebray, California 24:30
9. Jonah Maiyo, Arizona 24:32
10. Brett Gotcher, Stanford 24:37
Other Stanford Runners: 12. David Vidal 24:38; 14. Jacob Gomez 24:45. 19. Hari Mix 24:58; 31. Forrest Tahdoohnippah 25:18; 41. Rolf Steier 25:36; 50. Garrett Heath 24:54; 55. Russell Brown 26:10

Women's Team Results (9 teams)

1. **Stanford 34**; 2. Arizona State 40; 3. Oregon 86; 4. Washington 111; 5. Washington State 159; 6. UCLA 162. 7. California 188; 8. Oregon State 190; 9. Arizona 208

Women's Individual Results (6,000 meters, 86 runners)
1. Arianna Lambie, Stanford 20:20
2. Amy Hastings, Arizona State 20:40
3. Lindsay Flacks, Stanford 20:52
4. Ashley Caldwell, UCLA 20:55
5. Teresa McWalters, Stanford 20:56
6. Haley Paul, Washington State 20:59
7. Anna Masinelli, Arizona State 21:04
8. Tori Tyler, Washington 21:05
9. Jenna Kingman, Arizona State 21:06
10. Victoria Jackson, Arizona State 21:12
Other Stanford Runners: 11. Lauren Centrowitz 21:14; 14. Amanda Trotter 21:26; 15. Katy Trotter 21:32; 25. Katie Harrington 21:55; 28. Alicia Follmar 22:11; 29. Lindsay Allen 22:12; 30. Shannon Bergstedt 22:12

**November 12
NCAA West Regional**

(Stanford, CA)

Men's Team Results (23 teams)

1. Arizona 33; **2. Stanford 80**; 3. Arizona State 100; 4. Washington 106; 4. Portland 106; 6. Oregon 153; 7. Cal Poly 166; 8. California 205; 9. UC Santa Barbara 271; 10. Long Beach State 295

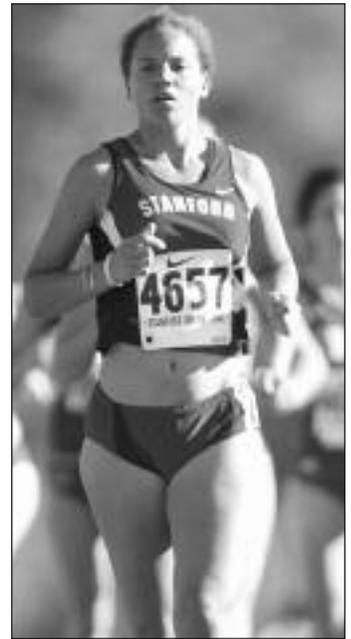
Men's Individual Results (10,000 meters, 161 runners)
1. Robert Cheseret, Arizona 30:03.3
2. Obed Muntanya, Arizona 30:05.7
3. Casey Burchill, Arizona State 30:09.3
4. Jonah Maiyo, Arizona 30:19.8
5. Mark Mandi, Washington 30:21.4
6. Mohamed Trafef, Arizona 30:23.0
7. Ryan Warrenburg, Arizona State 30:23.2
8. Neftalem Araia, Stanford 30:23.5
9. Austin Ramos, UCLA 30:24.1
10. John Moore, Portland 30:25.0

Other Stanford Runners: 11. Brett Gotcher 30:26.3; 14. Jonathan Pierce 30:36.4; 23. Garrett Heath 30:54.4; 24. John McGuire 30:55.4; 28. Hari Mix 31:00.9; 35. Rolf Steier 31:5.0

Women's Team Results (30 teams)

1. **Stanford 24**; 2. Arizona State 48; 3. Washington 117; 4. Oregon 139; 5. UCLA 196; 6. Portland 228; 7. San Diego State 290; 8. Washington State 299; 9. UC Irvine 310; 10. Long Beach State 311

Women's Individual Results (6,000 meters, 199 runners)
1. Arianna Lambie, Stanford 19:29.3
2. Amy Hastings, Arizona State 19:58.4
3. Ashley Caldwell, UCLA 20:12.5
4. Teresa McWalters, Stanford 20:16.8
5. Katy Trotter, Stanford 20:17.1
6. Lindsay Flacks, Stanford 20:17.3
7. Victoria Jackson, Arizona State 20:25.0
8. Amanda Trotter, Stanford 20:26.4
9. Haley Paul, Washington State 20:27.5
10. Anna Masinelli, Arizona State 20:30.7



Lauren Centrowitz

**November 21
NCAA Championship
(Terre Haute, IN)**

Men's Team Results (31 teams)

1. Wisconsin 37; 2. Arkansas 105; 3. Notre Dame 178; 4. Iona 205; 5. Colorado 222; **6. Stanford 231**; 7. Texas 272; 8. Oklahoma State 355; 9. Portland 372; 10. Arizona 384

Men's Individual Results (10,000 meters, 253 runners)
1. Simon Bairu, Wisconsin 29:15.9
2. Richard Kiplagat, Iona 29:21.9
3. Chris Solinsky, Wisconsin 29:27.8
4. Josh McDougal, Liberty 29:32.6
5. Westly Keating, Texas-Pan American 29:38.1
6. Josh Rohatinsky, BYU 29:40.2
7. Josphat Boit, Arkansas 29:49.1
8. Kurt Benninger, Notre Dame 29:50.2
9. Matt Withrow, Wisconsin 29:50.7
10. Robert Cheseret, Arizona 29:50.8
Stanford Runners: 11. Neftalem Araia 30:53.5; 54. Jonathan Pierce 30:34.1; 80. Jacob Gomez 30:49.0; 83. Brett Gotcher 30:53.2; 84. David Vidal 30:53.5; 85. Garrett Heath 30:53.6; 101. John McGuire 30:58.2

