



2011 AIR FORCE CROSS COUNTRY

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SCHEDULE AND RESULTS

| DATE..... | COMPETITION |
|----------------------|--|
| Sept. 10 | UCCS Rust Buster Invitational No Team Scores |
| Sept. 17 | Woody Greeno Invitational Men: 1st Women: 2nd |
| Sept. 30 | Notre Dame Invitational Men: 10th Women: 21st |
| Oct. 1 | Rocky Mountain ShootoutMen: 3rd Women: 3rd |
| Oct. 8 | Fort Hays State Tiger InvitationalMen: 3rd Women: 2nd |
| Oct. 14 | Wisconsin adidas InvitationalMen: 30th Women: 41st |
| Oct. 29 | Mountain West ChampionshipsMen: 2nd Women: 4th |
| Nov. 12 | NCAA Regional Championships Provo, Utah |
| Nov. 21 | NCAA Championships Terre Haute, Ind. |



NCAA MOUNTAIN REGION CHAMPIONSHIPS

Saturday, November 12, 2011 | Provo, Utah | East Bay Golf Course
Men's 10K Race: 11:00 a.m. | Women's 6K Race: 12:00 p.m.

The Air Force cross country team returns to action on Saturday, Nov. 12, traveling to Provo, Utah, for the 2011 NCAA Mountain Region Championships. The meet begins at 11 a.m., with the men's 10K, while the women's 6K follows at noon.

MEET INFORMATION

The 2011 NCAA Mountain Region Championships will take place throughout East Bay Golf Course (1860 S East Bay Blvd) in Provo, Utah. Admission is free for all spectators. The men's 10,000-meter championship race will kick off the day at 11 a.m., while the women's 6000-meter race is slated for a noon start.

WHO'S WHO

Runners from Air Force, BYU, Colorado, Colorado State, Idaho State, Montana, Montana State, Nevada, New Mexico, New Mexico State, Northern Arizona, Southern Utah, Texas Tech, UTEP, Utah, Utah State, Utah Valley, Weber State and Wyoming will be compete at the Mountain Regional. BYU (third), Colorado (fourth) and Northern Arizona (12th) are ranked nationally on the men's side, while Colorado (third) and New Mexico (19th) are listed in the women's rankings.

HOW IT WORKS

The top two teams from each of the nine regional championships (West, Mountain, Midwest, South Central, Great Lakes, South, Southeast, Mid-Atlantic, Northeast), will earn an automatic berth to the NCAA Cross Country Championships. In addition, the top four runners from each region, not on an advancing team, will earn a spot at the national meet. The remaining spots will be filled with 13 at-large teams from around the country. The NCAA Championship selections will be announced on Sunday, Nov. 13.

AN ALL-REGION RETURNER

Air Force returns one all-region selection in Jeremy Drenckhahn, who placed 13th at the 2010 regional.

FIVE FALCONS CLAIM ALL-MW HONORS

Five runners collected all-conference honors at the Mountain West Championships – marking the highest total since 2005 and the second-most in Academy history. On the men's side, Jeremy Drenckhahn and Jim Walmsley were named to the first team, while Andrew Quallio and Isaiah Bragg earned second-team distinction. In addition, Melissa Fuerst claimed all-league honors for the women with a second-team selection.

DID YOU KNOW?

Jeremy Drenckhahn's second-place finish is tied for the best placement ever by an Air Force runner in Mountain West Championship action. He joined Ben Payne (2003), Nick Wilson (2005) and Justin Tyner (2010) as a conference runner-up, while becoming the team's first non-senior to claim the second-place spot.

FUERST FACTS

Melissa Fuerst became just the fifth member of the women's program to claim all-conference honors at the Division I level, as she finished ninth at the Mountain West meet. Fuerst, who joined Rachel Smith (1999), Kelly Robinson (2004), Nicole Graham (2005) and Katherine Ward (2010) on the program's all-conference list, became just the second female runner to ever place within the top 10 at a conference meet.

MEN PLACE SECOND AT MW CHAMPIONSHIPS

Highlighted by Jeremy Drenckhahn's runner-up finish in 25:11.2, the men placed second at the Mountain West Cross Country Championships on Oct. 29 – just three points out of first. Jim Walmsley also placed the top five (fifth, 25:24.9), while Andrew Quallio and Isaiah Bragg finished 12th (25:38.0) and 14th (25:44.8), respectively. All five scoring runners for Air Force finished within the top 25, as Gavin Owens rounded out the scoring with a 21st-place time of 26:03.6.

