



AIR FORCE CROSS COUNTRY

ATHLETIC MEDIA RELATIONS
2168 FIELD HOUSE DRIVE -- USAF ACADEMY, CO 80840

WEEKLY RELEASE -- OCT. 25, 2004

2004 SCHEDULE

SEPT. 3COWBOY INVITE

.....Men - 3rd, Women - 3rd

SEPT. 18 ..WOODY GREENO INVITE

.....Men - 1st, Women - 4th

OCT. 1NOTRE DAME INVITE

.....M - 4th, Women - 18th

OCT. 2 ...ROCKY MTN. SHOOTOUT

.....Men - 3rd, Women - NTS

OCT. 9FT. HAYS INVITE

.....Men - 1st, Women - 1st

OCT. 16PRE-NCAA MEET

.....Men - 5th, Women - 20th

OCT. 23AIR FORCE OPEN

.....Men - NTS, Women - NTS

OCT. 30 ...MWC CHAMPIONSHIPS

.....San Diego, Calif. (9 a.m.)

NOV. 13NCAA REGIONALS

.....Fort Collins, Colo. (11 a.m.)

NOV. 22 ...NCAA CHAMPIONSHIPS

.....Terre Haute, Ind. (12 p.m.)

All times are local to site

MOUNTAIN WEST CONFERENCE CROSS COUNTRY CHAMPIONSHIPS

Oct. 30 -- San Diego, Calif. (Balboa Park's Morley Field) -- 9 a.m. (PST)

ON YOUR MARK... GET SET... GO!

With a men's repeat title on the line, the Air Force cross country team will compete at the 2004 Mountain West Conference Championships this weekend (Saturday, Oct. 30) in San Diego, Calif. The annual league competition will take place at Morley Field on the campus of San Diego State University. The women's 6k event starts off the day at 9 a.m. (PST), while the start of the men's 8k race is slated for 10 a.m. (PST).

"RANK" YOU VERY MUCH

With 272 points, the Air Force men's cross country team moved up to 12th in the Oct. 19 national poll, as determined by the United States Cross Country Coaches Association. The men moved to third place in the Mountain Region rankings, behind Colorado (third, nationally) and BYU (10th, nationally). A complete list of the national rankings are available on the third page of this release.

WHAT TO WATCH - ON THE MEN'S SIDE

Four of the men's teams competing in the Mountain West Conference championships are ranked among the top-23 programs in the country, according to the latest national rankings. BYU is currently ranked 10th, while Air Force is close behind in 12th-place. Colorado State is ranked 23rd and New Mexico has joined the rankings at 23rd.

NEWS OF NOTE ...

There are 304 NCAA Division I men's cross country programs and only the Mountain West and the Big 10 Conferences have four programs ranked among the top-25.

INTERESTING INTRIGUE

Seven of the top-10 finishers from last season return to the lineup for the conference championships, including Air Force's own Brian Dumm and Mark Walter. The duo finished fifth and seventh, respectively, one year ago. (Abe Wengel was on the cusp of the top-10 last season, with an 11th-place finish.)

WHAT TO WATCH - ON THE WOMEN'S SIDE

On the women's side of competition, two conference programs are ranked among the nation's elite, as BYU is ranked 12th and Colorado State is ranked 24th.

THE LEADERS AND BEST

Brian Dumm is currently ranked fourth in the Mountain West Conference concerning times in an 8K race. His time of 23:51 at the Notre Dame Invite leads a trio of Falcons - Mark Walter (fifth) and Abe Wengel (sixth) - who are ranked in the conference's top-six.

AIR FORCE MEDIA INFORMATION

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CHAMPIONSHIP RESULTS

Results for the 2004 Mountain West Conference Cross Country Championships will be posted on the conference website (www.TheMWC.com) immediately following the championships, as well as on AirForceSports.com.

MEN'S ROSTER

NAME	YR.	HOMETOWN	HIGH SCHOOL
Jason Beck	So.	Cincinnati, Ohio	LaSalle
Kyle Davidson	Sr.	Houston, Texas	Stratford
Anthony D'Amato*	Jr.	Midlothian, Va.	Midlothian
Dan DeRusha	Fr.	Milford, Mich.	Milford
Brian Dumm**	Sr.	Fairfax, Va.	Robinson
Richard Elmore	So.	Napa, Calif.	Justin Siena
Nathan Franz	Sr.	Sierra Vista, Ariz.	Buena
Chris Gausepohl	Sr.	Fallbrook, Calif.	Fallbrook
Calvin Glass	Fr.	Antelope, Calif.	Woodcreek
Jeff Gosselin**	Jr.	Cornelius, N.C.	North Mecklenburg
Jared Graham	Fr.	Blue Springs, Mo.	Blue Springs
Kenny Grosselin	Fr.	Ramstein AFB, Germany	Ramstein
Matt Hellier	Jr.	Modesto, Calif.	Modesto
Ian McFarland	Fr.	West Plains, Mo.	West Plains
Chad Murray	Fr.	Highland, Mich.	Milford
Travis Patterson	Jr.	Simi Valley, Calif.	Royal
Derek Storbeck	Sr.	Wayne, N.J.	Wayne Valley
Josh Van Wyngaarden	Fr.	La Vista, Neb.	Papillion-LaVista
Mark Walter**	Jr.	League City, Texas	Clear Creek
Abe Wengel***	Sr.	Menomonie, Wis.	Menomonie
Kalib Wilkinson**	Jr.	Huntersville, N.C.	North Mecklenburg
Nick Wilson**	Jr.	Jacksonville, Fla.	Paxon