Women's Team Results (31 teams)

1. **Stanford 146**; 2. Colorado 181; 3. Duke 185; 4. Arizona State 191; 5. Illinois 216; 6. Michigan 250; 7. Notre Dame 252; 8. Brigham Young 288. 9. Minnesota 361; 10. Oklahoma State 377

Women's Individual Results (6,000 meters, 253 runners)
1. Johanna Nilsson, Northern Arizona 19:33.9
2. Caroline Bierbaum, Columbia-Barnard 19:46.0
3. Stephanie Madia, Notre Dame 19:48.4
4. Victoria Mitchell, Butler 19:50.4
5. Clara Horowitz, Duke 19:50.7
6. Keira Carlstrom, American 19:58.1
7. Christine Bolf, Colorado 19:58.8
8. Arianna Lambie, Stanford 19:59.1
9. Liza Pasciuto, Colorado 20:01.2
10. Cack Ferrell, Princeton 20:03.1
Other Stanford Runners: 20. Katy Trotter 20:18.4; 25. Lindsay Flacks 20:24.6; 47. Lauren Centrowitz 20:39.4; 92. Teresa McWalters 21:03.2; 120. Katie Harrington 21:17.8; 129. Amanda Trotter 21:21.9



Jonathan Pierce



Neftalem Araia

Stanford Men's Individual Season Results

Neftalem Araia	Lauren Jespersen
6. Stanford Invitational (9/24, 8,000m) 23:56	6. Stanford Invitational (9/24, 4,000m) 12:24
26. Pre-NCAAs (10/15, 8,000m) 24:34.5	John McGuire
3. Pac-10 Championship (10/29, 8,000m) 24:19	29. Stanford Invitational (9/24, 8,000m) 24:44
8. NCAA West Regional (11/12, 10,000m) 30:23.5	74. Pre-NCAAs (10/15, 8,000m) 24:50.1
11. NCAA Championship (11/21, 10,000m) 29:51.6	24. NCAA West Regional (11/12, 10,000m) 30:55.4
Kevin Bickham	101. NCAA Champ. (11/21, 10,000m) 30:58.2
45. Stanford Invitational (9/24, 8,000m) 25:02	Hari Mix
Russell Brown	5. USF Invitational (9/3, 8,000m) 25:34.7
7. Murray Keating Invite (10/1, 4.96mi) 24:16.60	9. Murray Keating Invite (10/1, 4.96mi) 24:18.40
1. Stanford Invitational (9/24, 4,000m) 11:59	5. Pre-NCAAs (10/15, 8,000m) 24:46.5
55. Pac-10 Championship (10/29, 8,000m) 26:10	19. Pac-10 Championship (10/29, 8,000m) 24:58
Hakon DeVries	28. NCAA West Regional (11/12, 10,000m) 31:00.9
5. Murray Keating Invite (10/1, 4.96 mi) 24:14.00	Chris Mocko
2. Stanford Invitational (9/24, 4,000m) 12:01	62. Stanford Invitational (9/24, 8,000m) 25:17
Steven DeWitt	Jonathan Pierce
10. Murray Keating Invite (10/1, 4.96mi) 24:27.40	8. USF Invitational (9/3, 8,000m) 25:35.4
Jacob Evans	4. Murray Keating Invite (10/1, 4.96 mi) 24:13.90
9. Stanford Invitational (9/24, 4,000m) 12:38	6. Pre-NCAAs (10/15, 8,000m) 23:51.4
Michael Garcia	7. Pac-10 Championship (10/29, 8,000m) 24:26
11. Stanford Invitational (9/24, 4,000m) 12:41	14. NCAA West Regional (11/12, 10,000m) 30:36.4
Jacob Gomez	54. NCAA Championship (11/21, 10,000m) 30:34.1
8. Murray Keating Invite (10/1, 4.96mi) 24:16.60	Rolf Steier
2. Pre-NCAAs (10/15, 8,000m) 24:24.7	41. Pac-10 Championship (10/29, 8,000m) 25:36
14. Pac-10 Championship (10/29, 8,000m) 24:45	35. NCAA West Regional (11/12, 10,000m) 31:15.0
80. NCAA Championship (11/21, 10,000m) 30:49.0	Forrest Tahdoanippah
Brett Gotcher	9. USF Invitational (9/3, 8,000m) 25:35.7
10. USF Invitational (9/3, 8,000m) 25:36.1	9. Stanford Invitational (9/24, 8,000m) 24:06
5. Stanford Invitational (9/24, 8,000m) 23:52	3. Pre-NCAAs (10/15, 8,000m) 24:37.5
17. Pre-NCAAs (10/15, 8,000m) 24:09.2	31. Pac-10 Championship (10/29, 8,000m) 25:18
10. Pac-10 Championship (10/29, 8,000m) 24:37	David Vidal
11. NCAA West Regional (11/12, 10,000m) 30:26.3	6. USF Invitational (9/3, 8,000m) 25:34.9
83. NCAA Championship (11/21, 10,000m) 30:53.2	2. Murray Keating Invite (10/1, 4.96 mi) 24:00.0
Garrett Heath	22. Pre-NCAAs (10/15, 8,000m) 24:13.6
3. Stanford Invitational (9/24, 8,000m) 23:48	12. Pac-10 Championship (10/29, 8,000m) 24:38
7. USF Invitational (9/3, 8,000m) 25:35.2	84. NCAA Championship (11/21, 10,000m) 30:53.5
18. Pre-NCAAs (10/15, 8,000m) 24:09.6	
50. Pac-10 Championship (10/29, 10,000m) 24:54	
23. NCAA West Regional (11/12, 10,000m) 30:54.4	
85. NCAA Championship (11/21, 10,000m) 30:53.6	

