



A NEW BEGINNING

For the first time in 16 years, the Air Force cross country team will have a new look to its coaching staff. **John Hayes** enters his first season at the helm of the Falcons' program, replacing veteran coach Mark Stanforth, who retired at the conclusion of the 2007 track and field season.

Although Hayes may be new to the Academy staff, he is no stranger to coaching success. In addition, the Falcons hand him a strong squad of upper-classmen on the men's team and an impressive group of young runners on the women's team. The excitement surrounding the 2007 season can already be felt, from the athletes to their new coach.

THE COACH

Prior to appointment at the Academy, Hayes served in the same capacity at Northern Arizona University, heading the cross country program and working as an assistant coach with the track team's distance runners. During his three years with the Lumberjacks, Hayes coached six individual NCAA champions and nine All-Americans.

A two-time Big Sky Conference cross country coach of the year, Hayes guided his teams to four Big Sky titles, while accounting for five of six individual titles. He also qualified five individuals to the NCAA cross country championship meet, two of which collected All-America citations.

Hayes brings a new, fresh excitement to the program that has already rubbed off on some of the returning runners. Several members of the men's team were able to meet with Hayes prior to the start of the season and everyone shares an excitement about the future of the Air Force program.

"Kenny (Grosselin) and I met with Coach Hayes about 10 days before school started, and I feel he is the perfect man for the job," senior co-captain **Josh van Wyngaarden** (La Vista, Neb.) said. "I believe he will understand the stressful life of the Academy much better than any other coach could, due to his experience at West Point. He will bring a laid-back, fun environment to workout in. At the same time, however, everyone will be ready to roll when it's time to get to it. While I can see many of the same attributes that Coach Stanforth possessed in him, I see Hayes bringing new ideas to the program that might just push us to the next level."

"The team is more than excited about getting Coach Hayes as our new coach," junior **Matt Williams** (Colorado Springs, Colo.) concurred. "His experience training multiple All-Americans at altitude, going to West Point and

understanding the life of a student-athlete will be tremendously helpful. Plus, his knowledge of training techniques and his excitement for impacting our lives all adds up to making him the best coach I think we could have hired. I believe that he is going to bring some great ideas with a new approach that will have an awesome affect on our team."

"Coach Hayes' desire to plan training based on individual workouts is going to be very well received here on the team," co-captain **Kenny Grosselin** (Ramstein AB, Germany) agreed. "He is the type of coach that wants to know his runners in and out and plan their training accordingly. Having a coach that is that invested in his runners is going to provide solid results from the beginning."

THE MEN'S TEAM

After graduating just two members from last year, the men's team is full of talent and depth. The squad features four seniors and eight juniors, as well as a plethora of sophomore and incoming talent. In addition, the team has an energy that has co-captains Grosselin and van Wyngaarden preparing for great things.

"There is more excitement and energy going into this season than I have seen since I have been here," Grosselin commented. "The team is closer than ever, which makes everyone more willing to go the extra mile during training."

"I expect the upcoming season is going to be one of the best the Academy has seen," van Wyngaarden agreed. "From the team point of view, I would venture to say that we will have the most tight-knit team currently at the Academy. I feel this is the most important aspect of our team. Not only do I think we have exceptional team atmosphere, but from the competitor's point of view, there is no reason that our team should not at least qualify for the NCAA meet and do quite well."

The captains are two of four seniors on the Air Force roster. They join **Calvin Glass** (Antelope, Calif.) and **Ian McFarland** (West Plains, Mo.). Grosselin, McFarland and van Wyngaarden competed in every major varsity-level scoring meet for the Falcons, while Glass participated in the first two. van Wyngaarden was the Falcons' top finisher at the Utah Fall Festival, where he won the 52-competitor race. McFarland (fifth) and Grosselin (ninth) also claimed top-10 finishes at the Utah meet.

The eight-member junior class is led by Williams, who was the Falcons' top scorer in two meets as a sophomore. An all-conference honoree and MWC Runner of the Week selection in 2006, Williams won the Wyoming Invitational, while also picking up a team-best 35th-place finish at the NCAA regional meet.

Williams is joined by third-year classmates **Joe Curran** (Naperville, Ill.), **Sean Houseworth** (Carlock, Ill.) and **Sebastian Ortiz** (Columbia, Pa.) as returning letterwinners. Houseworth competed in six meets, including the conference regional meets, en route to winning the Mountain West Conference 10,000-meter title during the outdoor track season. Ortiz gained experience in five meets, including the conference championships, while Curran competed just once during the season.

Four more returners with collegiate experience give the Falcons a dominating junior class. **Justin Mason** (Fishers, Ind.), who was the team's top finisher at the Air Force Open in 2006, joins **Daniel Castle** (St. Joseph, Mo.), **Parker Cowles** (Ramstein AB, Germany) and **Kyle Jones** (Winter Springs, Fla.) to round out the group.

SEASON PREVIEW

Six sophomores gained valuable experience last year, running with the Air Force "B" team. These athletes competed in at least four meets and were all instrumental in guiding the Falcons' to their third-straight team title at the Fort Hays State Tiger Invitational.

This strong corps of sophomores includes **Austin Fritzke** (Mt. Shasta, Calif.), **Arthur Grijalva** (El Paso, Texas), **Zach Nordahl** (Molt, Mont.), **Thomas Richter** (Wrightwood, Calif.), **Andy Schweitzer** (Macedonia, Ohio) and **Ryan Workman** (Chapel Hill, N.C.).

Richter, Nordahl and Grijalva all accounted for top-10 finishes at the non-team-scoring Air Force Open, while Fritzke, Schweitzer and Workman each recorded top-20 placements. In addition to finishing within the top half of the field at the Wyoming Invitational, Richter joined Fritzke and Nordahl within the top half of the finishers at the Utah Fall Festival.

This year, the team will welcome sophomore **Conor Murphy** (Delmar, N.Y.), a transfer from Rensselaer Polytechnic Institute that red-shirted his freshman season, and **Vincent Gillmore** (Warner Robbins AFB, Ga.), who joined the cross country team in the off-season.

Murphy was an all-Liberty League selection while at RPI. Gillmore earned runner-up honors in the 3200-meter run at the Georgia state track and field championships.

Air Force will add six talented freshmen to its roster this season, adding even more depth to the squad. **Kyle Goldsmith** (Katy, Texas), **Brian Lane** (Johnsburg, Ill.), **Tyler Small** (Mercerberg, Pa.), **Kyle Southard** (Ramstein AB, Germany), **Tyler Stanley** (Columbus, Ohio) and **Justin Tyner** (Baxter, Minn.) bring impressive credentials to the Falcons.

The incoming group brings numerous athletic achievements, including MVP honors, all-conference selections and top finishes at their respective state cross country and track championships.

"Overall, I can't explain how excited I am for the upcoming year," van Wyngaarden concluded. "Cross country is going to be an amazing experience with Coach Hayes and we have a great group of seniors that are ready to lead this team to success."

THE WOMEN'S TEAM

There is a large question mark surrounding the women's cross country team, as the squad features a very young squad with numerous new faces. With some of the most experienced runners carrying only a sophomore-class status, the season is difficult to predict.

The main priority of the Falcons will be to recoup the times of two-time MVP Kelly Robinson, who will spend her senior season on the Air Force swim team, and Margaret Frash, who graduated in May. Robinson, the top scorer in four of the team's seven meets last year will be the most noticeable hole for the Falcons to fill.

Backed by impressive rookie campaigns, several sophomores will be looked upon to help fill that void. Sophomore **Brittany Morreale** (Rancho Palos Verdes, Calif.) was the Falcons' top scorer in two of the three remaining meets, including the prestigious Roy Griak Invitational and the NCAA Regional Championships. Her time of 23:08 at the NCAA Regional Championships is the best of any returning runner.

Classmates **Katherine Anderson** (Coon Rapids, Minn.) and **Ally Romanko** (Coos Bay, Ore.) also gained valuable experience during their first years at the Academy, competing in every major competition for the Falcons.

"Running in every major meet in the season last year really helped to give me the experience and feel for what big college meets are like," Romanko commented. "The experience of running in the really large meets is crucial to my future success, because it was not something I ever did in high school, but it is something that is pretty common in college (especially for big meets like regionals). I need to know how to run in those kind of big meets where I might just be in the middle of the pack."

Top-10 finishers at the Utah Fall Festival, Morreale and Romanko continued to hone their skills during the track season. Morreale set the program's Freshman Class Record in the 5000-meter run, while Romanko broke the Academy's indoor 800-meter mark, as well as the Freshman Class Record in the outdoor 800-meter.

The second-year trio will be joined by classmate **Sara Juback** (Eagle River, Alaska), who competed in all of the team meets and as an individual competitor at the Fort Hays Invitational.

Despite spending her sophomore campaign on the injured list, junior **Danielle Pozun** (Johnstown, Pa.) competed in every meet as a freshman and was selected as captain of the 2007 squad. Pozun is one of just two juniors with collegiate experience. Classmate **Danielle Snider** (Fishers, Ind.) competed in the first three meets of her sophomore year after joining the team during fall try-outs.

Air Force will also welcome some new faces to the program. **Whitney Beck** (Eden, Utah), **Jessica Drewicz** (Collegeville, Pa.), **Caitlin Miller** (Wadsworth, Ohio), **Jessie Stimpson** (Ingleside, Ill.), **Carrie Tengelsen** (Colorado Springs, Colo.), **Gloriemar Torre' Santiago** (Hope Mills, N.C.) and **Katherine Ward** (Port Matilda, Pa.) will all look to make an immediate impact on the squad.

THE SCHEDULE

The Falcons will travel to six different states during the regular season, en route to the annual MWC Championships. Air Force opens the 2007 campaign in Laramie, Wyo., on Aug. 31, at the annual Wyoming Invitational. The squad will then travel to Lincoln, Neb., for the Woody Greeno Invitational on Sept. 15, before splitting up for the Louisville Invitational (Louisville, Ky.) and the Rocky Mountain Shootout (Boulder, Colo.) on Sept. 29.

The month of October begins at the Fort Hays Invitational on Oct. 6, in Hays, Kan. That is followed by the prestigious Pre-NCAA Meet on Oct. 13 in Terre Haute, Ind., before the squad closes out the regular season hosting the Air Force Open on Oct. 20, in Colorado Springs.

The championship season begins Oct. 27 with the MWC championships on Oct. 27, in San Diego, Calif. The NCAA Mountain Regional championships will be held in Ogden, Utah, on Nov. 10. The top teams from the regional meet advance to the NCAA Championships on Nov. 19 in Terre Haute, Ind.

THE FINAL WORD

With a new coaching staff, numerous new faces and a renewed sense of excitement regarding the future, the Air Force cross country team looks to take the conference and the nation by storm in 2007.

COACHING AND SUPPORT STAFF



JOHN HAYES
Head Coach (First Season)
Georgia (1990)

John Hayes enters his first season as the head coach of the Air Force men's and women's cross country program. In addition to his head coaching duties with the cross country team, Hayes will also serve as an assistant coach with the track and field program, working primarily with the distance runners.

Prior to the Academy, Hayes served in the same capacity at Northern Arizona

University. During his three years with the Lumberjacks, Hayes coached six individual NCAA champions and nine All-Americans. He also guided the women's team to a 12th-place finish at the national meet, while setting 10 school records along the way. A two-time Big Sky Conference cross country coach of the year, Hayes guided his teams to four Big Sky titles, while accounting for five of six individual titles. He also qualified five individuals to the NCAA cross country championship meet, two of which collected All-America citations.

Hayes coached Johanna Nilsson to the NCAA cross country championship title. Nilsson's time in the championship race not only set a course record, but paced the Northern Arizona women to a 12th-place team finish and earned Nilsson the title of NCAA Cross Country Athlete of the Year. That year, Hayes also coached Ida Nilsson to an NCAA indoor championship title in the 5,000-meter run.

Backed by Hayes' athletes, the NAU women won both the indoor and outdoor Big Sky Conference championships in 2006. Johanna Nilsson claimed NCAA championship titles in the indoor mile and 3,000-meter run, on route to being named NCAA Indoor Track Athlete of the Year. In his final season with the Lumberjacks, Hayes coached three NCAA cross country championship qualifiers, while helping the men's track and field team to the Big Sky outdoor title. He also coached Lopez Lomong to NCAA titles in the indoor 3000- and the outdoor 1500-meter runs.

Hayes joined NAU following a three-year stint at the University of Texas, where he served as the head coach for the women's cross country team and an assistant coach for the track team. While at Texas, he guided the Longhorns to three consecutive NCAA cross country championship appearances and a regional team title in his final season. In his first season at

Texas, Hayes led the Longhorns' cross country team to a third-place finish at the Big XII Championships - the highest Big XII finish in UT history - and a second-place showing at the NCAA South Central Regional. In his last season, Hayes led the team to a third straight NCAA appearance and UT's first regional/district title since 1988. His team's stunning two-point victory at the NCAA South Central Championships that year earned him South Central Region Coach of the Year honors.

On the track, Hayes' athletes helped lead UT to four Big XII Conference championship titles (two indoor and two outdoor), with 26 all-conference performances and two individual conference champions. His athletes set school records in four events as he sent five individual qualifiers to the NCAA Championships. Hayes was also an assistant on the staff that led UT to six top-15 team finishes at the NCAA Championships, including a second-place finish at the 2003 NCAA outdoor track and field championships.

Prior to his time at Texas, Hayes served as head cross country and assistant track coach at Morehouse College in Atlanta. While with the Tigers, Hayes directed the men to three top-three finishes at the Division II Southeast Regional Championships. He had a profound affect on the distance program at Morehouse as well, coaching athletes to 20 All-America honors over the three-year span and breaking school records in 12 different events.

An accomplished runner in his own right, Hayes was a scoring member of the U.S. Military Academy's team at the 1986 NCAA cross country championships. In 1987, he moved on to the University of Georgia, where he served as team captain during his junior and senior seasons. Hayes continued to train and compete after college, finishing first among American competitors at the 1994 Armed Forces World Cross Country Championships. He also coached former UT All-American Talis Apud-Martinez in her professional duathlon/triathlon career, highlighted in 2005 by first-place finishes at the Pan-American Duathlon Championships and U.S. National Championships.

Hayes, a native of Randolph, N.J., received a bachelor's degree in statistics at the University of Georgia and completed the Defense Language Institute's Russian Language School in Monterey, Calif., serving as a Russian linguist in the U.S. Army. Hayes is married to the former Stacey Dickson, whom he first met on the Air Force Academy track 14 years ago. She is a Colorado Springs native (Liberty High School), who competed at the collegiate level for the Colorado State University track and field team. The couple has a two-year old son, Christian.



STEVE SCALES
Athletic Trainer (10th Season)
New Mexico (1987)

After joining the Academy as an athletic trainer in 1997, Steve Scales oversees the cross country team's medical needs. In addition to handling the day-to-day needs of the cross country team, he also oversees the athletic training for the Falcons' track and field team.

Scales earned a B.A. in health education from New Mexico in 1987 and a master's in sports administration from UNM in 1988. Athletic training was a change for Scales, who spent over 20 years as a technician with the New Mexico Engineering Research Institute that was contracted to the Air Force Weapons Lab at Kirtland AFB, N.M. Scales and his wife, Margy, have been married for 45 years and currently live in Colorado Springs.

2007 AIR FORCE ROSTER

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Rk.</u>	<u>Hometown (High School)</u>
Daniel Castle	Jr.	C2C	St. Joseph, Mo. (St. Joseph Christian)
Parker Cowles	Jr.	C2C	Ramstein AB, Germany (Ramstein American)
Joe Curran	Jr.	C2C	Naperville, Ill. (Naperville North)
Austin Fritzke	So.	C3C	Mt. Shasta, Calif. (Mt. Shasta)
Vincent Gillmore	So.	C3C	Warner Robbins AFB, Ga. (Warner Robbins)
Calvin Glass	Sr.	C1C	Antelope, Calif. (Woodcreek)
Kyle Goldsmith	Fr.	C4C	Katy, Texas (Cinco Ranch)
Arthur Grijalva	So.	C3C	El Paso, Texas (Americas)
Kenny Grosselin	Sr.	C1C	Ramstein AB, Germany (Ramstein American)
Sean Houseworth	Jr.	C2C	Carlock, Ill. (Eureka)
Kyle Jones	Jr.	C2C	Winter Springs, Fla. (Winter Springs)
Brian Lane	Fr.	C4C	Johnsburg, Ill. (Johnsburg)
Justin Mason	Jr.	C2C	Fishers, Ind. (Cathedral)
Ian McFarland	Sr.	C1C	West Plains, Mo. (West Plains)
Conor Murphy	So.	C3C	Delmar, N.Y. (Bethlehem Central)
Zach Nordahl	So.	C3C	Molt, Mont. (Rapelje)
Sebastian Ortiz	Jr.	C2C	Columbia, Pa. (Columbia)
Thomas Richter	So.	C3C	Wrightwood, Calif. (Serrano)
Andy Schweitzer	So.	C3C	Macedonia, Ohio (Cuyahoga Valley Christian Academy)
Tyler Small	Fr.	C4C	Mercerberg, Pa. (Mercerberg Academy)
Kyle Southard	Fr.	C4C	Ramstein AB, Germany (Ramstein American)
Tyler Stanley	Fr.	C4C	Columbus, Ohio (Bexley)
Justin Tyner	Fr.	C4C	Baxter, Minn. (Brainerd)
Josh van Wyngaarden	Sr.	C1C	La Vista, Neb. (Papillion-LaVista)
Matt Williams	Jr.	C2C	Colorado Springs, Colo. (Air Academy)
Ryan Workman	So.	C3C	Chapel Hill, N.C. (Chapel Hill)

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Rk.</u>	<u>Hometown (High School)</u>
Katherine Anderson	So.	C3C	Coon Rapids, Minn. (Blaine Senior)
Whitney Beck	Fr.	C4C	Eden, Utah (Weber)
Jessica Drewicz	Fr.	C4C	Collegeville, Pa. (Gwynedd Mercy Academy)
Sara Juback	So.	C3C	Eagle River, Alaska (Eagle River)
Caitlin Miller	Fr.	C4C	Wadsworth, Ohio (Wadsworth)
Brittany Morreale	So.	C3C	Rancho Palos Verdes, Calif. (Palos Verdes Peninsula)
Danielle Pozun	Jr.	C2C	Johnstown, Pa. (Westmont Hilltop)
Ally Romanko	So.	C3C	Coos Bay, Ore. (North Bend)
Danielle Snider	Jr.	C2C	Fishers, Ind. (Hamilton Southeastern)
Jessie Stimpson	Fr.	C4C	Ingleside, Ill. (Grant Community)
Carrie Tengelsen	Fr.	C4C	Colorado Springs, Colo. (Coronado)
Gloriemar Torre' Santiago	Fr.	C4C	Hope Mills, N.C. (Gray's Creek)
Katherine Ward	Fr.	C4C	Port Matilda, Pa. (State College Area)

COACHING STAFF

Head Coach: John Hayes (First Season)
Athletic Trainer: Steve Scales (10th Season)

2007 TEAM CAPTAINS

Kenny Grosselin, Josh van Wyngaarden
 Danielle Pozun

Falcons By Class	.M/W
Senior (C1C)	.4/0
Junior (C2C)	.8/2
Sophomore (C3C)	.8/4
Freshman (C4C)	.6/7

Falcons By Location	.M/W
Alaska	.0/1
California	.3/1
Colorado	.1/1
Florida	.1/0
Georgia	.1/0
Illinois	.3/1
Indiana	.1/1
Minnesota	.1/1
Missouri	.2/0
Montana	.1/0
Nebraska	.1/0
New York	.1/0
North Carolina	.1/1
Ohio	.2/1
Oregon	.0/1
Pennsylvania	.2/3
Texas	.2/0
Utah	.0/1
Germany	.3/0

Pronunciation Guide

Cowles	.cow-ells
Drewicz	.drew-icks
Fritzke	.frit-ski
Gloriemar	.glory-marr
Grijalva	.gree-haul-vuh
Grosselin	.gross-ell-in
Juback	.joo-back
Morreale	.more-ee-al-ee
Nordahl	.nord-haul
Pozun	.poe-sun
Richter	.rick-ter
Romanko	.roe-mahn-koh
Schweitzer	.sh-white-zer
Tengelson	.ten-gahl-son
Torre' Santiago	.tory san-tee-ah-go
Van Wyngaarden	.van-win-garden

RETURNING LETTERWINNERS - MEN



CALVIN GLASS

Senior ... C1C
Antelope, Calif.

