

2006 SCHEDULE

- SEPT. 1WYOMING INVITATIONAL
Men-1st; Women-4th
- SEPT. 23 . . .ROY GRIAK INVITATIONAL
Men-23rd; Women-24th
- SEPT. 29UTAH FALL FESTIVAL
Men-1st; Women-2nd
- OCT. 7FORT HAYS INVITATIONAL
Men-1st; Women-NTS
- OCT. 14PRE-NCAA MEET
Men-32nd; Women-37th
- OCT. 21AIR FORCE OPEN
Men-NTS; Women-DNC
- OCT. 28MWC CHAMPIONSHIPS
Men-2nd; Women-7th
- NOV. 11NCAA REGIONALS
Albuquerque, N.M. (11 a.m.)
- NOV. 20NCAA CHAMPIONSHIPS
Terre Haute, Ind. (12 p.m.)

All times are local to site.

ACADEMY QUICK FACTS

LocationUSAF Academy, Colorado
 Founded1954
 Enrollment4,000
 ColorsBlue and Silver
 NicknameFalcons
 AffiliationNCAA Division I
 ConferenceMountain West
 Home CoursesSanta Fe Trail
North Monument Valley Park
 SuperintendentLt. Gen. John Regni
 Director of AthleticsDr. Hans Mueh

CROSS COUNTRY STAFF

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AIR FORCE CROSS COUNTRY

NCAA Mountain Regional Championships -- Nov. 11 (10 a.m.)
 Albuquerque, N.M. -- UNM North Golf Course

The Air Force cross country team travels to Albuquerque, N.M., for the 2006 NCAA Mountain Region Championships on Saturday, Nov. 11. The women's 6k race is slated to begin at 10 a.m., while the men's 10k event is scheduled to start at 11 a.m.

FALCON PAIR NETS ALL-CONFERENCE HONORS: Senior **Richard Elmore** and sophomore **Matt Williams** earned the first all-conference honors of their career at the MWC Championships. Elmore clocked a time of 25:07 to finish within the top-10 at ninth, while Williams placed 12th in a time of 25:14. They become the 12th and 13th Falcons, respectively, to earn all-conference accolades for the Air Force men since joining the Mountain West Conference (nine other Falcons were named to the WAC all-conference team during Air Force's time in that league).

MWC CHAMPIONSHIP RECAP: The Air Force men's cross country team picked up a second-place at the annual Mountain West Conference Championships on Saturday, Oct. 28, in Salt Lake City, Utah. On the women's side, the Falcons placed seventh.

MEN'S MWC RECAP: In addition to Elmore and Williams, **Josh van Wyngaarden** and **Ian McFarland** picked up top-20 finishes, as van Wyngaarden clocked a time of 25:19 to finish 15th and McFarland placed 17th with a time of 25:31. A trio of Air Force sophomores finished 24th, 25th and 26th. **Scott Balcao** clocked in at 25:58, while **Sean Houseworth** posted a time of 26:00 and **Sebastian Ortiz** crossed the finish line in 26:01. **Kenny Grosselin** (26:13-31st) and **Jason Beck** (26:34-37th) rounded out the Air Force contingent at the conference meet.

WOMEN'S RECAP: **Kelly Robinson** posted the team's top finish, placing 21st with a time of 22:40. **Allison Romanko** had a strong showing at her first conference meet, placing 24th with a time of 22:50. **Margaret Frash** placed 32nd, crossing the finish line in 23:02, while **Katherine Anderson** finished 39th in 23:30. **Kate Papenberg** clocked in a time of 24:47, while **Sara Juback** posted a time of 25:27 to take 56th. **Jamie Illig** rounded out the Air Force team with a 60th-place finish and a time of 27:04.

AIR FORCE OPEN RECAP: Sophomore **Justin Mason** was the top scoring Falcon as the team hosted the annual Air Force Open on Oct. 21. Mason clocked a time of 27:29 to place sixth in the 23-competitor race. Freshman **Thomas Ritcher** placed seventh with a time of 27:38, while classmate **Zach Nordahl** finished ninth with a time of 27:51. Fellow freshman **Arthur Grijalva** rounded out the Falcons' top-10 contingent, crossing the finish line in 27:53 to place 10th.

MEN'S PRE-NCAA RECAP: Finishing within the top half of the 241-competitor race, **Richard Elmore** led the Falcons with a 97th-place finish, clocking a time of 24:53 on the 8k course. **Josh van Wyngaarden** placed 131st with a time of 25:04, while **Matt Williams** clocked 25:14 to finish 152nd. **Sean Houseworth** and **Ian McFarland** rounded out the Air Force scorers, as Houseworth crossed the finish line in 25:20 (166th) and McFarland recorded a time of 25:25 (176th).