Stanford Women's Individual Season Results

Julie Allen	Arianna Lambie
2. USF Invitational (9/3, 5,000m) 18:20.7	1. USF Invitational (9/3, 5,000m) 18:18.3
13. Stanford Invitational (9/24, 6,000m) 22:10	1. Stanford Invitational (9/24, 6,000m) 21:15
Lindsay Allen	1. Murray Keating Invite (10/1, 5,000m) 16:38.30
6. Stanford Invitational (9/24, 4,000m) 14:35	3. Pre-NCAAs (10/15, 6,000m) 20:10.3
15. Murray Keating Invite (10/1, 5,000m) 17:38.10	1. Pac-10 Championship (10/29, 6,000m) 20:20
3. Pre-NCAAs (10/15, 6,000m) 21:39.1	1. NCAA West Regional (11/12, 6,000m) 19:29.3
29. Pac-10 Championship (10/29, 6,000m) 22:12	8. NCAA Championship (11/21, 6,000m) 19:33.9
Shannon Bergstedt	Mary Liz McCurdy
9. Stanford Invitational (9/24, 4,000m) 14:46	25. Murray Keating Invite (10/1, 5,000m) 18:22.40
19. Murray Keating Invite (10/1, 5,000m) 17:49.10	Teresa McWalters
6. Pre-NCAAs (10/15, 6,000m) 21:49.9	2. Murray Keating Invite (10/1, 5,000m) 16:51.90
30. Pac-10 Championship (10/29, 6,000m) 22:12	4. Pre-NCAAs (10/15, 6,000m) 20:14.5
Lauren Centrowitz	5. Pac-10 Championship (10/29, 6,000m) 20:56
3. Stanford Invitational (9/24, 6,000m) 14:17	4. NCAA West Regional (11/12, 6,000m) 20:16.8
36. Pre-NCAAs (10/15, 6,000m) 21:04.9	92. NCAA Championship (11/21, 6,000m) 21:03.2
11. Pac-10 Championship (10/29, 6,000m) 21:14	Laura Mottaz
12. NCAA West Regional (11/12, 6,000m) 20:35.6	67. Stanford Invitational (9/24, 4,000m) 16:13
47. NCAA Championship (11/21, 6,000m) 20:39.4	Chinny Ofor
Claire Cormier	62. Stanford Invitational (9/24, 4,000m) 16:06
84. USF Invitational (9/3, 5,000m) 21:30.3	Leah Sawyer
Lindsay Flacks	36. USF Invitational (9/3, 5,000m) 19:35.0
4. USF Invitational (9/3, 5,000m) 18:27.1	27. Stanford Invitational (9/24, 4,000m) 15:14
6. Stanford Invitational (9/24, 6,000m) 21:30	Amanda Trotter
24. Pre-NCAAs (10/15, 6,000m) 20:49.9	7. Murray Keating Invite (10/1, 5,000m) 17:21.30
3. Pac-10 Championship (10/29, 6,000m) 20:52	1. Stanford Invitational (9/24, 4,000m) 14:03
6. NCAA West Regional (11/12, 6,000m) 20:17.3	47. Pre-NCAAs (10/15, 6,000m) 21:19.7
25. NCAA Championship (11/21, 6,000m) 20:24.6	14. Pac-10 Championship (10/29, 6,000m) 21:26
Alicia Follmar	8. NCAA West Regional (11/12, 6,000m) 20:26.4
4. Stanford Invitational (9/24, 4,000m) 14:32	129. NCAA Championship (11/21, 6,000m) 21:21.9
13. Murray Keating Invite (10/1, 5,000m) 17:37.50	Katy Trotter
5. Pre-NCAAs (10/15, 6,000m) 21:46.0	2. Stanford Invitational (9/24, 6,000m) 21:19
28. Pac-10 Championship (10/29, 6,000m) 22:11	4. Murray Keating Invite (10/1, 5,000m) 17:01.50
Ashley Freeman	19. Pre-NCAAs (10/15, 6,000m) 20:41.0
63. Stanford Invitational (9/24, 4,000m) 16:07	15. Pac-10 Championship (10/29, 6,000m) 21:32
Katie Harrington	5. NCAA West Regional (11/12, 6,000m) 20:17.1
5. USF Invitational (9/3, 5,000m) 18:28.7	20. NCAA Championship (11/21, 6,000m) 20:18.4
14. Stanford Invitational (9/24, 6,000m) 22:11	
62. Pre-NCAAs (10/15, 6,000m) 21:33.1	
25. Pac-10 Championship (10/29, 6,000m) 21:55	
20. NCAA West Regional (11/12, 6,000m) 21:05.3	
120. NCAA Championship (11/21, 6,000m) 21:17.8	



Arianna Lambie

Top 10 Performers - Stanford Cross Country Course

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 Trafeh, 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 - Stanford Cross Country Course

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 - Stanford Cross Country Course