JUNIOR (2006): Competed in the first two meets of the season...picked up a 30th-place finish at the Wyoming Invitational (23:26)...completed the Roy Griak Invitational in 26:53 (105th)...

SOPHOMORE (2005): Ran in five meets for the Falcons, including the MWC Championships...picked up two top-10 finishes...clocked a time of 25:49 at the conference meet to finish 26th...clocked a career-best 8k-time of 25:02 at the

Willamette Invitational to finish 45th...opened the season with a 37th-place showing at the 4.1-mile Wyoming Invitational (23:58)...finished ninth (26:01) in the Woody Greeno Invitational...was one of the scoring runners as Air Force went on to win the meet...was also a scoring runner in the Falcons' win at the Fort Hays Invitational...clocked a time of 26:00 to finish eighth at the meet...**FRESHMAN (2004):** Competed in three meets for the Falcons...clocked a season-best 8k time of 27:15 at the Fort Hays Invitational, finishing 15th...made debut with a 28:03 at the Woody Greeno Invitational...clocked a time of 28:48 at the Rocky Mountain Shootout, finishing within the top-half of the field...**HIGH SCHOOL:** Woodcreek High School...earned all-state honors in track...finished fourth in the 1600-meter run and eighth in the 800-meter run at state championships as a senior... fifth-place finisher at the D2 cross country meet...has a best time of 4:13.39 in the 1600-meter run and 1:52.84 in the 800-meter run...named Scholar Athlete of the Year as a senior...**NOTABLES:** Member of the Air Force track team...member of the Academy record-setting 4x800-meter relay team.



IAN McFARLAND

Senior ... C1C
West Plains, Mo.

JUNIOR (2006): Competed in six meets for Air Force, including the conference and regional meets... placed 17th at the MWC Championships with a time of 25:31...clocked 32:03 at the regional meet (37th)...opened the season with a seventh-place finish at the Wyoming Invite (22:24)...placed fifth at the Utah Fall Festival (25:46)...also competed at the Roy Griak Invitational (26:33-141st) and Pre-National Meet (25:25 (176th))...

SOPHOMORE (2005): Ran in five meets for the Falcons...opened the season with a 35th-place finish at the Wyoming Invitational (23:44 - 4.1 miles)...ran the Woody Greeno Invitational in 27:48...posted a season-best 8k-time of 26:41 at the Fort Hays Invitational...also competed at the Rocky Mountain Shootout (28:09)...concluded the season with a 15th-place finish at the Air Force Open (28:35)...**FRESHMAN (2004):** Competed in five meets for the Falcons as a member of the junior varsity squad...opened the season with a time of 23:52 at the Wyoming Invitational (4.1 miles)...clocked 8k times of 28:11 (Woody Greeno Invitational), 29:19 (Rocky Mountain Shootout), 27:46 (Fort Hays Invitational) and 29:43 (Air Force Open)...**HIGH SCHOOL:** West Plains High School...finished fifth at the Missouri state cross country meet...also placed fifth in the 3200-meter run at the Missouri state track and field championships...recorded a career-best time of 9:24 in the 3200-meter run...**NOTABLES:** Member of the Air Force track team...earned academic all-conference honors for cross country as a junior...member of the 4x1600-meter relay team that posted the fifth-best time in Academy history.



KENNY GROSSELIN

Senior ... C1C ... Co-Captain
Ramstein AB, Germany

JUNIOR (2006): Competed in six meets for the Falcons, including the conference and regional championships...picked up a 31st-place finish at the MWC Championships...registered a time of 33:31 (10k) at the regional meet to placed 72nd...best finish (9th) came at the Utah Fall Festival in 25:55...opened the season with an 11th-place time of 22:48 at the Wyoming Invite...also competed at the Roy Griak Invite

(26:52) and Pre-National Meet (26:09)...selected as captain for the 2007 season...**SOPHOMORE (2005):** Ran in five races with the Air Force "B" team...best finish was a 12th-place time of 28:08 at the Air Force Open...placed 22nd at the Fort Hays Invitational with a time of 26:31...finished 26th at the 4.1-mile Wyoming Invitational (23:26)...also ran at the Nebraska Invitational (27:27) and Rocky Mountain Shootout (27:58)...**FRESHMAN (2004):** Competed in four races...best finish came at the Air Force Open (16th-25:47)...placed within the top half of the field (29th) at the Fort Hays Invitational in 28:08...also ran at the Wyoming Invitational (24:27) and Woody Greeno Invitational (30:55)...**HIGH SCHOOL:** Ramstein American High School...**NOTABLES:** Member of the Air Force track team...earned *ESPN The Magazine* Academic All-District honors as a junior...three-time academic all-conference selection for track...earned academic all-conference honors in cross country as a junior...MWC Scholar-Athlete.



JOSH VAN WYNGAARDEN

Senior ... C1C ... Co-Captain
La Vista, Neb.

JUNIOR (2006): Ran in six meets for the Falcons, including the conference and regional meets...won the Utah Fall Festival with a time of 25:25...placed sixth at the season-opening Wyoming Invitational in 22:23 (4.1-mile course)...picked up a 15th-place finish at the MWC Championships (25:19)...finished within the top half (45th) of the field at the 10k regional meet (32:26)...also competed at the Roy Griak Invitational

(26:23-117th) and the Pre-National Meet (25:04-131st)...selected as captain for the 2007 season...**SOPHOMORE (2005):** Competed in six races for the Falcons, including the conference and regional championships...posted an 8k-time of 25:55 at the MWC Championships...clocked a 10k-time of 32:36 at the NCAA Regional Championships, finishing within the top half of the field...crossed the finish line of the Willamette Invitational in 24:48...ran the Woody Greeno Invitational in 26:47...also clocked a 25:55 at the Pre-Nationals Meet...opened the season with a time of 23:31 at the Wyoming Invitational (4.1 mile)...**FRESHMAN (2004):** Ran in five meets for Air Force as a member of the junior varsity squad...completed the season-opening 4.1-mile Wyoming Invitational in 23:36...clocked a time of 27:58 at the Woody Greeno Invitational...finished 12th with a time of 26:52 at the Fort Hays Invitational...ran the Rocky Mountain Shootout in 27:58...finished 14th at the Air Force Open, clocking a time of 29:12...**HIGH SCHOOL:** Papillion-La

RETURNING LETTERWINNERS - MEN

Vista High School...named all-state cross country...finished eighth as a senior in state cross country meet...ran the mile in 4:24...also has a career-best time of 1:58.5 in the 800-meter run...**NOTABLES:** Member of the Air Force track team...earned academic all-conference honors in cross country as a sophomore and junior...three-time selection to the academic all-conference team for track...three-time MWC Scholar-Athlete.



JOE CURRAN
Junior ... C2C
Naperville, Ill.

SOPHOMORE (2006): Competed at the Utah Fall Festival, clocking a time of 27:46 to finish 30th...**FRESHMAN (2005):** Red-shirted the cross country season...finished fifth as an unattached competitor at the Air Force Open in 27:21...**BEFORE ATTENDING THE ACADEMY:** Transfer from West Point...placed 40th at the Patriot League Championships with a time of 27:12 as a freshman at Army...**HIGH SCHOOL:**

Naperville North High School - Recorded high school best times of 4:23 and 9:20...**NOTABLES:** Member of the Air Force track team...earned academic all-conference selection for track...collected *ESPN The Magazine* Academic All-District honors as a sophomore...MWC Scholar-Athlete.



SEAN HOUSEWORTH
Junior ... C2C
Carlock, Ill.

SOPHOMORE (2006): Competed in six meets, including the conference and regional meets...best finish (third) came at the Wyoming Invitational (22:18)...placed 25th at the MWC Championships (26:00)...finished 44th at the NCAA Regional Meet (32:24)...finished sixth at the Utah Fall Festival with a time of 25:49...also competed in the Roy Griak Invitational (27:28-220) and the Pre-National Meet (25:20-166)...**FRESH-**

MAN (2005): Competed in six meets for the Falcons, including the MWC Championships and NCAA Mountain Regionals...scored for Air Force at the regional meet with a 61st-place time of 33:00...opened the season with a 15th-place finish at the Wyoming Invitational, clocking a 4.1-mile time of 23:02... placed 25th at the Willamette Invitational (24:31)...also competed in the Woody Greeno Invitational, crossing the finish line in 26:17...finished 27th at the conference championships with a time of 25:51...clocked a time of 25:29 at the Pre-Nationals Meet...**HIGH SCHOOL:** Eureka High School...Illinois state champion in the 3200-meter run...finished third at the Illinois A cross country championships...also placed third in the 1600-meter run...posted best times of 4:18 and 9:15...**NOTABLES:** Member of the Air Force track team...won the MWC 10,000-meter title at the 2007 meet.



SEBASTIAN ORTIZ
Junior ... C2C
Columbia, Pa.

SOPHOMORE (2006): Competed in five meets for the Falcons...placed 26th at the conference meet with a time of 26:01...best finish of the season (15th) came at the Utah Fall Festival in 26:31...placed 17th at the season-opening Wyoming Invitational (23:04)...finished within the top half of the field at the Roy Griak Invitational (26:45)...also competed at the Pre-National Meet, finishing with a time of 25:50...**FRESH-**

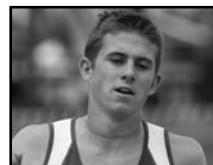
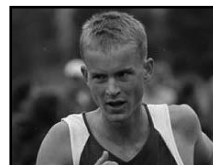
MAN (2005): Ran in four competitions for the Falcons...posted a season-best 14th-place finish at the Air Force Open (28:32)...made collegiate debut at the Wyoming Invitational, finishing 45th with a time of 24:23...helped the Falcons to the team title at the Fort Hays Invitational with a 42nd-place time of 27:30...also competed at the Woody Greeno Invitational (27:40) as a non-university competitor...**HIGH SCHOOL:** Columbia High School...**NOTABLES:** Member of the Air Force track team.



MATT WILLIAMS
Junior ... C2C
Colorado Springs, Colo.

SOPHOMORE (2006): Competed in six meets for the Falcons, including the conference and regional meets...was the team's top finisher in two...earned all-conference honors following a 12th-place finish at the MWC meet (25:14)...named MWC Runner of the Week following a first-place finish (22:12) at the Wyoming Invitational...also led the team at the NCAA Regional Meet with a 35th-place time of 32:00...placed fourth

at the Utah Fall Festival (25:45), which was the team's second-best finish...finished within the top half of the field at the Roy Griak Invitational (150th-26:39)...clocked a time of 25:14 (152nd) at the Pre-National Meet...**FRESHMAN (2005):** Participated in six meets for Air Force, including the MWC Championships...ran a season-best 25:52 at the conference meet to finish 28th...finished fourth at the Air Force Open with a time of 27:10...clocked 26:18 at the Fort Hays Invitational to finish 14th... ran the Willamette Invitational in 25:54 and the Woody Greeno Invitational in 26:35 ...opened the season at the 4.1 mile Wyoming Invitational (23:16)...**HIGH SCHOOL:** Air Academy High School...runner-up at the Colorado 5A state cross country championships...posted best times of 4:19 and 9:28 (both converted for altitude)...**NOTABLES:** Member of the Air Force track team...two-time academic all-conference team selection for cross country and track.



RETURNING LETTERWINNERS - WOMEN



DANIELLE POZUN
Junior ... C2C ... Captain
Johnstown, Pa.

SOPHOMORE (2006): Did not compete during the cross country season due to injury...selected as captain of the 2007 women's team...**FRESHMAN (2005):** Competed in every meet...opened the season with a time of 16:48 at the Wyoming Invitational (2.5 mile course) ...clocked a 5k-time of 19:01 at the Willamette Invitational...posted a season-best 6k-time of 23:12 at the MWC Championships...also recorded times of

23:58 (Pre-Nationals), 24:25 (NCAA Regionals) and 26:25 (Woody Greeno Invitational)...**HIGH SCHOOL:** Westmont Hilltop High School...named to the all-area cross country team...earned all-conference honors during the track and field season...recorded high school best times of 5:30 and 11:52...also a member of the swim team...**NOTABLES:** Member of the Air Force track team...was the only competitor in the 3000-meter steeplechase in 2007.



DANIELLE SNIDER
Junior ... C2C
Fishers, Ind.

SOPHOMORE (2006): Competed in the first three meets of the season for the Falcons...posted a 36th-place finish at Wyoming, clocking a time of 17:14 on the 2.50-mile course...competed at the Utah Fall Festival with a time of 25:34, finishing 25th...also participated in the Roy Griak Invitational, clocking a time of 25:29 to place 250th...**FRESHMAN (2005):** Did not compete...**HIGH SCHOOL:** Hamilton Southeastern High

School...**NOTABLES:** Member of the Air Force track team...named to the academic all-conference team as a sophomore in cross country.



KATIE ANDERSON
Sophomore ... C3C
Coon Rapids, Minn.

FRESHMAN (2006): Competed in six meets for the Falcons, including the conference and regional championships...picked up a season-best finish (20th) at the Utah Fall Festival in 24:19...opened the season with a 2.5-mile time of 16:43 at the Wyoming Invitational (28th)...finished 39th at the MWC Championships and 76th at the NCAA Regional Championships with matching season-best times of 23:30...

clocked 24:53 at the Roy Griak Invitational to take 216th...finished 248th at the Pre-National Meet with a time of 24:14...**HIGH SCHOOL:** Blaine High School...finished sixth in the Minnesota high school cross country championships in 2004...also picked up a sixth-place finish in the 1600-meter run at the state track championships...**NOTABLES:** Attended the Academy's Prep School...member of the Air Force track team.



SARA JUBACK
Sophomore ... C3C
Eagle River, Alaska

FRESHMAN (2006): Ran in a team-high seven meets...finished 29th at the Utah Fall Festival (25:53)...posted a personal-best time of 24:52 at the Pre-National Meet to finish 252nd...placed 56th at the MWC Championships (25:27)...finished 28th at Wyoming (16:57)...ran the Roy Griak in 26:28 (274th)...recorded a time of 21:18 at Fort Hays (53rd)...completed the regional meet in 25:25 to place 116th...**HIGH SCHOOL:** Eagle

River High School...**NOTABLES:** Member of the Air Force track team.



BRITTANY MORREALE
Sophomore ... C3C
Rancho Palos Verdes, Calif.

FRESHMAN (2006): Competed in five meets, including the regional championships...posted the team's top finish at the Roy Griak Invitational and the NCAA Regionals...placed 59th at the regional meet with a time of 23:08...clocked 23:09 at the Roy Griak Invitational to finish 83rd...claimed a sixth-place finish at the Utah Fall Festival behind a time of 22:57...clocked a season-best time of 22:33 (186th) at the Pre-National

Meet...posted a 2.5-mile time of 15:48 to place 15th at Wyoming...**HIGH SCHOOL:** Peninsula High School...placed seventh in the California Division I state cross country championships as a senior...picked up an eighth-place finish in the 3200-meter run at the state track championships... **NOTABLES:** Member of the Air Force track team...named academic all-conference team for both cross country and track...set the program's Freshman Class Record in the 5000-meter run...MWC Scholar-Athlete.



ALLY ROMANKO
Sophomore ... C3C
Coos Bay, Ore.

FRESHMAN (2006): Competed in six meets...clocked a season-best time of 22:50 at the MWC meet to finish 24th... finished 10th at the Utah Fall Festival (23:32)...clocked a 2.5-mile time of 16:05 (22nd) at Wyoming...clocked 22:58 at the Pre-National Meet (216th)... completed the Roy Griak Invitational in 24:11 to finish 171st... **HIGH SCHOOL:** North Bend High School...was the Oregon 3A state champion in the pole

vault...was the runner-up in the 800-meter run at the state track and field championships...school record holder in the 800-meter run, 300-meter hurdles and pole vault...two-time cross country MVP...**NOTABLES:** Member of the Air Force track team...named academic all-conference in cross country and track...Academy record holder in the indoor 800-meters...set the program's Freshman Class Record in the outdoor 800-meter run.

OTHER RETURNERS - MEN



DANIEL CASTLE

Junior ... C2C
St. Joseph, Mo.

SOPHOMORE (2006): Competed in four meets...opened the season with a time of 25:11 at Wyoming (62nd)...placed 15th at the Air Force Open (28:22)...recorded top-25 finishes at the Fort Hays Invite (27:16-22nd) and the Utah Fall Festival (27:23-25th)...

