

STANFORD

2009 **CROSS COUNTRY** GUIDE



CHRIS
DERRICK

ALEXANDRA
GITS

ELLIOTT
HEATH

KATE
NIEHAUS





2009 Stanford Cross Country Quick Facts

Location: Stanford, CA 94305-6150
Cross Country Course: Stanford Golf Course
Track Facility: Cobb Track and Angell Field
Enrollment: 17,833 (6,532 undergraduates)
Founded: 1891
Nickname: Cardinal
Colors: Cardinal and White
Conference: Pacific-10
Athletic Director: Bob Bowlsby
President: John Hennessy
Sport Administrator: Darrin Nelson

Coaches/Support Staff

Franklin P. Johnson Director of Track & Field: Edrick Floreal, 12th Season (Arkansas, 1990)
Head Cross Country Coach: Jason Dunn, Second Season (William and Mary, 1996)
Assistant Coach: David Vidal, 3rd Season (Stanford, 2006)
Volunteer Assistant Coach: Hakon DeVries, 1st Season (Stanford, 2009)
Volunteer Assistant Coach: Garrett Heath, 1st Season (Stanford, 2009)
Director of Operations: Mary Jo Alexander, 4th Season (UC Davis, 2004)
Cross Country/Track Office Phone: (650) 723-2736
Cross Country/Track Office Fax: (650) 725-0758

Athletic Communications and Media Relations

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Athletes Website: www.GoStanford.com

Media Information

Interview requests for players and coaches must be coordinated with the Stanford Athletic Communications and Media Relations office. Visit www.gostanford.com for news releases, player profiles, and updated schedules and results.

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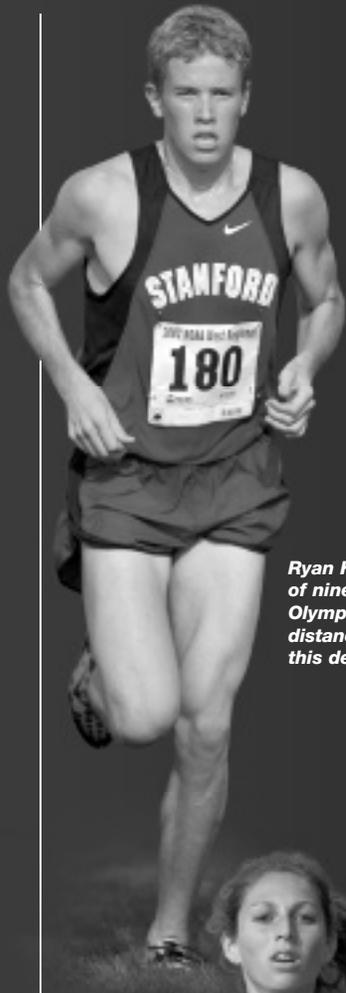
Brendan Gregg

Emilie Amaro

Jake Riley

Georgia Griffin

S STANFORD CROSS COUNTRY HOME OF CHAMPIONS



Ryan Hall is one of nine Stanford Olympians in distance events this decade.

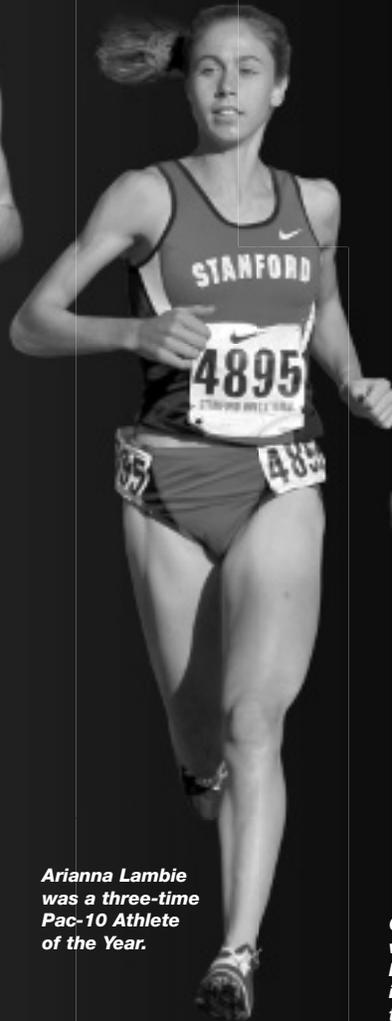
- 106 ALL-AMERICA HONORS**
- 53 ALL-AMERICANS**
- 25 NCAA TEAM PODIUM FINISHES**
- 9 NCAA TEAM TITLES**
- 25 PAC-10 TEAM TITLES**
- 24 NCAA WEST REGIONAL TITLES**
- 12 PAC-10 ATHLETES OF THE YEAR**
- 11 PAC-10 INDIVIDUAL CHAMPIONS**



Alicia Craig is one of six four-time All-Americans in cross country for Stanford.



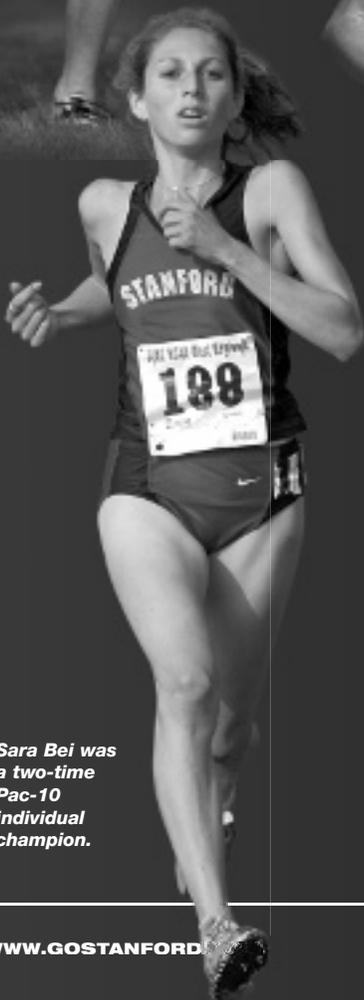
Ian Dobson was a 2008 U.S. Olympian in the 5,000 meters.



Arianna Lambie was a three-time Pac-10 Athlete of the Year.



Grant Robison won two Pac-10 individual titles.

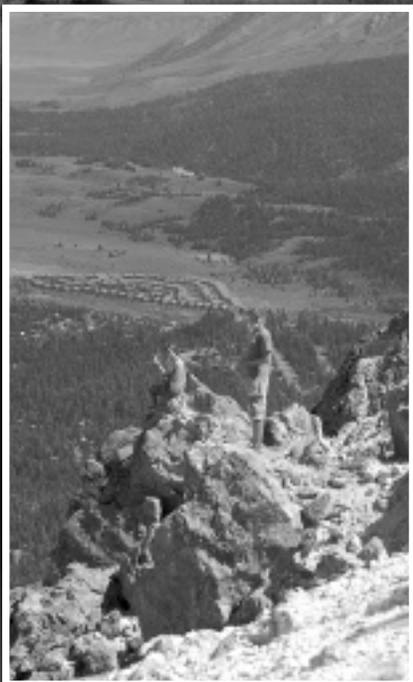


Sara Bei was a two-time Pac-10 individual champion.

PRESEASON TRAINING CAMP: MAMMOTH LAKES



Tucked away in the eastern Sierras, 300 miles east of San Francisco, Mammoth Lakes, California, has served as the preseason altitude training camp for both the Men's and Women's Cross Country teams for over a decade. With an elevation of just under 8,000 feet, the thin air, hilly terrain and vast dirt trails provide an excellent training environment to jumpstart the team towards a successful season. The team spends just over two weeks in a group of condos that provide a perfect atmosphere for training, recovery and team bonding. Training includes long runs on dirt roads, tempos up at 9,000 feet and recovery runs in the local parks. While in Mammoth Lakes the runners also have the opportunity to welcome the incoming freshman class, hike to extraordinary views and showcase their various talents and creativity in an annual skit night.



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STANFORD IN THE COMMUNITY

Being involved in the community is an important part of Stanford track and field/cross country. Each year the teams take several opportunities to give back to communities around them. Last season the teams spent some time away from the track to give back. Approximately 20 members of the team took the quick trip across highway 101 to East Palo Alto to Green Oaks Academy to repaint the school and do some landscaping work.

The track teams gave their time in conjunction with the Second Mile Project to help with the local school. The Second Mile Project provides a field of projects for people to go beyond the ordinary. The Second Mile has the goal of being a neighbor that sees those around us and asks the question of how "I" can help. In addition to repainting and landscaping the school, the track teams prepared gift baskets for local community members.

"This along with the free clinic we do in conjunction with the Payton Jordan Cardinal Invitational remind me of what makes this team so special," said Franklin P. Johnson Director of Track and Field Edrick Floreal.

In addition the Cardinal hosted free clinics before the annual Payton Jordan Cardinal Invitational. Stanford student-athletes and coaches mentored kids from around the Bay Area in different track and field events.





Championship Aspirations

Stanford enters the 2009 cross country season with high expectations for both the men's and women's teams. Head coach Jason Dunn begins his second season and has the Cardinal poised to contend for both the men's and women's NCAA titles.

A year after finishing on the podium with the third place trophy, the Cardinal men will seek to claim their first NCAA title since 2003. Last year Stanford men reached as high as No.2 in the national poll and were a legitimate title contender. While this year's team is young, with not a single senior on the roster, they are a very talented and experienced group. Graduating seniors Garrett Heath and Hakon DeVries will be missed, but the Cardinal returns much of the talent that carried it to a high national finish last season as well as a number of very capable athletes returning from redshirt.

The new face of Cardinal men's distance running is Chris Derrick, who in just his first year of collegiate competition earned four All-America honors, set an American junior record and ran abroad as a member of the U.S. Junior National cross country team. A season after placing seventh at the NCAA Cross Country Championships, Derrick should be counted among the favorites for the NCAA individual title in 2009.

While Derrick is the standout, junior Elliott Heath and redshirt sophomore Jacob Riley should garner plenty of recognition as both are among the top collegiate distance runners in the nation. Heath earned a third place finish at the NCAA indoor meet in the 3,000 meters and then placed fifth in the NCAA outdoor 5K. He hopes to carry that success over into cross country where he showed promise with a 12th-place finish at the 2008 NCAA Pre-National meet. Riley is more of true long distance specialist, who is coming off a breakthrough season on the track. The eighth-place finisher in the NCAA 10,000 meters also had a strong initial cross country season in 2008. Riley just missed All-America honors in cross country after his 55th-place finish as Stanford's third runner at the NCAA Championships.

Also with significant postseason experience are junior Brendan Gregg, redshirt sophomore J.T. Sullivan and redshirt junior Justin Marpole-Bird. Gregg was Stanford's sixth runner for most of last season, highlighted by a 24th-place finish at the Pac-10 Championships and will look to take on a more significant role in 2009. Sullivan and Marpole-Bird have been NCAA Regional qualifiers on the track and have the ability to transfer their success to the cross country course.

Returning after redshirting last season are Dylan Ferris, Benjamin Johnson, Kevin Havel, Riley Sullivan and Miles Unterreiner. This group showed great promise during their high school careers and should be



Alex Gits

ready to contribute in 2009. Johnson is a Pac-10 Scorer and NCAA West Regional qualifier in the 3,000-meter steeplechase, while Ferris gained international experience this summer, placing 5th at the Pan American Junior Championships at 800m.

The Cardinal will be strengthened by an outstanding recruiting class. Evan Appel, Andrew Berberick, Ramsey Chapin, Thomas Porter, Tyler Stutzman, Ryan Valdes and Tyler Valdes make up this nationally heralded group.

The Stanford women, coming off three consecutive national championship teams, also were young in 2008. Despite its youth, the Cardinal was competitive and ended up eighth at the NCAA's. This season, the women's squad will once again be young, but having gained experience and should be ready to take a step forward and reclaim a spot on the NCAA podium.

The veteran leadership for the Cardinal will come from the two athletes who contributed to Stanford's NCAA title run: Kate Niehaus, who ran for the 2006, and '07 national championship teams and Alex Gits who was a scoring member of the 2007 team. Niehaus is looking to build upon a strong 2008 track season where she was the MPSF champion in the indoor 5,000m and an NCAA outdoor qualifier in the 5,000m. Gits was hampered by injuries during the 2008 season, but will look to rebound to her freshman form when she was Stanford's fourth runner at the NCAA cross country meet and placed third at the NCAA outdoor championships in the 10,000m run.

Other key returners are a trio of sophomores who made an immediate impact during their initial season of cross country in 2008. Emilie Amaro and Georgia Griffin ran in the top five for much of the season as true freshmen, while Stephanie Marcy concluded the season as the fifth runner at the NCAA Championships as a redshirt freshman. All three were NCAA West Regional qualifiers in the 5,000 meters, while Amaro also went on to qualify for the NCAA Outdoor Championships in the 3,000-meter steeplechase.

Three others return to the deep Stanford squad including senior Madeleine O'Meara who was a NCAA Regional qualifier on the track and sophomore Claire Collison, both with postseason experience in cross country. Rounding out the returners is middle-distance specialist and sophomore Madeline Duhon who advanced to the final of the NCAA West Region at 1500m this past spring.

Also returning and adding great depth, but having yet to compete in cross country are redshirt freshmen Emma Miller-Bedell, Victoria Pennings, and Kristin Reese as well as junior Anne St. Geme.

The Cardinal will also welcome five freshmen to the Farm in California state champ Alex Dunne, Justine Fedronic, former Footlocker National Champion Kathy Kroeger, Maria Malone, and Hannah Varnell.



Chris Derrick



Edrick Floreal

**Franklin P. Johnson Director
of Track & Field
Arkansas (1990)
Fifth year**



Edrick Floreal, who has spearheaded a resurgence of the Stanford Track & Field program, was named Franklin P. Johnson Director of Track & Field during the fall of 2005. This year will mark his 12th season overall with the Cardinal.

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

Since his arrival at Stanford in 1998, the Cardinal men and women have enjoyed tremendous success at the conference and NCAA championship level. A 4-time MPSF coach of the year the 2009 West Regional Indoor Coach of the Year and the 2006 and West Regional Outdoor Coach of the Year, Floreal has developed the Stanford sprinters, hurdlers and jumpers into Pac-10 and NCAA championship title contenders. Under his watch, 45 Stanford athletes have earned 110 All-America honors.

Last Season, Floreal's fourth as the Franklin P. Johnson Director of Track and Field. He guided the Stanford men to their top outdoor finish (seventh) during his tenure at Stanford. He also led the Stanford men to an 11th-place finish at the NCAA Indoor meet. Indoors, Myles Bradley (60-meter hurdles), Chris Derrick (3,000 and 5,000 meters) and Elliott Heath (3,000 meters) earned All-America honors, while Bradley also won the MPSF title. Outdoors, the Cardinal had six All-America honorees with Bradley (110-meter hurdles), Derrick (5,000 meters), Heath (5,000 meters), Garrett Heath (1,500 meters), Jacob Riley (10,000 meters) and Daniel Schaerer (discus).

The women also fared well in 2009 with an MPSF team title and a 12th-place national finish during the indoor season. They were led by Lauren Centrowitz, Laurynne Chetelat and Alicia Follmar each earning All-America honors in the 3,000 meters, while Centrowitz and Follmar teamed with Maria Lattanzi and Idara Otu to earn All-America status in the distance medley relay. Whitney Liehr also earned an All-America honor in pentathlon. Outdoors, Centrowitz finished her career with a third place and All-America status in the 1,500 meters, while Liehr captured an All-America honor in the triple jump.

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

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

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

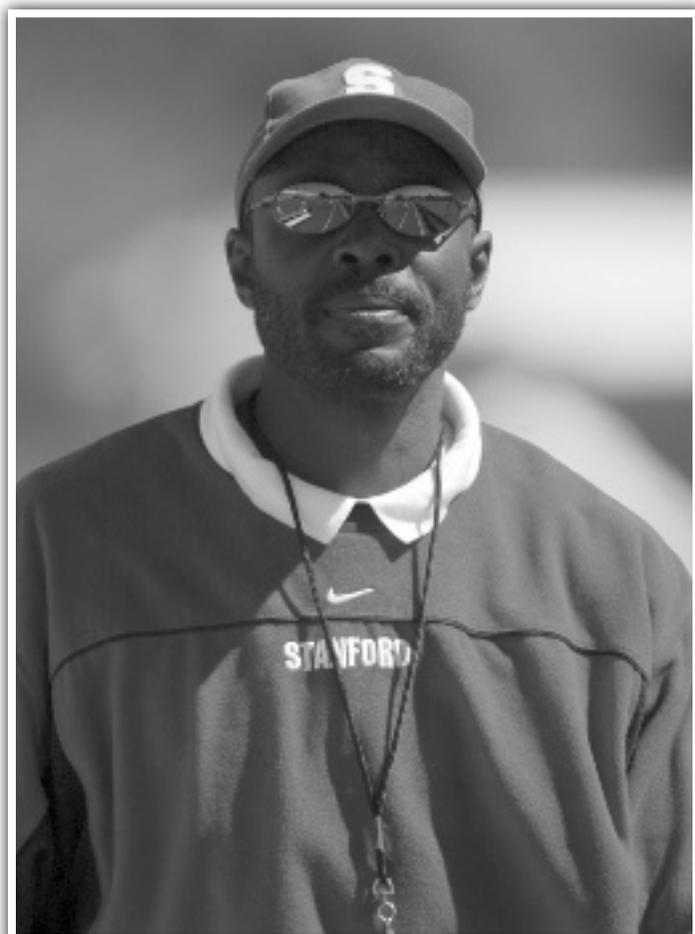
After the season and under Floreal's guidance, McLain went on to qualify for the U.S. Olympic Team after placing third at the Olympic Trials in the triple jump, while, Arantxa King was named to the Bermuda Olympic Team in the long jump. Floreal traveled to Beijing to coach both athletes as well as Stanford volunteer assistant, Grace Upshaw. This brought his total of Olympic athletes to six.