Men (8000 meters)		
1. Josh McDougal, Liberty	2005 (Stanford Invitational)	23:24
2. Jordan McDougal, Liberty	2005 (Stanford Invitational)	23:46
3. Mebrahtom Keflezighi – UCLA	1996 (Pac-10 Championships)	23:45
4. Garrett Heath, Stanford	2005 (Stanford Invitational)	23:48
5. Kevin Chelimo, Texas Tech	2005 (Stanford Invitational)	23:50
6. Peter Meindl, Stanford	2004 (Stanford Invitational)	23:52
6. Brett Gotcher, Stanford	2005 (Stanford Invitational)	23:52
8. Karl Keska – Oregon	1996 (Pac-10 Championships)	23:55
9. Brad Hauser – Stanford	1996 (Pac-10 Championships)	23:56
10. Neil Davis – Stanford	2004 (Stanford Invitational)	23:56
10. Neftalem Araia – Stanford	2005 (Stanford Invitational)	23:56

Top Stanford Performers - Stanford Cross Country Course

Men (8000 meters)		
1. Garrett Heath	2005 (Stanford Invitational)	23:48
2. Peter Meindl	2004 (Stanford Invitational)	23:52
2. Brett Gotcher	2005 (Stanford Invitational)	23:52
4. Brad Hauser	1996 (Pac-10 Championships)	23:56
4. Neil Davis	2004 (Stanford Invitational)	23:56
4. Neftalem Araia	2005 (Stanford Invitational)	23:56
7. Forrest Tahdoohnippah	2005 (Stanford Invitational)	24:06
8. Lauren Jespersen	2004 (Stanford Invitational)	24:12
9. Greg Jimmerson	1996 (Pac-10 Championships)	24:15
9. Rolf Steier	2004 (Stanford Invitational)	24:15

Top 10 Performers - Stanford Cross Country Course

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 Stanford Performers - Stanford Cross Country Course

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 - Stanford Cross Country Course

Women (6000 meters)		
1. Arianna Lambie, Stanford	2005 (NCAA West Regional)	19:29.3
2. Amy Hastings, Arizona State	2005 (NCAA West Regional)	19:58.4
3. Ashley Caldwell, UCLA	2005 (NCAA West Regional)	20:12.5
4. Teresa McWalters, Stanford	2005 (NCAA West Regional)	20:16.8
5. Katy Trotter, Stanford	2005 (NCAA West Regional)	20:17.1
6. Lindsay Flacks, Stanford	2005 (NCAA West Regional)	20:17.3
7. Victoria Jackson, Arizona State	2005 (NCAA West Regional)	20:25.0
8. Amanda Trotter, Stanford	2005 (NCAA West Regional)	20:26.4
9. Haley Paul, Washington State	2005 (NCAA West Regional)	20:27.5
10. Anna Masinelli, Arizona State	2005 (NCAA West Regional)	20:30.7

Top Stanford Performers - Stanford Cross Country Course

Women (6000 meters)		
1. Arianna Lambie, Stanford	2005 (NCAA West Regional)	19:29.3
2. Teresa McWalters, Stanford	2005 (NCAA West Regional)	20:16.8
3. Katy Trotter, Stanford	2005 (NCAA West Regional)	20:17.1
4. Amanda Trotter, Stanford	2005 (NCAA West Regional)	20:26.4
5. Lauren Centrowitz, Stanford	2005 (NCAA West Regional)	20:35.6
6. Lauren Fleshman	2001 (Stanford Invitational)	20:55
7. Katie Harrington, Stanford	2005 (NCAA West Regional)	21:05.3
8. Mariel Ettinger	2001 (Stanford Invitational)	21:10
9. Anita Siraki	2004 (Stanford Invitational)	21:14
10. Sara Bei	2001 (Stanford Invitational)	21:16

Top 10 Performers - Stanford Cross Country Course

Women (5000 meters)		
1. Amy Skiersz – 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 - Stanford Cross Country Course

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. Sara 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 - Stanford Cross Country Course

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 Athletics	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 Stanford Performers - Stanford Cross Country Course

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



Jonathon Riley



Julia Stamps



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

Stanford Top Team Performances at the NCAA Championships

Men

Year	Place	Points	Head Coach	Site
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
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

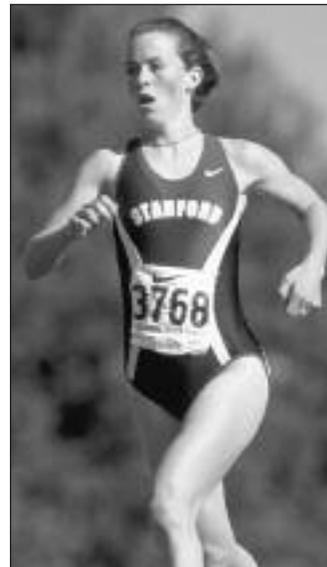
Top Team Performances at the NCAA West Regional Championships

Men

Year	Place	Points	Head Coach	Site
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
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
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
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



Gary Stolz



Brad Hauser



Brent Hauser

Stanford Impressive on International Scene

The Cardinal program has risen to new heights during the last several collegiate seasons, sending several athletes to compete on the international level as well.