FRESHMAN (2005): Ran in four meets...placed 47th at the Fort Hays Invite (27:38)...clocked in at 25:15 in the 4.1-mile Wyoming Invitational

(59th)...ran the Rocky Mountain Shootout in 30:10 to place 79th...also ran the Woody Greeno Invitational in 28:49...**HIGH SCHOOL:** St. Joseph Christian High School...**NOTABLES:** Member of the Air Force track team...MWC Scholar-Athlete.



PARKER COWLES

Junior ... C2C
Ramstein AB, Germany

SOPHOMORE (2006): Ran in the first four races of the season and the Air Force Open...best finish (13th) came at the AFO in 28:14...finished 14th at the Utah Fall Festival (26:26)...clocked a 4.25-mile time of 23:31 at Wyoming to finish 33rd...clocked a time of 28:28 at the Roy Griak Invitational (277th)...

FRESHMAN (2005): Competed in five meets...opened the season with a 54th-place finish at Wyoming (24:49)...ran

the Woody Greeno Invitational in 27:56...finished 18th at the Air Force Open (30:21)...also competed at the Rocky Mountain Shootout (29:44-68th) and Fort Hays Invitational (27:37-46th)...**HIGH SCHOOL:** Ramstein American High School...four-time letterwinner in cross country and track...named Student-Athlete of the Year as a junior...four-time all-European honoree in cross country...**NOTABLES:** Member of the Air Force track team.



KYLE JONES

Junior ... C2C
Winter Springs, Fla.

SOPHOMORE (2006): Ran in four meets...clocked a time of 24:23 (49th) at Wyoming...finished 11th at the Air Force Open (27:53)...ran the Utah Fall Festival in 27:36 (28th)...placed 46th at the Fort Hays Invite with a time of 28:09...**FRESHMAN (2005):** Ran in four races...opened the season at Wyoming (24:56)...ran the Woody Greeno Invite in 28:05...placed 55th at the Fort Hays Invitational with a time of 27:54...fin-

ished the Rocky Mountain Shootout in 29:46 (70th)...**HIGH SCHOOL:** Winter Springs High School...Seminole Athlete Conference Runner of the Year (2004)...district and conference cross country champion...three-time conference track champion...**NOTABLES:** Member of the Air Force track team.



JUSTIN MASON

Junior ... C2C
Fishers, Ind.

SOPHOMORE (2006): Ran in the first four meets of the season, as well as the Air Force Open...was the Falcons' top finisher at the AFO, clocking a time of 27:29 to finish sixth...collected a 4.1-mile time of 23:03 to place 16th at the Wyoming Invitational...posted a 17th-place finish at the Utah Fall Festival in 26:51...finished 26th at the Fort Hays Invitational (27:23)...also competed at the Roy Griak Invitational (27:44-

241st)...**FRESHMAN (2005):** Competed in five races for Air Force...ran a season-best 27:19 at the Fort Hays Invitational...clocked 28:02 at the Woody Greeno Invitational...opened the season with a 4.1-mile time of 24:45 at the Wyoming Invitational...ran an 8k-time of 29:08 at the Air Force Open...also clocked 29:45 at the Rocky Mountain Shootout...**HIGH SCHOOL:** Cathedral High School...recorded a best time of 4:23 in the 1600-meter run...**NOTABLES:** Member of the Air Force track team...academic all-conference selection...selected as a MWC Scholar-Athlete for cross country.



AUSTIN FRITZKE

Sophomore ... C3C
Mt. Shasta, Calif.

FRESHMAN (2006): Competed in four meets for the Falcons...opened the year at the 4.1-mile Wyoming Invitational, finishing 51st in a time of 24:26...season-best finish of 12th came at the Air Force Open in 28:05...clocked a time of 27:29 at the Utah Fall Festival to place 26th...crossed the finish line of the Fort Hays Invitational in 29:01 to finish 59th...**HIGH SCHOOL:** Mt. Shasta High School...was the California Division Five

state cross country champion as a junior...repeated that honor during senior campaign...finished ninth in the 3200-meter run at the state track and field championships as a senior...recorded high school-best times of 4:21 and 9:19...**NOTABLES:** Member of the Air Force track team...collected Mountain West Conference Scholar-Athlete accolades for cross country.



ARTHUR GRIJALVA

Sophomore ... C3C
El Paso, Texas

FRESHMAN (2006): Competed in four meets for the Falcons...finished 10th at the Air Force Open with a career-best 8K time of 27:56...recorded matching 41st-place finishes at both the Utah Fall Festival (29:27) and the Fort Hays Invitational (28:00)...collected a time of 24:30 to finish 53rd at the 4.1-mile Wyoming Invitational...**HIGH SCHOOL:** Americas High School...member of the cross country and track teams...served

as captain for both squads...earned all-city cross country honors...honored

OTHER RETURNERS - MEN

at Price's Banquet of the Stars as the best cross country athlete in El Paso county...clocked career-best times of 9:44 in the 3200-meter run and 4:25 in the 1600-meter run (both times converted for altitude)...**NOTABLES:** Member of the Air Force track team...earned Mountain West Conference Scholar-Athlete honors for cross country.



CONOR MURPHY

Sophomore ... C3C
Delmar, N.Y.

FRESHMAN (2006): Red-shirted the cross country season...competed as an unattached competitor at the Air Force Open and finished 16th with a time of 28:26...**BEFORE ATTENDING THE ACADEMY:** Transferred from RPI (Rensselaer Polytechnic Institute)...earned All-Liberty League honors...was the top RPI finisher at the Albany and Saratoga Invitationals ...named Liberty League Rookie of the Week on Oct.

17...**HIGH SCHOOL:** Bethlehem Central High School...named all-Suburban Council...Rookie of the Year in 2003 and team MVP in 2004 earned All-America honors in outdoor track as a senior...**NOTABLES:** Member of the Air Force track team.



ZACH NORDAHL

Sophomore ... C3C
Molt, Mont.

FRESHMAN (2006): Raced in four meets for Air Force...collected a career-best ninth-place finish at the Air Force Open, crossing the finish line in 27:51...opened the season with a 52nd-place time of 24:26 at the Wyoming Invitational (4.25-mile course)...clocked 27:16 to finish 23rd at the Utah Fall Festival...placed 19th with a season-best 27:14 at the annual Fort Hays Invitational...**HIGH SCHOOL:** Rapelje

High School...**NOTABLES:** Member of the Air Force track team...named Mountain West Conference Scholar-Athlete.



THOMAS RICHTER

Sophomore ... C3C
Wrightwood, Calif.

FRESHMAN (2006): Competed in four meets for the Falcons...season-best finish of seventh place came at the Air Force Open behind a time of 27:38...posted a season-best time of 26:58 at the Utah Fall Festival (19th)...opened the season at the Wyoming Invitational (4.25-mile course) with a 34th-place finish of 23:31...completed the Fort Hays Invitational in 27:09 to finish 17th...**HIGH SCHOOL:**

Serrano High School...placed ninth in the California Division Two state cross country championships as a senior...also picked up an eighth-place finish in

the 3200-meter run at the state track and field championships during senior season...**NOTABLES:** Member of the Air Force track team.



ANDY SCHWEITZER

Sophomore ... C3C
Macedonia, Ohio

FRESHMAN (2006): Ran in four meets ...finished 19th at the Air Force Open, in 29:57...finished with a 69th-place time of 25:59 at Wyoming (4.25-mile course) ...placed 43rd at the Utah Fall Festival, finishing in 29:47...clocked 29:52 to place 75th at the Fort Hays Invite ...**HIGH SCHOOL:** Cuyahoga Valley Christian High School...**NOTABLES:** Member of the Air Force track team.

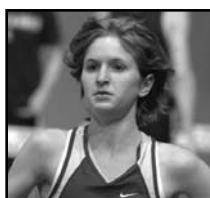
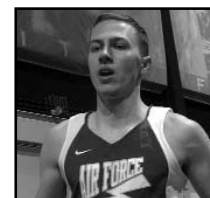
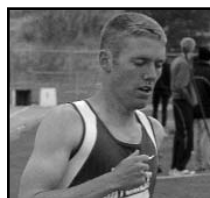
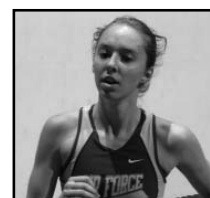


RYAN WORKMAN

Sophomore ... C3C
Chapel Hill, N.C.

FRESHMAN (2006): Participated in four meets for the Falcons...posted a 4.1-mile time of 24:33 (54th) at the Wyoming Invitational (4.25-mile) to open the season...ran the Utah Fall Festival in 29:27 to finish 31st...crossed the finish line of the Fort Hays Invitational in 27:18 to place 23rd...finished 17th at the Air Force Open in 28:27...**HIGH SCHOOL:** Chapel Hill High School...placed third in the North

Carolina 4A cross country championships as a senior...was one of two top-three finishers from the team that won the 2005 state title by one point...finished sixth in the 3200-meter run at the North Carolina track and field championships...posted high school best times of 4:29 and 9:32...**NOTABLES:** Member of the Air Force track team.



NEWCOMERS TO THE PROGRAM

VINCENT GILLMORE

Sophomore ... C3C
Warner Robbins AFB, Ga.

HIGH SCHOOL: Warner Robbins High School...was the region 3AAAA runner-up in the 3200-meter run as a senior...placed fifth at the 2005 Cross Country Regional 3AAAA Championships.

KYLE GOLDSMITH

Freshman ... C4C
Katy, Texas

HIGH SCHOOL: Cinco Ranch High School...placed seventh at the Texas 5A cross country championships as a senior...recorded a seasonal-best time of 9:45.29 in the 3200-meter run.

BRIAN LANE

Freshman ... C4C
Johnsburg, Ill.

HIGH SCHOOL: Johnsburg High School...four-time MVP...four-time all-conference selection...regional champion...four-year sectional qualifier...state qualifier...first-team all-area selection by the *North West Herald* in 2005.

TYLER SMALL

Freshman ... C4C
Mercersburg, Pa.

HIGH SCHOOL: Mercersburg Academy...first-team all-conference cross country selection as a junior and senior...most outstanding runner...was the 3200-meter champion at the Pennsylvania Independent Schools state meet.

KYLE SOUTHARD

Freshman ... C4C
Ramstein AB, Germany

HIGH SCHOOL: Ramstein American High School...placed second in the European cross country championships...also picked up a second-place finish in the 1500-meter run at the European track and field championships.

JUSTIN TYNER

Freshman ... C4C
Baxter, Minn.

HIGH SCHOOL: Brainerd High School...finished 10th at the Minnesota AA cross country championships...clocked a personal-best time of 4:24.96 in the 1600-meter run at the Minnesota AA track and field championships.

JESSIE STIMPSON

Freshman ... C4C
Ingleside, Ill.

HIGH SCHOOL: Grant Community High School...three-time all-conference and all-county selection...two-time team MVP...three-time sectional qualifier...four-time all-academic and Scholar Athlete selections.

CARRIE TENGELSEN

Freshman ... C4C
Colorado Springs, Colo.

HIGH SCHOOL: Coronado High School...state qualifier as a senior with a 20-minute 5k time...three-time qualifier to the state track meet in the 4x400- and 4x800-meter relays, as well as the 800-meter run.

GLORIEMAR TORRE' SANTIAGO

Freshman ... C4C
Hope Mills, N.C.

BEFORE ACADEMY: Gray's Creek High School...two-time team MVP...2006 Female Athlete of the Year...all-conference selection...three-year team captain...attended the Academy's Prep School...named most athletic female.

KATHERINE WARD

Freshman ... C4C
Port Matilda, Pa.

HIGH SCHOOL: State College High School...recorded a personal-best time of 5:11.50 in the 1600-meter run...also clocked a career-best time of 11:08.56 in the 3200-meter run.

2006 SEASON IN REVIEW

With just three seniors on the combined roster, the Air Force cross country team was remarkably young in 2006. The 24 members of the men's team combined for five top-two finishes, while the nine members of the young women's team gained valuable experience as they were called upon to compete in nearly every meet.

THE MEN'S REVIEW

While the previous season's squad had been loaded with experienced senior runners, the 2006 men's cross country team featured just two in a competitive roster of 24. Despite its youth, Air Force proved to be a fierce competitor, as it accounted for five top-two finishes, including three meet victories, during its eight-meet season.

Seniors **Jason Beck** and **Richard Elmore** served as captains for the young squad, which featured four juniors, 10 sophomores and eight freshmen.

With nearly the entire roster on the trip, the Falcons got the season started off right, winning the Wyoming Invitational in Laramie, Wyo., on Sept. 1. Air Force, which boasted five of the top nine finishers in the 4.25-mile race, was led by sophomore **Matt Williams**, who won the race in 22:12.

Classmate **Sean Houseworth** finished third, while juniors **Josh van Wyngaarden** and **Ian McFarland** placed sixth and seventh, respectively. Elmore rounded out the group with a ninth-place time.

Williams was honored by the Mountain West Conference for his winning endeavor at the Wyoming Invitational, as the league awarded him Runner of the Week accolades.

On Sept. 23, 12 members of the team traveled to Minneapolis, Minn., for the prestigious Roy Griak Invitational. As a team, Air Force finished 23rd. Its best finish came from Elmore, who finished 101st with an 8K time of 26:19. Joining van Wyngaarden (117th), McFarland (141st) and Williams (150th), Elmore was one of four Falcons to place within the top half of the 300-competitor field.

The majority of the team regrouped one week later (Sept. 29) at the Utah Fall Festival in Salt Lake City. Air Force won the meet with just 18 points, as van Wyngaarden won the race in a time of 25:25.

Taking four of the top five spots, the Falcons claimed six of the top nine to easily win its second meet of the season. Elmore finished second, while Williams and McFarland rounded out the top five in fourth- and fifth-place, respectively.

The Falcons' unofficial "B" team headed to Hays, Kan., for the annual Fort Hays Invitational on Oct. 7. Although it was the team's younger runners that took part in the race, the outcome was still the same, as the Falcons tallied 78 points to easily win the 11-team meet. It was the third straight year that the Falcons have won the Fort Hays Invitational.

Sophomore **Scott Balcao** was the team's top runner, placing ninth in a time of 26:18. Overall, there were 10 Falcons that finished within the top half of the field, including top-20 finishers of freshmen **Thomas Richter** (17th) and **Zach Nordahl** (19th).

The Mountain West Conference once again recognized a member of the Air Force squad, as Balcao claimed his first career Runner of the Week award.

The top seven runners on the team traveled to Terre Haute, Ind., for the annual Pre-Nationals Meet on Oct. 14. Elmore once again was the Falcons'

top finisher, clocking a time of 24:53 to finish 97th. As the only Air Force runner to finish within the top half of the field, the senior guided the Falcons to a 32nd-place team finish (722 points).

While part of the squad prepared for the conference and regional meets, the rest of the team closed out the season by hosting the annual Air Force Open at North Monument Valley Park in Colorado Springs on Oct. 21.

Sophomore **Justin Mason** was the Falcons' top finisher, as he placed sixth in 27:29. Freshmen took three of the next four spots, as Air Force claimed four top-10 spots to take second. Richter placed seventh, while Nordahl and **Arthur Grijalva** took ninth and 10th, respectively.

With the regular season complete for the Falcons, eight members of the squad headed back to Salt Lake City for the annual Mountain West Conference Championships on Oct. 28.

Elmore and Williams etched their names in the Falcons' record book, as they earned all-conference honors by placing within the top echelon of competitors. Guiding the Falcons to a second-place finish in the team standings, Elmore finished ninth in a time of 25:08, while Williams placed 12th.

In addition, van Wyngaarden (15th) and McFarland (17th) picked up top-20 finishes, but just missed the all-conference cut.

Many of those same Falcons traveled to Albuquerque, N.M., for the NCAA Mountain Region Championships on Nov. 11. Backed by Williams' top finish, Air Force placed eighth in the 15-team field.

Williams, who clocked a 10k time of 32:00 to place 35th, was one of five Falcons to finish within the top 50. McFarland placed 37th, while Elmore, Houseworth and Williams consecutively crossed the finish line for 43rd-, 44th- and 45th-place finishes.

Although the season was officially over, honors continued to accumulate for the Falcons. Elmore was named team MVP and six members of the team - Beck, junior **Kenny Grosselin**, Mason, McFarland, van Wyngaarden and Williams - were named to the academic all-conference team.

In addition to earning academic all-conference honors, Beck, sophomore **Daniel Castle**, sophomore **Joe Curran**, freshman **Austin Fritzke**, Grijalva, Grosselin, Mason, Nordahl and van Wyngaarden claimed MWC Scholar-Athlete accolades.

As a team, Air Force was named a NCAA Division I All-Academic team by the U.S. Track and Field and Cross Country Coaches Association. National honors continued, as Curran and Grosselin were named to the CoSIDA *ESPN The Magazine* Academic All-District team.

THE WOMEN'S REVIEW

Although the team increased its numbers from one year earlier, the Air Force women's team still featured just nine runners. With that small of a squad, nearly every athlete was called upon to participate in every race.

The youth of the Falcons' entire squad was extremely evident on the women's side. Air Force's lone senior, **Margaret Frash**, served as captain of a roster that included two juniors, one sophomore and five freshmen.

While Frash served as the team leader, junior **Kelly Robinson** was the Falcons' guiding force on the race course. During the six full-squad meets that Air Force competed in, Robinson recorded the team's top finish in four.

2006 SEASON IN REVIEW

Air Force's entire roster opened the season in Laramie, Wyo., with the annual Wyoming Invitational on Sept. 1. As the team's top finisher, Robinson led the Falcons to a fourth-place team finisher. Individually, the junior placed 11th after crossing the finish line of the 2.5-mile course in 15:43.

Frash and freshman **Brittany Morreale** also finished within the top-20, as Frash finished 13th and Morreale posted a 15th-place finish. Junior Kate Papenberg missed out on a top-20 finish by .02 seconds, as she took 21st.

Three weeks later (Sept. 23), the team traveled to Minneapolis, Minn., for the Roy Griak Invitational. Morreale took the lead this time, placing 91st overall in the field of 288. As a team, the Falcons accounted for a 24th-place finish. With a 105th-place finish, Robinson was the only other Air Force runner to finish within the top half of the field.

The Falcons traveled to Salt Lake City, Utah, just one week later for the Utah Fall Festival on Sept. 29. Four Falcons finished within the top 10, as the squad picked up a second-place finish.