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

The women's team posted a runner-up finish at the 2007 Pac-10 Championships. Lambie captured the 1,500- and 5,000-meter titles, while McLain defended her triple jump title and earned her fifth career Pac-10 championship with an American collegiate record of 46-5 ¼. McWalters (10,000 meters) and Brown (1,500 meters) captured individual titles as well, and Michael Robertson and Ashley Freeman took second, respectively, in the discus and 800-meter events.

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

At the 2007 NCAA Outdoor Championships, the Cardinal men and women each placed 10th overall. McLain earned a pair of All-American





honors with a runner-up finish in the triple jump and a third-place effort in the long jump. Robertson took second in the discus and Brown and Lambie both finished third in the 1,500, respectively. Overall, five Cardinal student-athletes received nine All-American awards. Floreal was later named to the 2007 Pan-American Games staff for Team USA in Brazil.

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

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

In 2005, Stanford's crew of sprinters, hurdlers and jumpers were simply sensational in a season that led to the Pac-10 Conference and NCAA West Regional coach of the year honors for Floreal. McLain became the first woman in Pac-10 history to capture both the triple jump and long jump at the conference meet, which she would go on to accomplish three times. McLain's triple jump of 45-2 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 Championships in Finland.

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

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

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

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

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

400 meters, Johnson set a school record and Keisha Gaines set a freshman school record.

The 2003 track and field season was also filled with success for Stanford sprinters. The women's 1,600-meter relay won the Pac-10 Championship, set a then-school record, and qualified for the NCAA Championships. Johnson broke the freshman record in the 200 and 400 meters, and became the first Stanford sprinter since 1992 to compete at the NCAA

Championship. In indoor competition, Jakki Bailey set a then-school record in the 60 meters while Ashley Purnell set the then-school record in the 200 meters. The women's indoor 1,600-meter relay team won the 2003 crown at the MPSF Championships. The men's 1,600-meter relay team captured top honors at the 2003 NCAA West Regional Championship. Lindsey Johnson (100-meter hurdles, 60 meter hurdles), Milton Little (60 meters), and Justin Williams (60-meter hurdles) each established new school records.

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

In 1999, Floreal coached Tracye Lawyer to the 1999 NCAA title in the heptathlon and her third consecutive Pac-10 title. Floreal coached Michael Ponikvar to three Pac-10 Conference high jump titles in 1999, 2001, and 2002. In 2003, Floreal coached Grace Upshaw to the U.S National Title in the women's long jump and No. 5 world ranking. Upshaw finished second at the 2004 U.S. Olympic Trials to earn a spot on the U.S. Olympic team. In 2008, Floreal again led Upshaw to the Olympics where she placed eighth at the Beijing Games. Floreal also coached Stanford alumnus Jackie Edwards to her fourth Olympics in the long jump. In 2004, Floreal helped guide 2000 Stanford graduate Toby Stevenson to a silver medal at the Athens Olympics.

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

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

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





Jason Dunn

Cross Country Head Coach
William and Mary (1996)
Second year



Jason Dunn enters his second season as the head cross country coach at Stanford. In his short time on The Farm, Dunn has already established himself as the one of the top distance coaches in the nation, leading the Cardinal to top national finishes, as well as receiving top coaching accolades.

"Jason's ability to develop and nurture our student-athletes is equal to none," said Franklin P. Johnson Director of Track and Field Edrick Floreal. "He understands and meets the needs of each and every one of our student-athletes both athletically and emotionally. He is a true coaching gem for the Cardinal."

In 2008, Dunn was named West Regional assistant coach of the year for both men's and women's indoor track and field. He coached a total of four men to eight All-America honors and four women to six All-America honors during the 2008-09 cross country and track seasons. This includes a national runner-up finish by Garrett Heath in the outdoor 1,500 meters, as well as third-place finishes by Lauren Centrowitz in the outdoor 1,500 meters, Chris Derrick in the indoor 5,000 meters and Elliott Heath in the indoor 3,000 meters.

In his initial season of cross country at Stanford, Dunn led the men's team to a third-place trophy at the 2008 NCAA Championships. He coached freshman Chris Derrick to a seventh overall finish and an All-America honor. In addition, middle-distance star Garrett Heath earned his first cross country All-America honor after his 33rd place finish at the NCAA Championships. Other highlights of the men's season included a race win at the NCAA Pre-nationals and being ranked as high as No. 2 in the nation by the USTFCCCA.

On the women's side, Dunn led the young Cardinal to an eighth place finish at the NCAA Championships. At the NCAA West Regional four runners earned all-region honors, led by freshman Laurynne Chetelat who also earned All-Pac-10 honors. At the NCAA's Stanford ran closely together and had a split of just 14 seconds between their No. 1-5 runners to claim eighth place.

"Jason is a young, committed, and accomplished men's and women's coach who embodies the academic and athletic excellence we hold here at Stanford," added Floreal.

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

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

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

In all, Dunn brought 28 All-ACC honors to 17 cross-country runners in the past eight seasons. This tally was highlighted when seven Cavaliers earned conference honors in 2005, with the men's team winning the league championship for the first time since 1984. Dunn led 23 runners to 40 all-region honors and, five to All-America status.

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

The 2006-07 year was capped off with Dunn mentoring Stephanie Garcia to the USA junior national steeplechase title in just her first year of competing in the event. Garcia also qualified for the NCAA's in the steeplechase and was joined in that same event by teammate Jan Foerster.





COACHING STAFF

2009 STANFORD CROSS COUNTRY

Foerster won the ACC title in the 5,000 meters and earned runner-up honors in the steeplechase before smashing the school record in the event at the NCAA Championships, en route to earning All-America honors with his sixth-place finish. Dunn also had four athletes qualify for NCAA's in the 10,000 meters: Andrew Dumm for the men and Emily Harrison, Kara Scanlin and Katie Read for the women. Read earned All-America honors with her 10th-place finish.

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

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

The 2005 indoor ACC title in the 800 meters belonged to McGavock Dunbar, who added it to the outdoor conference title that he won in 2003. Dunn has also guided Will Christian (2004) and Foerster (2007) to the 5,000-meter ACC titles. Additionally, Dana Coons (2001) and Jane Maxwell (2003) each won conference titles in the 10,000 meters. Dawn Cleary also won an ACC championship in the steeplechase in 2003, before earning All-America honors with her sixth-place finish at NCAA's in the same event.

Dunn's athletes and teams have also excelled in the classroom as both the men's and women's cross country squads have been named All-Academic teams each of the past five years. In 2004, the cross country team earned the highest team cumulative GPA for a men's team at Virginia. Additionally, Dunn's athletes have achieved All-Academic status as individuals in cross country and track and field on 22 occasions.

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

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

Dunn served as team captain and belonged to two NCAA-qualifying cross country teams for the Tribe. He also earned all-conference honors in cross country and on the track, where he was the 1996 CAA champion in the steeplechase. Dunn also received All-East honors in the steeplechase and went on to qualify provisionally for the NCAA Championships and the Olympic Trials. Dunn received his B.A. in government from William and Mary in 1996 and a master's in curriculum and instruction with a physical education emphasis from Arizona State in 1999.





David Vidal

**Assistant Coach
Stanford (2005)
Fourth year**



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

"David is a very talented young coach, his ability to connect with the student-athletes both as a recruiter and a coach make him a huge asset to our program, said Franklin P. Johnson Director of Track and Field Edrick Floreal. "His dedication and loyalty to our program have no match."

Since being hired, Vidal has been the assistant for 51 All-Americans and eight Pac-10 champions.

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

In 2008, he assisted the men's cross country team to third place at the NCAA Championships and the women to an eighth-place finish. Both squads were young with many athletes that Vidal recruited. Freshman Chris Derrick finished seventh overall to capture his first All-America honor, while Garrett Heath earned his first All-America honor in cross country after finishing 33rd.

During the '08 track season, Vidal assisted a group of distance runners that combined to earn 10 All-America honors. During the indoor season both the men's and women's distance medley teams placed in the top four at the NCAA Championships. In addition Arianna Lambie (3,000 meters), Lauren Centrowitz (3,000 meters), Alicia Follmar (mile) and Heath (mile) earned All-America status in individual events. During the outdoor season Heath again was named All-American after finishing sixth in the 1,500 meters. On the women's side, Lindsay Allen (3,000-meter steeplechase), Alex Gits (10,000 meters) and Teresa McWalters (5,000 meters) all were honored as All-Americans. In the summer following the collegiate season, Heath went to become a semifinalist at the 2008 U.S. Olympic Trials, while Lambie finished fifth in the 5,000 meters.

In his second season as an assistant coach, the women's cross country squad captured its third straight NCAA cross country title, and fifth in program history. The women swept every postseason race, including winning its 12th consecutive Pac-10 title, and ninth consecutive West Regional.

In Vidal's first track season, Stanford won the 2007 NCAA Indoor Championship in the distance medley relay. Russell Brown and Heath doubled back from the DMR, finishing second and fourth in the mile while Lambie finished in the top three in both the 3,000 and 5,000 meters. Lambie's time in the 5,000 was an indoor school record. In the 2007 outdoor season, Vidal assisted in three Pac-10 championships with Brown and Lambie in the 1,500 meters and McWalters in the 10,000 meters. Lambie led a 1-2-3 sweep in the Pac-10 1,500 meters with Follmar and Centrowitz second and third. At 2007 NCAA Outdoor Championships, Brown and Lambie both placed third in the 1,500 meters to contribute to a total of six All-America performances. Lambie went on to finish fifth in the 5,000 meters at the U.S. Outdoor Championships while Brown and Heath both made the final in the 1,500 meters. That summer, Vidal traveled to Europe with Brown and Heath where the two ran personal bests in the 800 meters and under 3:40.00 in the 1,500 meters, establishing themselves as elite middle distance runners.

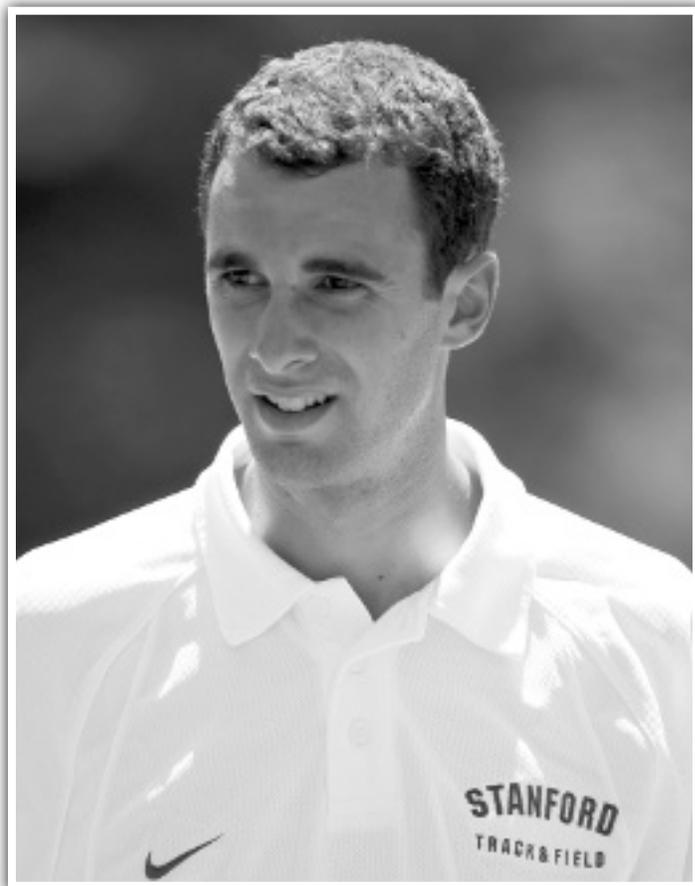
During his first season as assistant coach, the Cardinal women won their second consecutive NCAA title, in addition to capturing the 2006 Pac-10 and West Regional titles. The men's team turned in runner-up finishes at the 2006 Pac-10 and West Regional Championship and finished the season on the podium with a fourth-place finish at the NCAA Cross Country Championship.

As assistant coach, Vidal recruited nationally heralded classes on both the men's and women's sides in each of his first two years on staff. Along with recruiting, Vidal is responsible for any issue that pertains to the Stanford cross country team and the middle distance and distance runners in track. Besides working closely with the athletes, he works year-round to improve the Stanford cross country and track and field programs in every way necessary.

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

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

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





COACHING STAFF

2009 STANFORD CROSS COUNTRY

Hakon DeVries

Volunteer Assistant Coach
Stanford (2009)
First year



Hakon DeVries begins his first year as a volunteer assistant coach. DeVries has been a key member of the Stanford distance program during his time as a student-athlete. He was a two-time All-American in track and a major contributor in cross country. In 2008, DeVries was a scoring runner at all the championship races, helping the Cardinal to a third-place national finish.

This will be the first coaching experience for DeVries who ran under three head cross country coaches during his time on The Farm. These coaches were Andrew Gerard, Hall of Famer Peter Tegen and current head coach Jason Dunn.

DeVries drew the praise of his coaches as an athlete for his leadership ability and hopes to transfer that into coaching, something he intends to pursue as a career.

He graduated with a bachelor of science in human biology in 2009. The Hopewell Junction, N.Y. native now resides in Palo Alto.

Garrett Heath

Volunteer Assistant Coach
Stanford (2009)
First year



Garrett Heath begins his first season as a volunteer assistant after one of the most decorated careers in Stanford history. Heath was a nine-time All-American during his time on The Farm and won a national title as a member of the 2007 distance medley relay.

Last season, Heath was the national runner-up in the 1,500 meters during the track season and earned an All-America honor for his 33rd place NCAA finish in cross country. He also continued his season into the summer competing at the U.S. National Championships in the 1,500 meters. In 2008 he was a semifinalist in the 1,500 at the U.S. Olympic Trials. Heath will continue to train under head coach Jason Dunn as he pursues a professional running career.

This will be the first coaching experience for Heath. He will have the opportunity to work with many of his former teammates, including his younger brother, Elliott, a two-time All-American at Stanford.

Heath is 2009 Stanford graduate with a bachelor of science in management science and engineering. He is currently completing his Master's in management science and engineering. Formerly of Winona, Minn., Heath now resides in Palo Alto.

Mary Jo Alexander

Director of Operations



Julie Guzman

Trainer



Matt Harrellson

Trainer



Nina Holley

Trainer



Ricky Brackett

Media Relations Coordinator



2009 MEN'S ROSTER

2009 STANFORD CROSS COUNTRY



Top Row (l to r): David Vidal, Thomas Porter, Miles Unterreiner, Brendan Gregg, Ramsey Chapin, Chris Derrick, Tyler Stutzman, Justin Marpole-Bird, Jason Dunn. **Middle Row (l to r):** Hakon DeVries, Riley Sullivan, Evan Appel, Benjamin Johnson, Jacob Riley, Elliott Heath, J.T. Sullivan, Garrett Heath. **Bottom Row (l to r):** Kevin Havel, Tyler Valdes, Ryan Valdes, Andrew Berberick.

