

# AIR FORCE CROSS COUNTRY

## 2009 SCHEDULE

Nov. 10, 2009

DATE	COMPETITION
Sept. 4	Rust Buster Invitational .M-2nd; W-1st
Sept. 18	Colorado State Classic .M-5th; W-5th
Sept. 26	Roy Griak Invitational .M-8th; W-9th
Oct. 3	Rocky Mountain Shootout .M-4th; W-4th
Oct. 10	Tiger Invitational .M-5th; W-2nd
Oct. 17	Pre-Nationals Meet .M-12th; W-32nd
Oct. 24	RMAC Open .Non-Team Scoring
Oct. 31	MWC Championships .M-3rd; W-4th
Nov. 14	NCAA Regional Championships Albuquerque, N.M.
Nov. 23	NCAA Championships Terre Haute, Ind.

## ACADEMY QUICK FACTS

Location	USAF Academy, Colo.
Founded	1954
Enrollment	4,400
Colors	Blue and Silver
Nickname	Falcons
Affiliation	NCAA Division I
Conference	Mountain West
Superintendent	Lt Gen Michael Gould
Director of Athletics	Dr. Hans Mueh

## CROSS COUNTRY STAFF

Head Coach	Juli Benson
Office Phone	(719) 333-3602
Assistant Coach	Maj Jason Zarb-Cousin
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## MEDIA INFORMATION

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## NCAA MOUNTAIN REGION CHAMPIONSHIPS

Saturday -- Nov. 14, 2009

Albuquerque, N.M. -- UNM North Golf Course

Men 10K Race (10:45 a.m.) -- Women 6K Race (12 p.m.)

The varsity members of the Air Force cross country team will travel to Albuquerque, N.M., on Saturday, Nov. 14, for the 2009 NCAA Mountain Region Championships. The meet, one of nine regional competitions taking place around the country, will be held at the University of New Mexico North Golf Course. The day's action begins at 10:45 a.m., with the men's 10,000-meter race. The women's 6K race will follow at noon.

## MEET INFORMATION

The Falcons will compete in their first 10K race of the season at 10:45 a.m., while the women's 6K event will follow at 12 p.m. The racecourse, which winds through the school's north campus golf course, is located at 5,085 feet above sea level.

## HISTORY 101: MEN

Paced by two all-region runners, the Air Force men's team placed fifth at the 2008 NCAA Mountain Region Championships. The placement was the Falcons' best regional finish since 2004. Then-seniors Matt Williams and Sean Houseworth finished 15th and 24th, respectively, to earn all-region accolades.

## HISTORY 101: WOMEN

Then-junior Katie Lynch claimed the Falcons' best finish at the regional meet in over five years, as she placed 44th at the 2008 NCAA Mountain Region Championships to lead the squad to a 13th-place finish in the team standings.

## TYNER SHINES AT MWC CHAMPIONSHIPS

Crossing the finish line in a career-best time of 23:45, Justin Tyner picked up a third-place finish at the 2009 MWC Championships on Oct. 31. Tyner, who finished just 10 seconds off of the meet winner, collected the Falcons' best individual finish since 2005 and tied for the second-best finish ever.

## ALL-CONFERENCE ACCOLADES

Justin Tyner and Zach Nordahl claimed all-conference honors following top-14 finishes at the conference meet on Oct. 31. Tyner's third-place finish garnered him first-team accolades, while Nordahl placed 13th to earn second-team honors. It is the second consecutive year that Nordahl has earned all-conference honors.

## DID YOU KNOW?

Justin Tyner and Zach Nordahl were the only two runners in the top-17 that did not represent conference champion New Mexico or runner-up BYU.

## MEN TAKE THIRD AT CONFERENCE MEET

With all five scoring runners finishing within the top 25, the Air Force men placed third at the conference championships on Oct. 31. In addition to the Falcons' two all-conference performers, Jonathan Rock finished 19th and James Walmsley placed 21st. Senior Andy Schweitzer rounded out the Air Force scoring runners with a 23rd-place time.

## LET THE YOUNG LEAD

With a 20th-place finish, freshman Jennifer Bremser recorded the Falcons' best individual placement at the Mountain West Conference Championships since 2005. It is also the first time this season that a member of the Falcons' freshman class paced the field.

## FALCONS TAKE FOURTH AT CONFERENCE MEET

Four of the Falcons' five scoring runners finished within the top 30 at the MWC meet on Oct. 31, as Air Force picked up a fourth-place finish in the team standings. That placement is the best for an Air Force women's team since 2004. Behind Jennifer Bremser's 20th-place finish, Katherine Ward and Auriele Fain finished 23rd and 24th, respectively. Katie Lynch rounded out the Falcons' top finishers in 27th place.