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

Erica McLain (2007) Triple Jump

2006 Commonwealth Games

Ashley Couper (2001) 1500 meters

2006 U.S. Outdoor Track & Field Championships

Sara Bei-Hall (2005) 5000 meters
Russell Brown (2008) 1500 meters
Janice Davis (2007) 100 meters

and 200 meters
Ian Dobson (2005) 5000 meters
Lauren Fleshman (2003) 5000 meters
Ryan Hall (2005) 5000 meters
Sarah Hopping (2005) Hammer Throw
Graeme Hoste (2008) Pole Vault
Jason Lunn (1997) 1500 meters
Jonathon Riley (2002) 5000 meters
Gabe Jennings (2002) 1500 meters
Jonathon Pierce (2007) 3000m steeplechase

2006 U.S. Junior Outdoor Track & Field Championships

Eric Giddings (2009) 10,000 meters
Alex Greenburg (2009) 800 meters
Donell Hill (2009) Pole Vault
Adrian Munabi (2009) Long Jump
Lauren Stewart (2009) Triple Jump and Decathlon

2006 World Cross Country Championships

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

2005 World Track and Field Championships

Ian Dobson (2004) 5000 meters
Lauren Fleshman (2003) 5000 meters
Ryan Hall (2005) 5000 meters

2005 Junior Pan American Games

Lindsay Allen (2008) 3000m steeplechase
Lauren Centrowitz (2008) 1500 meters

2005 U.S. Outdoor Track & Field Championships

Neftalem Araia (2008) 5000 meters
Sara Bei (2005) 5000 meters
Russell Brown (2008) 1500 meters
Joaquin Chapa (2007) 1500 meters
Ian Dobson (2004) 5000 meters
Chris Emme (2005) 5000 meters
Lauren Fleshman (2003) 5000 meters
Ryan Hall (2005) 5000 meters
Arianna Lambie (2007) 1500 meters
Jason Lunn (1997) 1500 meters
Jonathon Riley (2002) 1500 meters
Grant Robison (2003) 1500 meters
David Vidal (2006) 3000m steeplechase

2005 U.S. Junior Outdoor Track & Field Championships

Lindsay Allen (2008) 3000m steeplechase
Claire Cormier (2008) 800 meters

2005 World Cross Country Championships

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

2005 World Junior Cross Country Championships

Hakon DeVries (2008)
Lindsay Flacks (2008)

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) 3000m Steeplechase

2004 Athens Olympic Games

Malindi Elmore (2003) 1500 meters
Jonathan Riley (2002) 5000 meters
Grant Robison (2004) 1500 meters
Toby Stevenson (2000) Pole Vault – Silver Medal

2004 World Junior Track and Field Championships

Russell Brown (2007) 1500 meters

2004 U.S. Olympic Trials

Ian Dobson (2004) 3000m steeplechase
Seth Hejny (2004) 5000 meters
Greg Jimmerson (1997) 10,000 meters
Louis Luchini (2004) 5000 meters
Jason Lunn (1997) 1500 meters
Jonathon Riley (2002) 5000 meters
Grant Robison (2004) 1500 meters
Donald Sage (2004) 1500 meters
Michael Stember (2001) 1500 meters
Adam Tenforde (2004) 10,000 meters
Caroline Annis (2001) Marathon
Sara Bei (2005) 5000 meters
Alicia Craig (2006) 10,000 meters
Sally Hauser (2001) 1500 meters
Julia Stamps (2001) Marathon
Heather Tanner (2002) Marathon
Ashley Wysong (2002) 800 meters

2003 World Junior Cross Country Championships

Brett Gotcher (2006)

2003 World Track and Field Championships

Lauren Fleshman (2003) 5000 meters
Regina Jacobs (1985) 1500 meters
Jason Lunn (1997) 1500 meters

2003 Pan Am Games

Ashley Couper (2001) 1500 meters
Malindi Elmore (2003) 1500 meters
Seth Hejny (2004) 5000 meters
Grant Robison (2004) 1500 meters
Michael Stember (2000) 1500 meters

2003 World University Games

Malindi Elmore (2003) 1500 meters

2003 Junior Pan Am Games

Brett Gotcher (2006) 10,000 meters
Peter Meindl (2006) 5000 meters

2003 U.S. Outdoor Track & Field Championships

Alicia Craig (2005) 5000 meters
Ian Dobson (2004) 10,000 meters
Lauren Fleshman (2003) 5000 meters
Brad Hauser (2000) 5000 meters
Sally Hauser (2001) 1500 meters
Seth Hejny (2004) 5000 meters
Regina Jacobs (1985) 1500 meters
Louis Luchini (2004) 5000 meters
Jason Lunn (1997) 1500 meters
Jonathan Riley (2002) 5000 meters
Grant Robison (2004) 1500 meters
Donald Sage (2005) 1500 meters
Michael Stember (2001) 1500 meters
Adam Tenforde (2003) 10,000 meters
Ashley Wysong (2002) 800 meters

2002 World Cross Country Championships

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

2002 World Junior Cross Country Championships

Sara Bei (2005)

2002 World Junior Track and Field Championships

Sara Bei (2005) 3000 meters

2002 U.S. Outdoor Track & Field Championships

Maurica Carlucci (2002) 1500 meters
Lauren Fleshman (2003) 5000 meters
Brad Hauser (2000) 10,000 meters
Sally Hauser (2001) 1500 meters
Seth Hejny (2004) 5000 meters
Regina Jacobs (1985) 1500 meters
Gabe Jennings (2002) 1500 meters
Louis Luchini (2004) 5000 meters
Jason Lunn (1997) 1500 meters
Jonathon Riley (2002) 5000 meters
Grant Robison (2004) 1500 meters
Michael Stember (2001) 800 meters
Adam Tenforde (2003) 10,000 meters
Jesse Thomas (2002) 3000m steeplechase
Laura Turner (2002) 3000m steeplechase
Ashley Wysong (2002) 800 meters