WOMEN FINISH FOURTH AT CONFERENCE MEET

Finishing ninth in a time of 21:21.9, Melissa Fuerst recorded the Falcons' second-highest placement ever at the Mountain West Championships on Oct. 29, while pacing the women to a fourth-place team finish. Jen Bremser (21st, 22:16.6) also finished within the top 25, while Kate Kanetzky (27th, 22:35.4) crossed the finish line among the top 30. Katie Carroll (34th, 22:49.6) and Morgan Mosby (35th, 22:52.8) rounded out the Falcons' five scoring runners.

WHAT'S AHEAD

The 2011 cross country season comes to a close on Monday, Nov. 21, with the NCAA Cross Country Championships in Terre Haute, Ind.

ACADEMY QUICK FACTS

Location..... USAF Academy, Colo.
 Founded1954
 Enrollment.....4,000
 NicknameFalcons
 Colors Blue and Silver
 Affiliation..... NCAA Division I
 ConferenceMountain West
 Superintendent Lt Gen Michael Gould
 Athletics DirectorDr. Hans Mueh
 Department Phone..... (719) 333-4008

CROSS COUNTRY STAFF

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2011 AIR FORCE CROSS COUNTRY ROSTER

| MEN'S TEAM | YR | HT | HOMETOWN | HIGH SCHOOL PREVIOUS SCHOOL |
|----------------------|-----------|-----------|---------------------------|--|
| Ted Artz | Jr. | 6-1 | Indian Harbor Beach, Fla. | Satellite |
| Dan Bailey | So. | 5-10 | Cream Ridge, N.J. | Christian Brothers Academy |
| Matt Bell | Jr. | 6-2 | Denver, Colo. | George Washington |
| Isaiah Bragg | So. | 6-3 | West Liberty, Ohio | Emmanuel Christian |
| Matthieu Caldwell | So. | 6-0 | Centennial, Colo. | Smoky Hill |
| Zack Christenson | Fr. | 6-0 | Safety Harbor, Fla. | Countryside USAFA Prep School |
| Riley Coates | Fr. | 5-8 | Rapid City, S.D. | Stevens |
| Jeremy Drenckhahn | Jr. | 5-7 | Plymouth, Minn. | Wayzata |
| Cameron Edwards | Jr. | 6-2 | Park City, Utah | Park City |
| Carl Eifert | So. | 6-0 | Peachtree City, Ga. | McIntosh |
| Ronnie Elly | Fr. | 5-10 | Stafford, Va. | Mountain View |
| Carson Fugal | So. | 5-9 | Park City, Utah | Park City |
| Jake Hawkins | So. | 5-8 | Derry, N.H. | Pinkerton Academy |
| Alex Lindsay | So. | 6-0 | Rochester, Mich. | Rochester Adams Northwestern Prep |
| Elliot Myers | Fr. | 6-1 | Yorba Linda, Calif. | Esperanza |
| Sam O'Hair | Jr. | 6-1 | Rocklin, Calif. | Rocklin |
| Gage Owens | Jr. | 6-0 | McAllister, Mont. | Ennis |
| Gavin Owens | So. | 6-2 | McAllister, Mont. | Ennis |
| Seth Pelletier | Jr. | 6-0 | Wells, Maine | Home School |
| Charlie Perkins | So. | 5-11 | Alameda, Calif. | Alameda |
| Zach Perkins | Fr. | 6-3 | Alameda, Calif. | Alameda USAFA Prep School |
| Andrew Quallio | Jr. | 5-6 | Jacksonville, Fla. | Zama American (Camp Zama, Japan) |
| Jim Walmsley | Sr. | 6-0 | Scottsdale, Ariz. | Horizon |
| Nick White | Sr. | 5-10 | Peyton, Colo. | Falcon USAFA Prep School |
| Lance Wolfsmith | So. | 6-1 | Morgan Hill, Calif. | Ann Sobrato USAFA Prep School |
| Alex Zubey | Sr. | 6-4 | Tamaqua, Pa. | Tamaqua Area Senior |
| WOMEN'S TEAM | YR | HT | HOMETOW | HIGH SCHOOL PREVIOUS SCHOOL |
| Amanda Blain | So. | 5-7 | Mankato, Minn. | Mankato East |
| Jen Bremser | Jr. | 5-5 | Colorado Springs, Colo. | Sand Creek |
| Katie Carroll | Sr. | 5-2 | San Antonio, Texas | Winston Churchill |
| Heather Connick | Fr. | 5-6 | Pembroke, Mass. | Pembroke |
| Adrianna Dong | So. | 5-4 | Phoenix, Ariz. | North Canyon |
| Taylor Drolshagen | Fr. | 5-1 | Muskego, Wis. | Muskego |
| Annette Eichenberger | So. | 5-10 | West Chicago, Ill. | West Chicago |
| Rebecca Esselstein | Fr. | 5-7 | Dayton, Ohio | Archbishop Alter |
| Aurielee Fain | Sr. | 5-6 | Billings, Mont. | Billings Senior |
| Michelle Ferguson | Fr. | 5-9 | Lakeville, Minn. | Lakeville North) |
| Melissa Fuerst | Jr. | 5-2 | Blue Springs, Mo. | Blue Springs |
| Carley Gross | So. | 5-7 | Tustin, Calif. | Foothill |
| Christine Hagan | Fr. | 5-5 | Kings Park, N.Y. | Kings Park |
| Emily Hazen | Fr. | 5-4 | Richland, Wash. | Richland |
| Kate Kanetzky | Jr. | 5-7 | Buda, Texas | Jack C. Hays |
| Tasha Mayne | So. | 5-7 | Pflugerville, Texas | Hendrickson |
| Morgan Mosby | Jr. | 5-4 | Evergreen, Colo. | Mullen |
| Alexa Ramsier | Sr. | 5-6 | Dallas, Texas | Plano West |
| Marie Rossillon | Fr. | 5-5 | Albuquerque, N.M. | Eldorado |
| Stephaney Saari | So. | 5-7 | San Antonio, Texas | Ronald Regan |
| Chelsea Spencer | Fr. | 5-8 | Oakland, Ore. | Oakland |
| Rachel Sykes | Fr. | 5-7 | Mount Airy, Md. | South Carroll University of Richmond |