## CONFERENCE RANKINGS...

Following the conference meet, Justin Tyner is ranked third on the league's 8K performance list with his career-best time of 23:45. James Walmsley's time of 24:29 from the Pre-Nationals Meet on Oct. 17 is ranked 17th, while Zach Nordahl is ranked 19th with a time of 24:42 at the conference championships.

## ROSTER

### MEN'S ROSTER

	YR.	RK	HOMETOWN   HIGH SCHOOL
Edward Artz	Fr.	C4C	Harbor Beach, Fla.   Satellite HS
Matthew Bell	Fr.	C4C	Denver, Colo.   George Washington HS
Zakaria Boston	Fr.	C4C	Navarre, Fla.   Navarre HS
Matthew Cain	So.	C3C	Brockport, N.Y.   Brockport HS
Ryan Del Grosso	So.	C3C	Marysville, Ohio   Marysville HS
Jeremy Drenckhahn	Fr.	C4C	Plymouth, Minn.   Wayzata HS
Cameron Edwards	Fr.	C4C	Park City, Utah   Park City HS
Christopher Espinosa	Fr.	C4C	Albuquerque, N.M.   St. Pius X HS
Austin Fritzke	Sr.	C1C	Mt. Shasta, Calif.   Mt. Shasta HS
Jacob Fulton	So.	C3C	Douglasville, Ga.   Chapel Hill HS
Dylan Hallums	Fr.	C4C	Tigard, Ore.   Tigard HS
Thomas Heikkinen	Fr.	C4C	Panama City, Fla.   Rutherford HS
Donald Jackson	Fr.	C4C	Cumming, Ga.   South Forsyth HS
Cory Johnson	Fr.	C4C	Indianola, Ind.   Indianola HS
Conor Murphy	Sr.	C1C	Delmar, N.Y.   Bethlehem Central HS
Zach Nordahl	Sr.	C1C	Molt, Mont.   Rapelje HS
Sam O'Hair	Fr.	C4C	Rocklin, Calif.   Rocklin HS
Gage Owens	Fr.	C4C	McAllister, Mont.   Ennis HS
Seth Pelletier	Fr.	C4C	Wells, Maine   Home School
Jordan Potterton	Fr.	C4C	Grand Junction, Colo.   Fruita Monument HS
Andrew Quallio	Fr.	C4C	Jacksonville, Fla.   Zama American (Japan) HS
Jonathan Rock	So.	C3C	Macomb, Mich.   Eisenhower HS
Andy Schweitzer	Sr.	C1C	Macedonia, Ohio   Cuyahoga Valley Christian Academy
Tyler Small	Jr.	C2C	Nashport, Ohio   Mercersburg HS
Justin Tyner	Jr.	C2C	Baxter, Minn.   Brainerd Senior HS
James Walmsley	So.	C3C	Scottsdale, Ariz.   Horizon HS
Nick White	So.	C3C	Peyton, Colo.   Falcon HS
Alex Zubey	So.	C3C	Tamaqua, Pa.   Tamaqua Area Senior HS

### PRONUNCIATION GUIDE

Artz	.....arts
Aurielee	.....are-ee-elle
Drenckhahn	.....drenk-hon
Fritzke	.....frit-ski
Fuerst	.....first
Hovseth	.....hohv-seth
Heikkinen	.....high-kin-in
Morreale	.....more-ee-alley
Kanetzky	.....can-ett-ski
Nordahl	.....nord-all
Phaelen	.....fay-len
Ramsier	.....rams-ear
Romanko	.....roe-mahn-koh
Schweitzer	.....shh-white-zer
Torre Santiago	.....tory san-tee-ah-go
Zakaria	.....zack-uh-rye-uh
Zubey	.....zoo-bee