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 (2004)

2001 World Track and Field Championships

Regina Jacobs (1985) 1500 meters
Gabe Jennings (2002) 1500 meters

2001 World University Games

Malindi Elmore (2003) 1500 meters
Sally Glynn (2001) 5000 meters
Gabe Jennings (2002) 1500 meters
Jonathon Riley (2002) 5000 meters
Michael Stember (2001) 1500 meters

2001 Junior Pan Am Games

Jill Camarena (2004) shot put
Ian Dobson (2004) 5000 meters
Chris Emme (2004) 10,000 meters

2000 Sydney Olympic Games

Chryste Gaines (1992) 4 x 100 relay - Bronze Medal
Brad Hauser (2000) 5000 meters
Regina Jacobs (1985) 1500 meters, 5000 meters
Gabe Jennings (2002) 1500 meters - Olympic Semifinalist
Michael Stember (2001) 1500 meters - Olympic Semifinalist

2000 U.S. Olympic Trials

Jason Balkman (2000) 10,000 meters
Fred Carter (1992) 3000m steeplechase
Mary Cobb (1999) 1500 meters
Lauren Fleshman (2003) 5000 meters
Sally Glynn (2001) 1500 meters, 5000 meters
Brad Hauser (2000) 5000 meters, 10,000 meters
Brent Hauser (2000) 5000 meters, 10,000 meters
Regina Jacobs (1985) 1500 meters, 5000 meters
Gabe Jennings (2002) 1500 meters
Greg Jimmerson (1997) 3000m steeplechase
Jason Lunn (1997) 1500 meters
Jake Mass (1999) 1500 meters
Nathan Nutter (1999) 10,000 meters
Rob Reeder (1997) Marathon
Jonathon Riley (2002) 5000 meters
Dave Scudamore (1992) Marathon
Michael Stember (2001) 1500 meters
Gary Stolz (1992) Marathon, 10,000 meters



Adam Tenforde



Louis Luchini



Ryan Hall

Men's All-Americans

Neftalem Araia – 2004, 2005

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

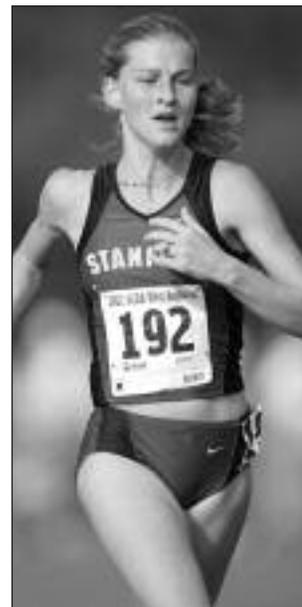
Women's All-Americans

- Caroline Annis - 1998
- Sara Bei – 2003
- Monal Chokshi - 1996
- Mary Cobb - 1995, 1996, 1997, 1998
- Alicia Craig – 2001, 2002, 2003, 2004
- Kortney Dunscombe – 1994
- Malindi Elmore - 2002
- Lindsay Flacks - 2005**
- Lauren Fleshman - 1999, 2000, 2001, 2002

- Jessica Fry - 1996
- Sally Glynn - 1997, 1998
- Carol Gray - 1986
- Ceci Hopp - 1981, 1982
- Regina Jacobs - 1982, 1983, 1984, 1985
- Arianna Lambie – 2003, 2005**
- PattiSue Plumer - 1981
- Sarna Renfro - 1994, 1997
- Kim Schnurpfeil - 1981
- Julia Stamps - 1997, 1998, 1999
- Erin Sullivan - 1999, 2000
- Lori Thrupp - 1976 (AIAW), 1977 (AIAW), 1978 (AIAW)
- Katy Trotter – 2003, 2005**
- Alison Wiley – 1982, 1983, 1984



Caroline Annis



Lauren Fleshman



Sara Bei

Pac-10 Athlete of the Year

- Sara Bei - 2003
- Ryan Hall - 2003
- Alicia Craig – 2002
- Arianna Lambie - 2005**
- Grant Robison - 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 Robison - 2001, 2002
- Jonathon Riley - 2000
- Marc Olesen - 1985

Pac-10 Women's Individual Champions

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

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



Millions of volumes are housed in many libraries throughout the campus.

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 greatness. As Jane Stanford wrote in the summer of 1892, "Even our fondest hopes have been realized."



Stanford University The University at a Glance



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.

More than one hundred 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 Stanfords' 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 an hour's drive south of San Francisco and just a few miles 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, sports 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 Paris, Kyoto, Santiago, Berlin, Oxford, Florence, and Moscow.

Stanford People

By any measure, Stanford's faculty – which numbers approximately 1,700 – is one of the most distinguished in the nation. It includes 16 Nobel laureates, 4 Pulitzer Prize winners, 21 National Medal of Science winners, 132 members of the National Academy of Sciences, 223 members of the American Academy of Arts and Sciences, 80 members of the National Academy of Engineering, and 23 members of the National Academy of Education. 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 13,900 students, of which 6,500 are undergraduates, live and study on campus. About 40 percent come from California, but all 50 states and approximately 100 countries are represented as well. Among undergraduates, 44 percent are African American, Asian American, Hispanic or Native American. Like the faculty, the Stanford student body is distinguished. Approximately 10 students apply to Stanford for every place in the freshman class. Eighty-four Stanford students have been named Rhodes Scholars, 66 have been named Marshall Scholars, and 48 have been named 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 dozens of 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 35 Division I varsity sports – equally divided between men's and women's teams. Of Stanford's 104 national team titles, 52 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 represented Stanford at the 2000 Games in Sydney – by far the most of any university in the nation – and 42 Stanford athletes 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."