2009 Men's Cross Country Roster

Name	Year	Exp.	Hometown (High School)
Evan Appel	Fr.	HS	Littleton, CO (Dakota Ridge)
Andrew Berberick	Fr.	HS	Littleton, CO (Mullen)
Spencer Castro	RS So.	SQ	Groveland, CA (Sonora)
Ramsey Chapin	Fr.	HS	North Bethesda, MD (Georgetown Prep)
Chris Derrick	So.	1V	Naperville, IL (Neuqua Valley)
Dylan Ferris	RS Fr.	SQ	Kernersville, NC (East Forsyth)
Brendan Gregg	Jr.	2V	Davis, CA (Davis Senior)
Kevin Havel	RS Fr.	SQ	Arlington Heights, IL (John Hersey)
Elliott Heath	Jr.	2V	Winona, MN (Winona Senior)
Benjamin Johnson	RS Fr.	SQ	Albuquerque, NM (Albuquerque Academy)
Justin Marpole-Bird	RS Jr.	2V	Vancouver, B.C., Canada (St. George's School)
Thomas Porter	Fr.	HS	Fredericksburg, VA (Mountain View)
Justin Reed	RS Jr.	3V	Los Angeles, CA (Loyola)
Jacob Riley	RS So.	1V	Bellingham, WA (Sehome)
Tyler Stutzman	Fr.	HS	Charlottesville, VA (Western Albemarle)
J.T. Sullivan	RS So.	1V	Rancho Santa Margarita, CA (Trabuco Hills)
Riley Sullivan	RS Fr.	SQ	Rancho Santa Margarita, CA (Trabuco Hills)
Miles Unterreiner	RS Fr.	SQ	Gig Harbor, WA (Gig Harbor)
Ryan Valdes	Fr.	HS	San Juan Capistrano, CA (Dana Hills)
Tyler Valdes	Fr.	HS	San Juan Capistrano, CA (Dana Hills)





Chris Derrick

Sophomore
Naperville, IL
(Neuqua Valley)

****Four-Time All-American****



Stanford: One of the top collegiate distance runners in the nation after just one season on The Farm...burst onto the college scene during his freshman season where he earned four All-America honors in cross country and track...set the American junior record in the 5,000 meters with a time of 13:29.98...earned international experience as a member of the U.S. Junior National Cross Country team that competed in Amman, Jordan...should compete for a NCAA cross country title in 2009.

2008 Season (Freshman): Earned the first All-America honor of his career at the 2008 NCAA Cross Country Championships for his seventh-place finish, covering the 10,000-meter course in a time of 29:29.4...top Stanford finisher at the 2008 NCAA meet to lead the Cardinal to a third-place finish...placed fifth at the 2008 NCAA West Regional with a 10,000-meter time of 28:44.31...third-place finisher at the 2008 Pac-10 Championships with a 8,000-meter time of 23:38.17...earned first team All-Pac-10 honors...placed fourth at the NCAA Pre-National meet to help Stanford to the team title in the *White Race*...made his collegiate debut at the Stanford Invitational, where he placed fourth with an 8,000-meter time of 24:18.

International Competition: Placed 15th at the 2009 Junior World Cross Country Championships in Amman, Jordan, covering the 8,000-meter course in a time of 24:20...placed second in the 2009 USA Junior Cross Country Championships with an 8,000-meter time of 23:39.

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

Cardinal Catalogue: Undeclared major with an interest in law...parents are Richard and Janet...has one brother, Mark...2009 USTFCCCA Academic All-American for track and field.

ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Elliott Heath

Junior
Winona, MN
(Winona Senior)

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



Stanford: Earned his first two All-America honors during the 2009 track seasons... placed third in the 3,000 meters at the 2009 NCAA Indoor Track and Field Championships... followed that up with a fifth-place national finish in the 5,000 meters during the outdoor season... a postseason contributor in cross country where he helped the Cardinal to a third-place finish at the NCAA Championships... will be counted on for major contributions in 2009.

2008 Season (Sophomore): Stanford's fifth finisher at the 2008 NCAA Cross Country Championships, where he covered the 10,000-meter course in 31:00.0... earned All-Regional honors for 21st place at the NCAA West Regional, where he ran a 10,000-meter time of 29:45.31... placed 20th at the Pac-10 Championships with a 8,000-meter time of 24:17.48... matched his best finish of the year at the NCAA Pre-National, where he placed 12th in the *White Race* to help Stanford to the team title... opened the season at the Stanford Invitational, where he placed 12th with an 8,000-meter time of 24:43.

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

International Competition: Finished second in the 5,000 meters at the 2007 Pan American Junior Games in Sao Paulo, Brazil... the U.S. junior champion at 5,000 meters in 2007.

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

Cardinal Catalogue: Advising programs major... parents are Bob and Linda Heath... older brother, Garrett, was a nine-time All-American at Stanford, concluding his Stanford career in 2009... 2008 Pac-10 All-Academic honorable mention selection in cross country... USTFCCA Academic All-American and Pac-10 All-Academic honorable mention selection for track in 2009... MPSF All-Academic for indoor track in 2009.



Jacob Riley

Sophomore
Bellingham, WA
(Sehome)

****All-American****



Stanford: A major contributor and first team All-Pac-10 runner last season in cross country who will be expected to have a big impact again this season...earned his first All-America honor during the 2009 track season for his eighth-place finish in the 10,000 meters at the NCAA Outdoor Championships.

2008 Season: Placed 55th at the 2009 NCAA Cross Country Championships and was Stanford's third runner, completing the 10,000-meter course in 30:31.4...earned all-region honors for his 23rd-place finish at the NCAA West Regional...All-Pac-10 first team for his seventh-place finish at the Pac-10 championships, where he ran a season-best time of 23:44.29.

2007 Season: Redshirted.

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

Cardinal Catalogue: Biomechanical engineering major...parents are Ralph Riley and Kathi Peacock...2008 Pac-10 All-Academic honorable mention in cross country...Pac-10 All-Academic honorable mention for track in 2009...MPSF All-Academic for indoor track in 2009.

ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Evan Appel

Freshman
Littleton, CO
(Dakota Ridge)



High School: A three-time Foot Locker National Championships finalist, finishing 29th, 21st, and sixth place...selected as the Colorado Gatorade Cross Country Athlete of the Year in 2008...a four-time Colorado all-state first team selection and winner of both the 2007 and 2008 Class 5A Colorado State Cross Country Championship...the 2009 Colorado state champion in the 1,600 and 3,200 meters in track...holds both Dakota Ridge and Jefferson County League records for the 1,600 meters (4:15.81) and the 3,200 (9:07.82)...2008-09 Gatorade/ESPN Colorado Runner of the Year...2008-09 Jefferson Country Athlete of the Year.

Cardinal Catalogue: Major is undeclared, but considering management science and engineering...interested in pursuing a profession in law or business...parents are Scott and Ann Appel...has one younger brother, Austin.

Andrew Berberick

Freshman
Littleton, CO
(Mullen)



High School: Finished 17th at the 2008 Foot Locker national cross country meet...all-state selection for Colorado in cross country in 2008...the only athlete at the 2009 Colorado state track meet to earn all-state in two events (800 meters and 1,600)...MVP of the 2009 Runner's Roost Invitational...the 2008 state champion in the 800...ran a personal best in the 800 at the Nike Outdoor Nationals with a time 1:52.61...Colorado state record holder in the 3,000 meters (8:33.74)

Cardinal Catalogue: Undeclared major...parents are Dan and Tammy Berberick...has one brother, Matthew...also participated in soccer and football in high school.

Spencer Castro

Junior
Groveland, CA
(Sonora)

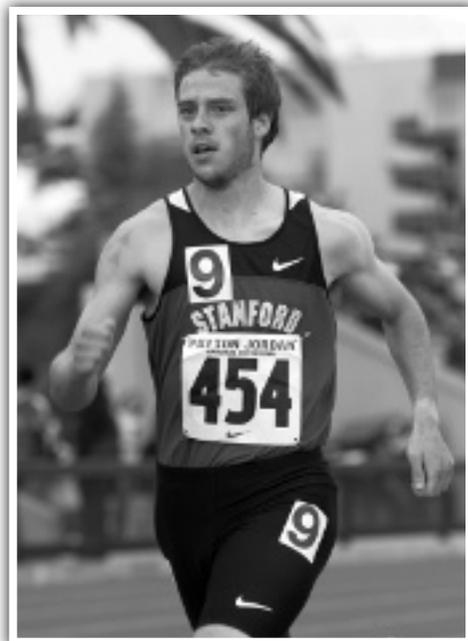


2008 Season: Did not compete in cross country, but ran the 800 meters during the track season.

2007 Season: Redshirted.

High School: Captured the 2006 Sac-Joaquin Section titles in the 800 meters, 1,600, and the 4x400 relay...helped his team to second-place in the Division III section cross country meet...named the Gold Rush Elite Invite Athlete of the Meet.

Cardinal Catalogue: Undeclared major, interested in pre-med...parents are Charles and Colleen Castro.



Ramsey Chapin

Freshman
North Bethesda, MD
(Georgetown Prep)



High School: 11-time all-IAC Conference designation (2005-09)...MOCORunning.com top-20 athletes of the decade...won three consecutive IAC titles in the 800, 1,600 and 4x800 meters from 2007-09...3-time *Washington Post* All-Met honorable mention (2007-09)...selected to Maryland's All-State Cross Country team...has personal bests of 1:53.04 for 800 meters and 3:54.55 for 1,600 meters.

Cardinal Catalogue: Major is undeclared, but considering political science and international business...parents are Stephen and Julie Chapin...father, Stephen, ran for the U.S. Naval Academy...has two younger brothers, Joey and Archer.



Dylan Ferris

RS Freshman
Kernersville, NC
(East Forsyth)



2008 Season (Freshman): Redshirted

Stanford: A middle distance specialist on the track who placed third at the U.S. Junior Championships in the 800 meters following the 2009 collegiate season...should provide depth in his first season of cross country at Stanford.

High School: A middle-distance specialist with international experience, he was among the nation's best in both the 800 meters (1:49.27) and the

1,600 (4:06.58) in 2008...2006, 2007, and 2008 North Carolina state 800-meter champion and the 2007 and 2008 North Carolina state champion in the 1,600 meters... ran 1:49.48 for 800 meters in 2008, the fifth-fastest time in the nation.

International Competition:

Competed in the 2009 Junior Pan-Am Games in the 800 meters...represented the United States and qualified for the final at the 2007 World Youth Championships in Ostrava, Czech Republic.



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

Brendan Gregg

Junior
Davis, CA
(Davis Senior)



Stanford: A postseason contributor in each of his first two cross country seasons...should be a key asset during the 2009 season.

2008 Season (Sophomore): Placed 24th at the 2009 Pac-10 Championships to help Stanford to a runner-up finish...32nd-place finisher at the NCAA West Regional...competed in the NCAA Championships, where he helped Stanford to a third-place finish...fourth Stanford runner and 11th overall at the Stanford Invitational as the Cardinal captured the team title.

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

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

Cardinal Catalogue: Human biology major... parents are Bill and Carolee Gregg...2009 Pac-10 All-Academic honorable mention for cross country...2009 MPSF All-Academic in indoor track and field.



ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Kevin Havel

RS Freshman
Arlington Heights, IL
(John Hersey)



Stanford: Competed for Stanford during the track season and should provide depth in his first season of cross country.

2008 Season: Redshirted.

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

Cardinal Catalogue: Major is undeclared... interested in biology and considering a profession as a patent lawyer... parents are Joe and Shirley Havel.



Benjamin Johnson

RS Freshman
Albuquerque, NM
(Albuquerque Academy)



Stanford: A NCAA regional qualifier in the 3,000-meter steeplechase on the track as a freshman...should be ready to contribute in cross country.

2008 Season: Redshirted.

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

Cardinal Catalogue: Major is undeclared, but interested in engineering... parents are William and Pamela Johnson...has two brothers, Jeremy and Ricky...2009 USTFCCA Academic All-American in track and field.





Justin Marpole-Bird

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



Stanford: Pac-10 experience in cross country and a regional qualifier in the 1,500 meters during track...should bring leadership and depth to the 2009 Stanford squad.

2008 Season (Sophomore): Competed in the 2009 Pac-10 Championships where the Cardinal finished second...best finish of the season came at the season-opening USF Invitational, where he placed fourth overall and was Stanford's second runner.

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

2006 Season:
Redshirted.

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

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

Cardinal Catalogue: International relations major...parents are John Bird and Monica Marpole...2009 Pac-10 All-Academic honorable mention in cross country...2009 USTFCCA Academic All-American in track and field...2008 Pac-10 All-Academic honorable mention for outdoor track...2008 and 2009 MPSF All-Academic for indoor track.



Thomas Porter

Freshman
Fredericksburg, VA
(Mountain View)



High School: Three-time Foot Locker national finalist, with a top finish of third in 2008...the 2008 Virginia AAA state cross country champion...placed 15th at the 2009 USA junior cross country championships...12-time all-state runner in cross country and track and field for Mountain View...nine-time Commonwealth District and Northwest Region champion in track and field...the 2008 Virginia Gatorade Cross Country Player of the Year...placed third at the 2007 Nike Outdoor Nationals in the 5,000-meter run...seventh-place finisher at the 2009 USA Junior Track and Field Championships in the 5,000 meters...2009 Virginia AAA state champ in the indoor 3,200 meters and the outdoor 1,600 meters...holds personal bests of 4:10.03 for the 1,600 meters, 8:59.08 for the two mile and 15:01 for the 5,000, all school records.

Cardinal Catalogue: Major is undeclared, but considering physics with a concentration in astrophysics...parents are Michael and Debra Porter...Michael is a former runner at the U.S. Naval Academy, while Debra was an All-American in the indoor 3,000 at Maryland...has three older siblings, Michael, Christina and Daniel.

ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Justin Reed

Senior
Los Angeles, CA
(Loyola)



Stanford: Entering his third year as a member of the cross country team and will look to add depth...a middle distance specialist on the track with an 800-meter best of 1:50.83.

2008 Season

(Junior): Only race of the season came at the Doc Adams Invitational, where he finished 39th with an 8,000-meter time of 28:27.1.

2007 Season

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

High School:

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

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



Tyler Stutzman

Freshman
Charlottesville, VA
(Western Albemarle)



High School: Three-time all-state performer in cross country (2006-08)... led Western Albemarle to a runner-up finish at the 2007 Virginia state championships...won four state titles during the 2009 season in track, including two indoors (1,000 and 1,600 meters) and two outdoors (800 and 3,200 meters)...five-time All-American in track and field...four-time state runner-up in 2008, competing in the 1,600 and 3,200 meters both indoors and outdoors...the Gatorade Virginia State Track and Field Athlete of the Year in 2009...Milestat.com Indoor Distance Athlete of the Year for 2009... Milestat.com All Decade Team (2000-09)...personal bests of 1:52 for 800 meters, 4:07 for 1,600 and 9:03 for 3,200.

Cardinal Catalogue: Major is undeclared, but interested in biology... contemplated profession is a dentist...parents are Martin and Carol Stutzman...two younger siblings, Trevor and Jenna.



J.T. Sullivan

Sophomore
Rancho Santa Margarita, CA
(Trabuco Hills)



Stanford: Gained postseason experience by competing in the Pac-10 championships in his first season of cross country...a regional qualifier and Pac-10 scorer in the steeplechase on the track...should be a factor in cross country in 2009.

2008 Season: Placed 48th at the Pac-10 championships to help Stanford to the runner-up finish...top finish was at the Doc Adams Invitational, where he placed seventh... helped Stanford to the Stanford Invitational title with his 31st-place finish.



2007 Season:
Redshirted.

High School: All-American in outdoor track...led his team to the California state cross country championship and to an all-time California team-time record in cross country... second-place finish at State Division I championship race in cross country... finished second in the two-mile at the 2007 Arcadia Invitational with a personal best of 9:01.32...the California state leader

in 3,200 meters during the 2007 track season...two-time all-state in both cross country and track...personal bests of 4:12.53 in the 1,600 meters, and 8:58.68 in the 3,200 meters...fourth in the 3,200 at the 2007 California state track championships.

Cardinal Catalogue: Undeclared major...parents are John and Lisa Sullivan...younger brother, Riley, also runs for Stanford.

Riley Sullivan

RS Freshman
Rancho Santa Margarita, CA
(Trabuco Hills)



Stanford: Redshirted both the cross country and track seasons during his true freshmen seasons...will add depth in 2009.

2008 Season: Redshirted.

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

Cardinal Catalogue: Undeclared major...parents are John and Lisa Sullivan...older brother, J.T., also runs for Stanford.

ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Miles Unterreiner

RS Freshman
Gig Harbor, WA
(Gig Harbor)

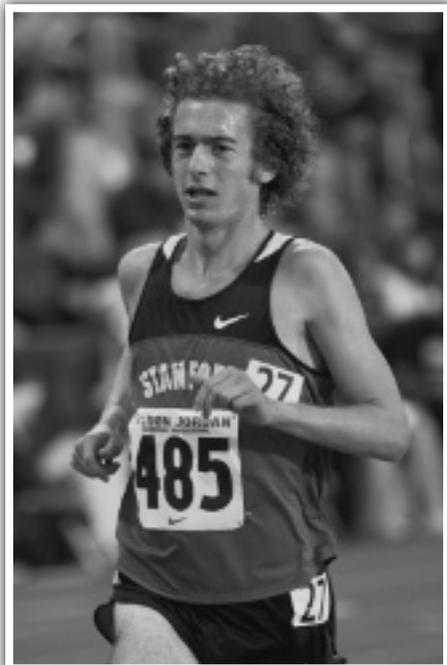


Stanford: Redshirted the 2008 cross country season, but gained experience during the track season...will look to add depth in 2009.