### WOMEN'S ROSTER

	YR.	RK	HOMETOWN   HIGH SCHOOL
Dominique Amor	Fr.	C4C	Shoreline, Wash.   Shorewood HS
Katie Anderson	Sr.	C1C	Coon Rapids, Minn.   Blaine Senior HS
Whitney Beck	Jr.	C2C	Eden, Utah   Weber HS
Jen Bremser	Fr.	C4C	Colorado Springs, Colo.   Sand Creek HS
Becca Burditt	Sr.	C1C	Colorado Springs, Colo.   The Classical Academy
Katie Carroll	So.	C3C	San Antonio, Texas   Churchill HS
Aurielee Fain	So.	C3C	Billings, Mont.   Billings Senior HS
Phaelen French	So.	C3C	Austin, Colo.   Delta HS
Melissa Fuerst	Fr.	C4C	Blue Springs, Mo.   Blue Springs HS
Cathy Haycraft	Sr.	C1C	Minneapolis, Minn.   The Academy of Holy Angels
Kara Hovseth	Fr.	C4C	Scottsbluff, Neb.   Gering HS
Kate Kanetzky	Fr.	C4C	Buda, Texas   Jack C. Hays HS
Katie Lynch	Sr.	C1C	Aurora, Colo.   Smoky Hill HS
Brittany Morreale	Sr.	C1C	Rancho Palos Verdes, Calif.   Palos Verdes Peninsula HS
Samantha Morrison	Fr.	C4C	Fredericksburg, Va.   Massaponex HS
Morgan Mosby	Fr.	C4C	Evergreen, Colo.   Mullen HS
Meghan Prinkey	So.	C3C	White Plains, Md.   Bishop McNamara HS
Alexa Ramsier	So.	C3C	Dallas, Texas   Plano West Senior HS
Ally Romanko	Sr.	C1C	Coos Bay, Ore.   North Bend HS
Glorimar Torre' Santiago	Jr.	C2C	Hope Mills, N.C.   Gray's Creek HS
Kathleen Vardell	Fr.	C4C	Sagle, Idaho   Sandpoint HS
Katherine Ward	Jr.	C2C	State College, Pa.   State College HS
Elyse Willard	So.	C3C	Rancho Palos Verdes, Calif.   Palos Verdes Peninsula HS

**HEAD COACH:** Juli Benson (First Season)

**ASSISTANT COACH:** Maj Jason Zarb-Cousin (First Season)

**WILLARD PACES WOMEN IN "B" TEAM FINALE**

Elyse Willard clocked a time of 24:18 to lead the women's team at the Rocky Mountain Athletic Conference (RMAC) Open on Oct. 24. Finishing ninth, Willard was one of six Falcons to finish within the top half of the 50-runner race. Morgan Mosby clocked a 6K-debut time of 24:34 to finish 12th, while Katie Carroll finished 20th. Phaelen French and Dominique Amor finished 21st and 22nd, respectively, while Whitney Beck finished 25th.

**QUICK QUALLIO**

Pacing the Falcons with a 44th-place time of 28:28, Andrew Quallio was one of five Falcons to place within the top half of the 119-runner RMAC Open on Oct. 24. Donald Jackson (47th) and Zak Boston (49th) finished within the top 50, while Conor Murphy (55th) and Matthew Cain (56th) also finished within the top half of the open field.

**TYNER PACES MEN AT PRE-NATIONAL**

Backed by Justin Tyner's 21st-place finish, the men's team finished 12th in the 34-team Pre-Nationals Meet on Oct. 17. All seven runners lowered their personal-best times during the annual race, which featured 12 teams either ranked or receiving votes in the national poll. James Walmsley finished 35th, while Zach Nordahl (64th) and Jonathan Rock (81st) also finished within the top 100.

**ROMANKO LEADS THE WOMEN IN INDIANA**

Ally Romanko clocked the fastest time of the 6K season to pace the Falcons at Pre-Nationals on Oct. 17. Romanko finished 130th in the 249-runner race. Auriele Fain finished just five spots behind, while Katie Lynch placed 145th.

**IT'S TYNER TIME**

With a career-best time of 24:17, Justin Tyner placed 21st at Pre-Nationals on Oct. 17. That was the second highest finish of an individual not on a team receiving votes in the national poll. Tyner's time is a 33-second improvement over his previous best, which was set at last year's Pre-Nats.

**A FAMILY AFFAIR**

The Rock family was well represented at Pre-Nationals on Oct. 17. Jonathan, an Air Force sophomore, placed 83rd in a field of 238 in the men's race, while his twin sister, Jen, paced her Loyola (Chicago) squad with a 141st-place finish.

**JEREMY DRENCKHAHN EARNS MWC HONOR**

Jeremy Drenckhahn was named the MWC Runner of the Week following his team-leading performance at the Fort Hays State Tiger Open on Oct. 10. With a career-best time of 25:45.26, Drenckhahn finished 21st amongst 102 runners, while pacing the Falcons to a fifth-place team finish.

**WE'LL TAKE TWO**

After pacing the Falcons for the second consecutive week, Jeremy Drenckhahn was named the MWC runner of the week (Oct. 10). It was the second time in three weeks that Air Force has been awarded the weekly honor. Drenckhahn joined Justin Tyner, who claimed the honor Sept. 29.