Stanford University still enjoys the original 8,100 acres of grassy fields, eucalyptus groves, and rolling hills that were the Stanfords' generous legacy.





Stanford Athletics Home of Champions

“Home of Champions.” Those are the bywords for the Stanford University Athletic Department.

And for good reason. No athletic department in the country can boast of the kind of success that Stanford has accomplished since the 1980’s. NCAA team champions. NCAA individual champions. Olympic medalists. Stanford University athletes have been all over the world capturing championships.

The statistics speak for themselves: Stanford University has won 75 NCAA team championships since 1980, the most in the nation; Cardinal athletes have won 52 NCAA championships since 1990 – again the most in the nation. Stanford has brought home 31 NCAA championship trophies the past eight years, including an unprecedented six NCAA team titles in 1996-97. In 1991-92, Stanford athletes took home 29 individual NCAA titles – an NCAA record. Cardinal athletes won 21 individual championships during the 1992-93 season, the second most in history.

Even more impressive is Stanford’s string of 12 consecutive Directors’ Cup titles (1995-2006). The award honors the nation’s top overall athletic program and with 12 straight victories in the competition, it is no wonder Stanford is considered the dominant athletic program in the nation.

Stanford captured its 12th straight Directors’ Cup in 2005-06. The Cardinal won a total of three national team crowns (two NCAA) in synchronized swimming (U.S. Collegiate), women’s tennis and women’s cross country. Stanford had a total of 20 Top 10 finishes with men’s water polo, women’s basketball, men’s swimming, women’s swimming, men’s gymnastics, women’s indoor track, men’s crew, women’s sailing, men’s tennis and women’s water polo joining the national champions in the Top Five. The Cardinal also picked up six individual national titles (two NCAA) and 13 team conference championships.

Stanford has now won at least one NCAA team championship for 30 straight years. Cardinal teams have also won four or more NCAA team titles in a single year nine times, an NCAA best.

All totaled, Stanford has won 104 collegiate team titles (92 NCAA championships) and 395 NCAA individual titles. Cardinal

women have won an NCAA-best 35 team championships while men’s teams have captured 57 NCAA team titles, third-best in the nation. Overall, Stanford’s 92 NCAA team championships rank second in the nation.

In the last 10 years (since 1996-97), Stanford has claimed 33 national team championships and 29 NCAA team titles – the best in the country.

The best athletic year in school history arguably came in 1996-97 when Cardinal teams set an NCAA record by winning six NCAA team championships in a single academic year: men’s and women’s cross country; men’s and women’s volleyball; and

The Stanford women’s tennis team has captured five of the past six NCAA titles.

No other athletic department in the country can boast of the kind of success that Stanford has accomplished.



Tiger Woods is one of the PGA’s most successful golfers with victories in all four Major events.

men's and women's tennis. Nine other teams finished in the Top Four nationally, including second-place finishes in women's swimming, men's swimming, men's water polo and women's synchronized swimming. Stanford also posted third-place finishes in women's basketball, baseball and fencing, as well as fourth place finishes in women's golf and women's water polo. In addition, the Stanford co-ed sailing team added a ICYRA national championship.

The 1996-97 school year also saw the Cardinal football team advance to the Sun Bowl, the women's basketball team return to the Final Four, the baseball team qualify for the College World Series and the men's basketball team advance to the Sweet Sixteen of the NCAA Tournament for the first time since it won the 1942 NCAA title.

Not only has the Cardinal won an NCAA record six NCAA team championships in a single season (1996-97), but it has also won five NCAA titles in a single year on three occasions: 1991-92, '94-95 and '97-98. Cardinal teams have won four championships in a single academic year on five occasions: 1985-86, '86-87, '92-93, '93-94 and 2001-02.

Stanford has won 186 conference or regional titles since 1991, again the best in the country. Cardinal teams won a record 18 conference or regional championships in 1998-99 – by far the best performance of any school in the nation.



The Stanford women's basketball team has been a consistent top finisher in the Pac-10, advancing well into the NCAA tournament for years.

Another memorable moment came in 1999-2000 when the Cardinal football, men's basketball and baseball teams won at least a share of their respective Pac-10 titles for the first time in school history.

Stanford has simply dominated in several sports. The Cardinal men's tennis team has won 17 NCAA titles while the women's squad has hauled in 16 national titles. Other programs to have brought in at least five national titles include men's water polo (11), women's swimming (9), men's swimming (8), men's golf (7) and women's volleyball (6).

Stanford has also enjoyed unequalled success in Olympic competition. Stanford was represented by 43 affiliates at the most recent Olympic Games that took place in 2004 in Athens, Greece. The Cardinal totaled 17 medals (three gold, seven silver, seven bronze).

At the 2000 Summer Games in Sydney, Australia, Stanford was represented by a total of 34 athletes and coaches. The Cardinal contingent won a total of 10 medals – four gold, three silver and three bronze.

At the 1996 Games in Atlanta, Stanford placed 49 coaches and athletes on Olympic teams, including three head United States Olympic coaches (Tara VanDerveer, women's basketball; Richard



Stanford's women's cross country team has won two of the past three NCAA titles.

Quick, women's swimming; Skip Kenney, men's swimming). Stanford athletes accounted for 16 gold medals, one silver and one bronze in Atlanta.