HEAD COACH: Juli Benson (Third Season)

VOLUNTEER COACHES: Sam Horn (First Season), Jenny Simpson (Second Season), Mark Stanforth (Second Season)

CADET MANAGERS: John Farquhar (First Season), Riley Feeney (Second Season), Elizabeth Staab (First Season)

DIRECTOR OF CROSS COUNTRY OPERATIONS: Lt Kelly Heinbaugh (First Season)

A LITTLE TRIVIA

The three-point margin between New Mexico and Air Force (51-54) at the 2011 conference championship is the narrowest margin in MWC history - breaking the record of four (37-41) that separated Air Force and BYU in 2003.

DRENCKHAHN NAMED MW ATHLETE OF THE WEEK

Jeremy Drenckhahn was named the MW Athlete of the Week on Oct. 18, marking the second time he has claimed the weekly honor. He earned the award after recording a career-best 8K time of 24:22.2 to finish 36th in the 270-runner field at the adidas Invitational.

DID YOU KNOW?

Jeremy Drenckhahn's award on Oct. 18 marked the fifth time this season that an Air Force runner has been named the MW Athlete of the Week. The five selections – Jim Walmsley (Sept. 13, Sept. 20), Melissa Fuerst (Sept. 20), Gavin Owens (Oct. 11) and Drenckhahn (Oct. 18) – are a new Academy record for the most awards in a season.

ONE MORE STAT FACT

Having also claimed the Mountain West Conference Athlete of the Week honor as a freshman in 2009, Jeremy Drenckhahn becomes just the sixth Falcon in program history to claim multiple MW honors in a career.

MOVING ON UP

The women moved up one spot in the Oct. 17 USTFCCCA Regional Rankings, going from 13th to 12th. The Falcons' new mark matches their best ranking this season – and the program's highest since the 2009 preseason poll.