**WOMEN TAKE SECOND AT TIGER INVITATIONAL**

With an eighth-place time of 18:37, sophomore Meghan Prinkey paced the Falcons to a second-place finish at the Fort Hays State Tiger Invitational on Oct. 10. Prinkey was one of three Falcons to place within the top 10 of the 168-runner race, as senior Brittany Morreale and freshman Melissa Fuerst finished ninth and 10th, respectively.

**DRENCKHAHN DOES IT ..AGAIN**

For the second straight week, Jeremy Drenckhahn was the men's top finisher. He clocked a season-best time of 25:45 to finish 21st among 102 runners at the Tiger Invitational on Oct. 10. His time is the fourth fastest 8K time this season and the best by a freshman. All five scoring runners - Nick White (27th), Andrew Quallio (36th), Seth Pelletier (38th), Donald Jackson (42nd) - finished within the top half of the field.

**IT'S FAIN-TASTIC!**

Auriele Fain was the top finishing member of the women's team at the annual Rocky Mountain Shootout on Oct. 3, clocking an 18th-place time of 22:43. Her finish, the seventh-best among NCAA Division I runners, was one of four Falcons to finish within the top third of the 169-runner event.

**MORE SHOOTOUT STATS**

In addition to Auriele Fain's 18th-place finish, three others placed within the top third of the female runners at the RMS. Brittany Morreale finished 37th (23:27), while Meghan Prinkey (39th, 23:41) and Whitney Beck (53rd, 24:10) rounded out the pack of Falcons that competed.

**DRENCKHAHN DOES IT**

Freshman Jeremy Drenckhahn was the top-finishing Falcon on the men's course during the Oct. 3 Rocky Mountain Shootout. Drenckhahn clocked a time of 28:15 to place 64th overall and 14th among Division I runners. His time is the best 8k time by an Air Force freshman this season.

**FRESHMEN STAND OUT IN BOULDER**

The youngest members of the Air Force squad had a strong showing at the Rocky Mountain Shootout. In addition to Jeremy Drenckhahn's 65th-place finish, two other freshmen finished within the top half of the 204-runner field. Andrew Quallio placed 77th (28:15), while Donald Jackson finished 102nd with a time of 29:23. In addition, Dylan Hallums finished just shy of the halfway mark, placing 109th in 29:34.

**TYNER EARNS WEEKLY HONORS**

Justin Tyner was named the MWC Runner of the Week and the Air Force Academy's Athlete of the Week, following his stellar performance at the Roy Griak Invitational on Sept. 26. Tyner finished fifth among 167 NCAA Division I runners, while pacing the Falcons to an eighth-place team finish.

**MOVING THROUGH THE PACK**

Finishing in a time of 24:58, Justin Tyner carved his way through the field during the course of the 8K race at the Roy Griak Invitational, moving from 104th (1000 meters) to 45th (3000 meters) to 14th (5000 meters) to fifth (8000 meters).

**HONORS & AWARDS****Justin Tyner**

AFA Athlete of the Week  
Sept. 28

**Justin Tyner**

MWC Runner of the Week  
Sept. 29

**Jeremy Drenckhahn**

MWC Runner of the Week  
Oct. 13

**Justin Tyner**

All-Conference (1st-Team)  
Oct. 31

**Zach Nordahl**

All-Conference (2nd-Team)  
Oct. 31

**Justin Tyner**

AFA Athlete of the Week  
Nov. 2

## NEWS & NOTES

### MEN TAKE EIGHTH AT MINNESOTA

Justin Tyner (fifth), James Walmsley (34th) and Zach Nordahl (40th) all finished within the top-40 at the Roy Griak Invitational (167 total runners) as the Air Force men placed eighth in the 18-team field. Jonathan Rock (71st) and Andy Schweitzer (91st) rounded out the Falcons' top-five scorers.

### ROMANKO LEADS WOMEN TO NINTH-PLACE FINISH

Clocking a time of 23:03, Ally Romanko paced the women's team at the Roy Griak Invitational with a 37th-place individual finish. All five Air Force scorers finished within the top half of the 193-runner field, including Katherine Ward (55th), Katie Lynch (57th), Elyse Willard (71st) and Jen Bremser (94th).

### MORREALE PACES FALCONS AT COLORADO STATE

Brittany Morreale clocked a 5K time of 20:07 to finish 17th at the CSU Classic on Sept. 18. She was one of four Falcons to finish within the top half of the field as Air Force picked up a fifth-place team finish. Morgan Mosby (20th), Meghan Prinkey (22nd), Melissa Fuerst (25th) and Whitney Beck (29th) rounded out the Air Force scorers.