2008 Season:
Redshirted.

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

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



Ryan Valdes

Freshman
San Juan Capistrano, CA
(Dana Hills)



High School: Finished 14th in Division I at the 2008 California State Cross Country Championships, helping his team win the state title. Along with his brother Tyler, the Valdes twins provided a strong 1-2 punch for Dana Hills...personal bests on the track are 1:53 in the 800 meters and 4:12 in the 1,600...also a member of the school record-holding distance medley, 4xmile and 4x800-meter relays.

Cardinal Catalogue: Major is undeclared...parents are B.T. and Tammy Valdes...twin brother, Tyler, is also an incoming freshmen cross country team member.

Tyler Valdes

Freshman
San Juan Capistrano, CA
(Dana Hills)



High School: The individual Division I state champion at the 2008 California state cross country meet to lead Dana Hills to the team title...earned all-state honors as a junior and senior at the California State Track and Field Championships, where he finished sixth in the 1,600 meters in both 2008 and 2009...personal bests include 1:54 for the 800 meters, 4:09 for the 1,600 meters and 9:14 for the 3,200 meters.

Cardinal Catalogue: Major is undeclared...parents are B.T. and Tammy Valdes...twin brother, Ryan, is also an incoming freshmen cross country team member.



2009 WOMEN'S ROSTER

2009 STANFORD CROSS COUNTRY



Top Row (l to r): David Vidal, Maria Lattanzi, Hannah Varnell, Madeline Duhon, Claire Collison, Kristen Reese, Maria Malone, Alex Dunne, Georgia Griffin, Jason Dunn. **Middle Row (l to r):** Hakon DeVries, Justine Fedronic, Stephanie Marcy, Emilie Amaro, Maddie O'Meara, Emma Miller-Bedell, Alex Gits, Garrett Heath. **Bottom Row (l to r):** Kathy Kroeger, Kate Niehaus, Anne St. Geme, Victoria Pennings.

2009 Women's Cross Country Roster

Name	Year	Exp.	Hometown (High School)
Emilie Amaro	So.	1V	Cooper City, FL (Cypress Bay)
Claire Collison	So.	1V	La Crescenta, CA (Crescenta Valley)
Madeline Duhon	RS So.	1V	Wassenaar, The Netherlands (The American School of the Hague)
Alex Dunne	Fr.	HS	San Clemente, CA (San Clemente)
Justine Fedronic	Fr.	HS	Belmont, CA (Carlmont)
Alexandra Gits	Jr.	2V	Edina, CA (Edina)
Georgia Griffin	So.	1V	Norwich, VT (Hanover)
Maria Lattanzi	RS Fr.	SQ	Palo Alto, CA (Palo Alto)
Kathy Kroeger	Fr.	HS	Franklin, TN (Independence)
Maria Malone	Fr.	HS	Folsom, CA (Folsom)
Stephanie Marcy	RS So.	1V	Sequim, WA (Sequim)
Sarah McCurdy	RS Fr.	SQ	Bridgewaters, NY (Bay Shore)
Emma Miller-Bedell	RS Fr.	SQ	Orangeburg, NY(Tappan Zee)
Kate Niehaus	Sr.	3V	Columbia, SC (Spring Valley)
Maddie O'Meara	Sr.	3V	Mercer Island, WA (Mercer Island)
Victoria Pennings	RS Fr.	SQ	Warwick, NY (Warwick)
Kristen Reese	RS Fr.	SQ	Holmes, NY (Carmel)
Anne St. Geme	RS Jr.	SQ	Newport Beach, CA (Corona del Mar)
Hannah Varnell	Fr.	HS	Gloucester, VA (Gloucester)



ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Alexandra Gits

Junior
Edina, MN
(Edina)

****All-American****



Stanford: Made an immediate impact as a freshman, helping lead Stanford to the 2007 NCAA title...also earned All-America honors on the track when she placed third in the 10,000 meters at the NCAA Outdoor Championships...battled injury during the 2008-09 seasons, but capable of returning to All-America form.

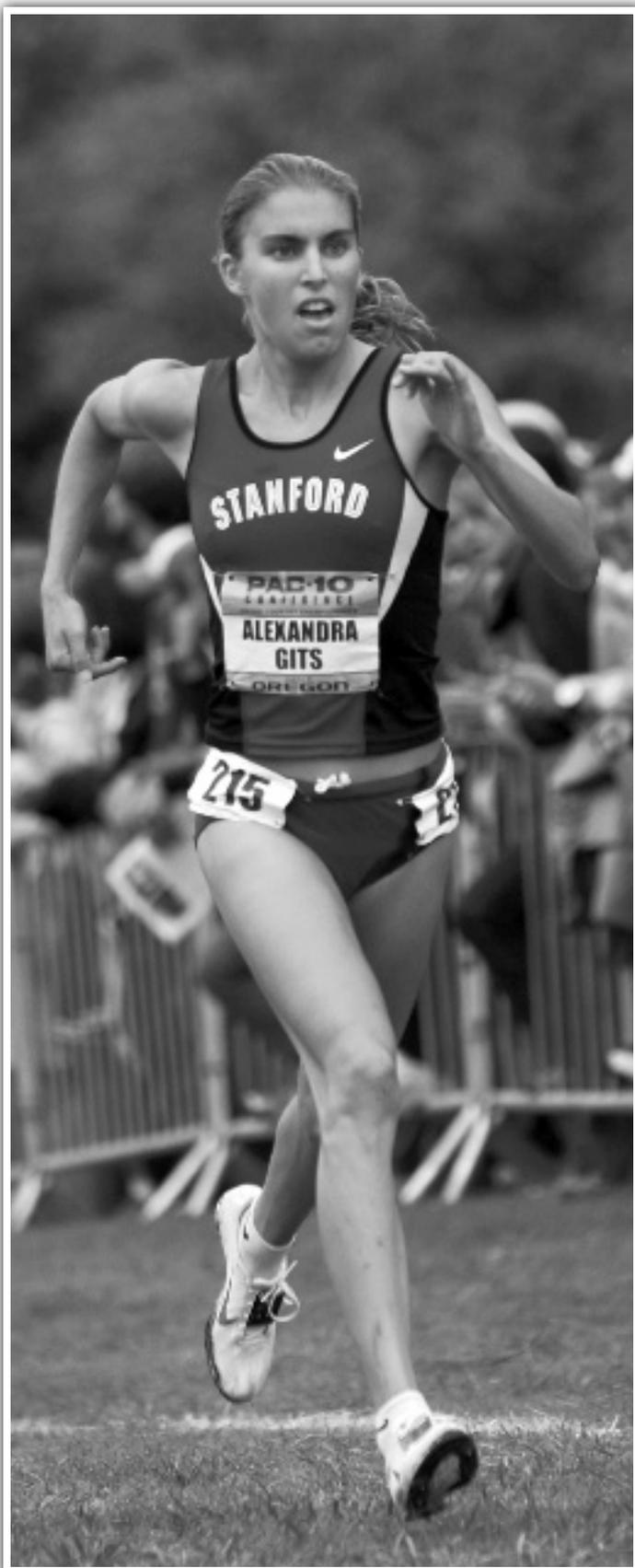
2008 Season (Sophomore): Placed 29th at the Pac-10 Championships, covering the 6,000-meter course in a time of 21:06.12...battled injury to compete in just one race during the 2008 season.

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

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

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

Cardinal catalogue: Human biology major...parents are Charlie and Kim Gits...earned Pac-10 honorable mention All-Academic honors in cross country in 2008.





Maria Lattanzi

Freshman
Palo Alto, CA
(Palo Alto)

****All-American****



Stanford: Redshirted the cross country season, but earned an All-America honor during the indoor track season as a member of the distance medley relay team that finished fourth at the NCAA's and set the school record.

2008 Season: Redshirted.

High School: The middle-distance specialist ran one of the fastest 800 meter times in the country in 2006 of 2:09.61...in 2006 and '08, placed second in the 800 meters at the California state meet...ran 2:09.65 to capture the CCS title...also won the CCS 400-meter title as a freshman... holds Palo Alto High records at 400 and 800 meters.

Cardinal Catalogue: Major is undeclared...parents are John Lattanzi and Kate Kanaske...earned USTFCCA Academic All-America honors for the track season.

ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY

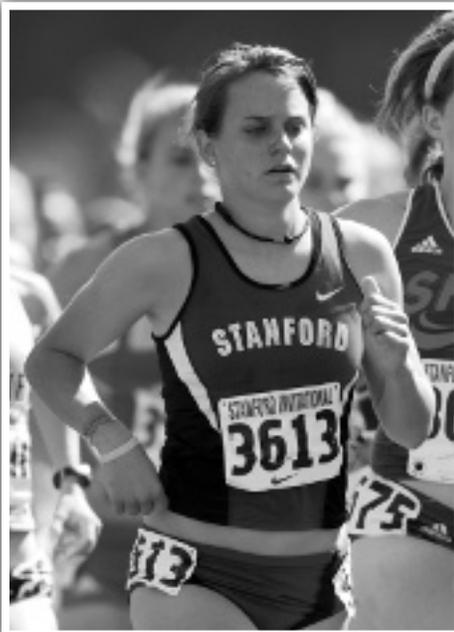


Emilie Amaro

Sophomore
Cooper City, FL
(Cypress Bay)



Stanford: Completed a successful freshman season, in which she was a postseason contributor in cross country and an NCAA qualifier and Pac-10 scorer in the 3,000-meter steeplechase on the track...should be a major cross country contributor in 2009.



2008 Season (Freshman): Placed 21st at the Pac-10 Championships with a 6,000-meter time of 20:47.74 as Stanford's third runner to help the Cardinal to a third-place finish... top finish of the year came at the Stanford Invitational, taking 15th to help the Cardinal to the team title...also competed in the NCAA West Regional and the NCAA Championships.

High School: A high school cross country All-American and two-time Foot Locker finalist...finished 25th

and 13th at the Foot Locker National Championships...a four-time Florida state runner-up in cross country...ran times of 4:54.40 in the 1,600 meters and 10:28.58 in the two-mile in 2008.

Cardinal Catalogue: Considering biomedical engineering as a major... parents are Nick and Lisa...brother, Nico, plays football at Harvard...also has a younger sister, named Isabelle... earned USTFCCA Academic All-America honors for the track season.

Claire Collison

Sophomore
La Crescenta, CA
(Crescenta Valley)

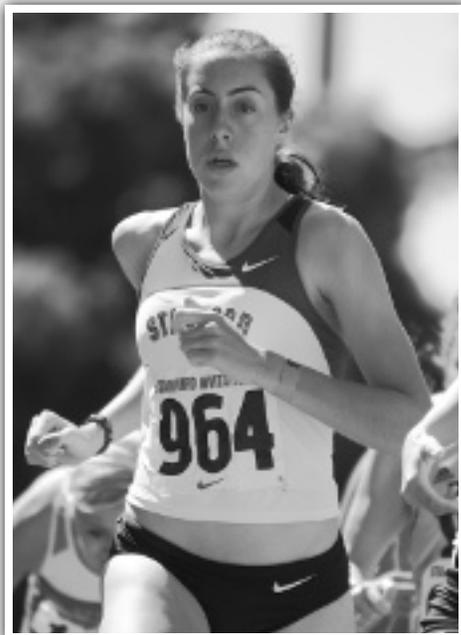


Stanford: Gained experience during her freshman season on The Farm, including running at the Pac-10 Cross Country Championships... should be ready to make more of an impact in 2009.

2009 Season (Freshman): Placed 53rd at the Pac-10 Championships with a 6,000-meter time of 21:42.40 in her only meet of the season.

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

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





Madeline Duhon

Sophomore
Wassenaar, The Netherlands
(The American School
of the Hague)



Stanford: A two-time Pac-10 point scorer in the 1,500 meters on the track...also a 2009 regional qualifier in the 1,500...competed in her first cross country season in 2008 and will be looking again to add depth in 2009.

2008 Season (RS Freshman): Top finish came at the Doc Adams Invitational, where she placed third, covering the 6,000-meter course in 22:08.3...Placed 15th at the USF Invitational with a 5,000-meter time of 18:52.10...helped the Cardinal to the Stanford Invitational title with a 61st-place finish.

2007 Season: Redshirted.

High School: 17-time International School Sports Tournament champion in the 400, 800, 1,500, 4x100 and 4x400 meters...ISST record-holder in

400, 800, 1,500, and 4x400... member of 2006 19-and-under Dutch national club championship team... holds two indoor, four outdoor, and three relay club records... competed in national circuit races in the Netherlands and Belgium...ranked third in the 800 meters and fifth in the 1,500 in the Dutch under-19 age group...her personal bests include a 2:09.42 in the 800 and 4:37.49 in the 1,500.

Cardinal Catalogue: Public policy major... parents are Chris and Jamie Duhon...born

in Houston, Texas...received second team Pac-10 All-Academic honors for cross country in 2009...first team Pac-10 All-Academic and a USTFCCA Academic All-American for track in 2009...2008 and 2009 MPSF All-Academic for indoor track.



Alex Dunne

Freshman
San Clemente, CA
(San Clemente)



High School: The 2008 California Division I state champion in cross country...placed second at the Foot Locker West Regional to advance to the national meet...2009 league, county and CIF Southern Section champion in cross country...also league, Orange County and CIF Southern Section champion in the 1,600 meters in track in 2009...four time South Coast League champion in cross country...holds personal bests of 2:10 in the 800 meters, 4:51 in the 1,600 and 10:16 in the 3,200.

International Competition: Competed for the United States at the 2009 World Junior Cross Country Championships in Amman, Jordan, where she placed 35th...competed in the 2008 World Mountain Trophy Race in Crans-Montana, Switzerland.

Cardinal Catalogue: Undeclared major, but considering English...parents are Michael and Carroll Dunne...father, Michael, is a former member of the United States national cycling team...three younger siblings, Jaime, Connor and Scott.

Justine Fedronic

Freshman
Belmont, CA
(Carlmont)



High School: Three-time Central Coast Section and Peninsula Athletic League cross country champion (2006-08)...placed fifth in Division I at the 2008 California state cross country meet...seven-time Peninsula Athletic League Champion in track and field, including three straight 800-meter titles...2009 CCS 800-meter champion...Arcadia Invitational champion at 800 meters in 2007 and 2009...2007 Mt. SAC Relays champion in the 1,600 meters...Stanford Invite mile champion in 2007 and runner-up in 2009...owns personal bests of 2:08.08 in the 800 meters and 4:51.4 in the 1,600 meters...fifth at the state track championships as a freshman.

Cardinal Catalogue: Major is undeclared...parents are Dominic Fedronic and Katalin Breier-Fedronic...three younger brothers, Mark, Theo and Lucas...born in Germany and moved to the U.S. at age 6...speaks French, Hungarian and English.

ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Georgia Griffin

Freshman
Norwich, VT
(Hanover)



Stanford: A major contributor in her first season on The Farm and will be counted on for big contributions in 2009...one of Stanford's scoring runners at the Pac-10 and West Regional Championships in cross country and a

Pac-10 scorer in the 10,000 meters on the track.

2008 Season

(Freshman): Helped Stanford to a third-place finish at the NCAA West Regional with her 28th-place finish...season best 6,000-meter time of 20:49.13 came at the Regional...placed 25th at the Pac-10 Championships with a 6,000-meter time of 20:53.26...placed 12th at the Stanford Invitational to help the Cardinal to the team title.

High School:

The Gatorade New Hampshire State Cross

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

Cardinal Catalogue: Undeclared major at Stanford with an interest in earth sciences and international relations...parents are Rod Griffin and Kay McCabe...Has one brother, Gus... earned USTFCCA Academic All-America honors for the track season.

Kathy Kroeger

Freshman
Franklin, TN
(Independence)



High School: Four-time Foot Locker national finalist, including the 2006 national champion...2007 national runner-up, while sixth in 2008 and 16th in 2005...two-time Foot Locker South Regional champion (2007-08), runner-up in 2006, and fourth in 2005...four-time Tennessee state cross country champion (2005-08)...two-time Tennessee state track champion in the 1,600 and 3,200 meters (2006, '08)...Tennessee state record holder at 3,200 and 5,000...personal bests of 4:51 for the 1,600 and 10:24 for the 3,200.

Cardinal Catalogue: Major is undeclared, but interested in mathematics and statistics...contemplating a profession in biostatistics...parents are Tom and Nancy Kroeger...has an older brother, Matt, and younger sister, Lizzy.

Maria Malone

Freshman
Folsom, CA
(Folsom)



High School: The 2008 Sac-Joaquin Section Division I Cross Country champion and Sac-Joaquin runner of the year...placed seventh in Division I at the 2008 California State meet...led her team to their first state meet in school history in 2006 and repeated the feat in 2007 and 2008...placed sixth at the 2008 state track meet in the 3,200 meters...holds the Folsom High School 3,200-meter school record as well as being a member of the record-holding 4x800-meter relay...four time team MVP in track...owns personal bests of 5:03 in the 1,600 and 10:29 in the 3,200.