WOMEN'S PRE-NCAA RECAP: **Kelly Robinson** posted the top time for Air Force, clocking 22:33 to finish 184th. **Brittany Morreale** finished just two places behind Robinson, while recording the same time of 22:33. **Margaret Frash** placed 214th with a time of 22:56, while **Allison Romanko** clocked in at 22:58 to place 216th. **Kate Papenberg** rounded out the Air Force scoring runners, clocking 23:53 to finish 244th.

BALCAO WINS WEEKLY HONOR: **Scott Balcao** was named the Mountain West Conference men's cross country athlete of the week, the league office announced Oct. 10. He was the first Falcon to cross the finish line at the Fort Hays State Tiger Invitational, leading the Air force to its third straight team title at that meet. Clocking a time of 26:18, Balcao finished ninth in the 122-member race.

2006 AIR FORCE CROSS COUNTRY

MEN'S ROSTER

| <u>Name</u> | <u>Yr.</u> | <u>Rk.</u> | <u>Hometown</u> | <u>High School</u> |
|---------------------|------------|------------|-------------------------|----------------------|
| Scott Balcao | So. | C3C | Stockton, Calif. | St. Mary's |
| Jason Beck | Sr. | C1C | Cincinnati, Ohio | LaSalle |
| Daniel Castle | So. | C3C | St. Joseph, Mo. | St. Joseph Christian |
| Parker Cowles | So. | C3C | Ramstein AB, Germany | Ramstein American |
| Joe Curran | So. | C3C | Naperville, Ill. | Naperville North |
| Richard Elmore | Sr. | C1C | Napa, Calif. | Justin Siena |
| Austin Fritzke | Fr. | C4C | Mt. Shasta, Calif. | Mt. Shasta |
| Calvin Glass | Jr. | C2C | Antelope, Calif. | Woodcreek |
| Kenny Grosselin | Jr. | C2C | Ramstein AB, Germany | Ramstein American |
| Sean Houseworth | So. | C3C | Carlock, Ill. | Eureka |
| Kyle Jones | So. | C3C | Winter Springs, Fla. | Winter Springs |
| Justin Mason | So. | C3C | Fishers, Ind. | Cathedral |
| Ian McFarland | Jr. | C2C | West Plains, Mo. | West Plains |
| Conor Murphy | Fr. | C4C | Delmar, N.Y. | Bethlehem Central |
| Sebastian Ortiz | So. | C3C | Columbia, Pa. | Columbia |
| Thomas Richter | Fr. | C4C | Wrightwood, Calif. | Serrano |
| Josh Van Wyngaarden | Jr. | C2C | La Vista, Neb. | Papillion-LaVista |
| Matt Williams | So. | C3C | Colorado Springs, Colo. | Air Academy |
| Ryan Workman | Fr. | C4C | Chapel Hill, N.C. | Chapel Hill |

WOMEN'S ROSTER

| <u>Name</u> | <u>Yr.</u> | <u>Rk.</u> | <u>Hometown</u> | <u>High School</u> |
|--------------------|------------|------------|-----------------------------|--------------------|
| Katherine Anderson | Fr. | C4C | Coon Rapids, Minn. | Blaine |
| Ashley Culp | Sr. | C1C | West Des Moines, Iowa | Valley |
| Margaret Frash | Sr. | C1C | Newburyport, Mass. | Newburyport |
| Jamie Illig | So. | C3C | Ebensburg, Pa. | Central Cambria |
| Brittany Morreale | Fr. | C4C | Rancho Palos Verdes, Calif. | Peninsula |
| Kate Papenberg | Jr. | C2C | Red Lion, Pa. | Red Lion |
| Danielle Pozun | So. | C3C | Johnstown, Pa. | Westmont Hilltop |
| Kelly Robinson | Jr. | C2C | Holt, Mich. | Holt |
| Alison Romanko | Fr. | C4C | Coos Bay, Ore. | North Bend |
| Silvana Simeon | So. | C3C | Park City, Utah | Park City |

HEAD COACH: Mark Stanforth

MWC PRESEASON COACHES POLL

The Air Force men's cross country team was predicted to finish second at the 2006 MWC Championships, the league announced on Aug. 22, with the release of the annual preseason coaches' poll.