Robinson guided Air Force with a fourth-place time of 22:53, while Morreale placed sixth. Frash and freshman **Ally Romanko** rounded out the Falcons' quartet of top-10 finishes, as they crossed the finish line in ninth and 10th, respectively.

While the majority of the team took the weekend off from competition, two Falcons took to a race course for the third consecutive weekend (Oct. 7). Sophomore **Jamie Illig** and freshman **Sara Juback** headed to Hays, Kan., for the annual Fort Hays Invitational. Although the race was non-team scoring, Illig placed 30th in 20:19, while Juback accounted for a 53rd-place finish.

The Falcons regrouped for the Pre-National Meet on Oct. 14 in Terre Haute, Ind. Backed by a 184th-place time of 22:33, Robinson led the Falcons to a 37th-place finish. As in every full-team meet to date, Morreale joined Robinson as one of the top-two finishers, as she placed 186th.

While the men's team hosted the annual Air Force Open on Oct. 21, the women's team took the week off. Since the men's roster is nearly triple that of the women's, they use the AFO to close out the season for the younger runners. With even the youngest runner needed on the women's meet, the Falcons used the weekend to train for the upcoming championship run.

The full Air Force squad returned to Salt Lake City, Utah, for the 2007 Mountain West Conference Championships on Oct. 28. As a team, the Falcons finished seventh with 159 points - a total just three points shy of the sixth-place spot.

Robinson recorded a 21st-place time of 22:40, while Romanko finished close behind with a 24th-place finish. Frash also finished within the top half of the field at 32nd, while freshman **Katie Anderson** was close to that plateau with a 39th-place finish.

The Falcons closed out the 2007 campaign on Nov. 11 in Albuquerque, N.M. Air Force posted a 13th-place team finish at the NCAA Mountain Regional Championships. Morreale stepped up as the Falcons' top finisher, posting a season-best 59th-place time of 23:08.

Romanko (61st), Robinson (70th), Anderson (76th) and Frash (79th) all posted finishes within the top-100 as the Falcons concluded the season.

Robinson was named the team's Most Valuable Runner after accumulating top-finisher marks in four of the six meets, while finishing as the team's second-fastest runner in another.

Air Force piled up the academic honors in the off-season, as six members of the team were named to the academic all-conference team that is presented annually by the Mountain West Conference.

Frash and Morreale, who also claimed MWC Scholar-Athlete accolades, joined Papenberg, Robinson, Romanko and freshman **Danielle Snider** on the conference's all-academic team.

Backed by the impressive grade-point-averages of those six cadet-athletes, the Falcons continued a studious tradition that began in 2001. For the fifth time in six years, the Air Force women's team was named a NCAA Division I All-Academic Team by the U.S. Track and Field and Cross Country Coaches Association.

Pictured below: The Falcons' three seniors (from left to right) Jason Beck, Richard Elmore (men's team MVP) and Margaret Frash, as well as 2007 women's team MVP, junior Kelly Robinson.



2006 MEET-BY-MEET FINISHES

MEN'S TEAM AND INDIVIDUAL RESULTS

<u>DATE</u>	<u>EVENT</u>	<u>PLACE</u>	<u>FIELD</u>	<u>POINTS</u>	<u>TOP FINISHER</u>	<u>PLACE</u>	<u>FIELD</u>	<u>TIME</u>
Sept 1	Wyoming Invitational	1st	6 teams	20 pts.	Matt Williams	1st	81	22:12
Sept. 23	Roy Griak Invitational	23rd	34 teams	627 pts.	Richard Elmore	101st	301	26:19
Sept. 29	Utah Fall Festival	1st	3 teams	18 pts.	Josh van Wyngaarden	1st	52	25:25
Oct. 7	Fort Hays Invitational	1st	11 teams	78 pts.	Scott Balcao	9th	112	26:18
Oct. 14	Pre-NCAA Meet	32nd	37 teams	722 pts.	Richard Elmore	97th	241	24:53
Oct. 21	Air Force Open	2nd	2 teams	--	Justin Mason	6th	23	27:29
Oct. 28	MWC Championships	2nd	6 teams	76 pts.	Richard Elmore	9th	49	25:08
Nov. 11	NCAA Regionals	8th	15 teams	204 pts.	Matt Williams	35th	105	32:00

<u>NAME</u>	<u>WYO</u>	<u>RGI</u>	<u>UTAH</u>	<u>FHI</u>	<u>PRE</u>	<u>AFO</u>	<u>MWC</u>	<u>REG</u>
Scott Balcao	23:18 (23)	26:52 (173)	26:10 (11)	26:18 (9)	--	--	--	32:51 (54)
Jason Beck	23:08 (19)	27:18 (207)	26:24 (13)	--	--	--	26:34 (37)	--
Daniel Castle	25:11 (62)	--	27:23 (25)	27:16 (22)	--	28:22 (15)	--	--
Parker Cowles	23:31 (33)	28:28 (277)	26:26 (14)	27:38 (32)	--	28:14 (13)	--	--
Joe Curran	--	--	27:46 (30)	--	--	--	--	--
Richard Elmore	22:25 (9)	26:19 (101)	25:41 (2)	--	24:53 (97)	--	25:07 (9)	32:20 (43)
Austin Fritzke	24:26 (51)	--	27:29 (26)	29:01 (59)	--	28:05 (12)	--	--
Calvin Glass	23:26 (30)	26:53 (175)	--	--	--	--	--	--
Steven Grey	--	--	--	27:47 (35)	--	--	--	--
Arthur Grijalva	24:30 (53)	--	29:27 (41)	28:00 (41)	--	27:53 (10)	--	--
Kenny Gosselin	22:48 (11)	26:52 (172)	25:55 (9)	--	26:09 (229)	--	26:13 (31)	33:31 (72)
Adrian Haywas	24:45 (55)	--	--	--	--	--	--	--
Sean Houseworth	22:18 (3)	27:28 (220)	25:49 (6)	--	25:20 (166)	--	26:00 (25)	32:24 (44)
Kyle Jones	24:23 (49)	--	27:36 (28)	28:09 (46)	--	27:53 (11)	--	--
Justin Mason	23:03 (16)	27:44 (241)	26:51 (17)	27:23 (26)	--	27:29 (6)	--	--
Ian McFarland	22:24 (7)	26:33 (141)	25:46 (5)	--	25:25 (176)	--	25:31 (17)	32:03 (37)
Zach Nordahl	24:26 (52)	--	27:16 (23)	27:14 (19)	--	27:51 (9)	--	--
Sebastian Ortiz	23:04 (17)	26:45 (161)	26:31 (15)	--	25:50 (211)	--	26:01 (26)	--
Thomas Richter	23:31 (34)	--	26:58 (19)	27:09 (17)	--	27:38 (7)	--	--
Andy Schweitzer	25:59 (69)	--	29:47 (43)	29:52 (75)	--	29:57 (19)	--	--
Josh van Wyngaarden	22:23 (6)	26:23 (117)	25:25 (1)	--	25:04 (131)	--	25:19 (15)	32:26 (45)
Matt Williams	22:12 (1)	26:39 (150)	25:45 (4)	--	25:14 (152)	--	25:14 (12)	32:00 (35)
Ryan Workman	24:33 (54)	--	29:27 (31)	27:18 (23)	--	28:27 (17)	--	--

WOMEN'S TEAM AND INDIVIDUAL RESULTS

<u>DATE</u>	<u>EVENT</u>	<u>PLACE</u>	<u>FIELD</u>	<u>POINTS</u>	<u>TOP FINISHER</u>	<u>PLACE</u>	<u>FIELD</u>	<u>TIME</u>
Sept 1	Wyoming Invitational	4th	6 teams	82 pts.	Kelly Robinson	11th	55	15:43
Sept. 23	Roy Griak Invitational	24th	30 teams	605 pts.	Brittany Morreale	91st	288	23:09
Sept. 29	Utah Fall Festival	2nd	5 teams	49 pts.	Kelly Robinson	4th	43	22:53
Oct. 7	Fort Hays Invitational	--	--	--	Jamie Illig	30th	97	20:19
Oct. 14	Pre-NCAA Meet	37th	37 teams	1044 pts.	Kelly Robinson	184th	253	22:33
Oct. 28	MWC Championships	7th	9 teams	159 pts.	Kelly Robinson	21st	64	22:40
Nov. 11	NCAA Regionals	13th	17 teams	333 pts.	Brittany Morreale	59th	119	23:08

<u>NAME</u>	<u>WYO</u>	<u>RGI</u>	<u>UTAH</u>	<u>FHI</u>	<u>PRE</u>	<u>AFO</u>	<u>MWC</u>	<u>REG</u>
Katherine Anderson	16:43 (28)	24:53 (216)	24:19 (20)	--	24:14 (248)	--	23:30 (39)	23:30 (76)
Margaret Frash	15:46 (13)	23:33 (120)	23:24 (9)	--	22:56 (214)	--	23:02 (32)	23:32 (78)
Jamie Illig	17:39 (39)	26:33 (275)	26:36 (33)	20:19 (30)	--	--	27:04 (60)	--
Sara Juback	16:57 (28)	26:28 (274)	25:53 (29)	21:18 (53)	24:52 (252)	--	25:27 (56)	25:25 (116)
Brittany Morreale	15:48 (15)	23:09 (91)	22:57 (6)	--	22:33 (186)	--	--	23:08 (59)
Kate Papenberg	16:02 (21)	24:45 (207)	24:58 (23)	--	23:53 (244)	--	24:47 (53)	24:48 (107)
Kelly Robinson	15:43 (11)	23:24 (105)	22:53 (4)	--	22:33 (184)	--	22:40 (21)	23:19 (70)
Ally Romanko	16:05 (22)	24:11 (171)	23:32 (10)	--	22:58 (216)	--	22:50 (24)	23:11 (61)
Danielle Snider	17:14 (36)	25:29 (250)	25:34 (25)	--	--	--	--	--

2006 POST-SEASON FINISHES & AWARDS

AIR FORCE MEN'S RESULTS

MOUNTAIN WEST CONFERENCE

1. BYU	.27
2. Air Force	.76
3. Colorado State	.88
4. New Mexico	.89
5. Wyoming	.93
6. TCU	.153

AIR FORCE FINISHERS (8K RACE)

9. Richard Elmore	.25:07.4
12. Matt Williams	.25:14.1
15. Josh van Wyngaarden	.25:18.7
17. Ian McFarland	.25:31.1
24. Scott Balcao	.25:57.7
25. Sean Houseworth	.25:59.6
26. Sebastian Ortiz	.26:00.8
31. Kenny Grosselin	.26:12.6
37. Jason Beck	.26:33.9

NCAA MOUNTAIN REGIONAL

1. Colorado	.59
2. BYU	.67
3. Texas-El Paso	.86
4. Southern Utah	.128
5. Northern Arizona	.160
6. Wyoming	.187
7. Weber State	.190
8. Air Force	.204
8. Colorado State	.204
10. Utah State	.228

AIR FORCE FINISHERS (10K RACE)

35. Matt Williams	.32:00.2
37. Ian McFarland	.32:03.4
43. Richard Elmore	.32:20.4
44. Sean Houseworth	.32:24.3
45. Josh Van Wyngaarden	.32:25.5
54. Scott Balcao	.32:51.0
72. Kenny Grosselin	.33:30.6

AIR FORCE WOMEN'S RESULTS

MOUNTAIN WEST CONFERENCE

1. BYU	.35
2. Colorado State	.44
3. New Mexico	.94
4. Wyoming	.113
5. TCU	.121
6. Utah	.156
7. Air Force	.159
8. San Diego State	.203
9. UNLV	.266

AIR FORCE FINISHERS (6K RACE)

21. Kelly Robinson	.22:39.7
24. Ally Romanko	.22:49.6
32. Margaret Frash	.23:01.6
39. Katie Anderson	.23:30.1
53. Kate Papenberg	.24:47.2
56. Sara Juback	.25:26.5
60. Jamie Illig	.27:04.1

NCAA MOUNTAIN REGIONAL

1. Colorado	.64
2. Texas Tech	.87
3. BYU	.94
4. Colorado State	.96
5. Weber State	.98
6. Northern Arizona	.137
7. New Mexico	.179
8. Montana	.238
9. Utah State	.247
10. Wyoming	.288
13. Air Force	.333

AIR FORCE FINISHERS (6K RACE)

59. Brittany Morreale	.23:08.3
61. Ally Romanko	.23:11.1
70. Kelly Robinson	.23:19.2
76. Katie Anderson	.23:30.0
78. Margaret Frash	.23:31.8
107. Kate Papenberg	.24:47.7
116. Sara Juback	.25:25.1

MEN'S INDIVIDUAL HONORS

Most Valuable Runner

Richard Elmore

All-Conference

Richard Elmore (second team)
Matt Williams (second team)

MWC Runner of the Week

Matt Williams (Sept. 7)
Scott Balcao (Oct. 10)

Academic All-Conference

Jason Beck
Kenny Grosselin
Justin Mason
Ian McFarland
Josh van Wyngaarden
Matt Williams

MWC Scholar-Athlete

Jason Beck
Daniel Castle
Joe Curran
Austin Fritzke
Arthur Grijalva
Kenny Grosselin
Justin Mason
Zach Nordahl
Josh van Wyngaarden

ESPN The Magazine Academic All-District VII (selected by CoSIDA)

Joe Curran
Kenny Grosselin

WOMEN'S INDIVIDUAL HONORS

Most Valuable Runner

Kelly Robinson

Academic All-Conference

Margaret Frash
Brittany Morreale
Kate Papenberg
Kelly Robinson
Ally Romanko
Danielle Snider

MWC Scholar-Athlete

Margaret Frash
Brittany Morreale

MEN'S & WOMEN'S TEAM HONORS

2006 Cross Country NCAA Division I All-Academic Team

DISTANCE RUNNERS SHINE IN TRACK SEASON, TOO

In addition to their successful cross country season, several members of the team helped the Air Force track and field team to a strong showing at the first-ever Military Classic. On the women's side, **Ally Romanko**, **Kelly Robinson** and **Brittany Morreale** teamed up to take first-place in the 800-, 1500- and 5000-meter events. Robinson also took second in the 800-meter run behind Romanko. On the men's side, the Falcons took two of the top four spots in all of the middle-distance and distance events. **Calvin Glass** and **Sebastian Ortiz** finished second and third, respectively in the 800-meter run. Ortiz also picked up a second-place finish in the 1500-meter run, while **Richard Elmore** took fourth. **Ian McFarland** and **Sean Houseworth** took second and third in the 5000-meter run. At the Mountain West Conference Outdoor Track and Field Championships, the Falcons took three of the top five spots in the 10,000-meter run. Backed by Houseworth's winning time in the event, **Joe Curran** placed third and **Parker Cowles** took fifth.

MEN'S TEAM HISTORY

TEAM CAPTAINS

1956	James Chapman, Don Livingston
1957	James Bilello
1958	James Bilello
1959	James Bilello
1960	Dave Carlstrom
1961	John Fer
1962	Tom Cardoza
1963	James Murphy
1964	Kirk Hall, Jesse Overall
1965	Lewis Moore
1967	Terry Gruters, Doug Everett
1968	Lindsey Parris
1969	John Jones
1970	John Jones
1971	Dennis Sbach
1972	Ernie Maravilla
1973	Bill Frank
1974	Pat Rupel
1975	Jeff Ford
1976	Keith Haines
1977	Dave Wynn
1978	Dave McKinney
1979	John Evans
1980	Bret Hyde
1981	Andy Ferguson
1982	Brian Maas
1983	Robert Langstaff
1984	Ivan McKnight, John Wright
1985	Joe Martin, David Carpenter
1986	Bert Morales, Micky Testa
1987	Alan Anzai
1988	Craig DeBoni, Caesar Garduno
1989	Dave Fresella
1990	Brad Hamby
1991	Chris Nelson
1992	Chris Juarez
1993	Phil Swenson
1994	Cliff Volpe
1995	Eric Mack, Andy Meehan
1996	Andrew Marx
1997	Steve Radtke, Zach Smith
1998	Matt Allen, Todd Moenster
1999	Jim Nelson
2000	Joe Monaco, Shane Rogers
2001	David Romero, Albert Kelly
2002	Rudy Taute
2003	Ben Payne, Chris Acs
2004	Brian Dumm, Abe Wengel
2005	Matt Hellier, Mark Walter
2006	Jason Beck, Richard Elmore
2007	Kenny Grosselin, Josh van Wyngaarden

MOST VALUABLE RUNNER

1968	Mike Ryan
1969	Mike Ryan
1970	Dennis Sbach
1971	Dennis Sbach
1972	Ernie Maravilla
1973	Bill Frank
1974	Pat Rupel
1975	Jeff Ford
1976	Gary Sheppard
1977	Dave McKinney
1978	John Evans
1979	Bret Hyde
1980	Bret Hyde
1981	Dan Rooney
1982	Gary Droze
1983	Robert Langstaff
1984	Micky Testa
1985	Micky Testa
1986	Micky Testa
1987	Alan Anzai
1988	Caesar Garduno
1989	Dave Fresella
1990	Chris Nelson
1991	Chris Nelson
1992	Phil Swenson
1993	Phil Swenson
1994	Eric Mack
1995	Eric Mack
1996	Zach Smith
1997	Zach Smith
1998	Matt Allen
1999	Jim Nelson
2000	Chris Acs
2001	David Romero
2002	Ben Payne
2003	Ben Payne
2004	Brian Dumm
2005	Nick Wilson
2006	Richard Elmore

ATHLETIC DEPT. AWARD WINNERS

1962	John Fer (Most Valuable)
1965	Jim Murphy (Most Valuable)
1970	Mike Ryan (Athletic Excellence)
1972	Dennis Sbach (Leadership)
1978	Ric Linares (Scholar-Athlete)
1981	Bret Hyde (Leadership)
1992	Chris Nelson (Scholar-Athlete)
1996	Andy Meehan (Scholar-Athlete)
1996	Eric Mack (Most Valuable Male)
1998	Will Woodward (Scholar-Athlete)
2001	Shane Rogers (Scholar-Athlete)
2003	Ben Payne (Most Valuable Male)

NCAA POSTGRADUATE SCHOLARSHIP

Jim Murphy	1965-66
Mike Ryan	1969-70
John Jones	1970-71
Chris Nelson	1991-92
Shane Rogers	2000-01

NCAA ALL-ACADEMIC TEAM

1995, 1996, 1997, 2006

COSIDA ACADEMIC ALL-AMERICAN

Chris Nelson	1990, 1991
Nick Wilson	2005

COSIDA ACADEMIC ALL-DISTRICT

Nick Wilson	2005
Kenny Grosselin	2006
Joe Curran	2006

STAN BATES SCHOLARSHIP (WAC)

Chris Nelson	1991-92
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ACADEMIC ALL-WAC

Peter Ohotnicky	1989, 1990, 1992
Chris Chaplin	1991
Sean Dariushnia	1991
Chad Erspamer	1991, 1992, 1993
Chris Nelson	1990, 1991
William Sabol	1991
Todd Stratton	1991, 1992, 1993
Ed McCormick	1992, 1993
Andrew Meehan	1993, 1994, 1995
Will Woodward	1995, 1996, 1997
Mike Anderson	1996
Tim Baumgartner	1996
Chad Connor	1996
Todd Moenster	1996, 1997, 1998
Shane Rogers	1996
Rye Whitehead	1996
Matt Compton	1997
Matt Allen	1997, 1998
Chris Roberdeau	1997, 1998
Patrick Shanahan	1997, 1998

ACADEMIC ALL-MWC

Patrick Shanahan	1999
Shane Rogers	1999, 2000
Jim Blech	2000, 2001
Thomas Kubler	2001
Brian Carpenter	1999, 2000, 2001, 2002
Ben Payne	2002, 2003
Jeff Gosselin	2002, 2003
Brian Dumm	2002, 2003, 2004
Nick Wilson	2002, 2003, 2004, 2005
Matt Hellier	2004, 2005
Jason Beck	2005, 2006
Josh van Wyngaarden	2005, 2006
Matt Williams	2005, 2006
Kenny Grosselin	2006
Ian McFarland	2006
Justin Mason	2006

MEN'S TEAM HISTORY

AIR FORCE ACADEMY ALL-AMERICANS

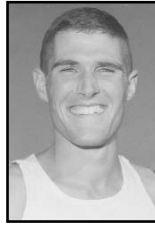
In 51 years of Falcon cross country, eight men have earned All-America honors 11 times, including two multi-winners and one national champion.