Cardinal Catalogue: Undeclared major, but interested in environmental and biomedical engineering...parents are Chris Malone and Julie Van Kleeck...two older siblings, Rachel and James.



Stephanie Marcy

Sophomore
Sequim, WA
(Sequim)



Stanford: Gained postseason experience in cross country in 2008, including being the fifth runner for the team that placed eighth at the NCAA Championships...brought consistency and depth to the talented 2008 squad and will be counted on for more of the same in 2009...Pac-10 point scorer at 10,000 meters and a regional qualifier at 5,000 on the track.

2008 Season (RS Freshman): Placed 90th at the NCAA Cross Country Championships to round out the Stanford scorers as the fifth runner...ran a season best 6,000-meter time of 20:57.28 at the NCAA West Regional Championships to finish 32nd...placed 27th at the Pac-10 Championships with a time of 21:01.80...helped the Cardinal to a Stanford Invitational title with a 21st-place finish.

2007 Season:
Redshirted.

High School: The 2006 Washington state cross country champion...winner of the 2006 Washington vs. Oregon Border Clash...finished ninth at the 2006 Foot Locker West Regional Championships...the 2007 Washington state 1,600-meter champion and runner-up in the 3,200 meters...second place at the 2005 Washington

state Cross Country Championships...school records in the 800, 1,600, 3,200, and 5,000 meters...owned one of the top 1,600-meter times in the nation during the 2007 track season with her personal-best time of 4:54.14.

Cardinal catalogue: Classics major...parents are Stuart and Lone Marcy...earned Pac-10 All-Academic honorable mention accolades for cross country in 2008...USTFCCA Academic All-American and honorable mention Pac-10 All-Academic for track in 2009...MPSF All-Academic for indoor track in 2009.



Sarah McCurdy

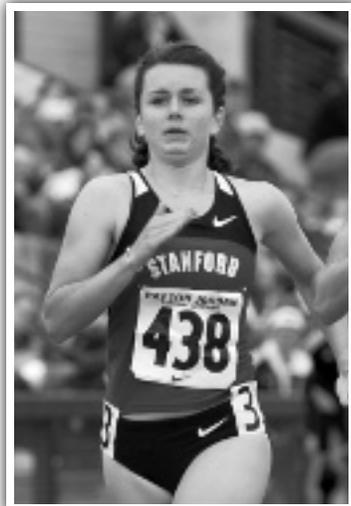
RS Freshman
Brightwaters, NY
(Bay Shore)



2008 Season: Redshirted.

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

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



Emma Miller-Bedell

RS Freshman
Orangeburg, NY
(Tappan Zee)



2008 Season: Redshirted.

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

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



ATHLETE PROFILES

2009 STANFORD CROSS COUNTRY



Kate Niehaus

Senior
Columbia, SC
(Spring Valley)



Stanford: A veteran of the NCAA championship teams in 2006 and 2007, Niehaus will bring experience at the highest level to a relatively young team...coming off an outstanding track season where she was the MPSF champion at 5,000 meters indoors and a national qualifier in the 5,000 meters outdoors.

2008 Season (Junior): Placed 74th at the NCAA Championships as Stanford's third runner to help the Cardinal to an eighth-place national finish...best 6,000-meter time of the season came at the NCAA West Regional, where she finished 23rd in 20:43.29...the individual champion at the Doc Adams Invitational, where she led Stanford to the team title with a time of 21:50.5.

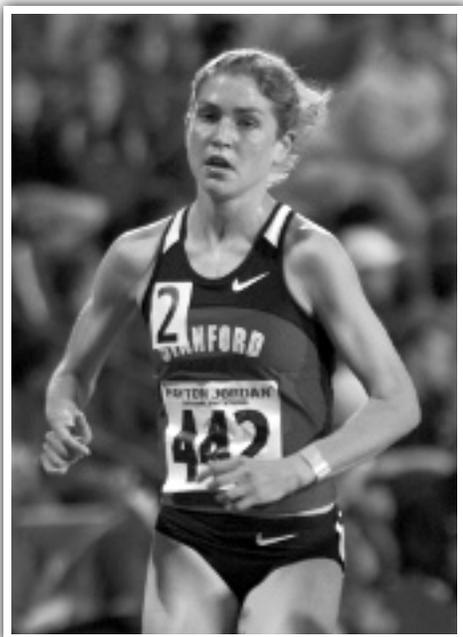
2007 Season (Sophomore): Season-best effort came at the Pac-10 Championships, where she finished 14th with an 6,000-meter season-best time of 20:35.9...placed 89th at the NCAA Championships with a time of 21:29.6 to help the Cardinal to an NCAA championship...top finish of the season came at the Stanford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

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

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

Cardinal

Catalogue: Human biology major...parents are Greg and Elizabeth Niehaus...2008 Pac-10 All-Academic first team and 2007 second team in cross country...2009 USTFCCCA Academic All-American in track...2008 and 2009 Pac-10 All-Academic first team for track...MPSF All-Academic for indoor track and field in 2008 and 2009.



Maddie O'Meara

Senior
Mercer Island, WA
(Mercer Island)



Stanford: A two-time Pac-10 and NCAA West Regional meet participant in the steeplechase with postseason experience in cross country...should be a key contributor this season.

2008 Season (Junior): Best finish of the season came at the Doc Adams Invitational, where she finished as the individual runner-up with a season-best time of 22:06.5...helped the Cardinal to the Stanford Invitational title with her 42nd-place finish...competed at the NCAA Pre-National meet to help Stanford to its seventh-place finish in the *Blue Race*.

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

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

2005 Season: Redshirted.

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

Cardinal Catalogue: Human biology major...parents are Matt O'Meara and Lisa Belden, both Stanford graduates...earned second team Pac-10 All-Academic honors for cross country in 2008...USTFCCCA Academic All-American and second team Pac-10 All-Academic for track in 2009...MPSF All-Academic for indoor track in 2009.





Victoria Pennings

RS Freshman
Warwick, NY
(Warwick)



2008 Season: Redshirted

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

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

Kristin Reese

Sophomore
Holmes, NY
(Carmel HS)



2008 Season: Redshirted.

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

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



Anne St. Geme

Junior
Newport Beach, CA
(Corona del Mar)



2008 Season (Sophomore): Did not compete.

2007 Season: Redshirted

High School: A 2006 graduate of Corona Del Mar High School in Newport Beach, Calif...captured the CIF Southern Section Division III and California Division III cross country championships her senior year...anchored the championship distance medley relay team (second fastest high school team all-time in the U.S.) and was runner-up in the mile at the 2006 Nike Outdoor Championships with a No. 10 all-time high school time of 4:41...finished second in the 3,200 meters at the 2006 California State Championships...2005 state 1,600-meter champion...in 2005, anchored the national champion distance medley relay team at the Nike Outdoor Championships, as well as the runner-up 1,600 meter relay team...recorded personal bests of 2:10.01 in the 800, 4:39 in the 1,600, and 10:15 in the 3,200 meters.

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

Hannah Varnell

Freshman
Gloucester, VA
(Gloucester HS)



High School: The Gloucester High School record holder at every distance from 400 meters through the mile...AAU All-American in the 800 meters and the national champion in the 1,500 meters in 2007...all-state selection in cross country in 2008...best times include 2:14.94 in the 800 meters, 4:45.16 in the 1,500 meters and 18:19.00 in the 5k.

Cardinal Catalogue: Major is undeclared, but interested in international relations with a possible career as a diplomat...mother, Kathleen Varnell, was a field hockey player at James Madison...father, Lyle Varnell, played football at East Tennessee State and was the Whitewater Open National Canoe Racing Champion in 1995...has an older brother, Matthew.

2008 TEAM RESULTS

2009 STANFORD CROSS COUNTRY



USF Invitational August 30, 2008

Men's Team Results (Seven Teams)

1. **Stanford 24**; 2. USF 66; 3. California 105; 4. Santa Clara 117; 5. Academy of Art 157; 6. San Jose State 169; 7. San Francisco State 204

Men's Individual Results

(8,000 meters, 72 runners)

1. Edwin Tarragon Kibet, Acad. of Art	25:07.30
2. Jacob Riley, Stanford	25:31.20
3. Mathew Miller, California	25:37.60
4. Justin Marpole-Bird, Stanford	25:40.00
5. Garrett Heath, Stanford	25:42.90
6. Jacob Evans, Stanford	25:44.40
7. Hakon DeVries, Stanford	25:44.70
8. Ganbileg Bor, USF	25:46.30
9. Nate Beach, California	25:47.30
10. Robbie Reid, Santa Clara	25:52.30

Other Stanford Runners: 12. Chris Mocko, 26:00.30; 21. J.T. Sullivan, 26:18.30.

Women's Team Results (Nine Teams)

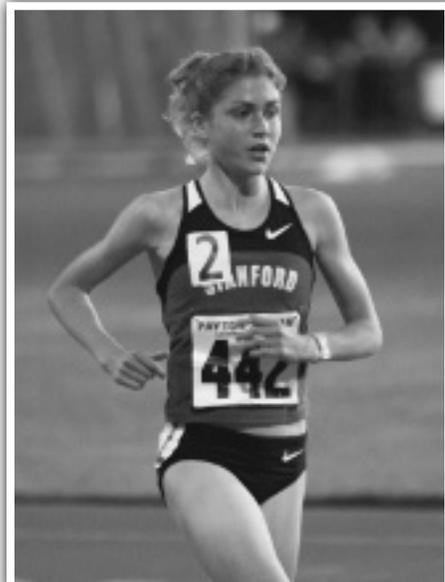
1. California 52; 2. USF 80; 3. Santa Clara 81; **4. Stanford 100**; 5. San Jose State 102; 6. UC Santa Cruz 170; 7. San Francisco State 186; 8. Sonoma State 349; 9. Academy of Art 362.

Women's Individual Results

(5,000 meters, 99 runners)

1. Alicia Follmar, Stanford	17:57.90
2. Michelle Born, USF	18:03.10
3. Gabriela Rios-Sotelo, California	18:06.30
4. Mikayla Murphy, UC Santa Cruz	18:07.80
5. Anna Bretan, San Francisco State	18:13.30
6. Stephanie Wilson, Santa Clara	18:18.10
7. Laurel Kleiber, Unattached	18:23.10
8. Keena Kohl, California	18:24.30
9. Rebecca Palm, California	18:31.80
10. Nicole Bowler, USF	18:36.80

Other Stanford Runners: 11. Stephanie Marcy, 18:44.60; 15. Madeline Duhon, 18:52.10; 34. Maddie O'Meara, 19:36.70; 39. Kelsey Walker, 20:02.20.



Kate Niehaus

Stanford Invitational September 27, 2008

Men's Team Results (28 Teams)

1. **Stanford 39**; 2. California 87; 3. Arkansas 103; 4. Chico State 122; 5. UC Santa Barbara 142; 6. Azusa Pacific 219; 7. UC Davis 232; 8. UC Irvine 249; 9. Long Beach State 287; 10. Academy of Art 348.

Men's Individual Results

(28 Teams, 234 runners)

1. Scotty Bauhs, Chico State	23:45
2. Aron Rono, Azusa Pacific	23:53
3. Chris Derrick, Stanford	24:18
4. Scott MacPherson, Arkansas	24:23
5. Garrett Heath, Stanford	24:25
6. Yosef Ghebray, California	24:28
7. Mark Matusak, California	24:30
8. Hakon DeVries, Stanford	24:32
9. Scott Smith, UC Santa Barbara	24:37
10. Lane Boyer, Arkansas	24:40

Other Stanford Runners: 11. Brendan Gregg, 24:42; 12. Elliott Heath, 24:43; 13. Jacob Riley, 24:45; 31. J.T. Sullivan 25:29; 65. Jacob Evans, 26:04; 66. Chris Mocko 26:06.

Women's Team Results

1. **Stanford 43**; 2. UC Davis 122; Azusa Pacific 183; 4. California 191; 5. UCLA 202; 6. UC Irvine 227; 6. Chico State 227; 6. Utah, 227; 9. UC Santa Barbara, 261. 10. San Francisco, 314.

Women's Individual Results

1. Laura Olvera, UC Irvine	20:42
2. Jacky Kipwambok, Azusa Pacific	20:50
3. Kim Conley, UC Davis	21:12
4. Laurynne Chetelat, Stanford	21:14
5. Katie Harrington, Stanford	21:19
6. Jessica Pixler, Seattle Pacific	21:22
7. Alicia Follmar, Stanford	21:22
8. Tara Erdmann, Loyola Maramount	21:27
9. Renee Graham, Azusa Pacific	21:27
10. Danielle Domenichelli, UCSB	21:28

Other Stanford Runners: 12. Georgia Griffin, 21:29; 15. Emilie Amaro, 21:50; 21. Stephanie Marcy 22:01; 42. Maddie O'Meara, 22:32; 61. Maddie Duhon, 22:57; 201. Kelsey Walker, 25:01.

Doc Adams Invitational October 4, 2008

Men's Team Results (Six Teams)

1. **Stanford 51**; 2. UC Davis 58; 3. Sacramento State 64; 4. San Francisco 71; 5. Saint Mary's 136; 6. Santa Clara 142.

Men's Individual Results

(8,000 meters, 44 runners)

1. Mario Mendoza, Saint Mary's	25:05.5
2. Chris Mocko, Stanford	25:17.8
3. Jacob Evans, Stanford	25:31.3
4. Hari Mix, Stanford	25:31.6
5. Arran Rogerson, UC Davis	25:34.2
6. Danny Carlson, Sacramento State	25:36.4
7. J.T. Sullivan, Stanford	25:37.5
8. Chris Romo, Sacramento State	25:39.0
9. Alex Nelson, Unattached	25:41.4
10. Tyler Rattray, UC Davis	25:43.1

Other Stanford Runners: 39. Justin Reed, 28:27.1

Women's Team Results (Four Teams)

1. **Stanford 27**; 2. Sacramento State 30; 3. Pacific 83; 4. Saint Mary's 92.



Jacob Riley

Women's Individual Results

(6,000 meters, 38 runners)

1. Kate Niehaus, Stanford	21:50.5
2. Maddie O'Meara, Stanford	22:06.5
3. Maddie Duhon, Stanford	22:08.3
4. Caprice Bradshaw, Sacramento State	22:11.1
5. Renisha Robinson, Sacramento State	22:22.2
6. Jodie Leal, Sacramento State	22:29.6
7. Lora Marchini, Sacramento State	22:30.6
8. Erin Wachter, Sacramento State	22:38.0
9. Erin Lewis, Sacramento State	22:41.5
10. Hillary Kigar, San Francisco	22:43.9

Other Stanford Runners: 13. Kaylin Pennington, 22:55.2; 14. Lindsay Flacks, 23:01.6

NCAA Pre-Nationals October 18, 2008

Men's Team Results (White Race - 40 Teams)

1. **Stanford 77**; 2. Iona 123; 3. BYU 154; 4. Auburn 194; 5. UCLA 196; 6. Virginia 205; 7. Tulsa 212; 8. Indiana 219; 9. Colorado 235; 10. Iowa State 249.

Men's Individual Results

(8,000 meters, 267 runners)

1. Samuel Chelanga, Liberty	22:51.3
2. Felix Kibiywo, Auburn	23:35.5
3. Garrett Heath, Stanford	23:36.4
4. Chris Derrick, Stanford	23:37.0
5. Girma Mesecho, Auburn	23:37.5
6. Jeremy Chiscione, Florida	23:38.7
7. Jordan Kyle, Colorado	23:39.9
8. John Beattie, Tulsa	23:40.7
9. Andrew Ledwith, Iona	23:41.1
10. Kiel Uhl, Iowa State	23:43.4

Other Stanford Finishers: 12. Elliott Heath, 23:48.1; 25. Hakon DeVries, 24:04.7; 33. Jacob Riley, 24:15.9; 77. Brendan Gregg, 24:43.4.

Women's Team Results (Blue Race - 41 Teams)

1. Washington 36; 2. Villanova 126; 3. Minnesota 198; 4. Michigan State 215; 5. Florida 233; 6. Wisconsin 247; **7. Stanford 248**; 8. Rice 263; 9. Iowa 283; 10. New Mexico 296.



2008 TEAM RESULTS

2009 STANFORD CROSS COUNTRY

Women's Individual Results

(6,000 meters, 278 runners)

1. Brianna Feltnagle, North Carolina	20:02.4
2. Hollie Knight, Auburn	20:13.4
3. Kendra Schaaf, Washington	20:14.7
4. Christine Babcock, Washington	20:15.2
5. Marie Lawrence, Washington	20:17.8
6. Nicole Bush, Michigan State	20:19.1
7. Gwen Jorgensen, Wisconsin	20:19.3
8. Katie Follett, Washington	20:20.3
9. Beverly Ramos, Kansas State	20:20.6
10. Danette Doetzel, Providence	20:23.8

Stanford Runners: 28. Laurianne Chetelat, 20:57.3; 37. Katie Harrington, 21:12.1; 55. Stephanie Marcy, 21:19.8; 57. Alicia Follmar 21:22.2; 71. Georgia Griffin 21:30.0; 106. Emilie Amaro, 21:55.5; 183. Maddie O'Meara, 22:38.3

Pac-10 Championships November 1, 2008

Men's Team Results (8 Teams)

1. Oregon 28; **2. Stanford 47**; 3. Washington 104; 3. California 104; 5. UCLA 106; 6. Washington State 169; 7. Arizona 180; 8. Arizona State 198.