Men's Cross Country Coaches' Poll

| | |
|---------------------|--------|
| Pl. Team | Points |
| 1. BYU | .25 |
| 2. Air Force | .20 |
| 3. Colorado State | .18 |
| 4. Wyoming | .12 |
| 5. New Mexico | .10 |
| 6. TCU | .5 |

Women's Cross Country Coaches Poll

| | |
|---------------------|--------|
| Pl. Team | Points |
| 1. BYU | .64 |
| 2. Colorado State | .56 |
| 3. New Mexico | .49 |
| 4. Wyoming | .41 |
| 5. Air Force | .28 |
| San Diego State | .28 |
| 7. Utah | .26 |
| 8. TCU | .22 |
| 9. UNLV | .10 |

MWC CHAMPIONSHIP RESULTS

BYU swept the men's and women's titles for the seventh time in eight years during the annual running of the conference championships on Oct. 27.

Men's Cross Country Standings

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

Women's Cross Country Standings

| | |
|---------------------|--------|
| Pl. Team | Points |
| 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 |

2006 AIR FORCE CROSS COUNTRY

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 | | | | | | | |
| Nov. 20 | NCAA Championships | | | | | | | |

| <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> | <u>NCAA</u> |
|---------------------|------------|-------------|-------------|------------|-------------|------------|------------|------------|-------------|
| Scott Balcao | 23:18 (23) | 26:52 (173) | 26:10 (11) | 26:18 (9) | -- | -- | -- | | |
| 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 (105) | 25:41 (2) | -- | 24:53 (97) | -- | 25:07 (9) | | |
| Austin Fritzsche | 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 Grosselin | 22:48 (11) | 26:52 (172) | 25:55 (9) | -- | 26:09 (229) | -- | 26:13 (31) | | |
| Adrian Haywas | 24:45 (55) | -- | -- | -- | -- | -- | -- | | |
| Sean Houseworth | 22:18 (3) | 27:28 (220) | 25:49 (6) | -- | 25:20 (166) | -- | 26:00 (25) | | |
| 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) | | |
| Conor Murphy | -- | -- | -- | -- | -- | -- | -- | | |
| 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) | | |
| Matt Williams | 22:12 (1) | 26:39 (150) | 25:45 (4) | -- | 25:14 (152) | -- | 25:14 (12) | | |
| 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 | 83rd | 288 | 23:09 |
| Sept. 29 | Utah Fall Festival | 2nd | 5 teams | 49 pts. | Kelly Robinson | 4th | 43 | 22:53 |
| Oct. 7 | Fort Hays Invitational | -- | -- | -- | Sara Juback | 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 | | | | | | | |
| Nov. 20 | NCAA Championships | | | | | | | |

| <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> | <u>NCAA</u> |
|--------------------|------------|-------------|-------------|------------|-------------|------------|------------|------------|-------------|
| Katherine Anderson | 16:43 (28) | 24:53 (216) | 24:19 (20) | -- | 24:14 (248) | -- | 23:30 (39) | | |
| Margaret Frash | 15:46 (13) | 23:33 (120) | 23:24 (9) | -- | 22:56 (214) | -- | 23:02 (32) | | |
| 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) | | |
| Brittany Morreale | 15:48 (15) | 23:09 (91) | 22:57 (6) | -- | 22:33 (186) | -- | -- | | |
| Kate Papenberg | 16:02 (21) | 24:45 (207) | 24:58 (23) | -- | 23:53 (244) | -- | 24:47 (53) | | |
| Kelly Robinson | 15:43 (11) | 23:24 (105) | 22:53 (4) | -- | 22:33 (184) | -- | 22:40 (21) | | |
| Alison Romanko | 16:05 (22) | 24:11 (171) | 23:32 (10) | -- | 22:58 (216) | -- | 22:50 (24) | | |
| Danielle Snider | 17:14 (36) | 25:29 (250) | 25:34 (25) | -- | -- | -- | -- | | |

2006 AIR FORCE CROSS COUNTRY

STILL ROLLING: For the third-straight season, the Air Force men won the Fort Hays State Tiger Invitational. Backed by a ninth-place finish (26:18) from sophomore **Scott Balcao**, the Falcons totaled 78 points to win the 11-team meet.

OTHER NEWS FROM FORT HAYS: **Thomas Richter** placed 17th, with a time of 27:09, while **Zachary Nordahl** was close behind with a time of 27:17 to finish 19th. **Daniel Castle** and **Ryan Workman** place 22nd and 23rd, with respective times of 27:16 and 27:18 to round out the Falcons' scoring runners. The Falcons sent just two runners to Kansas in the women's field. **Sara Juback** finished 30th in 20:19, while **Jamie Illig** placed 53rd with a time of 21:18.