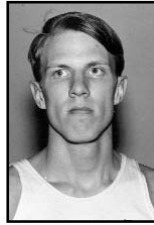
Jim **MURPHY**
1964



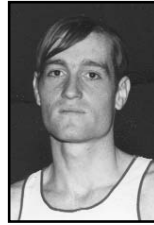
Terry **GRUTERS**
1967



Mike **RYAN**
1967-68-69



Dennis **SBACH**
1971



Jim **KOSTER**
1973



Chris **NELSON**
1990-91



Phil **SWENSON**
1993



Eric **MACK**
1995

PROGRAM MILESTONES

1955 -- Falcons compete as freshmen under 1Lt Russell Thoburn

1956 -- First year of varsity cross country under Thoburn

1959 -- John Fer (32nd) and James Bilello (39th) are the first Falcons to appear at the NCAA Finals; team finishes ninth

1960 -- Air Force makes its second consecutive appearance at the NCAA Championships; becomes the first Air Force Academy varsity team to defeat Army and Navy in head-to-head competition (Army 19-36; at Navy 18-42)

1961 -- Team makes its third straight appearance at NCAA finals, finishing 10th

1964 -- Jim Murphy becomes the Falcons' first All-American, finishing third at the NCAA Championships

1967 -- An impressive year for the Falcons -- Air Force finishes second at nationals, just five points behind champion Villanova; Mike Ryan (3rd) and Terry Gruters (14th) earn All-America honors

1968 -- Mike Ryan captures the individual national championship; Air Force finishes 22nd at the NCAA Championships

1969 -- Mike Ryan finishes second at national championships

1971 -- Falcons finish 23rd at the national meet; Dennis Sbach earns All-America status

1973 -- Jim Koster named All-American, finishing 26th at NCAA

1977 -- Team makes first appearance at the NCAA District 7 National Qualifier

1980 -- First year in the WAC

1981 -- After a 10-year absence, the Falcons advance to the NCAA Championship meet, finishing 22nd

1990 -- A third-place finish at WAC Championships begins a string of 12 consecutive top-three finishes at the WAC/MWC Championships; Chris Nelson earns first of two All-America distinctions

1991 -- Team captures first WAC Championship; Chris Nelson named WAC Runner of the Year for second straight year (two-time conference champion); Falcons finish second at District 7 meet and qualify for the NCAA for the first time since 1981; Falcons finish 14th at the national meet

1993 -- Phil Swenson earns All-America status

1994 -- Team earns second WAC Championship title; Mark Stanforth named WAC Coach of the Year

1995 -- Eric Mack finishes third at the NCAA Championships - the highest finish by a Falcon since Mike Ryan in 1969; Mack earns All-America status as the top American finisher; team finishes second in the WAC

1996 -- Team claims third WAC Championship; the only Air Force program to boast three WAC titles; Mark Stanforth named WAC Coach of the Year

1998 -- Final year in WAC

1999 -- First year in MWC; team finishes second at the conference meet; three Falcons (Jim Nelson, Joe Monaco, Ryan O'Hara) earn all-conference honors; Mark Stanforth named MWC Coach of the Year

2000 -- Team finishes 16th at the national meet - its third appearance in 30 years; Falcons finish third in conference and sixth in region; Ben Payne and Chris Acs earn all-conference honors; David Romero was an all-region selection

2001 -- Air Force finishes second in the MWC; David Romero, Ben Payne, Brian Carpenter and Chris Acs earn all-conference honors; team finishes fifth in the Mountain Region; Romero and Payne receive all-region accolades; team finishes 26th at the NCAA Championships

2002 -- Falcons finish fourth in MWC; Ben Payne and Abe Wengel earn all-conference second-team honors; team finishes 10th in the NCAA Mountain Region; Payne and Chris Acs earn all-region honors; five earn academic all-MWC awards

2003 -- Air Force claims first MWC Championship; Ben Payne, Brian Dumm, Mark Walter, Abe Wengel, Chris Acs and Nick Wilson earn all-conference honors; Mark Stanforth named MWC Coach of the Year; team places third in the NCAA regionals; Dumm, Payne, Walter and Acs earn all-region accolades; Falcons finish eighth at the NCAA Championships; team earned eighth-place ranking in the coaches' poll - best ranking ever; four named to academic all-conference team

2004 -- Falcons finish second in MWC; Abe Wengel, Brian Dumm, Mark Walter and Nick Wilson earn all-conference accolades; team places third at NCAA regionals; Wengel, Dumm and Walter claim all-region honors; Air Force finishes 14th at the NCAA Championships; three named to academic all-MWC team

2005 -- Air Force finishes third at the MWC Championships; Nick Wilson is the conference runner-up and earns all-conference first-team honors; Jeff Gosselin earns all-conference second-team honors with a top-10 finish; Gosselin and Wilson team up to collect all-region honors; team finishes seventh at the NCAA Regional Championships; five Falcons earned academic all-conference honors; Wilson was chosen as a CoSIDA Academic All-American.

2006 -- The Falcons finish second at the MWC Championships; Richard Elmore and Matt Williams earn all-conference second-team honors; team finishes eighth at the NCAA Regional Championships; six named to the academic all-conference team; Air Force was named a NCAA Division I All-Academic team

WOMEN'S TEAM HISTORY

TEAM CAPTAINS

1977	Anne Martin
1978	Donna Cliff
1979	Amy McCarthy, Tanya Senz
1980	Annetta Weber, Jan Wiley
1981	Rita Burr, Dana Lindsley
1982	Dana Lindsley
1983	Joy Meyen
1984	Laureli Mazik
1985	Carol Travis
1986	Brenda Lewis
1987	Rebecca Sivacek
1988	Jill Wood
1989	Jill Wood
1990	Callie Calhoun, Suzanne Henke
1991	Kelly Kirkpatrick
1992	Rachel Call
1993	Renae Bartolone
1994	Renae Bartolone
1995	Sara Whittingham, Rita Perez
1996	Sierra Gould
1997	Jennifer Young
1998	Cathy Majauskas
1999	Heather Johnson, Rachel Smith
2000	Jaime Flood
2001	Lara Coppinger
2002	Elissa Ballas
2003	Kelly McPherson
2004	Cindy Dawson
2005	Andrea Pinchak
2006	Margaret Frash
2007	Danielle Pozun

MOST VALUABLE RUNNER

1979	Rita Burr
1980	Theresa Hanrahan
1981	Dana Lindsley
1982	Rita Burr
1983	Gail Conway
1984	Princess Harrison
1985	Carol Travis
1986	Jill Wood
1987	Shannen Karpel
1988	Jill Wood
1989	Jill Wood
1990	Callie Calhoun
1991	Kelly Kirkpatrick
1992	Jennifer Kornacker
1993	Jennifer Kornacker
1994	Michelle Truesdale
1995	Michelle Truesdale
1996	Rachel Smith
1997	Heather Johnson
1998	Rachel Smith
1999	Rachel Smith
2000	Jaime Flood
2001	Brandess Pardue
2002	Brandess Pardue
2003	Anne Chumlea
2004	Kelly Robinson
2005	Nicole Graham
2006	Kelly Robinson

ATHLETIC DEPT. AWARD WINNERS

1989	Rita Burr (Scholar Athlete)
1991	Callie Calhoun (Athletic Excellence)
2003	Elissa Ballas (Leadership)

NCAA POSTGRADUATE SCHOLARSHIP

Dolly Patel	1995-96
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COSIDA ACADEMIC ALL-AMERICAN

Renae Bartolone	1992, 1993, 1994
Jennifer Kornacker	1993
Dolly Patel	1994, 1995

COSIDA ACADEMIC ALL-DISTRICT

Margaret Frash	2005
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WICCCA ALL-ACADEMIC TEAM

2001, 2002, 2003, 2004, 2006

ACADEMIC ALL-WAC

Amy Fitch	1997
Heather Johnson	1997, 1998
Dalia Wenckus	1998

ACADEMIC ALL-MWC

Tracy Denaro	1999, 2000
Stephanie Fry	1999
Heather Johnson	1999
Rachel Smith	1999
Cynthia Vincent	1999
Dalia Wenckus	1999, 2000
Elissa Ballas	2000, 2001, 2002
Anne Chumlea	2000, 2001, 2002, 2003
Jean Taylor	2000, 2001, 2002
Mary Uhler	2001
Cindy Dawson	2001, 2002
Vivien Aspden	2002, 2004
Andrea Pinchak	2002, 2004, 2005
Kelly McPherson	2003
Elizabeth Catherwood	2003, 2004
Jenna Dorsey-Spitz	2003
Ashley Snyder	2003, 2004
Margaret Frash	2004, 2005, 2006
Kelly Robinson	2004, 2005, 2006
Kristin Trichler	2004
Kate Papenberg	2005, 2006
Brittany Morreale	2006
Ally Romanko	2006
Danielle Snider	2006

WOMEN'S TEAM HISTORY

AIR FORCE ACADEMY ALL-AMERICANS

In the 30-year history of the Air Force women's program, 14 Falcons have earned All-America honors on 28 occasions (all earned at the AIAW or NCAA Division II level). There have been eight multi-winners and one national champion. Not Pictured: Kim Sheridan (1981) and Cindy Craig (1989)



Rita **BURR**
1979-80-81-82



Annetta **WEBER**
1979-81



Lisa **YOHA**
1981



Jill **WOOD**
1986-87-88-89



Shannen **KARPEL**
1987-88-89-90



Kelly **KIRKPATRICK**
1988



Callie **CALHOUN**
1988-89-90



Suzanne **HENKE**
1988-90



Amy **REECY**
1990



Jennifer **KORNACKER**
1992



Michelle **TRUESDALE**
1994-95



Dolly **PATEL**
1995

PROGRAM MILESTONES

1976 -- First year of program

1979 -- Team made first appearance at AIAW Division II nationals; team wins its only national championship; Coach Ernie Cunliffe era begins, which included five straight national appearances

1980 -- Falcons win district championship for second straight year; collect just 17 points in the win (two points shy of perfection)

1982 -- First year in NCAA; Falcons finish sixth nationally; Rita Burr's 25th-place finish at the meet earns her All-America honors for the fourth consecutive year (three AIAW, one NCAA)

1983 -- Falcons capture district title for the third time since 1979; team makes fifth appearance at NCAA meet and finishes eighth

1988 -- Team wins district title and kicks off three consecutive runner-up finishes at the NCAA Championships (1988-89-90); Falcons miss national title by two points; five Falcons earn All-America honors

1989 -- Falcons capture their second consecutive district championship title; four Falcons earn All-America status

1990 -- Callie Calhoun wins regional meet and captures Air Force's first individual national championship; Shannen Karpel finishes second, becoming only the second Falcon to earn four All-America honors

1992 -- Head coach Mark Stanforth takes over and leads Falcons to four straight national meets; Jennifer Kornacker earns All-America accolades

1994 -- Michelle Truesdale named All-American

1995 -- Falcons qualify for nationals in final year of Division II and finish sixth; Dolly Patel earns All-America and Academic All-America honors -- one of only two Falcons to accomplish this feat

1996 -- First year in Division I and Western Athletic Conference

1997 -- Falcons finish eighth in 16-team WAC meet

1998 -- Final season in WAC; team finishes fourth at conference championships - highest WAC finish

1999 -- First year in MWC; team finishes third - highest conference finish ever; Rachel Smith earned the program's first all-conference honor

2000 -- Falcons continue their conference success, finishing third again; five earn academic all-MWC honors

2001 -- Team finishes third in the MWC and seventh in the Mountain Region; Brandess Pardue qualifies for NCAA Division I championships, following all-region honors

2002 -- Team finishes third in MWC; six earn academic all-MWC honors; Falcons finish sixth in Mountain Region; Brandess Pardue earns all-region honors; program earns its second NCAA Div. I All-Academic team honor

2003 -- Falcons finish third in MWC for fifth-straight year; five earn academic all-conference honors; program named NCAA Div. I All-Academic for the third straight season

2004 -- Air Force places fifth at the MWC Championships; Kelly Robinson earns all-conference honors; seven earn academic all-MWC honors; program named NCAA Div. I All-Academic for the fourth straight year

2005 -- Falcons finish sixth at the MWC Championships; Nicole Graham, the team's top finisher in every meet, earns all-conference and all-region honors; four were named to the academic all-conference team; Margaret Frash was named to the CoSIDA Academic All-District team

2006 -- Air Force finished seventh at the MWC Championships; seven were named to the academic all-conference team; the Falcons were named a NCAA Division I All-Academic team

COACHING RECORDS

MEN'S YEAR-BY-YEAR RECORD

Year	Dual			Conf. Finish	Dist. Finish	Natl. Finish	Coach
	W	L	T				
1956	.1	.1	.0				Thoburn
1957	.1	.3	.0				Thomson
1958	.5	.4	.0				Matthews
1959	.7	.2	.0			.9th	Matthews
1960	.8	.1	.0			.7th	Matthews
1961	.7	.5	.0			.10th	Matthews
1962	.3	.5	.0				Arnesen
1963	.6	.1	.1				Arnesen
1964	.9	.1	.0			.10th	Arnesen
1965	.2	.3	.0				Arnesen
1966	.3	.6	.0				Arnesen
1967	.9	.0	.0			.2nd	Arnesen
1968	.6	.4	.0			.22nd	Arnesen
1969	.5	.2	.0				Arnesen
1970	.5	.4	.0				Arnesen
1971	.7	.1	.0			.23rd	Arnesen
1972	.3	.3	.0				Arnesen
1973	.4	.3	.0				Arnesen
1974	.4	.3	.0				Arnesen
1975	.8	.4	.0				Arnesen
1976	.5	.4	.0				Arnesen
1977&	.4	.5	.1			.11th	Elliott
1978	.5	.2	.0			.7th	Elliott
1979	.9	.1	.0			.13th	Elliott
1980#	.5	.1	.0	3rd	.8th		Elliott
1981	.3	.1	.0	2nd	.3rd	.22nd	Jones
1982^	.2	.5	.0	6th	.7th		Jones
1983				8th			Trego
1984				7th	.14th		Trego
1985				8th			Trego
1986				7th	.14th		Trego
1987				8th	.14th		Trego
1988				4th	.6th		Trego
1989				6th	.12th		Lindeman
1990				3rd	.9th		Lindeman
1991				1st	.2nd	.14th	Lindeman
1992				3rd	.5th		Stanforth
1993				3rd	.7th		Stanforth
1994				1st	.4th		Stanforth
1995				2nd	.7th		Stanforth
1996				1st	.10th		Stanforth
1997				3rd	.7th		Stanforth
1998*				2nd	.8th		Stanforth
1999+				2nd	.8th		Stanforth
2000				3rd	.6th	.16th	Stanforth
2001				2nd	.5th	.26th	Stanforth
2002				4th	.10th		Stanforth
2003				1st	.3rd	.8th	Stanforth
2004				2nd	.3rd	.14th	Stanforth
2005				3rd	.7th		Stanforth
2006				2nd	.8th		Stanforth

& First year of NCAA District 7 competition
 # First year of WAC competition; * Last year in WAC competition
 + First year in MWC; ^ There were no dual meets after 1982
 The Falcons' dual meet record from 1956-1982 was 136-75

WOMEN'S YEAR-BY-YEAR RESULTS

Year	Dual			Conf. Finish	Dist. Finish	Natl. Finish	Coach
	W	L	T				
1976	.3	.0	.0				Hackley
1977	.1	.0	.0		.5th		Scott
1978	.3	.0	.0		.10th		Scott
1979	.5	.1	.0		1st	1st*	Cunliffe
1980	.3	.0	.0		1st	.3rd*	Cunliffe
1981	.4	.0	.0		.2nd	.2nd*	Cunliffe
1982\$.4	.0	.0		.2nd	.6th	Cunliffe
1983	.2	.0	.0^		1st	.8th	Cunliffe
1984					.3rd		Cunliffe
1985					.5th		Schalkham
1986					.2nd	.9th	Schalkham
1987					.2nd	.9th	Sperre
1988					1st	.2nd	Sperre
1989					1st	.2nd	Conway
1990					.2nd	.2nd	Conway
1991					.6th		Conway
1992					.3rd	.6th	Stanforth
1993					.4th	.11th	Stanforth
1994					.4th	.14th	Stanforth
1995					.3rd	.6th	Stanforth
1996#					10th	.13th	Stanforth
1997					8th	.15th	Stanforth
1998%					4th	.12th	Stanforth
1999+					3rd	.12th	Stanforth
2000					3rd	.9th	Stanforth
2001					3rd	.7th	Stanforth
2002					3rd	.6th	Stanforth
2003					3rd	.14th	Stanforth
2004					5th	.11th	Stanforth
2005					6th	.10th	Stanforth
2006					7th	.13th	Stanforth

* AIAW Div-II national championships
 \$ First year of NCAA competition; # First season in Div. I
 % Last season in WAC; + First season of MWC competition
 ^ Total dual record is 25-1
 Affiliations: 1976-81 -- AIAW Region 7; 1982-95 -- NCAA South Central Region; 1996-97 -- NCAA Dist. 7

ALL-TIME COACHING HISTORY

MEN'S COACHES: 1Lt Russell Thoburn (1956); Tommy Thomson (1957); Capt Ed Matthew (1958-1960); Arne Arnesen (1962-1976); Maj Dick Elliott (1977-1980); Capt/Maj Jim Trego (1983-1988); Ralph Lindeman (1989-1991); Mark Stanforth (1992-2006).