Men's Individual Results

(8,000 meters, 78 runners)

1. Galen Rupp, Oregon	22:55.14
2. Luke Puskedra, Oregon	23:32.14
3. Chris Derrick, Stanford	23:38.17
4. Garrett Heath, Stanford	23:41.18
5. Shadrack Kiptoo-Biwott, Oregon	23:42.50
6. Yosef Ghebray, California	23:43.03
7. Jacob Riley, Stanford	23:44.29
8. Drew Shackleton, UCLA	23:45.89
9. Andrew Wheating, Oregon	23:46.79
10. Jeremy Mineau, Washington	23:47.40

Other Stanford Finishers: 13. Hakon DeVries, 23:55.53; 20. Elliott Heath, 24:17.48; 24. Brendan Gregg, 24:29.46; 37. Chris Mocko, 24:48.49; 45. Hari Mix, 24:59.29; 48. J.T. Sullivan, 25:07.85; 73. Justin Marpole-Bird, 25:58.24.

Women's Team Results (10 Teams)

1. Washington 15; 2. Oregon 55; **3. Stanford 99**; 4. Arizona State 105; 5. Washington State 188; 6. Oregon State 192; 7. Arizona 199; 8. California 209; 9. USC 212; 10. UCLA 271.



Brendan Gregg

Women's Individual Results

(6,000 meters, 92 runners)

1. Kendra Schaaf, Washington	19:24.05
2. Marie Lawrence, Washington	19:52.76
3. Christine Babcock, Washington	19:53.71
4. Anita Campbell, Washington	19:57.06
5. Katie Follett, Washington	20:04.66
6. Amanda Miller, Washington	20:10.16
7. Lindsey Scherf, Oregon	20:15.64
8. Nicole Blood, Oregon	20:25.28
9. Kari Hardt, Arizona State	20:26.57
10. Ali Kielty, Arizona State	20:26.96

Other Stanford Finishers: 13. Laurianne Chetelat, 20:32.71; 19. Katie Harrington, 20:45.14; 21. Emilie Amaro, 20:47.74; 22. Alicia Follmar, 20:50.94; 25. Georgia Griffin, 20:53.26; 27. Stephanie Marcy, 21:01.80; 29. Alexandra Gits, 21:06.12; 40. Kate Niehaus, 21:22.33; 53. Claire Collison, 21:42.40; 56. Lindsay Flacks, 21:47.21.

NCAA West Regional Championships November 15, 2008

Men's Team Results (25 Teams)

1. Oregon 38; **2. Stanford 72**; 3. Portland 85; 4. California 116; 5. Washington 122; 6. UCLA 145; 7. Cal Poly 184; 8. Arizona State 290; 9. Washington State 298; UC Santa Barbara 338.

Men's Individual Results

(10,000 meters, 174 runners)

1. Galen Rupp, Oregon	27:41.24
2. Shadrack Kiptoo-Biwott, Oregon	28:32.31
3. Alfred Kipchumba, Portland	28:36.02
4. David Kinsella, Portland	28:43.88
5. Chris Derrick, Stanford	28:44.31
6. Luke Puskedra, Oregon	28:45.48
7. Yosef Ghebray, California	28:53.67
8. Jeremy Mineau, Washington	29:06.29
9. Daniel Gonia, Cal Poly	29:12.39
10. Garrett Heath, Stanford	29:14.44

Other Stanford Finishers: 13. Hakon DeVries, 29:24.95; 21. Elliott Heath, 29:45.31; 23. Jacob Riley, 29:47.79; 32. Brendan Gregg, 29:58.89; 53. Hari Mix, 30:40.09.

Women's Team Results (30 Teams)

1. Washington 25; 2. Oregon 62; **3. Stanford 91**; 4. Arizona State 128; 5. Portland 215; 6. UC Davis 225; 7. California 269; 8. Arizona 290; 9. Oregon State 321; Washington State 328.

Women's Individual Results

(6,000 meters, 206 runners)

1. Alex Kosinski, Oregon	19:59.01
2. Nicole Blood, Oregon	20:01.23
3. Christine Babcock, Washington	20:02.25
4. Marie Lawrence, Washington	20:03.21
5. Katie Follett, Washington	20:07.90
6. Anita Campbell, Washington	20:12.08
7. Amanda Miller, Washington	20:13.04
8. Zsafia Erdelyi, USC	20:17.01
9. Laurianne Chetelat, Stanford	20:17.34
10. Kari Hardt, Arizona State	20:18.96

Other Stanford Finishers: 11. Katie Harrington, 20:20.09; 20. Alicia Follmar, 20:33.02; 23. Kate Niehaus, 20:43.29; 28. Georgia Griffin, 20:49.13; 32. Stephanie Marcy, 20:57.28; 40. Emilie Amaro, 21:13.13.



Georgia Griffin

NCAA Championships November 24, 2008

Men's Team Results (31 Teams)

1. Oregon 93; 2. Iona 147; **3. Stanford 227**; 4. Wisconsin 229; 5. Auburn 264; 6. Northern Arizona 281; 7. Portland 293; 8. Oklahoma State 305; 9. BYU 310; 10. Georgetown 319.

Men's Individual Results

(10,000 meters, 252 runners)

1. Galen Rupp, Oregon	29:03.2
2. Samuel Chelanga, Liberty	29:08.0
3. Andrew Ledwith, Iona	29:25.4
4. David Kinsella, Portland	29:26.5
5. Luke Puskedra, Oregon	29:27.8
6. Mohamed Khadraoui, Iona	29:29.3
7. Chris Derrick, Stanford	29:29.4
8. John Kosgei, Oklahoma State	29:32.4
9. Shadrack Kiptoo-Biwott	29:43.4
10. Kyle Perry, BYU	29:46.1

Other Stanford Finishers: 33. Garrett Heath, 30:08.3; 55. Jake Riley, 30:31.4; 74. Hakon DeVries, 30:39.6; 112. Elliott Heath, 31:00.4; 184. Chris Mocko, 31:33.1; 198. Brendan Gregg, 31:47.3.

Women's Team Results (31 Teams)

1. Washington 79; 2. Oregon 131; 3. Florida State 163; 4. West Virginia 198; 5. Princeton 220; 6. Villanova 248; 7. Texas Tech 272; **8. Stanford 299**; Georgetown 305; 10. Illinois 318.

Women's Individual Results

(6,000 meters, 252 runners)

1. Sally Kipyego, Texas Tech	19:28.1
2. Susan Kuijken, Florida State	19:34.9
3. Tasmin Fanning, Virginia Tech	19:37.1
4. Brianna Feltnagle, North Carolina	19:53.3
5. Racheal Marchand, Iowa	19:54.9
6. Angela Bizzarri, Illinois	19:59.1
7. Christine Babcock, Washington	20:01.7
8. Alex Kosinski, Oregon	20:04.2
9. Nicole Bush, Michigan State	20:07.6
10. Nicole Blood, Oregon	20:08.6

Other Stanford Finishers: 57. Alicia Follmar, 20:53.5; 68. Laurianne Chetelat, 20:57.1; 74. Kate Niehaus, 21:00.0; 88. Katie Harrington, 21:07.2; 90. Stephanie Marcy, 21:07.6; 138. Georgia Griffin, 21:30.0; 191. Emilie Amaro, 21:53.5.

2008 INDIVIDUAL RESULTS

2009 STANFORD CROSS COUNTRY



Stanford Men's Individual Season Results

Chris Derrick

- 3. Stanford Invitational (9/27, 8,000m)24:18
- 3. Pac-10 Championships (11/1, 8,000m) . 23:38.17
- 4. NCAA Pre-Nationals (10/18, 8,000m) . . . 23:37.0
- 5. NCAA West Regional (11/15, 10,000m) . 28:44.31
- 7. NCAA Championships (11/24, 10,000m) . 29:29.4

Hakon DeVries

- 7. USF Invitational (8/30, 8,000m) 25:44.70
- 8. Stanford Invitational (9/27, 8,000m)24:32
- 13. Pac-10 Championships (11/1, 8,000m) . 23:55.53
- 13. NCAA West Regional (11/15, 10,000m) . 29:24.95
- 25. NCAA Pre-Nationals (10/18, 8,000m) . . . 24:04.7
- 74. NCAA Championships (11/24, 10,000m) 30:39.6

Jacob Evans

- 3. Doc Adams Invitational (10/4, 8,000m) . . 25:31.3
- 6. USF Invitational (8/30, 8,000m) 25:44.40
- 65. Stanford Invitational (9/27, 8,000m)26:04

Brendan Gregg

- 11. Stanford Invitational (9/27, 8,000m)24:42
- 24. Pac-10 Championships (11/1, 8,000m) . 24:29.46
- 32. NCAA West Regional (11/15, 10,000m) . 29:58.89
- 77. NCAA Pre-Nationals (10/18, 8,000m) . . . 24:43.4
- 198. NCAA Championships (11/24, 10,000m) . 31:47.3

Elliott Heath

- 12. Stanford Invitational (9/27, 8,000m)24:43
- 12. NCAA Pre-Nationals (10/18, 8,000m) . . . 23:48.1
- 20. Pac-10 Championships (11/1, 8,000m) . 24:17.48
- 21. NCAA West Regional (11/15, 10,000m) . 29:45.31
- 112. NCAA Championships (11/19, 10,000m) . 31:00.4

Garrett Heath

- 3. NCAA Pre-Nationals (10/18, 8,000m) . . . 23:36.4
- 4. Pac-10 Championships (11/1, 8,000m) . 23:41.18
- 5. USF Invitational (8/30, 8,000m) 25:42.90
- 5. Stanford Invitational (9/27, 8,000m)24:25
- 10. NCAA West Regional (11/15, 10,000m) . 29:14.44
- 33. NCAA Championships (11/19, 10,000m) . 30:08.3



Stephanie Marcy

Justin Marpole-Bird

- 4. USF Invitational (8/30, 8,000m) 25:40.00
- 73. Pac-10 Championships (10/27, 8,000m) 25:28.24

Hari Mix

- 45. Pac-10 Championships (11/1, 8,000m) . 24:59.29
- 53. NCAA West Regional (11/15, 10,000m) . 30:40.09

Chris Mocko

- 2. Doc Adams Invitational (10/4, 8,000m) . . 25:17.8
- 12. USF Invitational (8/30, 8,000m) 26:00.30
- 37. Pac-10 Championships (11/1, 8,000m) . 24:48.49
- 66. Stanford Invitational (9/27, 8,000m)26:06
- 184. NCAA Championships (11/24, 10,000m) . 31:33.1

Jacob Riley

- 2. USF Invitational (8/30, 8,000m) 25:31.20
- 7. Pac-10 Championships (11/1, 8,000m) . 23:44.29
- 13. Stanford Invitational (9/27, 8,000m)24:45
- 23. NCAA West Regional (11/15, 10,000m) . 29:47.79
- 33. NCAA Pre-Nationals (10/18, 8,000m) . . . 24:15.9
- 55. NCAA Championships (11/24, 10,000m) . 30:31.4

Justin Reed

- 39. Doc Adams Invitational (10/4, 8,000m) . . 28:27.1

J.T. Sullivan

- 7. Doc Adams Invitational (10/4, 8,000m) . . 25:37.5
- 21. USF Invitational (8/30, 8,000m) 26:18.30
- 31. Stanford Invitational (9/27, 8,000m)25:29
- 48. Pac-10 Championships (11/1, 8,000m) . 25:07.85

Stanford Women's Individual Season Results

Emilie Amaro

- 15. Stanford Invitational (9/27, 6,000m)21:50
- 21. Pac-10 Championships (11/1, 6,000m) . 20:47.74
- 40. NCAA West Regional (11/15, 6,000m) . . 21:13.13
- 106. NCAA Pre-Nationals (10/18, 6,000m) . . . 21:55.5
- 191. NCAA Championships (11/24, 6,000m) . . 21:53.5

Lauryne Chetelat

- 4. Stanford Invitational (9/27, 6,000m)21:14
- 9. NCAA West Regional (11/15, 6,000m) . . 20:17.34
- 13. Pac-10 Championships (11/1, 6,000m) . 20:32.71
- 28. NCAA Pre-Nationals (10/18, 6,000m) . . . 20:57.3
- 68. NCAA Championships (11/24, 6,000m) . . 20:57.1

Madeline Duhon

- 3. Doc Adams Invitational (10/4, 6,000m) . . 22:08.3
- 15. USF Invitational (8/30, 6,000m) 18:52.10
- 61. Stanford Invitational (9/27, 6,000m)22:57

Lindsay Flacks

- 14. Doc Adams Invitational (10/4, 6,000m) . . 23:01.6
- 56. Pac-10 Championships (11/1, 6,000m) . 21:47.21

Alicia Follmar

- 1. USF Invitational (8/30, 5,000m) 17:57.90
- 7. Stanford Invitational (9/27, 6,000m)21:22
- 20. NCAA West Regional (11/15, 6,000m) . . 20:33.02
- 22. Pac-10 Championships (11/1, 6,000m) . 20:50.94
- 23. NCAA Pre-Nationals (10/18, 6,000m) . . . 21:22.2
- 57. NCAA Championships (11/24, 6,000m) . . 20:53.5

Alex Gits

- 29. Pac-10 Championships (11/1, 8,000m) . 21:06.12



J.T. Sullivan

Georgia Griffin

- 12. Stanford Invitational (9/27, 6,000m)21:29
- 25. Pac-10 Championships (11/1, 6,000m) . 20:53.26
- 28. NCAA West Regional (11/15, 6,000m) . . 20:49.13
- 71. NCAA Pre-Nationals (10/18, 6,000m) . . . 21:30.0
- 138. NCAA Championships (11/24, 6,000m) . . 21:30.0

Katie Harrington

- 5. Stanford Invitational (9/27, 6,000m)21:19
- 11. NCAA West Regional (11/15, 6,000m) . . 20:20.09
- 19. Pac-10 Championships (11/1, 6,000m) . 20:45.14
- 37. NCAA Pre-Nationals (10/18, 6,000m) . . . 21:12.1
- 88. NCAA Championships (11/24, 6,000m) . . 21:02.7

Stephanie Marcy

- 11. USF Invitational (8/30, 5,000m) 18:44.60
- 21. Stanford Invitational (9/27, 6,000m)22:01
- 27. Pac-10 Championships (11/1, 6,000m) . 21:01.80
- 32. NCAA West Regional (11/15, 6,000m) . . 20:57.28
- 55. NCAA Pre-Nationals (10/18, 6,000m) . . . 21:19.8
- 90. NCAA Championships (11/24, 6,000m) . . 21:07.6

Kate Niehaus

- 1. Doc Adams Invitational (10/4, 6,000m) . . 21:50.5
- 23. NCAA West Regional (11/15, 6,000m) . . 20:43.29
- 40. Pac-10 Championships (11/1, 6,000m) . 21:22.33
- 74. NCAA Championships (11/24, 6,000m) . 21:00.00

Maddie O'Meara

- 3. Doc Adams Invitational (10/4, 6,000m) . . 22:06.5
- 34. USF Invitational (8/30, 5,000m) 19:36.70
- 42. Stanford Invitational (9/27, 6,000m)22:32

Kaylin Pennington

- 68. Doc Adams Invitational (10/4, 6,000m) . . 22:55.2

Kelsey Walker

- 39. USF Invitational (8/30, 5,000m) 20:02.20
- 201. Stanford Invitational (9/27, 6,000m)25:01



TOP TIMES

2009 STANFORD CROSS COUNTRY

Top Times - Stanford Cross Country Course

Top 10 Performers - Men (10,000 meters)

1. Galen Rupp, Oregon	2008 (NCAA West Regional)	27:41.24
2. Shadrack Kiptoo-Biwott, Oregon	2008 (NCAA West Regional)	28:32.31
3. Alfred Kipchumba, Portland	2008 (NCAA West Regional)	28:36.02
4. David Kinsella, Portland	2008 (NCAA West Regional)	28:43.88
5. Chris Derrick, Stanford	2008 (NCAA West Regional)	28:44.31
6. Luke Puskedra, Oregon	2008 (NCAA West Regional)	28:45.48
7. Yosef Ghebray, California	2008 (NCAA West Regional)	28:53.67
8. Jeremy Mineau, Washington	2008 (NCAA West Regional)	29:06.29
9. Daniel Gonia, Cal Poly	2008 (NCAA West Regional)	29:12.39
10. Garrett Heath, Stanford	2008 (NCAA West Regional)	29:14.44