At the 1992 Games in Barcelona, Cardinal athletes earned 19 medals – 10 gold, four silver and five bronze. If Stanford were a country, it would've placed 13th in the world with its 19 medals and ninth with 10 golds. Thirty-eight Stanford-affiliated athletes and coaches participated in Barcelona while 41 members of the Cardinal family took part in the 1988 Olympic Games in Seoul, Korea.

Olympic gold medalists are numerous on The Farm. Former Cardinal standout Bob Mathias won back-to-back Olympic decathlon gold medals in 1948 and '52, while swimmers Pablo Morales, Jenny Thompson, Summer Sanders, Janet Evans and Misty Hyman have become household names in the swimming world.

Morales, who helped Stanford win three straight NCAA team championships (1985-87), won three medals at the 1984 Games in Los Angeles (one gold, two silver) and two more gold medals at the 1992 Games in Barcelona. Evans won three golds in the 1988 Games in Seoul, and one gold and one silver in Barcelona, while Sanders won four medals in Barcelona; two gold, one silver and one bronze. Thompson is the most decorated athlete in Olympic history with 12 medals (eight gold, three silver, one bronze). Hyman added her name to the list of Stanford swimming greats by winning the 2000 Olympic gold medal in the 200 meter butterfly to pull off one of the biggest upsets of the Sydney Olympiad.

A list of the great student-athletes in the history of Stanford Athletics would be difficult to even come close to compiling but a few of the great names in the amazing history of Stanford Athletics include Tom Watson and Tiger Woods (golf); Tim Mayotte, John McEnroe and Roscoe Tanner (men's tennis); Keri Walsh, Ogonna Nnamani, Kim Oden and Logan Tom (women's volleyball); Kristin Folkl (women's basketball/volleyball); Jack McDowell and Mike Mussina (baseball); Julie Foudy (women's soccer); Hank Luisetti, Brevin Knight and Mark Madsen (men's basketball); Jennifer Azzi, Nicole Powell and Kate Starbird (women's basketball); Tony Azevedo (men's water polo); Jim Plunkett, John Elway and Troy Walters (football); Debi Thomas (figure skating); Eric Heiden (speed skating) and the great Ernie Nevers (football); just to name a few.

It's no wonder Stanford University is often referred to as the "NCAA's Champion of Champions."



**Stanford
Championship Facts**

**Total National
Championships:** 104

**Total NCAA
Championships**
(NCAA rank): 92 (No. 2)

**Total Men's
NCAA Championships**
(NCAA rank): 57 (No. 3)

**Total Women's
NCAA Championships**
(NCAA rank): 35 (No. 1)

**Total Individual
NCAA Championships:**
395

**NCAA Team
Championships
Since 1990:** 52*

**NCAA Team
Championships
Since 1980:** 75*

**most in the nation*



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

For three recent graduates of Stanford, the years have been beyond belief. “The best thing about Stanford was the people I met,” said 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 14 years. The Cardinal women’s cross country teams have

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, 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) and Alicia Craig (2005).

“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 December, 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



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 every year during that span. In the last nine seasons, Stanford has won four men’s national titles (1996, 1997, 2002, 2003) and three women’s national titles (1996, 2003, 2005). Since 1996, Stanford has won 16 of 17 men and women’s NCAA West Regional Cross Country titles. The Cardinal women have won 12 of the last 13 Pac-10 Cross Country Championships while the men have stood atop the awards podium nine of the last 10 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) and Ryan Hall (2005).

“Stanford is a great place,” said 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

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.”

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).

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 Tahdoahnipah (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, 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 (2004) finished third in the junior men's race to grab a spot on his first U.S. National team.

Stanford has also enjoyed an abundance of great coaches in cross country, and track & field. This year, the cross country program, and the distance running program in track will be under the direction of legendary coach Peter Tegen.

"The talent that comes to Stanford is impressive" said Tegen, "and this year is no exception. Both the men and women's teams bring the kind of talent that will keep the Stanford Cross Country tradition strong. Becoming a part of Stanford Cross Country is like joining a close-knit family where you learn about the technical, physiological and mental aspects of training all in a very forgiving environment. Once you are part of the team you will soon begin to realize that your own limitations only exist in your mind,

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 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



because they are self-imposed. There is no telling how far beyond your perceived limits a confident and strong mental outlook can take you - and that, of course, is not only true for running.

"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."

Stanford athletes also have earned powerful credentials in track and field. Numerous middle distance and distance runners from Stanford 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.

Stanford's Cobb Track and Angell Field proved to be a beautiful setting for the 2003 and 2002 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.

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 country and track & field programs uphold that tradition. Started 12 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 12 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. Home of the NCAA District-8 Championships for six seasons and the Pac-10 Championships from 1972 to 1997, the course has challenged some of the finest distance runners in the world.

Stanford Invitational

The Stanford Cross Country Invitational will be held for the 33rd time in 2006 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 60 colleges and 175 high schools will compete at the Stanford Golf Course on September 30.



2006 Stanford Cross Country Schedule

Date	Opponent	Location
9/9/06	UC Davis	Davis, CA
9/30/06	Stanford Invitational	Stanford, CA
10/14/06	Pre-NCAA's	Terre Haute, IN
10/14/06	Santa Clara Invitational	Sunnyvale, CA
10/28/06	Pac-10 Championships	Stanford, CA
11/11/06	NCAA West Regional	Portland, OR
11/20/06	NCAA Championship	Terre Haute, IN