WOMEN'S COACHES: Maj Vik Hackley (1976); Capt Jim Scott (1977-1978); Maj/Lt Col Ernie Cunliffe (1979-1984); Capt Gus Schalkham (1985-86); Capt Mark Sperre (1987-88); Capt Gail Conway (1989-1991); Mark Stanforth (1992-2006).

ALL-CONFERENCE HONORS



CONFERENCE CHAMPIONS

Chris Nelson1990, 1991
Eric Mack1995

ALL-CONFERENCE HONOREES

Chris Nelson1988, 1990, 1991
Dave Fresella1989
Chris Juarez1991
Phil Swenson1992, 1993
Nick MacFalls1994
Eric Mack1994, 1995
Cliff Volpe1994
Andrew Marx1995, 1996
Zach Smith1996, 1997
Jim Nelson1998



ALL-CONFERENCE HONOREES

FIRST-TEAM

Jim Nelson1999
Ben Payne2001, 2003
David Romero2001
Brian Dumm2003
Mark Walter2003
Nick Wilson2005

ALL-CONFERENCE HONOREES

SECOND-TEAM

Joe Monaco1999
Ryan O'Hara1999
Rachel Smith1999
Ben Payne2000, 2002
Chris Acs2000, 2001, 2003
Brian Carpenter2001
Abe Wengel2002, 2003, 2004
Brian Dumm2004
Mark Walter2004
Nick Wilson2003, 2004
Kelly Robinson2004
Nicole Graham2005
Richard Elmore2006
Matt Williams2006



NICOLE GRAHAM
(Class of 2006)

Posted the best finish ever for an AFA woman at the 2005 MWC meet (eighth). She also went on to collect NCAA all-region honors.



ERIC MACK
(Class of 1996)

Captured the Falcons' third individual WAC title in 1995 with a time of 24:38. That same year, he placed third at the NCAA meet.



CHRIS NELSON
(Class of 1992)

Captured the WAC individual crown during the 1990 and 1991 seasons. He is one of Air Force's two multi-year All-Americans.



JIM NELSON
(Class of 2000)

Was the Falcons' first MWC all-conference first-team selection in 1999. He also earned all-conference honors from the WAC in 1998.



BRANDESS PARDUE
(Class of 2004)

Became just the third woman to finish within the top-20 of the MWC in 2001. She also earned all-region honors in 2001 and 2002.



BEN PAYNE
(Class of 2004)

Is the only Falcon to earn four consecutive all-conference honors (first-team in 2001, 2003 and second-team in 2000, 2002).



KELLY ROBINSON
(Class of 2008)

Became the program's second female all-conference honoree, after placing 13th at the 2004 MWC championships.



DAVID ROMERO
(Class of 2002)

Was a first-team all-conference selection in 2001. He also earned all-region honors that year after a fifth-place finish at regionals.



RACHEL SMITH
(Class of 2000)

Was the first member of the women's team to garner all-conference honors after collecting an 11th-place finish at the 1999 meet.



NICK WILSON
(Class of 2006)

Finished second at the 2005 conference meet to claim his third all-conference honor. He also earned Academic All-America honors.

MEN'S NCAA HISTORY

1959 (9th Place)NCAA DIV. I

John Fer, 32nd (20:00.2)
James Bilello, 39th (22:14)
Joe Mandel, 59th (22:36.5)
Dave Carlstrom, 66th (22:46.5)
Austin Wedemeyer, 67th (22:47)
Will Holbrow, 98th (24:09)
Roy Stafford, 100th (24:13)

1960 (7th Place)NCAA DIV. I

David Carlstrom, 33rd (21:00)
John Fer, 39th (21:04)
Tom Cardoza, 57th (21:31)
Austin Wedemeyer, 58th (21:35)
Dick Parker, 60th (21:42)
Joe Mandel, 68th (22:10)
Will Holbrow, 87th (23:03)

1961 (10th Place)NCAA DIV. I

John Fer, 39th (21:09)
Tom Cardoza, 60th (21:31)
Austin Wedemeyer, 68th (21:37)
Dick Parker, 81st (21:59)
Will Holbrow (place/time n/a)

1964 (10th Place)NCAA DIV. I

Jim Murphy, 3rd (20:17.5)***
Bob Foley, 42nd (21:11.1)
Dave Brown, 82nd (21:37.1)

1967 (2nd Place)NCAA DIV. I

Mike Ryan, 3rd (31:06)***
Terry Gruters, 14th (32:15)***
Greg Wright, 33rd (32:58)
Howard Parriss, 41st (33:12)
Roy Almeida, 53rd (33:39.5)
Doug Everett, 64th (34:08)
Tim Mason, 67th (34:17)

1968 (22nd Place)NCAA DIV. I

Mike Ryan, 1st (29:16.8)***
John Jones, 208th (34:16)

1969NCAA DIV. I

Mike Ryan, 2nd (29:01)***
John Jones, 102nd (31:43)

1970NCAA DIV. I

John Jones, 96th (29:48)
Dennis Sbach, 98th (29:50)

1971 (23rd Place)NCAA DIV. I

Dennis Sbach, 23rd (30:21)***
Jim Koster, 95th (31:21)
David Daley, 206th (32:40)
Ernie Maravilla, 237th (33:11)
Howard Frank, 248th (33:30)
Richard Lower, 263rd (34:11)
William Miller, 264th (34:14)

1973NCAA DIV. I

Jim Koster, 26th (29:17.6)***

1980NCAA DIV. I

Bret Hyde, 169th (31:37.6)

1981 (22nd Place)NCAA DIV. I

Dan Rooney, 69th (times n/a)
Andy Ferguson, 71st (times n/a)
Brian Maas, 82nd (times n/a)
Mike Kubitschek, 112th (times n/a)
Gary Droze, 123rd (times n/a)
Bob Langstaff, 144th (times n/a)
Blake Pierson, 153rd (times n/a)

1990NCAA DIV. I

Chris Nelson, 29th (30:05)***

1991 (14th Place)NCAA DIV. I

Chris Nelson, 20th (31:02.2)***
Chris Juarez, 68th (32:03.3)
Phil Swenson, 72nd (32:05.9)
Chris Lindhorst, 113th (32:45.7)
Eli Ricca, 137th (33:14.3)
Nick MacFalls, 149th (33:39.7)
Peter Ohotnicky, 164th (34:25.8)

1993NCAA DIV. I

Phil Swenson, 28th (30:29.7)***

1994NCAA DIV. I

Eric Mack, 67th (31:52.8)

1995NCAA DIV. I

Eric Mack, 3rd (30:46)***

1996NCAA DIV. I

Andrew Marx, 171st (36:29)

2000 (16th Place)NCAA DIV. I

Albert Kelly, 85th (31:38)
Chris Acs, 91st (31:40)
Joe Monaco, 103rd (31:46)
Zach Richter, 145th (32:08)
David Romero, 167th (32:18)
Ben Payne, 173rd (32:20)
Shane Rogers, 219th (32:57)

2001 (26th Place)NCAA DIV. I

David Romero, 75th (30:42)
Chris Acs, 121st (31:11)
Al Kelly, 144th (31:27)
Ben Payne, 190th (31:57)
Brian Carpenter, 221st (32:39)
Brian Dumm, 242nd (33:44)
Jim Blech, 229th (32:57)

2003 (8th place)NCAA DIV. I

Chris Acs, 36th (30:21.8)
Brian Dumm, 58th (30:39.1)
Ben Payne, 62nd (30:42.9)
Mark Walter, 80th (30:52.8)
Abe Wengel, 94th (31:01.6)
Jeff Gosselin, 98th (31:03.6)
Kalib Wilkinson, 142nd (31:30.3)

2004 (14th place)NCAA DIV. I

Brian Dumm, 57th (32:26)
Jeff Gosselin, 61st (32:27)
Nick Wilson, 85th (32:44)
Abe Wengel, 89th (32:48)
Matt Hellier, 90th (32:49)
Mark Walter, 124th (33:14)
Kalib Wilkinson, 167th (33:50)

*** All-American

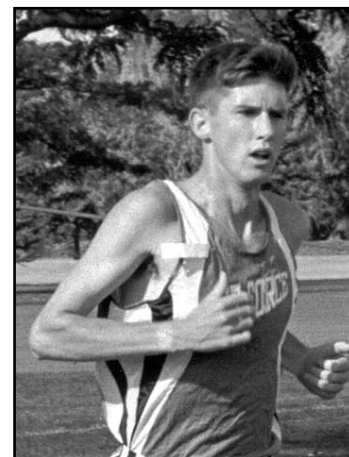
NCAA HIGHLIGHTS

1959 NCAA Div. I9th place
1960 NCAA Div. I7th place
1961 NCAA Div. I10th place
1964 NCAA Div. I10th place
1967 NCAA Div. I2nd place
1968 NCAA Div. I22nd place
1968 NCAA Div. I*Mike Ryan is national champion*
1971 NCAA Div. I23rd place
1981 NCAA Div. I22nd place
1991 NCAA Div. I14th place
1995 NCAA Div. I*Eric Mack is top American finisher*
2000 NCAA Div. I16th place
2001 NCAA Div. I26th place
2003 NCAA Div. I8th place
2004 NCAA Div. I14th place

DID YOU KNOW?

Mike Ryan became the Academy's first national cross country champion in 1968, finishing first at the NCAA Div. I National Championships, with a time of 29:16.8.

Eric Mack (below) was the top American finisher at the 1995 national championships. His third-place finish overall is the Falcons' best finish since Mike Ryan finished second at the 1969 meet.



WOMEN'S AIAW AND NCAA HISTORY

AIAW HIGHLIGHTS

1979 AIAWNational Champion
 1980 AIAW3rd place
 1981 AIAWNational Runner-Up

NCAA HIGHLIGHTS

1988 NCAA Div. IINational Runner-up
 1989 NCAA Div. IINational Runner-up
 1990 NCAA Div. IINational Runner-up
 Callie Calhoun is national champion
 1992 NCAA Div. II6th place
 1995 NCAA Div. II6th place
 2001 NCAA Div. IOne Individual

DID YOU KNOW?

The Falcons had at least four All-Americans during each of the 1988, 1989 and 1990 seasons. During that three-year span, seven different athletes recorded the prestigious honor on 13 separate occasions.

Callie Calhoun (below) became the Academy's first female national cross country champion in 1990, finishing first at the NCAA Div. II National Championships, with a time of 16:56.6.



1979 (1st Place)AIAW
 Rita Burr, 7th (17:49.0)***
 Anne Weber, 10th (17:57.4)***
 Theresa Hanrahan, 18th (18:16.3)
 Tanya Senz, 19th (18:17.4)
 Dana Lindsley, 43rd (18:46.4)

1980 (3rd Place)AIAW
 Rita Burr, 13th (18:38.4)***
 Annetta Weber, 24th (18:58)
 Gay Weaver, 31st (19:03)
 Margaret Waszkiewicz, 48th (19:15)
 Joy Meyen, 80th (19:35)

1981 (2nd Place)AIAW
 Kim Sheridan, 9th (times n/a)***
 Rita Burr, 13th (times n/a)***
 Lisa Yoha, 17th (times n/a)***
 Annetta Weber, 22nd (times n/a)***

1982 (6th Place)NCAA DIV. II
 Rita Burr, 25th (22:14.5)***
 Dana Lindsley, 32nd (22:22.5)
 Jean Garvin, 37th (22:26.6)
 Joy Meyen, 48th (22:36.1)
 Laureli Mazik, 73rd (23:46.8)
 Shelly Ginder, 79th (24:21.1)
 Lisa Yoha, 81st (24:27.6)

1983 (8th Place)NCAA DIV. II
 Gail Conway, 31st (18:22)
 Princess Harrison, 39th (18:40)
 Joy Meyen, 47th (18:51)
 Shelly Ginder, 50th (18:53)
 Laureli Mazik, 63rd (19:10)
 Theresa Hanrahan, 69th (19:28)
 Jean Garvin, 73rd (19:37)

1984NCAA DIV. II
 Laureli Mazik (place/time n/a)
 Princess Harrison (place/time n/a)

1986 (9th Place)NCAA DIV. II
 Jill Wood, 7th (17:27)***
 Brenda Pippel, 38th (18:23)
 Rebecca Sivacek, 44th (18:33)
 Brenda Lewis, 81st (19:46)
 Sherry Teague, 84th (19:50)
 Marcy Houston, 85th (19:52)
 Jeanette Howard, 97th (21:36)

1987NCAA DIV. II
 Shannen Karpel, 23rd (times n/a)***
 Jill Wood, 30th (times n/a)
 Amy Reecy, 44th (times n/a)
 Callie Calhoun, 73rd (times n/a)
 Rebecca Sivacek, 76th (times n/a)
 Kristi Swain, 77th (times n/a)
 Jeanette Howard, 87th (times n/a)

1988 (2nd Place)NCAA DIV. II
 Jill Wood, 2nd (17:05.3)***
 Kelly Kirkpatrick, 4th (17:20.1)***
 Callie Calhoun, 11th (17:56.5)***

1988, cont.NCAA DIV. II
 Shannen Karpel, 20th (18:09.2)***
 Suzanne Henke, 21st (18:10.4)***
 Amy Reecy, 28th (18:18.3)
 Brenda Pippel, 39th (18:28.7)

1989 (2nd Place)NCAA DIV. II
 Jill Wood, 2nd (17:20.7)***
 Callie Calhoun, 5th (17:43.4)***
 Shannen Karpel, 10th (18:02.7)***
 Cindy Craig, 24th (18:26.2)***
 Suzanne Henke, 44th (18:52.1)
 Brenda Pippel, 49th (18:58.4)
 Amy Reecy, 91st (21:30.8)

1990 (2nd Place)NCAA DIV. II
 Callie Calhoun, 1st (16:56.6)***
 Shannen Karpel, 2nd (17:14.4)***
 Amy Reecy, 8th (17:30.7)***
 Suzanne Henke, 18th (17:46.2)***
 Kelly Kirkpatrick, 49th (18:45)
 Jennifer Atcheley, 58th (19:06)
 Jennifer Elsing, 61st (19:13.9)

1992 (6th Place)NCAA DIV. II
 Jennifer Kornacker, 23rd (19:44)***
 Sara Whittingham, 38th (20:09)
 Renae Bartolone, 45th (20:19)
 Dolly Patel, 47th (20:25)
 Eve Burke, 49th (20:28)
 Jennifer Robinson, 51st (20:32)
 Rita Perez, 60th (20:47)

1993 (11th Place)NCAA DIV. II
 Jennifer Robinson, 44th (19:25)
 Jennifer Kornacker, 60th (19:40)
 Dolly Patel, 63rd (19:41)
 Sierra Gould, 70th (19:51)
 Renae Bartolone, 78th (20:01)
 Sara Whittingham, 81st (20:06)
 Sandra Acosta, 98th (20:34)

1994 (14th Place)NCAA DIV. II
 Michelle Truesdale, 25th (18:48)***
 Sierra Gould, 67th (19:40)
 Renae Bartolone, 68th (19:41)
 Sara Whittingham, 72nd (19:45)
 Dolly Patel, 75th (19:46.2)
 Rita Perez, 104th (20:26)
 Eve Burke, 111th (20:39)

1995 (6th Place)NCAA DIV. II
 Michelle Truesdale, 13th (17:45)***
 Dolly Patel, 17th (17:52)***
 Sara Whittingham, 38th (18:27)
 Sierra Gould, 67th (19:01)
 Rita Perez, 83rd (19:15)
 Irene Hobbs, 98th (19:35)
 Sharon Rohde, 100th (19:36)

2001NCAA DIV. I
 Brandess Pardue, 223rd (23:38)