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

1. Chris Derrick	2008 (NCAA West Regional)	28:44.31
2. Garrett Heath	2008 (NCAA West Regional)	29:14.44
3. Hakon DeVries	2008 (NCAA West Regional)	29:24.95
4. Elliott Heath	2008 (NCAA West Regional)	29:45.31
5. Jake Riley	2008 (NCAA West Regional)	29:47.49
6. Brendan Gregg	2008 (NCAA West Regional)	29:58.89
7. Neftalem Araia	2005 (NCAA West Regional)	30:23.5
8. Brett Gotcher	2005 (NCAA West Regional)	30:26.3
9. Jonathan Pierce	2005 (NCAA West Regional)	30:36.4
10. Hari Mix	2008 (NCAA West Regional)	30:40.09

Top 10 Performers - Men (8000 meters)

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

Top Stanford Performers - Men (8000 meters)

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

Top 10 Performers - Men (4000 meters)

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

Top Stanford Performers - Men (4000 meters)

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

Top 10 Performers - Women (6000 meters)

1. Arianna Lambie, Stanford	2005 (NCAA West Regional)	19:29.3
2. Arianna Lambie, Stanford	2007 (Stanford Invitational)	19:48
4. Amy Hastings, Arizona State	2005 (NCAA West Regional)	19:58.4
5. Alex Kosinski, Oregon	2008 (NCAA West Regional)	19:59.01
6. Nicole Blood, Oregon	2008 (NCAA West Regional)	20:01.23
7. Christine Babcock, Washington	2008 (NCAA West Regional)	20:02.25
8. Marie Lawrence, Washington	2008 (NCAA West Regional)	20:03.21
9. Katie Follett, Washington	2008 (NCAA West Regional)	20:07.90
10. Ashley Caldwell, UCLA	2005 (NCAA West Regional)	20:12.5

Top Stanford Performers - Women (6000 meters)

1. Arianna Lambie	2005 (NCAA West Regional)	19:29.3
2. Arianna Lambie	2007 (Stanford Invitational)	19:48
2. Arianna Lambie	2006 (Stanford Invitational)	20:13
3. Arianna Lambie	2006 (Pac-10 Championships)	20:15.1
4. Teresa McWalters	2005 (NCAA West Regional)	20:16.8
5. Katy Trotter	2005 (NCAA West Regional)	20:17.1
6. Laurynne Chetelat	2008 (NCAA West Regional)	20:17.34
7. Katy Trotter	2006 (Pac-10 Championships)	20:18.3
8. Amanda Trotter	2006 (Pac-10 Championships)	20:18.3
9. Katy Trotter	2006 (Stanford Invitational)	20:19
10. Katie Harrington	2008 (NCAA West Regional)	20:20.09

Top 10 Performers - Women (5000 meters)

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

Top 10 Stanford Performers - Women (5000 meters)

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

Top 10 Performers - Women (4000 meters)

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

Top Stanford Performers - Women (4000 meters)

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

STANFORD AT THE NCAAS

2009 STANFORD CROSS COUNTRY



The national champion 2003 team is considered one of the greatest in NCAA history after scoring just 24 points at the NCAA meet.

Stanford Top Team Performances at the NCAA Championships

Men

Year	Place	Points	Head Coach	Site
2008	Third	227	Jason Dunn	Terre Haute, IN
2006	Fourth	195	Peter Tegen	Terre Haute, IN
2005	Sixth	231	Peter Tegen	Terre Haute, IN
2004	Sixth	269	Andrew Gerard	Terre Haute, IN
2003	NCAA Champion	24	Andrew Gerard	Waterloo, IA
2002	NCAA Champion	47	Vin Lananna	Terre Haute, IN
2001	Second	91	Vin Lananna	Greenville, SC
2000	Fourth	149	Vin Lananna	Ames, IA
1999	Fourth	223	Vin Lananna	Bloomington, IN
1998	Second	114	Vin Lananna	Lawrence, KS
1997	NCAA Champion	53	Vin Lananna	Greenville, SC
1996	NCAA Champion	46	Vin Lananna	Tucson, AZ
1995	Fifth	209	Vin Lananna	Ames, IA
1994	Sixth	208	Vin Lananna	Fayetteville, AR
1968	Second	100	Marshall Clark	Wheaton, IL

Women

Year	Place	Points	Head Coach	Site
2008	Eighth	299	Jason Dunn	Terre Haute, IN
2007	NCAA Champion	145	Peter Tegen	Terre Haute, IN
2006	NCAA Champion	195	Peter Tegen	Terre Haute, IN
2005	NCAA Champion	146	Peter Tegen	Terre Haute, IN
2004	Fifth	175	Dena Evans	Terre Haute, IN
2003	NCAA Champion	120	Dena Evans	Waterloo, IA
2002	Second	113	Vin Lananna	Terre Haute, IN
2001	Fifth	206	Vin Lananna	Greenville, SC
2000	Third	198	Vin Lananna	Ames, IA
1999	Third	127	Vin Lananna	Bloomington, IN
1998	Third	111	Vin Lananna	Lawrence, KS
1997	Second	102	Vin Lananna	Greenville, SC
1996	NCAA Champion	101	Vin Lananna	Tucson, AZ
1995	Ninth	235	Vin Lananna	Ames, IA
1994	Seventh	198	Vin Lananna	Fayetteville, AR
1984	Second	89	Brooks Johnson	University Park, PA
1983	Second	98	Brooks Johnson	Bethlehem, PA
1982	Second	91	Brooks Johnson	Bloomington, IN
1981	Third	105	Brooks Johnson	Wichita, KS

Top Team Performances at the NCAA West Regional Championships

Men

Year	Place	Points	Head Coach	Site
2008	Second	72	Jason Dunn	Stanford, CA
2007	Third	100	Peter Tegen	Eugene, OR
2006	Second	88	Peter Tegen	Portland, OR
2005	Second	80	Peter Tegen	Stanford, CA
2004	First	49	Andrew Gerard	Fresno, CA
2003	First	18	Andrew Gerard	Gresham, OR
2002	First	21	Vin Lananna	Stanford, CA
2001	First	37	Vin Lananna	Tucson, AZ
2000	First	58	Vin Lananna	Fresno, CA
1999	First	40	Vin Lananna	Portland, OR
1998	First	37	Vin Lananna	Fresno, CA
1997	First	—	Vin Lananna	Tucson, AZ
1996	First	31	Vin Lananna	Fresno, CA
1995	First	53	Vin Lananna	Portland, OR
1994	Second	58	Vin Lananna	Tucson, AZ
1989	Third	—	Scott Chisam	Fresno, CA
1985	Third	—	Brooks Johnson	Seattle, WA

Women

Year	Place	Points	Head Coach	Site
2008	Third	91	Jason Dunn	Stanford, CA
2007	First	33	Peter Tegen	Eugene, OR
2006	First	42	Peter Tegen	Portland, OR
2005	First	28	Peter Tegen	Stanford, CA
2004	First	29	Dena Evans	Fresno, CA
2003	First	45	Dena Evans	Gresham, OR
2002	First	21	Vin Lananna	Stanford, CA
2001	First	39	Vin Lananna	Tucson, AZ
2000	First	58	Vin Lananna	Fresno, CA
1999	First	29	Vin Lananna	Portland, OR
1998	Second	80	Vin Lananna	Fresno, CA
1997	First	37	Vin Lananna	Tucson, AZ
1996	First	51	Vin Lananna	Fresno, CA
1995	Second	71	Vin Lananna	Portland, OR
1994	First	55	Vin Lananna	Tucson, AZ
1993	Second	—	Vin Lananna	Portland, OR
1986	Second	—	Brooks Johnson	Fresno, CA
1984	First	—	Brooks Johnson	Tucson, AZ
1983	Second	—	Brooks Johnson	Eugene, OR
1982	First	—	Brooks Johnson	Fresno, CA
1977	Third (AIAW)	—	Marshall Clark	Stanford, CA



The 2003 women's team captured their first of four NCAA titles in five years.



STANFORD AT THE NCAAS

2009 STANFORD CROSS COUNTRY



The 2004 women's team captured the Pac-10 title. The Cardinal won 12 straight Pac-10 titles from 1996-2007.



The 2005 women's team captured the third of five NCAA titles for Stanford.

Top Team Performances at the Pac-10 Conference Championships

Men

Year	Place	Points	Head Coach	Site
2008	Second	47	Jason Dunn	Eugene, OR
2007	Second	55	Peter Tegen	Corvallis, OR
2006	Second	58	Peter Tegen	Stanford, CA
2005	First	46	Peter Tegen	Tucson, AZ
2004	First	37	Andrew Gerard	San Francisco, CA
2003	First	23	Andrew Gerard	Pullman, WA
2002	First	24	Vin Lananna	Stanford, CA
2001	First	28	Vin Lananna	Scottsdale, AZ
2000	First	21	Vin Lananna	Seattle, WA
1999	Second	63	Vin Lananna	Long Beach, CA
1998	First	48	Vin Lananna	Eugene, OR
1997	First	33	Vin Lananna	Stanford, CA
1996	First	29	Vin Lananna	Stanford, CA
1995	Second	58	Vin Lananna	Stanford, CA
1993	First	—	Vin Lananna	Stanford, CA
1988	Second	—	Scott Chisam	Stanford, CA
1986	Third	—	Brooks Johnson	Stanford, CA
1985	First	—	Brooks Johnson	Stanford, CA
1978	Second	—	Dean Clark	—
1970	Third	—	Marshall Clark	—
1969	Third	—	Marshall Clark	—

Women

Year	Place	Points	Head Coach	Site
2008	Third	99	Jason Dunn	Eugene, OR
2007	First	48	Peter Tegen	Corvallis, OR
2006	First	22	Peter Tegen	Stanford, CA
2005	First	34	Peter Tegen	Tucson, AZ
2004	First	30	Dena Evans	San Francisco, CA
2003	First	22	Dena Evans	Pullman, WA
2002	First	23	Vin Lananna	Pasadena, CA
2001	First	27	Vin Lananna	Scottsdale, AZ
2000	First	51	Vin Lananna	Seattle, WA
1999	First	32	Vin Lananna	Long Beach, CA
1998	First	53	Vin Lananna	Eugene, OR
1997	First	36	Vin Lananna	Stanford, CA
1996	First	38	Vin Lananna	Stanford, CA
1995	Third	61	Vin Lananna	Stanford, CA
1994	First	57	Vin Lananna	Stanford, CA
1993	First	—	Vin Lananna	Stanford, CA
1986	Third	—	Brooks Johnson	Stanford, CA
1985	First (Pac West)	—	Brooks Johnson	Los Angeles, CA
1984	First (WCAA)	—	Brooks Johnson	Long Beach, CA
1983	First (WCAA)	—	Brooks Johnson	Tucson, AZ
1982	First (WCAA)	—	Brooks Johnson	Los Angeles, CA
1980	Second (NorCal)	—	Laurel Treon	Stanford, CA



The 2006 teams are honored at halftime of a Stanford basketball game after both bringing home NCAA trophies.



The 2006 men's team placed fourth to complete a run of 13 straight seasons with national top-six finishes.



Stanford on the International Scene

2009 Junior Pan-American Games

Dylan Ferris (2013) 800 meters

2009 USA Outdoor Nationals

Lindsay Allen (2008) 3,000-meter steeplechase
 Myles Bradley (2009) 110-meter hurdles
 Russell Brown (2008) 1,500 meters
 Jillian Camarena (2004) shot put
 Lauren Centrowitz (2009) 1,500 meters
 Karynn Dunn (2014) long jump, 100-meter hurdles (juniors)
 Dylan Ferris (2013) 800 meters (juniors)
 Sarah Hall (2005) 5,000 meters
 Garrett Heath (2009) 1,500 meters
 Graeme Hoste (2008) pole vault
 Gabe Jennings (2002) 1,500 meters
 Erica McLain (2008) triple jump
 Jordan Merback (2013) triple jump (juniors)
 Jonathon Pierce (2007) 1,500 meters
 Thomas Porter (2014) 5000 meters (juniors)
 Jonathan Riley (2002) 5,000 meters
 Toby Stevenson (2000) pole vault

2009 World Junior XC Championships

Chris Derrick (2013)
 Alex Dunne (2014)

2008 Beijing Olympic Games

Leila Ben-Youssef (2005) Pole Vault
 Jillian Camarena (2004) Shot Put
 Ian Dobson (2005) 5,000m
 Jackie Edwards (1992) Long Jump
 Ryan Hall (2005) Marathon
 Arantxa King (2011) Long Jump
 Erica McLain (2008) Triple Jump
 Michael Robertson (2007) Discus

2008 U.S. Olympic Trials

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

2008 World Junior Track and Field Championships

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

2008 World Indoor Track & Field Championships

Russell Brown (2007) Mile

2008 World Junior Cross Country Championships

Alexandra Gits (2011)
 Laurynne Chetalat (2012)

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

Sarah (Bei) Hall (2005) 1500m
 Russell Brown (2007) 1500m
 Jillian Camarena (2004) Shot Put
 Alicia (Shay) Craig (2005) 10,000m
 Ian Dobson (2005) 5,000m
 Lauren Fleshman (2003) 5,000m
 Ryan Hall (2005) 10,000m
 Garrett Heath (2008) 1,500m
 Gabe Jennings (2002) 1,500m
 Arianna Lambie (2008) 5,000m
 Erica McLain (2008) Triple Jump
 Michael Robertson (2007) Discus
 Toby Stevenson (2000) Pole Vault

2007 World Track & Field Championships

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

2007 Pan American Games

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

2007 Junior Pan American Games

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

2007 World University Games

Andrew Dargie (2011) 400m

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

Erica McLain (2008) Triple Jump

2006 Commonwealth Games

Ashley Cooper (2001) 1,500m

2006 U.S. Outdoor Championships

Sara (Bei) Hall (2005) 5,000m
 Russell Brown (2007) 1,500m
 Janice Davis (2007) 100m & 200m
 Ian Dobson (2005) 5,000m
 Lauren Fleshman (2005) 5,000m
 Ryan Hall (2005) 5,000m
 Sarah (Hopping) Veress (2005) Hammer Throw
 Graeme Hoste (2008) Pole Vault
 Gabe Jennings (2002) 1,500m
 Jason Lunn (1997) 1,500m
 Jonathon Pierce (2007) 3,000m Steeplechase
 Jonathon Riley (2002) 1,500m
 Toby Stevenson (2000) Pole Vault

2006 U.S. Junior Outdoor Championships

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

2006 World Cross Country Championships

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



Alexandra Gits

2005 World Track & Field Championships

Ian Dobson (2005) 5,000m
 Lauren Fleshman (2003) 5,000m
 Ryan Hall (2005) 5,000m
 Toby Stevenson (2000) Pole Vault

2005 Junior Pan American Games

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

2005 U.S. Outdoor Track & Field Championships

Neftalem Araia (2008) 5,000m
 Sara (Bei) Hall (2005) 5,000m
 Russell Brown (2008) 1,500m
 Joaquin Chapa (2008) 1,500m
 Ian Dobson (2004) 5,000m
 Chris Emme (2005) 5,000m
 Lauren Fleshman (2003) 5,000m
 Ryan Hall (2005) 5,000m
 Arianna Lambie (2007) 1,500m
 Jason Lunn (1997) 1,500m
 Jonathon Riley (2002) 1,500m
 Grant Robison (2003) 1,500m
 Toby Stevenson (2000) Pole Vault
 David Vidal (2006) 3,000m Steeplechase

2005 U.S. Junior Outdoor Track & Field Championships

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

2005 World Cross Country Championships

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

2005 World Junior Cross Country Championships

Hakon DeVries (2009)
 Lindsay Flacks (2009)

2004 World Cross Country Championships

Malindi Elmore (2003)
 Lauren Fleshman (2003)



2004 World Junior Cross Country Championships

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

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

Ian Dobson (2005) 3,000m Steeplechase

2004 Athens Olympic Games

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

2004 World Junior Track & Field Championships

Russell Brown (2007) 1,500m

2004 U.S. Olympic Trials

Ian Dobson (2005) 3,000m Steeplechase
Seth Henjy (2004) 5,000m
Greg Jimmerson (1997) 10,000m
Louis Luchini (2004) 5,000m
Jason Lunn (1997) 1,500m
Jonathon Riley (2002) 5,000m
Grant Robison (2004) 1,500m
Donald Sage (2004) 1,500m
Michael Stember (2001) 1,500m
Adam Tenforde (2004) 10,000m
Caroline Annis (2001) Marathon
Sara (Bei) Hall (2005) 5,000m
Alicia Craig (2006) 10,000m
Sally Hauser (2001) 1,500m
Julia Stamps (2001) Marathon
Toby Stevenson (2000) Pole Vault
Heather Tanner (2002) Marathon
Ashley Wysong (2002) 800m