DUO PACES FALCONS AT WISCONSIN

Jeremy Drenckhahn and Jim Walmsley finished within just two seconds of one another at the adidas Invitational, placing 36th (24:22.2) and 38th (24:24.3), respectively. Drenckhahn, who shaved 20 seconds off of his previous best 8K time, was one of two runners to "PR" in Wisconsin, as Andrew Quallio tallied a personal-best time of 25:03.3 to place 142nd. Matt Bell (203rd, season-debut 24:34.8) and Isaiah Bragg (241st, 26:17.2) rounded out the scoring runners, as Air Force finished 30th.

FUERST GUIDES WOMEN AT ADIDAS INVITATIONAL

Two Falcons recorded career-best times on Oct. 14. Melissa Fuerst improved her 6K time by 14 seconds (21:09.2) to pace the Falcons with an 86th-place finish, while Heather Connick clocked a career-fast time of 22:11.4 to finish 232nd. Kate Kanetzky (211th, 21:57.5), Jen Bremser (248th, 22:20.2) and Morgan Mosby (265th, 22:31.2) rounded out the scoring field for the 41st-place Falcons.

OWENS NAMED MW ATHLETE OF THE WEEK

Gavin Owens was named the Mountain West Athlete of the Week on Oct. 11, after clocking a career-best 8K time of 25:15.5 to finish 11th among 152 runners at the Fort Hays State Tiger Invitational on Oct. 8, pacing the men to a third-place finish in the team standings.

BLAIN LEADS WOMEN AT TIGER INVITATIONAL

Amanda Blain clocked a 5K time of 18:39 to finish 11th at the Tiger Invitational and pace the women to a second-place finish. Blain was one of three Falcons to place within the top 10 as Adrianna Dong and Taylor Drolshagen finished ninth (18:43) and 10th (18:45), respectively.

WHAT A FINISH

With all five scorers placing within the top 20, the women finished second at the Tiger Invitational, trailing only Friends University, which is ranked seventh in the NAIA.

A BUNCH OF BLUE

Annette Eichenberger, who rounded out the scorers at the Tiger Invitational with a 19th-place finish, sparked a flurry of Air Force runners at the finish line, as Falcons claimed five of the next seven spots. Tasha Mayne and Alexa Ramsier finished 20th and 21st, respectively, while Emily Hazen took 23rd and Stephanie Saari finished 25th.

FINISHING STRONG

All five scoring runners for the men finished within the top 30 of the 152-runner race at Fort Hays State. Gavin Owens and Dan Bailey placed 11th and 15th, respectively, while Seth Pelletier (22nd), Cameron Edwards (24th) and Nick White (30th) rounded out the scorers, placing 30th.

AIR FORCE TEAMS UP WITH MISSION PARTNERS

The Falcons participated in a Mission Partner Initiative on Oct. 3, as the three elements of Academy life – military (CS-32), academics (department of computer science) and athletics (cross country) – came together for a dinner hosted by the Academy's Commandant of Cadets.

MEN RECEIVE VOTES FOR THIRD STRAIGHT WEEK

The men's team received votes in the USTFCCCA Coaches' Poll for the third straight week on Oct. 4, sitting 33rd in the weekly rankings. The Falcons earned their first "RV" designation after a six-year absence on Sept. 20.

MEN TAKE 10TH AT NOTRE DAME INVITATIONAL

With scoring runners placing within the top half of the 205-runner field, the men placed 10th at the 26-team Notre Dame Invitational on Sept. 30. Jim Walmsley paced the Falcons with a five-mile time of 24:19 to finish 10th, while Jeremy Drenckhahn clocked 24:48 to finish 31st. Isaiah Bragg (78th), Matt Bell (87th) and Andrew Quallio (92nd) rounded out the scoring places for the Falcons.

DID YOU KNOW?

Air Force placed ahead of two nationally ranked teams at Notre Dame, including the host Irish and Ohio State.

MORE NEWS FROM NOTRE DAME

In addition to the nine men that competed in the Blue Race, three more competed in a non-scoring "JV" race. Zach Perkins finished sixth in the 59-runner event with a five-mile time of 25:49, while Dan Bailey and Charlie Perkins finished 12th (26:02) and 15th (26:11), respectively.