WOMEN'S UTAH RECAP: Backed by four top-10 finishes, the Air Force women finished second at the Utah Fall Festival on Sept. 29. **Kelly Robinson** clocked a 6k-time of 22:53 to finish fourth in the field of 51. Robinson was one of four Falcons to finish within the top-10. **Brittany Morreale** registered a time of 22:57 to place sixth, while **Margaret Frash** and **Allison Romanko** finished ninth and 10th, respectively, with times of 23:24 and 23:32.

VAN WYNGAARDEN LEADS TEAM TO WIN: **Josh van Wyngaarden** led an impressive showing by the Air Force men, as they won the Utah Fall Festival on Sept. 29. With a time of 25:25, van Wyngaarden paced a Falcon contingent that saw four runners place within the top five. **Richard Elmore** crossed the finish line in a time of 25:41 to place second, while **Matt Williams** placed fourth with a time of 25:40. **Ian McFarland** finished fifth with a time of 25:46, while **Sean Houseworth** rounded out the Air Force scorers with a sixth-place time of 25:49.

OTHER HIGHLIGHTS FROM UTAH: In addition to the top-six finishers, Air Force placed seven other athletes within the top-20. **Kenny Grosselin** placed ninth (25:55), while **Scott Balcao** finished 11th with a time of 26:10. **Jason Beck** (26:24), **Parker Cowles** (26:26) and **Sebastian Ortiz** (26:31) crossed the finish line in a row, claiming the 13th-15th positions. **Justin Mason** posted a 17th-place time of 26:51, while **Thomas Richter** placed 19th in 25:38.

MORE MORREALE: Backed by a pair of top-100 finishes, the Air Force women's team finished 24th at the annual Roy Griak Invitational. **Brittany Morreale** concluded the race in 23:09 to place 83rd. **Kelly Robinson** recorded a time of 23:24 to take 96th-place. **Margaret Frash** also finished within the top-half of the 288-competitor race, clocking a time of 23:33 to place 108th.

MEN'S ROY GRIAK RECAP: As a team, the Air Force men finished 23rd with 627 points. **Richard Elmore** clocked the team's top finish, crossing the finish line in 26:19 to finish 101st. The entire contingent of Air Force scorers finished within the top-half of the 301-member field. **Josh van Wyngaarden** placed 111th, with a time of 26:24. **Ian McFarland** finished 130th after clocking a time of 26:33, while **Matt Williams** placed 139th with a time of 26:39. **Sebastian Ortiz** rounded out the Air Force scorers with a 146th-place finish of 26:45.

WILLIAMS EARNS WEEKLY MWC AWARD: Sophomore **Matt Williams** was named the Mountain West Conference men's cross country athlete of the week, the league office announced on Sept. 7. Williams finished first out of 81 runners at the Wyoming Invitational last week in Laramie, leading the Falcons to the team victory. He finished the 4.25 mile race in a career-best 22:12.0, topping his previous best by over a minute.

AIR FORCE MEN RUN WILD IN WYOMING: With a winning time of 22:15, sophomore **Matt Williams** led the Air Force men's cross country team to a first-place finish at the season-opening Wyoming Invitational. Williams was one of five Falcons to finish within the top 10 of the 4.25-mile race in Laramie, Wyo. Williams topped the field of 81 with that time, while classmate **Sean Houseworth** finished third overall, after clocking a time of 22:18. Junior **Josh van Wyngaarden** took sixth with a time of 22:23, while classmate **Ian McFarland** was on his heels, placing seventh with a time of 22:24. Senior co-captain **Richard Elmore** rounded out the Falcons' top-10 finishers, as he placed ninth with a time of 22:25.

WOMEN'S WYOMING RECAP: Junior **Kelly Robinson** recorded the team's top finish at the Wyoming Invitational, clocking an 11th-place time of 15:43. Senior **Margaret Frash** posted the team's second-fastest time, clocking a 2.5-mile time of 15:46. Freshman **Brittany Morreale** finished 15th, with a time of 15:48, to round out the team's top three. Junior **Kate Papenburg** and freshman **Allison Romanko** placed 21st and 22nd, with respective times of 16:02 and 16:05. Fellow freshman **Katie Anderson** clocked a 16:43 to earn a place within the top-30 (28th overall).