*** All-American

ALL-TIME LETTERWINNERS

AAA	Cornell, Stephanie (2004)	00-01	Haesecke, Mark H. (1971)	68
Acosta, Sandra (1995)	Cowan, Jacqueline M. (1982)	79	Haines, Cyril K. Jr. (1977)	75-76-77
Acs, Chris (2004)	Craig, Cindy (1993-DNG)	89	Hall, Kirk L. (1965)	62-63-64
Alexander, Lynn (1998)	Culbertson, Trey (Fred) (1992)	89	Hamby, Brad (1991)	88-89-90
Allen, Matt (1999)	Culp, Ashley (2007)	03-04	Hanrahan, Theresa L. (1983)	79-80
Almeida, Roy J. (1970)	Cummings, Mark E. (1980)	78-79	Hansen, Gregg (1993)	89-90-91-92
Anderson, Katie (2010)	Curran, Joe	06	Harrison, Arcolar (1986)	83-84-85
Anzai, Alan K. (1988)	DDD		Hawes, Gary T. (1962)	60
Aspden, Vivien (2006)	D'Amato, Anthony (2006)	03-04-05	Hellier, Matt (2006)	04-05
Atchley, Jennifer (1994)	Daley, David K. (1974)	71-72	Hendrick, Kenneth D. (1978)	77
Atkins, Christine (1992)	Dawson, Cindy (2005)	01-02-03	Henke, Suzanne (1991)	87-88-89-90
BBB	Deboni, Craig (1989)	85-86-87-88	Herner, Marcy (2002)	98
Babcock, Alan E. (1981)	Denaro, Tracy (2003)	99-00	Hobbs, Irene (1999)	95
Balcao, Scott (2009)	Dorsey-Spitz, Jenna (2007)	03	Hoglund, David L. (1974)	72-73
Ballas, Elissa (2003)	Dremann, Christopher C. (1981)	78	Holbrow, Willmore F. (1962)	61
Ballato, Josie A. (1981)	Droze, Gary A. (1983)	81-82	Hook, Blane A. (1981)	79-80
Banks, Robert J. (1972)	Dullack, Kathryn M. (1995)	91	Horton, Tracy R. (1983)	81-82
Bartolone, Renae (1995)	Dumm, Brian (2005)	01-03-04	Houseworth, Sean (2009)	05-06
Beatty, Silvia Ann (1983)	EEE		Houston, Marcy (1987)	86
Beck, Jason (2007)	Elmore, Richard (2007)	05-06	Hyams, Jessica (1999)	96
Bennett, William D. (1974)	Elsing, Jennifer (1992)	90-91	Hyde, Bret A. (1981)	77-78-79-80
Bilello, James A. (1960)	Erspamer, Chad (1994)	91-92-93	III	
Bilsbury, Norman (1991)	Evans, John M. (1980)	76-77-79	Illig, Jamie (2009)	05-06
Blackmar, John C. (1965)	FFF		JJJ	
Blaich, James (1983)	Fagnant, John W. (1981)	79-80	Jastrebski, Sema (1996)	92
Blech, James (2003)	Fenstermaker, Scott L. (1984)	82	Johnson, Heather (2000)	96-97-98-99
Blissit, James A. Jr. (1975)	Fer, John S. (1962)	59-60-61	Johnson, Robin (1984)	80, 82
Bodary, Alan K. (1977)	Ferguson, Andrew (1982)	79-80-81	Jones, John W. III (1971)	68-69-70
Bodine, Ron (1983)	Feth, Karl E. (1990)	87-88	Juarez, Chris (1993)	89-90-91-92
Bodnar, Mary (1989)	Fitch, Amy (1999)	96-97	Juback, Sara (2010)	06
Brock, Larry (1989)	Flood, Jaime (2001)	97-98-99-00	Juhas, Diane (1980)	76
Brodel, Robert S. (1971)	Foley, Robert Jr. (1966)	63-64-65	KKK	
Brown, David E. (1965)	Ford, Jeffrey D. (1976)	74-75	Kappel, Brandy (1998)	94
Bunton, Clark J. (1969)	Fox, Keri (1992)	88	Karpel, Shannen (1991)	87-88-89-90
Burden, Debra S. (1982)	Frank, Howard W. (1974)	71-72-73	Kelchner, Bryan L. (1981)	79-80
Burgess, Barb (1986)	Frash, Margaret (2007)	04-05-06	Kelly, Albert (2002)	00-01
Burke, Eve (1995)	Fresella, David (1990)	86-87-88-89	Kingsland, Louis Jr. (1959)	58
Burr, Rita A. (1983)	Fry, Stephanie (2003)	99	Kinney, Sara (2002)	98-99-00
Burton, Christian F. (1992)	Fuller, Robert R. (1963)	61-62	Kirkpatrick, Kelly (1992)	88-90-91
CCC	GGG		Kolojejchick, Donna (1984)	81
Calhoun, Callie (1991)	Gallo, Jon A. (1959)	57	Kornacker, Jennifer (1996)	92-93
Call, Rachel (1994)	Garduno, Caesar (1989)	85-86-87-88	Koster, James F. (1974)	71-73
Callender, Mike (1991)	Garvin, Jean M. (1986)	83-84-85	Kubitschek, Mike (1985)	81
Cardozo, Thomas (1963)	Garza, Roberto (1979)	77-78	LLL	
Carlstrom, David (1961)	Ginder, Shelly A. (1985)	81-82	LaMont, Perry W. (1981)	79-80
Carpenter, Brian (2002)	Glass, Calvin (2008)	05-06	Langstaff, Robert L. (1984)	81-82
Carpenter, Dave (1986)	Glushko, William A. (1972)	70	Lentz, Daniel P. (1978)	75-76-77
Casperson, Heidi (1989)	Goetz, Francis C. (1970)	67	Lewis, Brenda (1987)	85-86
Castro, Christopher M. (1981)	Golding, Dawn (2000)	96	Lindenlaub, Carl C. (1982)	81
Catherwood, Elizabeth (2007)	Gosselin, Jeff (2006)	02-03-04-05	Lindhorst, Chris (1994)	90-91-92-93
Chapman, Barbara J. (1981)	Gould, Sierra (1997)	93-94-95-96	Lindsley, Dana (1983)	79-80-81-82
Chapman, James E. (1959)	Graddon, Paul (1996)	94-95	Livingston, Donald B. (1959)	56
Chumlea, Anne (2004)	Graham, Nicole (2006)	02-03-04-05	Long, Stephen P. (1976)	74
Church, Kelly (2003)	Green, Diana (1980)	77	Lopez, Joseph (2001)	99-00
Clark, Steve D. (1978)	Griffith, Perry (2003)	99	Lostetter, Vincent (1989)	85-86-87-88
Cliff, Donna E. (1980)	Grose, Lindsay (2006)	03-04-05	MMM	
Compton, Matt (2000)	Grosselin, Kenny (2008)	06	Maas, Brian D. (1983)	80-81-82
Conway, Gail (1984)	Gruters, Terence J. (1968)	66-67	MacFalls, Nick (1995)	91-92-93-94
Cook, Michael J. (1974)	HHH		MacGilvra, John E. (1978)	77
Coppinger, Lara (2002)	Habeich, Anita (1983)	79-80	Mack, Eric (1996)	92-93-94-95

ALL-TIME LETTERWINNERS

Maddox, Lalena (1992)	91	Parker, Richard C. (1962)	60-61	Stephens, Sandi (1987)	85-86
Maffey, Paul J. (1971)	68-69	Parriss, Howard L. Jr. (1969)	67-68	Stephens, Vince M. (1977)	74
Mahaffey, Cindy (1993)	89	Patel, Dolly (1996)	92-93-94-95	Stevens, Mark (1999)	96-97-98
Majauskas, Cathy (1999)	96-97-98	Patterson, Travis (2006)	04-05	Stratton, Bradley A. (1978)	74
Malberg, Sarah (2003)	99	Paulson, Tony (1999)	97-98	Stratton, Todd (1994)	93
Mandel, Joseph B. (1961)	58-59-60	Payne, Ben (2004)	00-01-02-03	Swain, Kristine (1991)	87-90
Maravilla, Ernest (1973)	70-71-72	Perez, Rita (1996)	92-93-94-95	Swenson, Phil (1994)	90-91-92-93
Maroon, Brandon (1998)	94-95-96-97	Pierson, Blake A. (1982)	79-80-81	TTT	
Marrs, Jim (1987)	86	Pinchak, Andrea (2006)	02-03-04-05	Takash, Emi (1980)	76
Martin, Anne E. (1980)	77-78-79	Pippel, Brenda (1990)	86-88-89	Taute, Rudy (2003)	01-02
Martin, Joseph (1986)	83-84-85	Pozun, Danielle (2009)	05	Taylor, Jean (2004)	00-01-02
Marx, Andrew (1997)	94-95-96	Puhek, Gary (1989)	85-86-87-88	Teague, Sherry (1990)	86-87-88-89
Mason, Timothy H. (1969)	67-68	Puhek, Peter P. (1983)	82	Testa, Micky (1987)	84-85
May, Thomas A. (1974)	72	RRR		Tibbitts, Jean (1989)	86
Mazik, Laureli I. (1985)	82-83-84	Radtke, Steve (1998)	94-95-96-97	Trichler, Kristin (2008)	04
McCafferty, Michael (1989)	85	Reecy, Amy (1991)	87-88-89-90	Truesdale, Michelle (1998-DNG)	94-95
McCarthy, Amy Ellen (1982)	78-79	Regan, Laura (1994)	90	Turner, Eva (1980)	76
McCormick, Ed (1994)	92	Reichel, Rhonda K. (1991)	89	UUU	
McFarland, Ian (2008)	06	Rhoades, Nancy A. (1981)	77	Uhler, Mary (2005)	01
McKinney, David (1979)	76-77-78	Ricca, Eli (1993)	89-90-91-92	VVV	
McPherson, Kelly (2004)	00-01-02-03	Richter, Zach (2002)	99	van Wyngaarden, Josh (2008)	05-06
Meehan, Andrew (1996)	94-95	Roberdeau, Chris (1999)	97-98	Verboncoeur, V. (1990)	85-86-87
Mendonca, Michael R. (1983)	82	Roberson, Nichole R. (1995)	91	Vincent, Cynthia (2003)	99
Messerli, Paul (1994)	92	Robinson, Jennifer (1994)	91-92-93	Vincent, Todd M. (1991)	87
Meyen, Joy R. (1984)	80-81-82	Robinson, Kelly (2008)	04-05-06	Volpe, Clifton P. (1995)	91-92-93-94
Miller, William H. (1973)	71	Rogers, Shane (2001)	[96]-99	WWW	
Miseyadis, Christy (1997)	93	Rohde, Sharon (1999)	95-97	Walter, Mark (2006)	02-03-04-05
Mitchell, Katie (2000)	96	Rojas, Daniel (1984)	82	Waszkiewicz, M. (1983)	79-80-81-82
Mizell, John (1996)	93-94-95	Romanko, Ally (2010)	06	Weaver, Gay (1984)	80
Moenster, Todd (1999)	96-97-98	Romero, David (2002)	99-00-01	Webb, Steven G. (1980)	79
Monaco, Joe (2001)	98-99-00	Rooney, Daniel L. (1982)	79	Weber, Annetta (1982)	78-79-80-81
Moore, Kathy (1997)	94-96	Rooney, David L. (1982)	79-80-81	Wedemeyer, Austin (1962)	59-60-61
Moore, Lewis T.E. (1966)	64-65	Rossi, Frank (1986)	83-84-85	Wenckus, Dalia (2001)	97-98-99
Morales, Bert (1987)	85-86	Rupel, Patrick E. (1975)	73-74	Wengel, Abe (2005)	01-02-03-04
Morgan, Tom (1989)	85	Rupp, Jon Andrew (1988)	85-86-87	Westbrook, Landon L. (1973)	70
Morreale, Brittany (2010)	06	Ryan, Michael B. (1970)	67-68-69	Wetterer, Michael T. (1969)	67
Mostoller, Luke (2003-DNG)	01	SSS		Wharton, James (1990)	85-86-87
Mueller, Amy B. (1984)	81-82-83	Sammons, Ronald C. (1965)	62-63	Whitlock, Timothy S. (1972)	70
Murphy, James M. (1966)	63-64	Sbach, Dennis M. (1972)	69-70-71	Whittingham, Sara (1996)	92-93-94-95
NNN		Scari, Bob (1981)	81	Wiley, Janet S. (1981)	77-78-79-80
Nay, Jake (1999)	95	Schell, Steve (1999)	95	Wilkinson, Kalib (2006)	02-03-04
Nelson, Chris (1992)	88-89-90-91	Schwaller, Eric (1986)	84-85	Williams, Matt (2009)	05-06
Nelson, Jim (2000)	96-97-98-99	Schwartz, Chris (1989)	86	Wilson, John F. (1964)	61
Nesbitt, Amy (1999)	96	Schwartz, Terese (1986)	83-85-86	Wilson, Nick (2006)	02-03-04-05
Ness, Stan (1995)	94	Senz, Tanya (1980)	77-79	Wimmer, Amy (1983)	79-80-81-82
Nichols, Tobias (1977)	74-75	Sersun, Douglas (1991)	87-88-89-90	Wood, Jill R. (1990)	86-87-88-89
OOO		Shanahan, Patrick (2000)	98-99	Woodward, Will (1998)	96-97
O'Cain, Bruce (1989)	85	Sheppard, Gary M. (1977)	75-76	Wooten, David J. (1991)	87
O'Hara, Ryan (2000)	98-99	Sheridan, Kim (1985)	81	Worley, Greg (1989)	85-86-87
O'Neill, Grace (1994)	93	Sidor, Stacy (1988)	86	Wright, Gregory L. (1969)	66-67
Ohotnicky, Pete (1992)	90-91	Sivacek, Rebecca (1990)	86-87	YYY	
Ortiz, Sebastian (2009)	06	Smith, Glory (2002)	98	Yoha, Lisa A. (1983)	81-82
Overall, Jesse IV (1965)	62-63-64	Smith, Michael B. (1980)	78-79	Young, Jennifer (1998)	95-96-97
Owens, Billiana (1988)	86-87	Smith, Rachel (2000)	96-97-98-99		
PPP		Smith, Zach (1998)	95-96-97		
Packett, Mitchell G. (1983)	82	Snider, Danielle (2010)	06		
Page, Brooke (2000)	97	Snyder, Ashley (2007)	03-04		
Papenberg, Kate (2008)	05-06	Souza, David (1992)	90		
Pardue, Brandess (2004)	00-01-02-03	Sowell, Michael T. (1985)	82		
Parker, Brian T. (1959)	57	Speed, Alexander (2002)	[96-97]		

Brackets [] indicates church mission
DNG = Did not graduate

MOUNTAIN WEST CONFERENCE



The newest conference in the nation has quickly emerged as one of the best. The Mountain West Conference, which officially commenced operation on July 1, 1999, sent three football teams to bowl games and won a national championship (women's cross country) in its first year. The MWC was conceived on May 26, 1998, when eight teams announced they were breaking away from the Western Athletic Conference. Those teams -- Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming -- brought immediate credibility to their new league.

From a team perspective, when the eight schools splintered off and created the MWC, they took the backbone of the WAC with them. Half were charter members of the WAC when it was founded in 1962: Utah, BYU, New Mexico and Wyoming. Colorado State (1968) and San Diego State (1978) both competed as WAC members for at least two decades, while Air Force (1980) was also a longstanding member. Only UNLV, which joined the WAC during its expansion in 1996, was a relative newcomer. The league's newest member TCU joined the Mountain West Conference prior to the 2005 season.

The split from the former 16-team WAC signaled the end to an unwieldy nine-state, five-time zone conference. However, the Mountain West Conference has maintained its geographical diversity. Some of the most beautiful geography in the nation can be found within Mountain West Conference boundaries, including the unparalleled Rocky Mountain range, which borders four MWC schools (Utah, BYU, Air Force and Colorado State). The high plains of Wyoming (elevation 7,000 feet) contrast with the desert city of Las Vegas (the fastest growing metropolitan area in the West), the balmy weather and Pacific Ocean locale of San Diego State and the southwestern flavor of New Mexico.

The Mountain West Conference office is located in Colorado Springs, Colo., and is under the guidance of commissioner Craig Thompson.

MEN'S CHAMPIONSHIP HISTORY

Year	Champion (Team/Individual)	AF
1999	BYU (John Hedengren, BYU)	.2nd
2000	BYU (Bryan Berryhill, CSU)	.3rd
2001	BYU (Teren Jameson, Utah)	.2nd
2002	BYU (Kip Kangogo, BYU)	.4th
2003	Air Force (Kip Kangogo, BYU)	.1st
2004	BYU (Shadrack Biwott, UNM)	.2nd
2005	BYU (Josh Rohatinsky, BYU)	.3rd
2006	BYU (Josh Rohatinsky, BYU)	.2nd

WOMEN'S CHAMPIONSHIP HISTORY

Year	Champion (Team/Individual)	AF
1999	BYU (Elizabeth Jackson, BYU)	.3rd
2000	BYU (Lindsey Thomsen, BYU)	.3rd
2001	BYU (Tara Northcutt, BYU)	.3rd
2002	BYU (Kassi Anderson, BYU)	.3rd
2003	BYU (Michaela Mannova, BYU)	.3rd
2004	BYU (Laura Turner, BYU)	.5th
2005	BYU (Heidi Magill, BYU)	.6th
2006	BYU (Kassi Anderson, BYU)	.7th

2007 MWC CHAMPIONSHIP INFORMATION

The Mountain West Conference Championships will be held Oct. 27, in San Diego, Calif.