2003 World Junior Cross Country Championships

Brett Gotcher (2006)

2003 World Track & Field Championships

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



Ryan Hall

2003 Pan American Games

Ashley Couper (2001) 1,500m
Malindi Elmore (2003) 1,500m
Seth Henjy (2004) 5,000m
Grant Robison (2004) 1,500m
Michael Stember (2000) 1,500m
Toby Stevenson (2000) Pole Vault – Gold Medal

2003 World University Games

Malindi Elmore (2003) 1,500m

2003 Junior Pan American Games

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

2003 U.S. Outdoor Track & Field Championships

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

2002 World Cross Country Championships

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

2002 World Junior Cross Country Championships

Sara (Bei) Hall (2005)

2002 World Junior Track & Field Championships

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

2002 U.S. Outdoor Track & Field Championships

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

2001 World Cross Country Championships

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

2001 World Junior Cross Country Championships

Victoria Chang (2004)
Ian Dobson (2005)



Ian Dobson (far right)

2001 World Track & Field Championships

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

2001 World University Games

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

2001 Junior Pan American Games

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

2000 Sydney Olympic Games

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

2000 U.S. Olympic Trials

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

INDIVIDUAL HONORS

2009 STANFORD CROSS COUNTRY



Individual Honors

Men's All-Americans

Neftalem Araia – 2004, 2005, 2006, 2007
 Jeff Atkinson – 1984
 Jason Balkman – 1997
 Greg Brock – 1968
 Russell Brown – 2007
 Chris Derrick – 2008
 Ian Dobson – 2001, 2002, 2003
 Ryan Hall – 2002, 2003, 2004
 Brad Hauser – 1996, 1997, 1998
 Brent Hauser – 1996, 1997, 1998
 Garrett Heath – 2008
 Seth Henjny – 2003
 Greg Jimmerson – 1994, 1995, 1996
 Don Kardong – 1970
 Louis Luchini – 2001, 2002, 2003
 Jake Maaz – 1999
 Harry McCalla – 1962, 1964
 Thomas Murley – 1999, 2000
 Nathan Nutter – 1995, 1996, 1997
 Marc Olesen – 1985
 Jonathon Riley – 1997, 1998, 1999, 2000
 Grant Robinson – 2001, 2002, 2003
 Donald Sage – 2001, 2002, 2003
 Gary Stolz – 1992
 Adam Tenforde – 2002, 2003
 Brook Thomas – 1968
 J.J White – 1996

Women's All-Americans

Caroline Annis – 1998
 Sara Bei – 2003
 Lauren Centrowitz – 2007
 Monal Chokski – 1996
 Mary Cobb – 1995, 1996, 1997, 1998
 Alicia Craig – 2001, 2002, 2003, 2004
 Kortney Dunscombe – 1994
 Malindi Elmore – 2002
 Lindsay Flacks – 2005
 Lauren Fleshman – 1999, 2000, 2001, 2002



Garrett Heath



Ian Dobson



Ryan Hall

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

Pac-10 Athlete of the Year

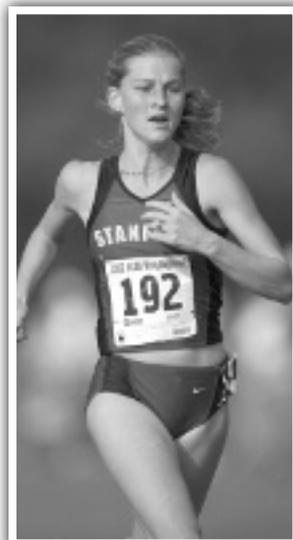
Sara Bei – 2003
 Ryan Hall – 2003
 Alicia Craig – 2002
 Arianna Lambie – 2005, 2006, 2007
 Grant Robinson – 2002
 Donald Sage – 2001
 Jonathon Riley – 2000
 Erin Sullivan – 1999
 Louise Watson – 1992
 Marc Olesen – 1985

Pac-10 Men's Individual Champions

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

Pac-10 Women's Individual Champions

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



Lauren Fleshman



Sara Bei



Arianna Lambie



Bob Bowsby

The Jaquish & Kenninger
Director of Athletics

One of the most respected athletic administrators in the nation, Bob Bowsby enters his fourth full year as the Jaquish & Kenninger Director of Athletics at Stanford University, a position he was appointed to on April 25, 2006 after spending 15 years at the helm of the University of Iowa's athletic program.

In his initial three years in the position, Stanford has continued its well-earned reputation of fielding the most successful and wide-ranging Division I-A athletic programs in the nation.

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

Under his administrative guidance, Stanford claimed its unprecedented 15th straight Learfield Sports Director's Cup last spring, emblematic of the top overall program in the country. Ten Stanford teams boasted Top 10 finishes, winning national championships in men's gymnastics and women's rowing.

Stanford's student-athletes were also highly-decorated last year. Foluke Akinradewo (women's volleyball) earned her second straight national player of the year honor while eight student-athletes earned conference player of the year marks. In addition, Erik Shoji (men's volleyball) earned national freshman of the year accolades.

Two Stanford coaches--Thom Glielmi (men's gymnastics) and Yaz Farooq (women's rowing) earned national coach of the year marks.

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

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

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

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

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

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

The National Association of Collegiate Directors of Athletics (NACDA) named Bowsby in 2001-02 as Central Region Athletic

Director of the Year and Sports Business Journal selected him from the four regional award winners as the National Athletics Director of the Year. The award highlights the efforts of the athletic directors for their commitment and positive contributions to campuses and their surrounding communities.

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

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

A native of Waterloo, Iowa, Bowsby became Iowa's 10th Athletic Director in June, 1991, after serving in the same role at the University of Northern Iowa since 1984. Bowsby earned his bachelor's degree from Moorhead State University (Minnesota) in 1975 and his master's degree from the University of Iowa in 1978.

Bob and his wife, Candice, have four children: Lisa, Matt, Rachel and Kyle.

Stanford Athletic Directors

Al Masters	1925-63
Chuck Taylor	1963-71
Joe Ruetz	1972-78
Andy Geiger	1979-90
Ted Leland	1991-2005
Bill Walsh (Interim)	2005-06
Bob Bowsby	2006-Present





Stanford University at a Glance

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

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

Ideas of "Practical Education"

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

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

Current Perspectives

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

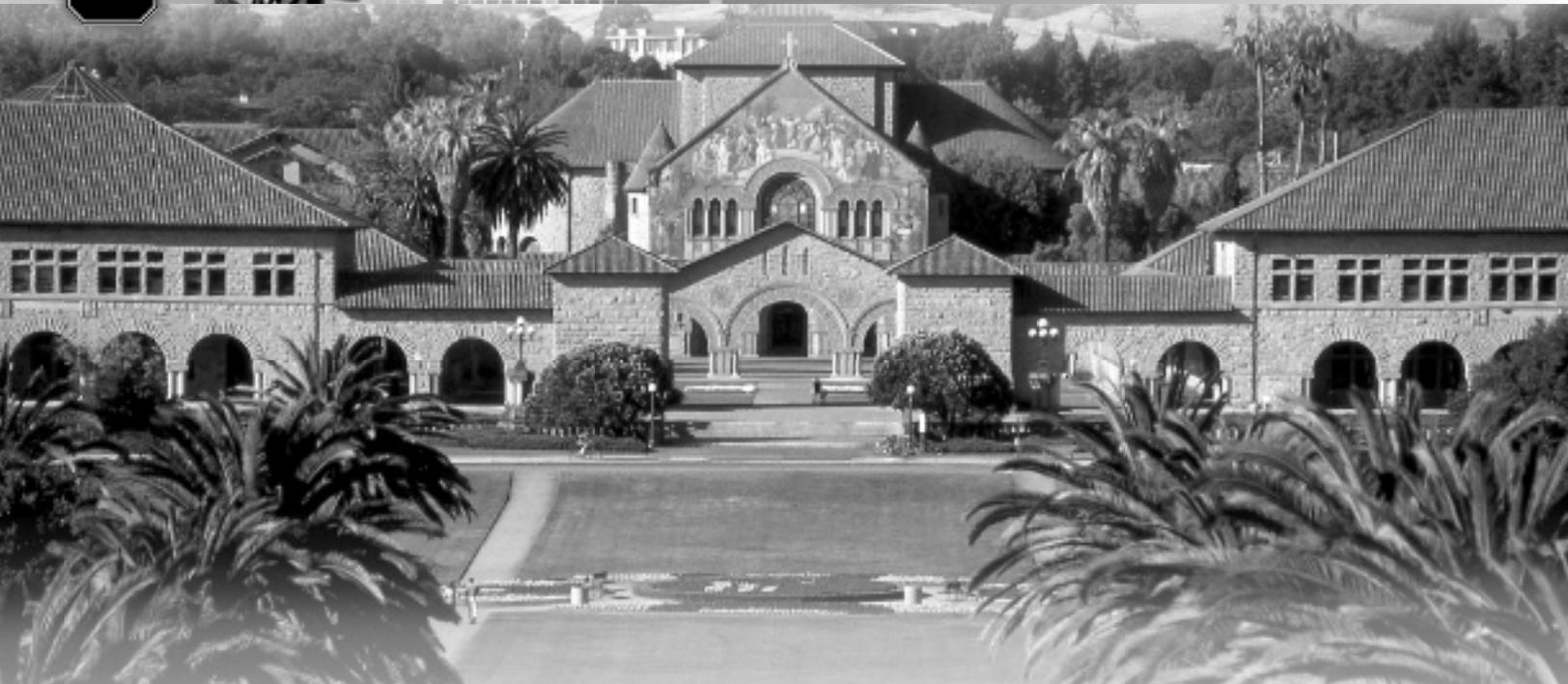
The university is organized into seven schools: Earth Sciences, Education, Engineering, the Graduate School of Business, Humanities and Sciences, Law and Medicine. In addition, there are more than 30 interdisciplinary centers, programs, and research laboratories – including the Hoover Institution on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





THE UNIVERSITY

2009 STANFORD CROSS COUNTRY



Stanford People

By any measure, Stanford's faculty – which numbers 1,874 – is one of the most distinguished in the nation. As of the June of 2009, the faculty included 16 Nobel Laureates, four Pulitzer Prize winners, 23 MacArthur Fellows, 19 recipients of the National Medal of Science, two National Medal of Technology recipients, 244 members of the National Academy of Arts and Sciences, 136 members of the National Academy of Sciences, 83 National Academy of Engineering members, 46 American Philosophical Society members, 27 members of the National Academy of Education, eight Wolf Foundation Prize winners, six winners of the Koret Foundation Prize and three Presidential Medal of Freedom winners. Yet beyond their array of honors, what truly distinguishes Stanford faculty is their commitment to sharing knowledge with their students. The great majority of professors teach undergraduates both in introductory lecture classes and in small advanced seminars.

Currently, 15,140 students, of which 6,812 are undergraduates, study on campus. A little more than 40 percent come from California, but all 50 states and 8 countries are represented as well. Among undergraduates, approximately 55 percent are African American, Asian American, International, Mexican American, Native American, Native Hawaiian or Other Hispanic in ethnicity. Like the faculty, the Stanford student body is distinguished.

Approximately 10 students apply to Stanford for every place in the freshman class with 89% of those admitted finishing in the



top 10% of their high school class. Ninety-eight Stanford students have been named Rhodes Scholars, 78 have been selected Marshall Award winners, and 53 have been chosen Truman Scholars. Nearly 90 percent of graduating seniors plan to attend graduate or professional schools. Stanford students also shine in a tremendous array of activities outside the classroom – from student government to music, theater, and journalism. Through the Haas Center for Public Service, students participate in many community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.

In the athletic arena, Stanford students have enjoyed tremendous success as well. Stanford fields teams in 35 Division I varsity sports. Of Stanford's 97 NCAA titles (111 national), 57 have been captured since 1990, by far the most in the nation. Forty-nine Stanford-affiliated athletes competed in the 2008 Olympics in Beijing, collecting a school-record 25 medals (eight gold, 13 silver and four bronze. Intramural

and club sports are also popular; over 1,300 students take part in the club sports program, while participation in the intramural program is more than 4,600, with many students active in more than one sport.

Looking Ahead

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

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

U.S. News and World Report 2009 Top 10 Rankings of National Universities

1. Harvard
2. Princeton
3. Yale
- 4. STANFORD**
Massachusetts Institute of Technology
6. Cal Tech
- Pennsylvania
8. Columbia
- Duke
- University of Chicago



Principles That Guide Us

Department of Athletics, Physical Education, and Recreation

Department of Athletics, Physical Education, and Recreation

MISSION STATEMENT

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

We Will Teach

- By encouraging our student-athletes to capture all the joy, power and extraordinary personal growth that comes to those who compete and support athletic excellence.
- By hiring and retaining the best coaches and staff members available and arming them with the tools to achieve at the highest level.
- By fostering and nurturing a coaching, physical education and recreation staff that is committed to teaching with integrity & ambition and that performs in a manner which is consistent with the academic priorities of Stanford University.
- By recognizing the need to work as a team while valuing each individual's unique characteristics and abilities.



- By committing ourselves to the personal development and well being of our student-athletes and staff. Those who participate at all levels will learn the benefits of teamwork, discipline, goal setting, physical fitness, healthy lifestyles, character development, self confidence, sportsmanship, and an appreciation for lifelong learning.

We Will Lead

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

We Will Win

- By maximizing our effort in every competition, on every team and in every setting where skill, determination and hard work combine to achieve singularly successful results.
- By having an uncompromising commitment to Conference and National championships and by



providing each student-athlete with the tools necessary to be successful at the highest levels of both academic and athletic performance.

- By creating a commitment to a university-wide wellness culture that will allow Stanford students, faculty and staff to maximize their health and fitness opportunities throughout their lives.

We Will Serve

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





THE UNIVERSITY

2009 STANFORD CROSS COUNTRY

Stanford's National Titles

NCAA championships are commonplace at Stanford University, as Cardinal teams have won national titles at an unprecedented rate, including a national-best 80 since 1980 and 57 since 1990. Stanford has won at least one NCAA championship for 33 consecutive years and has won four national titles in a single season nine times.

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

Stanford teams have won a total of 111 national championships. In NCAA competition, Cardinal teams have won 97 team titles, including 59 men's championships and an NCAA-best 38 women's titles.

Titles By Sport

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

Baseball (2)

- 1987 Mark Marquess
- 1988 Mark Marquess

Men's Basketball (3)

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

Women's Basketball (2)

- 1990 Tara VanDerveer
- 1992 Tara VanDerveer

Men's Cross Country (4)

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

Women's Cross Country (5)

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

Football (1)

- 1926 Glenn "Pop" Warner†

Men's Golf (8)

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

Men's Gymnastics (4)

- 1992 Sadao Hamada
- 1993 Sadao Hamada
- 1995 Sadao Hamada
- 2009 Thom Glielmi

Women's Rowing (1)

- 2009 Yasmin Farooq

Co-ed Sailing (1)

- 1997^ Steve Bourdow

Men's Swimming & Diving (8)

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

Synchronized Swimming (6)

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

Women's Swimming & Diving (9)

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

Men's Tennis (18)

- 1942• John Lamb
- 1973 Dick Gould
- 1974 Dick Gould
- 1977 Dick Gould
- 1978 Dick Gould
- 1980 Dick Gould
- 1981 Dick Gould
- 1983 Dick Gould
- 1986 Dick Gould
- 1988 Dick Gould
- 1989 Dick Gould
- 1990 Dick Gould
- 1992 Dick Gould

- 1995 Dick Gould
- 1996 Dick Gould
- 1997 Dick Gould
- 1998 Dick Gould
- 2000 Dick Gould

Women's Tennis (16)

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

Men's Track & Field (4)

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

Men's Volleyball (1)

- 1997 Ruben Nieves

Women's Volleyball (6)

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

Men's Water Polo (11)

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

Women's Water Polo (1)

- 2002 John Tanner

Head Coach Conrad Ray guided the Cardinal to its eighth NCAA men's golf championship in 2007.



Stanford won back-to-back College World Series titles in 1987 and '88.

Stanford Championship Facts

Total National Championships.....	111
Total NCAA Championships.....	97
Men's	59
Women's	38
Other National Championships	14



STANFORD

2009 CROSS COUNTRY SCHEDULE

<u>Date</u>	<u>Opponent / Event</u>	<u>Location</u>
09/04/09	at Nevada Twilight XC Classic	Reno, NV
09/26/09	Stanford Invitational	Stanford, CA
10/03/09	at UC Davis Doc Adams Invitational	Davis, CA
10/17/09	at Bronco Invitational	Santa Clara, CA
	at NCAA Pre-Nationals	Terre Haute, IN
10/30/09	Pac-10 Championships	Long Beach, CA
11/14/09	NCAA West Regional	Eugene, OR
11/23/09	NCAA Championships	Terre Haute, IN