SEASON AWARDS

ISAIAH BRAGG

All-Conference (Second Team)..... Oct. 29

JEREMY DRENCKHAHN

MW Runner of the Week Oct. 18

All-Conference (First Team)..... Oct. 29

MELISSA FUERST

MW Runner of the WeekSept. 20

All-Conference (Second Team)..... Oct. 29

GAVIN OWENS

MW Runner of the Week Oct. 11

ANDREW QUALLIO

All-Conference (Second Team)..... Oct. 29

JIM WALMSLEY

AF Athlete of the WeekSept. 12

MW Runner of the WeekSept. 13

MW Runner of the WeekSept. 20

All-Conference (First Team)..... Oct. 29

TOP FIVE FINISHERS

MATT BELL

Rust Buster Invitational..... 3rd

JEN BREMSER

Woody Greeno Invitational..... 4th

JEREMY DRENCKHAHN

Rust Buster Invitational..... 5th

Woody Greeno Invitational..... 3rd

Mountain West Championships.....2nd

MELISSA FUERST

Woody Greeno Invitational.....2nd

JIM WALMSLEY

Rust Buster Invitational..... 1st

Woody Greeno Invitational.....1st

Mountain West Championships..... 5th

M NATIONAL RANKINGS

| RK | TEAM (1ST) | PTS |
|-----|----------------------|-----|
| 1. | Wisconsin (7) | 355 |
| 2. | Oklahoma State (5) | 352 |
| 3. | BYU | 326 |
| 4. | Colorado | 318 |
| 5. | Oklahoma | 312 |
| 6. | Stanford | 305 |
| 7. | Indiana | 286 |
| 8. | Portland | 267 |
| 9T. | Princeton | 264 |
| 9T. | Iona | 264 |
| 11. | Texas | 212 |
| 12. | Northern Arizona | 210 |
| 13. | Villanova | 204 |
| 14. | North Carolina State | 195 |
| 15. | Arkansas | 194 |
| 16. | Florida State | 172 |
| 17. | Oregon | 162 |
| 18. | Minnesota | 160 |
| 19. | Michigan | 145 |
| 20. | Eastern Kentucky | 137 |
| 21. | UCLA | 109 |
| 22. | Columbia | 96 |
| 23. | Georgetown | 94 |
| 24. | Texas A&M | 89 |
| 25. | North Carolina | 60 |
| 26. | Louisville | 48 |
| 27. | Tulsa | 43 |
| 28. | Ohio State | 41 |
| 29. | Syracuse | 38 |
| 30. | Providence | 36 |

ALSO RECEIVING VOTES: Cal Poly 18, Washington St 17, Arizona State 14, Florida 12, New Mexico 10, California 8, Notre Dame 4, Lamar 3, Utah St 1.

W NATIONAL RANKINGS

| RK | TEAM (1ST) | PTS |
|-----|----------------------|-----|
| 1. | Florida State (10) | 357 |
| 2. | Villanova (1) | 340 |
| 3. | Colorado (1) | 331 |
| 4. | Vanderbilt | 319 |
| 5. | Providence | 315 |
| 6. | Washington | 307 |
| 7. | Georgetown | 287 |
| 8. | Stanford | 282 |
| 9. | Syracuse | 249 |
| 10. | Iowa State | 244 |
| 11. | Oregon | 241 |
| 12. | Michigan State | 229 |
| 13. | West Virginia | 196 |
| 14. | Texas | 183 |
| 15. | Michigan | 181 |
| 16. | Arizona | 178 |
| 17. | Arkansas | 165 |
| 18. | Boston College | 161 |
| 19. | New Mexico | 149 |
| 20. | North Carolina State | 118 |
| 21. | Virginia | 111 |
| 22. | Penn State | 102 |
| 23. | Oklahoma State | 100 |
| 24. | Notre Dame | 86 |
| 25. | North Carolina | 72 |
| 26. | California | 65 |
| 27. | San Francisco | 50 |
| 28. | Wisconsin | 44 |
| 29. | Cornell | 31 |
| 30. | Minnesota | 23 |

ALSO RECEIVING VOTES: Florida 15, Columbia 14, Connecticut 12, Toledo 11, Texas Tech 5.

FUERST PACES FALCONS FOR SECOND WEEK

Backed by a 49th-place 5K time of 17:49, Melissa Fuerst paced the Falcons to a 21st-place finish in the team standings of the Notre Dame Invitational. Fuerst and Kate Kanetzky (97th, 18:14) both finished within the top half of the 225-runner field, while Jen Bremser (115th, 18:20), Katie Carroll (147th, 18:38) and Carley Gross (149th, 18:39) rounded out the scoring finishers for Air Force.