MOUNTAIN WEST CONFERENCE

15455 Gleneagle Drive, Suite 200
Colorado Springs, CO 80921

Cross Country Contact: Chelsea Guetz
(719) 487-2461 - cguetz@theMWC.com

MOUNTAIN WEST CONFERENCE CHAMPIONSHIP HISTORY

Men: 2006 (2nd Place)8K

9.	Richard Elmore***	.25:07
12.	Matt Williams***	.25:14
15.	Josh van Wyngaarden	.25:18
17.	Ian McFarland	.25:31
24.	Scott Balcao	.25:57
25.	Sean Houseworth	.25:59
26.	Sebastian Ortiz	.26:00
31.	Kenny Gosselin	.26:12
37.	Jason Beck	.26:33

Women: 2006 (7th Place)6K

21.	Kelly Robinson	.22:07
24.	Ally Romanko	.22:49
32.	Margaret Frash	.23:01
39.	Katie Anderson	.23:30
53.	Kate Papenberg	.24:47
56.	Sara Juback	.25:26
60.	Jamie Illig	.27:04

Men: 2005 (3rd Place)8K

2.	Nick Wilson***	.24:28
9.	Jeff Gosselin	.24:49
16.	Travis Patterson	.25:15
22.	Anthony D'Amato	.25:36
24.	Richard Elmore	.25:42
26.	Calvin Glass	.25:48
27.	Sean Houseworth	.25:52
28.	Matt Williams	.25:51
30.	Josh van Wyngaarden	.25:53

Women: 2005 (6th Place)6K

8.	Nicole Graham***	.21:27
19.	Margaret Frash	.21:59
31.	Andrea Pinchak	.22:35
40.	Danielle Pozun	.23:11
51.	Kelly Robinson	.23:38
57.	Kate Papenberg	.24:29
61.	Jamie Illig	.25:22

Men: 2004 (2nd Place)8K

8.	Abe Wengel***	.25:28
9.	Brian Dumm***	.25:29
11.	Mark Walter***	.25:35
13.	Nick Wilson***	.25:37
16.	Jeff Gosselin	.25:47
18.	Matt Hellier	.25:57
29.	Travis Patterson	.26:36
31.	Anthony D'Amato	.26:47
32.	Kalib Wilkinson	.26:50

Women: 2004 (3rd Place)6K

13.	Kelly Robinson***	.22:54
23.	Lindsay Grose	.23:25
29.	Ashley Snyder	.23:36
30.	Ashley Culp	.23:38
33.	Kristin Trichler	.23:57
34.	Andrea Pinchak	.23:57
36.	Elizabeth Catherwood	.24:02

Men: 2003 (1st Place)8K

2.	Ben Payne***	.24:31
5.	Brian Dumm***	.24:52
7.	Mark Walter***	.25:02
11.	Abe Wengel***	.25:16
12.	Chris Acs***	.25:21
14.	Nick Wilson***	.25:38
15.	Jeff Gosselin	.25:42
17.	Kalib Wilkinson	.25:50
31.	Anthony D'Amato	.26:58

Women: 2003 (3rd Place)6K

15.	Lindsay Grose	.22:55
20.	Anne Chumlea	.23:12
22.	Vivian Aspden	.23:17
24.	Ashley Culp	.23:20
25.	Ashley Snyder	.23:22
28.	Kelly McPherson	.23:32
32.	Andrea Pinchak	.23:47
35.	Beth Catherwood	.24:01
57.	Jenna Dorsey-Spitz	.25:40

Men: 2002 (4th Place)8K

8.	Ben Payne***	.24:47
11.	Abe Wengel***	.24:54
16.	Chris Acs	.25:02
30.	Jim Blech	.25:37
33.	Mark Walter	.25:50
34.	Kalib Wilkenson	.25:53
39.	Rudy Taute	.26:18
41.	Nick Wilson	.26:22
42.	Jeff Gosselin	.26:26

Women: 2002 (3rd Place)6K

15.	Brandess Pardue	.22:11
18.	Elissa Ballas	.22:18
21.	Nicole Graham	.22:36
26.	Kelly McPherson	.23:00
28.	Jean Taylor	.23:05
41.	Vivien Aspden	.23:41
42.	Cindy Dawson	.23:43
49.	Anne Chumlea	.24:19
51.	Andrea Pinchak	.24:24

Men: 2001 (2nd Place)8K

3.	David Romero***	.24:29
5.	Ben Payne***	.24:33
9.	Chris Acs***	.24:42
13.	Brian Carpenter***	.24:57
24.	Albert Kelly	.25:27
34.	Jim Blech	.26:09
35.	Rudy Taute	.26:24
39.	Brian Dumm	.26:36

Women: 2001 (3rd Place)6K

17.	Brandess Pardue	.22:17
22.	Elissa Ballas	.22:49
26.	Jean Taylor	.23:02
29.	Lara Coppinger	.23:19
33.	Anne Chumlea	.23:25
37.	Kelly McPherson	.23:38
38.	Cindy Dawson	.23:43
39.	Mary Uhler	.23:51
48.	Stephanie Cornell	.24:47

Men: 2000 (3rd Place)8K

8.	Ben Payne***	.25:43
14.	Chris Acs***	.25:55
15.	David Romero	.25:56
16.	Albert Kelly	.25:56
21.	Joe Monaco	.26:07
22.	Zach Richter	.26:13
28.	Shane Rogers	.26:40
33.	Joe Lopez	.26:49
42.	Brian Carpenter	.27:36

Women: 2000 (3rd Place)6K

19.	Jamie Flood	.22:34
21.	Jean Taylor	.22:44
22.	Ellissa Ballas	.22:49
29.	Anne Chumlea	.23:04
33.	Brandess Pardue	.23:15
34.	Tracy Denaro	.23:18
35.	Kelly McPherson	.23:19
43.	Sara Kinney	.23:50
46.	Stephanie Cornell	.24:01

Men: 1999 (2nd Place)8K

7.	Jim Nelson***	.25:36
8.	Joe Monaco***	.25:38
11.	Ryan O'Hara***	.25:52
15.	Patrick Shanahan	.26:05
17.	Shane Rogers	.26:10
18.	Perry Griffith	.26:11
20.	Brain Carpenter	.26:12
30.	Zach Richter	.26:50
25.	Joe Lopez	.27:12

Women: 1999 (3rd Place)5K

11.	Rachel Smith***	.18:22
21.	Heather Johnson	.19:03
25.	Jamie Flood	.19:12
28.	Stephanie Fry	.19:32
35.	Sarah Malberg	.19:50
36.	Sara Kinney	.19:55
42.	Cynthia Vincent	.20:11
45.	Tracy Denaro	.20:19
48.	Dalia Wenckus	.20:32

*** all-conference selections

MWC CHAMPIONSHIP HISTORY: 2003 RECAP



AIR FORCE WINS 2003 MWC CHAMPIONSHIP

In 2003, the Air Force men's cross country team ended the BYU stranglehold over the Mountain West Conference championships, winning the first conference title in Academy history.

Air Force (37 points) edged out the defending champion Cougars by four points, on Nov. 1, in Albuquerque, N.M.

The Falcons, who saw all five scoring runners finish within the top 12, were paced by senior Ben Payne, who finished second with a time of 24:31.

Brian Dumm (fifth place at 24:52) and Mark Walter (seventh place at 25:02) joined Payne on the all-conference first team, while Abe Wengel (11th at 25:16), Chris Acs (12th at 25:21) and Nick Wilson (14th at 25:38) were named to the second team.

The Falcons' title marked the only time since the inception of the Mountain West Conference that BYU hadn't won the conference title, as the Cougars now hold seven of the eight men's titles and all eight of the women's titles.



Place	Athlete	Time
2.	Ben Payne***	24:31
5.	Brian Dumm***	24:52
7.	Mark Walter***	25:02
11.	Abe Wengel***	25:16
12.	Chris Acs***	25:21
14.	Nick Wilson***	25:38
15.	Jeff Gosselein	25:42
17.	Kalib Wilkinson	25:50
31.	Anthony D'Amato	26:58

*** all-conference selection

2003 MOUNTAIN WEST CONFERENCE CROSS COUNTRY CHAMPIONS



BEN PAYNE
2nd Place
First-Team



BRIAN DUMM
5th Place
First-Team



MARK WALTER
7th Place
First-Team



ABE WENDEL
11th Place
Second-Team



CHRIS ACS
12th Place
Second-Team



NICK WILSON
14th Place
Second-Team



JEFF GOSSELEIN
15th Place



KALIB WILKINSON
17th Place



ANTHONY D'AMATO
31st Place



The 2003 cross country team was honored during halftime of an Air Force football game for their championship performance at the Mountain West Conference meet.

During the ceremony, the team presented its MWC trophy to then-athletic director Col. Randy Spetman.

THE ACADEMY EXPERIENCE

The U.S. Air Force Academy offers a four-year program of instruction and experience designed to provide cadets the knowledge and character essential for leadership, and the motivation to serve as Air Force career officers. Each cadet graduates with a bachelor of science degree and a commission as a second lieutenant in the Air Force.

COURSE OF STUDY

Cadets are exposed to a balanced curriculum that provides a general and professional foundation essential to a career Air Force officer. Special needs of future Air Force officers are met by professionally oriented courses, including human physiology, computer science, economics, military history, astronautics, law and political science.

The core curriculum includes courses in science, engineering, social sciences and humanities. Cadets take additional elective courses to complete requirements for one of 25 major areas of study. About 60 percent of the cadets complete majors in science and engineering; the other 40 percent graduate in the social sciences and humanities. Some of the most popular majors include management, astronautical engineering, international affairs and political science, history, behavioral science, civil engineering, aeronautical engineering, electrical engineering and engineering mechanics.

FACULTY COMPOSITION

The majority of the Academy's nearly 600 faculty members are Air Force officers. They are selected primarily from career-officer volunteers who have established outstanding records of performance and dedication. Each has at least a master's degree and more than 35 percent have doctorates.

In addition to imparting knowledge, each faculty member must assist with the development of character and qualities of leadership essential to future Air Force career officers and the motivation of service to country. To provide greater contributions by

a diverse faculty, the Academy has several distinguished civilian professors and associate professors who serve one or more years. Officers from other services are members of the faculty as well, and a small number of officers from allied countries teach in the foreign language, history and political science departments. Distinguished civilian and military lecturers also share their expertise with the cadets during the academic year.

ATHLETIC PROGRAM

The Academy's athletic program is designed to improve physical fitness, teach athletic skills and develop leadership qualities. To achieve its goals, the Academy offers some of the most extensive physical education, intramural sports and intercollegiate athletic programs in the nation. Cadets take at least three different physical education courses each year.

MILITARY EDUCATION AND TRAINING

An aerospace-oriented military education, training and leadership program begins with basic cadet training and continues throughout the four years. Seniors are responsible for the leadership of the cadet wing, while juniors and sophomores perform lower-level leadership and instructional tasks. Cadets are projected into as many active leadership roles as possible to prepare them to be effective Air Force officers.

Fundamental concepts of military organization -- drill, ethics, honor, Air Force heritage and physical training -- are emphasized the first summer during basic cadet training. Freshmen then study the military role in U.S. society as well as the mission and organization of the Air Force. Sophomores receive instruction in communicative skills, and juniors study the combat and operational aspects of the Air Force. Military studies for the senior class focus on military thought.

The Academy offers courses in flying, navigation, soaring and parachuting, building from basic skills to instructor duties. Cadets may fly light aircraft with the Cadet Flying Team. Those not qualified for flight training must enroll in a basic aviation course. Astronomy and advanced navigation courses also are available. Students bound for pilot training enroll in the flight screening program at the Academy and fly the DA-20 Katana aircraft.

Summer training for cadets is divided into three, three-week training periods. There are a variety of programs available, and each cadet is required to complete two training periods each summer with leave during the other. All new cadets take six weeks of basic cadet training in their first summer.

Combat survival training is a required three-week program during cadets' second summer. For other second-summer training periods, cadets have options such as working with young airmen in an operational unit at an Air Force installation, airborne parachute training, soaring or basic free-fall parachute training.

During their last two summers, all cadets are offered leadership training as supervisors or instructors in summer programs, such as basic cadet training, survival training, freefall parachuting and soaring.

Extracurricular activities also are an integral part of the education program. The cadet ski club, drum and bugle corps, cadet chorale and forensics are a few of the programs available.

NOMINATIONS

Nominations to the Academy may be obtained through a congressional sponsor or by meeting eligibility criteria in other categories of competition established by law. For information on admission procedures, write to HQ USAFA/RRS; 2304 Cadet Drive, Suite 200; USAF Academy, CO 80840-5025.

HISTORY -- In 1948, a board of leading civilian and military educators was appointed to plan the curriculum for an academy that would meet the needs of the newly established Air Force. The board determined that Air Force requirements could not be met by expanding the other service academies and recommended an Air Force academy be established without delay.

In 1949, then Secretary of the Air Force W. Stuart Symington appointed a commission to assist in selecting a site and on April 1, 1954, President Dwight D. Eisenhower authorized creation of the United States Air Force Academy. After considering 580 sites in 45 states, the commission narrowed the choice to three locations. The summer of 1954, Secretary of the Air Force Harold Talbott selected a site near Colorado Springs, Colo. Colorado contributed \$1 million toward purchase of the property.

In July 1955, the first academy class entered interim facilities at Lowry Air Force Base, Denver, while construction began. It was sufficiently completed for occupancy by the cadet wing in late August 1958. Initial construction cost was \$142 million.

Women entered the academy on June 28, 1976, as members of the class of 1980.

SENIOR LEADERSHIP



Lieutenant General John F. Regni is superintendent of the U.S. Air Force Academy, Colorado Springs, Colo. He directs a four-year academic, military training, athletic and character development program leading to a bachelor's degree and commission as an Air Force officer.

The general was commissioned in the Air Force following graduation from the U.S. Air Force Academy in 1973. His career has encompassed a wide range of personnel, training and command assignments, and he has served at base, numbered air force, major command, Air Staff and joint unified command levels. Prior to his stint at the Academy, he served as Commander, Air University, Maxwell Air Force Base, Ala.

The general's military awards and decorations include the Distinguished Service Medal with oak leaf cluster, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal with silver oak leaf cluster and Air Force Commendation Medal.

U.S. AIR FORCE ACADEMY SENIOR STAFF



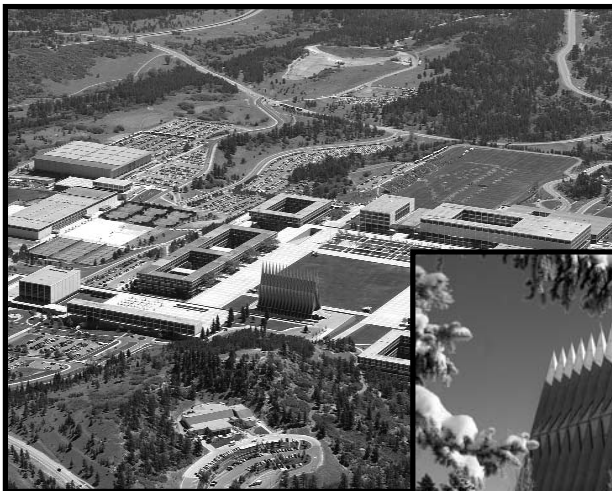
Vice Superintendent
Colonel
Paul C. Ackerman



Commandant of Cadets
Brig. General
Susan Y. Desjardins



Dean of Faculty
Brig. General
Dana H. Born



AIR FORCE ATHLETICS



Dr. Hans J. Mueh is in his third year as the director of athletics at the Air Force Academy. A retired Air Force brigadier general, Mueh was vice dean of faculty for two years prior to his retirement in the summer of 2004. In addition, he was the Academy's faculty athletics representative from 1996-2004.

Before assuming his duties as vice dean, Mueh was permanent professor and head of the department of chemistry at the Academy, a position he held since October 1987 where he oversaw the annual design and instruction of 25 undergraduate courses for 1,500 cadets annually.

Mueh was born Jan. 8, 1944, in Celle, Germany, and emigrated to the United States in 1951. He entered the Air Force in 1962 as a member of the Academy's eighth graduating class, and he graduated with a bachelor of science degree in chemistry in 1966. While at the Academy, Mueh was a two-year letterwinner in soccer as a goalie. He still holds the Academy record for saves in a game with 30, accomplishing it twice in 1965 against North Carolina and Benedictine. In his junior and senior years, Mueh helped the Falcons to the Rocky Mountain Intercollegiate Soccer League championship and quarterfinal berths in the NCAA tournament.

Following graduation, Mueh completed two assignments in intelligence before attending the University of Wisconsin where he earned his master's degree in chemistry in 1970. He later earned a doctorate degree in chemistry from Wisconsin in 1976 as a distinguished graduate. He has also completed Squadron Officer School, Air Command and Staff College and Air War College.

Between earning the two degrees, Mueh returned to the Academy as an instructor in the department of chemistry from 1970-72. He also served as assistant soccer coach and played semi-pro soccer with the Aurora Internationals in Denver during those two years, leading the Internationals to the Colorado state title in 1971. He volunteered for duty in Vietnam and served as an intelligence officer in Saigon, Republic of Vietnam and at Nakhon Phanom RTAB, Thailand, in 1972 and 1973.

After earning his doctorate degree, Mueh returned to the Academy in 1976 as an associate professor of chemistry. He remained at the Academy except for a stint in 1985-86 as the special assistant for technical matters at the Defense Intelligence Agency at the Pentagon.

In 1986, he assumed the position of acting head, department of chemistry, before being selected for his position of permanent professor and head of the department of chemistry in 1987. As faculty athletics representative, he was active in both the Western Athletic Conference and Mountain West Conference, and was the Academy's representative on the transition team to form the new MWC, the only faculty athletics representative on the team. He is currently the chairman of Region VII for the NCAA's Postgraduate Scholarship Committee, covering 119 schools, and has served in that capacity for five years. He competes in golf, racquetball, volleyball, handball and tennis, and has promoted Air Force Academy intercollegiate sports throughout his tenure, beginning with work as chairman of the hockey eligibility committee, officer representative to the men's golf team and five years as the officer representative to the football team.

Mueh is married to the former Sally Flax of Cincinnati, Ohio. They have three children: Kristine, Kurt and Deborah.



**Vice Director
of Athletics**
Brad DeAustin



**Senior Assoc.
Athletic Director**
Mike Saks



**Assoc. AD
Programs**
Col. Billy Walker



**Assoc. AD
Intercollegiate Programs**
Marti Gasser



**Assoc. AD
Sports Medicine**
Lt. Col. Bob Wishtischin



**Assoc. AD
Support**
Wayne Kellenbence

AIR FORCE ATHLETICS

Few schools in the country have an athletic program as extensive as the Air Force Academy's.

The goals of the athletic program are to enhance the physical conditioning of all cadets, to develop the physical skills necessary for officership, to teach leadership in a competitive environment and to build character. There are three subdivisions of the athletic program: intercollegiate athletics, intramurals and physical education.

The intercollegiate program has 17 men's and 10 women's NCAA-sanctioned teams, facing some of the top competition in the nation. Men's teams are football, baseball, basketball, ice hockey, cross-country, fencing, golf, gymnastics, indoor and outdoor track, lacrosse, rifle, soccer, swimming and diving, tennis, water polo and wrestling. The Academy fields women's teams in basketball, cross-country, fencing, gymnastics, rifle, indoor and outdoor track, swimming and diving, soccer, tennis and volleyball. In addition, the Academy sponsors two non-NCAA programs; boxing and cheerleading.

The majority of the Academy's men's and women's programs compete at the NCAA Division I level in the Mountain West Conference. The Falcons compete in this conference against teams from Brigham Young, New Mexico, Colorado State, San Diego State, TCU, Wyoming, Utah and UNLV. All sports also compete against non-conference opponents, including many nationally-ranked teams.

The football team competes annually for the Commander-in-Chief's Trophy, which is emblematic of service academy football supremacy. The Falcons have won the trophy 16 times, which is more than Army and Navy combined. The winner of the annual rivalry visits with White House to have the trophy presented by the President of the United States.



Falcon Stadium open on Sept. 22, 1962. The stadium was originally built solely for football, but non-athletic events like the Academy's annual graduation ceremonies are also conducted there. The newest modification to the stadium was completed in the spring of 2006 with fieldturf. Falcon Stadium has a seating capacity of 46,551.



The USAFA Cadet Field House is one of the most impressive buildings in the country. It's a modern, versatile structure with seemingly endless uses. The \$5.6 million building is five stories high and 396 feet by 426 feet, the size of three football fields laid side by side. The structure is divided into three areas--basketball arena, ice hockey arena and multipurpose area. The three sections have a combined seating capacity of 11,000.

Clune Arena seats 5,939. The Cadet Ice Rink has a seating capacity of 2,502, while the multipurpose area seats 1,000 fans for track and field competitions.