### THE BELL LAP

With a 34th-place finish (21:40) at the CSU Classic on Sept. 18, Matt Bell paced the men's team to an overall fifth-place mark. He was one of seven freshmen to compete at the meet. Classmates Andrew Quallio (38th), Seth Pelletier (39th), Dylan Hallums (45th) joined senior Conor Murphy (44th) as Air Force's scoring runners.

### AIR FORCE WOMEN WIN SEASON OPENER

Backed by five top-10 finishes, the women easily won the Rust Buster Invite on Sept. 4. Ally Romanko placed fourth, while Katie Anderson and Elyse Willard placed fifth and sixth, respectively. Katie Lynch (eighth) and Auriele Fain (10th) rounded out the Falcons' top finishers.

### BRUSHING OFF THE RUST

The men claimed three of the top-10 spots to place second at the Rust Buster Invite on Sept. 4. Zach Nordahl was the race runner-up, while James Walmsley placed sixth and Justin Tyner took seventh.

### YOUTH-ORIENTED

The Falcons' 26-man roster features just four seniors and two juniors. Despite losing much of last season's point-earners to graduation, the Falcons return all-conference selection Zach Nordahl, as well as Justin Tyner.

### FALCONS PICKED AMONG TOP HALF OF CONFERENCE

The Air Force cross country teams were picked to finish third and fourth, respectively, in the MWC, the league office announced this morning (Aug. 12) with the release of the annual preseason coaches' poll. The women's fourth-place preseason ranking is their highest since the 2005 season.

### VETERAN LEADERSHIP

While the men's team is exceptionally young, the women's team benefits from not having had any seniors in 2008. Air Force didn't lose anyone on the roster, while gaining eight newcomers. The senior class of Katie Anderson, Katie Lynch, Brittany Morreale and Ally Romanko, features the last two MVP selections in Lynch (2008) and Morreale (2007).

### WHO'S BACK

The Falcons return the 2008 women's MVP and Most Improved Runner in senior Katie Lynch, as well as the 2008 Freshman of the Year in Auriele Fain. The women also return the 2007 MVP in senior Brittany Morreale. On the men's side, Air Force welcomes back Justin Tyner, the 2008 Most Improved Runner, and James Walmsley, the 2008 Freshman of the Year.

### MEET THE COACHES

The Falcons will be led by Juli Benson, who is entering her first season as the head coach of the Air Force cross country team. During the 2009 track season, her distance runners accounted for a pair of conference titles and Academy records in the men's 1500- and 10,000-meter events. Benson will be joined by Maj Jason Zarb-Cousin, a 1999 Academy graduate, who is beginning his first season as the Falcons' assistant coach.

### CLOSE TO HOME

While the Falcons aren't hosting any meets this season, they remain close to the Academy for three competitions. Air Force opens the season in Colorado Springs (Sept. 4), and will also travel within the state to Fort Collins (Sept. 18) and Boulder (Oct. 3).

### OH CAPTAIN, MY CAPTAIN...

Seniors Zach Nordahl and Katie Lynch will pace the Falcons this season. Nordahl is the first solo captain for the men's team since the 2002 season.

## REGIONAL RANKINGS

as of Nov. 3, 2009

### MEN'S MOUNTAIN REGION

1. Northern Arizona .....(4)
2. Colorado .....(5)
3. New Mexico .....(12)
4. BYU .....(14)
5. Utah State .....(rv)
6. Texas-El Paso .....(rv)
7. **AIR FORCE**
8. Montana State
9. Montana
10. Weber State
11. Colorado State
12. Southern Utah
13. Texas Tech
14. Utah Valley
15. New Mexico State

### WOMEN'S MOUNTAIN REGION

1. Texas Tech .....(8)
2. Colorado .....(6)
3. New Mexico .....(20)
4. BYU .....(22)
5. Northern Arizona .....(rv)
6. Texas-El Paso .....(rv)
7. Colorado State
8. Southern Utah
9. Weber State
10. Montana
11. Utah Valley
12. New Mexico State
13. **AIR FORCE**
14. Utah State
15. Nevada

## MWC CHAMPIONSHIPS

Oct. 31, 2009

### MEN'S FINISHES

1. New Mexico .....29
2. BYU .....34
3. **AIR FORCE** .....72
4. Colorado State .....118
5. Wyoming .....132
6. TCU .....186

### WOMEN'S FINISHES

1. New Mexico .....24
2. BYU .....45
3. Colorado State .....64
4. **AIR FORCE** .....124
5. Wyoming .....165
6. Utah .....195
7. TCU .....196
8. San Diego State .....207
9. UNLV .....210