STAYING CLOSE TO HOME

With an 8K time of 27:20, Ted Artz paced the Falcons to a third-place team finish at the 26th annual Rocky Mountain Shootout in Boulder, placing 27th among 164 runners. All five scoring runners finished within the top 50, with Nick White (34th, 27:42), Gage Owens (41st, 27:57), Seth Pelletier (44th, 28:03) and Carson Fugal (48th, 28:12) rounding out the men's scoring.

ROCKY MOUNTAIN RUNNING

Christine Hagan and Amanda Blain clocked matching times of 23:38 to lead the women to a third-place team finish at the Rocky Mountain Shootout. The duo, which finished 35th and 36th, respectively, in the 171-runner race, guided all five scoring runners to finishes within the top 50. Joining Hagan and Blain were Rebecca Esselstein (40th, 23:43), Taylor Drolshagen (44th, 23:48) and Emily Hazen (46th, 23:59).

WOMEN RANKED IN REGION FOR FIRST TIME IN 2011

The women's team made their season debut in the USTFCCCA Mountain Region Rankings on Sept. 26, vaulting from unranked to 12th in the 15-team standings. That ranking matches the best weekly standing for the women's program since the 2009 preseason standings.

WALMSLEY AND FUERST SHARE MW HONORS

Jim Walmsley and Melissa Fuerst were named the Mountain West Cross Country Athletes of the Week on Sept. 20, marking just the third time in program history that the Falcons have claimed both conference honors in the same week. It was the second straight honor for Walmsley and the first career award for Fuerst.

DID YOU KNOW?

Jim Walmsley's seconds straight Athlete of the Week honor marked the first time since 2008 that any runner in the Mountain West Conference has claimed the Athlete of the Week award in back-to-back weeks. He is also just the fifth Falcon to receive the honor more than once in a career. Melissa Fuerst is the first member of the women's team to claim the weekly honor since 2008 ... and just the fifth female to ever claim the honors since Air force joined the Mountain West in 1999.

M REGIONAL RANKINGS

| RK | TEAM | LW |
|-----|------------------|----------|
| 1. | BYU | 1 |
| 2. | Colorado | 2 |
| 2. | Northern Arizona | 3 |
| 4. | Utah State | 4 |
| 5. | Weber State | 5 |
| 6. | Southern Utah | 6 |
| 7. | New Mexico | 7 |
| 8. | AIR FORCE | 8 |
| 9. | Texas-El Paso | 9 |
| 10. | Colorado State | 10 |
| 11. | New Mexico State | 13 |
| 12. | Montana State | 12 |
| 13. | Wyoming | 11 |
| 14. | Montana | NR |
| 15. | Texas Tech | 15 |

W REGIONAL RANKINGS

| RK | TEAM | LW |
|-----|------------------|-----------|
| 1. | Colorado | 1 |
| 2. | New Mexico | 2 |
| 3. | Texas Tech | 3 |
| 4. | BYU | 4 |
| 5. | Colorado State | 5 |
| 6. | Weber State | 6 |
| 7. | Utah | 7 |
| 8. | Idaho State | 9 |
| 9. | Northern Arizona | 8 |
| 10. | Southern Utah | 10 |
| 11. | New Mexico State | 11 |
| 12. | AIR FORCE | 12 |
| 13. | Montana State | 15 |
| 14. | Wyoming | 13 |
| 15. | Texas-El Paso | 14 |

WALMSLEY WINS SECOND STRAIGHT NEBRASKA RACE

Jim Walmsley won the Woody Greeno Invitational for the second straight year, bettering the 305-runner field by eight seconds. His time of 24:15.3 (the second-fastest 8K time of his career) is the sixth-fastest time ever at Nebraska's Pioneer Park. Walmsley now owns two of the top 20 fastest times in course history, as he recorded the 17th-best time in a winning effort at the 2010 invitational.

FUERST TAKES SECOND

Clocking a career-best 6K time of 21:25.7, Melissa Fuerst placed second in a field of 283 runners at the Woody Greeno Invitational. Her time, a personal improvement by nearly one minute, was the seventh-fastest course time at Pioneer Park since 2002.

MEN WIN WOODY GREENO INVITATIONAL

Backed by three top-10 finishes and all five scoring runners placing within the top 14, the men won the 28-team Woody Greeno Invitational by nearly 50 points. In addition to Jim Walmsley's first-place finish, Jeremy Drenckhahn finished third (24:45.7) and Andrew Quallio placed ninth (25:05.0), while Isaiah Bragg and Charlie Perkins placed 11th (25:24.7) and 14th (25:26.7), respectively.

WOMEN TAKE SECOND AT NEBRASKA

With all five scoring runners finishing within the top 25, including three within the top 10, the women finished second at the 25-team Woody Greeno Invitational. Melissa Fuerst paced the Falcons with a second-place finish, while Jen Bremser and Kate Kanetzky finished fourth (21:34.2) and eighth (21:45.7), respectively. Heather Connick (21st, 22:35.0) and Katie Carroll (24th, 22:46.7) rounded out the scoring runners

WALMSLEY COLLECTS WEEKLY AWARDS

After winning the Rust Buster Invitational with a meet-record time, Jim Walmsley was named the Mountain West Runner of the Week and Air Force Athlete of the Week. Walmsley, who covered the 6K course in 18:30.72, finished 15 seconds ahead of the other 134 runners, while breaking the meet mark by 33 seconds.

BEING BLUE

Air Force men accounted for three of the top five finishes at the season-opening Rust Buster Invitational on Sept. 10. In addition to Jim Walmsley's meet record win (18:30.72), Matt Bell and Jeremy Drenckhahn finished third (18:47.78) and fifth (18:59.07), respectively. All three Falcons easily broke the previous meet standard of 19:03 that was set last season.

SHAKING OFF THE RUST

Kate Kanetzky and Melissa Fuerst paced the women at the Rust Buster Invitational, finishing sixth (14:43.92) and seventh (14:44.20), respectively. The top five Falcons all finished within the top 15, as Jen Bremser, Katie Carroll and Heather Connick recorded respective finishes of 12th (14:55.52), 13th (15:13.64) and 15th (15:17.99).

OH CAPTAIN, MY CAPTAIN...

Jim Walmsley and Auriele Fain will serve as captains of the Air Force men's and women's cross country teams in 2011. Walmsley's term as men's captain will mark just the second time since 2002 that a single runner has held the title. Fain, who shared the captaincy duty in 2010, is just the fourth woman in program history to serve as team captain in consecutive years, joining Dana Lindsley (1981-82), Jill Wood (1988-89) and Renae Bartolone (1993-94).

RUNNING CLOSE TO THE ACADEMY

While the Falcons aren't hosting any meets, they remain close to the Academy for three competitions. Air Force opens the season in downtown Colorado Springs at the Rust Buster Invitational (Sept. 10) and will also travel to Boulder for the Rocky Mountain Shootout (Oct. 1) and Fort Collins for the MW Championships (Oct. 29).

BY THE NUMBERS

The 26-man roster for the men's team features five freshmen, 10 sophomores, eight juniors and three seniors, while the women's squad features nine freshmen, six sophomores, four juniors and three seniors.

MEN PICK SECOND IN MW PRESEASON POLL

The men's squad claimed 21 points to finish second in the annual Mountain West preseason coaches' poll, just one point behind defending conference champion New Mexico (22 points). Wyoming (16), Colorado State (15), Boise State (11) and TCU (5) rounded out the six-team field. The second-place preseason ranking is the highest for the Falcons since 2007, when they were also picked second.

WOMEN CLAIM BEST PRESEASON RANK SINCE 2004

The women were picked third in the MW preseason coaches' poll with 34 points - the highest placement for the women since 2004, when they were also chosen third. Defending champion New Mexico was selected first (49 points) and Colorado State was picked second with 43. Following Air Force's third-place ranking was Wyoming (32), Boise State (23), TCU (17), San Diego State (15) and UNLV (11).

WHO'S BACK

The Falcons return a NCAA participant in junior Jeremy Drenckhahn. As a sophomore, Drenckhahn earned all-region accolades with a 13th-place finish at the Mountain Region Championships, before advancing to the national meet where he finished near the top half of the 250-runner field in 134th.