WOMEN'S ROSTER

NAME	YR	HOMETOWN	HIGH SCHOOL
Vivien Aspden**	Jr.	Yucaipa, Calif.	Yucaipa
Elizabeth Catherwood*	So.	Bethesda, Md.	Bethesda-Chevy Chase
Ashley Culp*	So.	West Des Moines, Iowa	Valley
Cindy Dawson**	Sr.	Yreka, Calif.	Yreka
Jenna Dorsey-Spitz*	So.	Pueblo, Colo.	Pueblo
Margaret Frash	So.	Newburyport, Mass.	Newburyport
Nicole Graham*	Jr.	Blue Springs, Mo.	Blue Springs
Lindsay Grose*	Jr.	Mission Viejo, Calif.	Trabuco Hills
Alyssa Keeter	Fr.	Winter Springs, Fla.	Winter Springs
Kate Papenberg	Fr.	Red Lion, Pa.	Red Lion
Andrea Pinchak**	Jr.	Shaker Heights, Ohio	Gilmour Academy
Kelly Robinson	Fr.	Holt, Mich.	Holt
Ashley Snyder*	So.	Pickerington, Ohio	Pickerington
Kristen Trichler	Fr.	Santa Barbara, Calif.	San Marcos

HEAD COACH: Mark Stanforth (13th season)

ASSISTANT COACH: Capt. Sierra Suhajda (2nd season)

* indicates letters won

AFA MEN PICKED SECOND IN MWC

According to the league's eight head coaches, the Air Force men's and women's cross country teams were selected to finish second and third, respectively, in the league, the Mountain West Conference announced on August 24.

The Falcon men, who won their first MWC title in 2003, tied for second in the league with New Mexico, as each program earned 19 points. Both teams finished just four points behind BYU (23 points) in the voting, while the Falcons received a pair of first-place votes. Colorado State (15 points) is picked to finish fourth, while Utah (eight points) and Wyoming (six points) round out the conference selections.

On the women's side, Air Force tallied 31 points to finish third, behind BYU (49 points) and Colorado State (41 points). It is a tight conference race, as just four points separate the projected third through sixth-place teams. Utah and Wyoming tied for fourth with 28 points apiece, while New Mexico earned 27 points. San Diego State (13 points) and UNLV (7 points) concluded the eight-team league.

MEN'S CROSS COUNTRY POLL

1. BYU (3)23 points
2. Air Force (2)19 points
New Mexico (1)19 points
4. Colorado State15 points
5. Utah8 points
6. Wyoming6 points

WOMEN'S CROSS COUNTRY POLL

1. BYU (7)49 points
2. Colorado State (1)41 points
3. Air Force31 points
4. Utah28 points
Wyoming28 points
6. New Mexico27 points
7. San Diego State13 points
8. UNLV7 points



**MONDO MEN'S NCAA DIV-I
CROSS COUNTRY POLL**

Oct. 19, 2004

*Conducted by the United States Cross Country
Coaches Association*

Rk.	Team	Reg.	Pts
1	Wisconsin (12)	GL	418
2	Stanford (1)	W	401
3	Colorado	M	388
4	Arkansas (1)	SC	387
5	Notre Dame	GL	359
6	Cal Poly SLO	W	346
7=	Michigan	GL	325
7=	Georgetown	MA	325
9	Arizona State	W	308
10	BYU	M	300
11	Florida State	S	274
12	Air Force	M	272
13	Indiana	GL	240
14	Butler	GL	237
15	Iona College	NE	220
16	N.C. State	SE	212
17	Colorado State	M	186
18	Villanova	MA	178
19	Minnesota	MW	173
20	Florida	S	142
21	Oklahoma State	MW	134
22	Providence	NE	133
23	New Mexico	M	123
24	Northern Arizona	M	102
25	Central Michigan	GL	75
26	Duke	SE	49
27	Michigan State	GL	47
28	Oregon	W	36
29	Texas	SC	33
30	Iowa	MW	23

Also receiving votes: Miami (Ohio) 22, American 21, Portland 14, Washington 11, Ohio State 10, Clemson 3, Georgia 3, William & Mary 3, Rice 2, UCLA 2, Arizona 1, Columbia 1, LaSalle 1.

REGIONS

- NE = Northeast
- MA = Mid Atlantic
- SE = Southeast
- S = South
- GL = Great Lakes
- MW = Midwest
- SC = South Central
- M = Mountain
- W = West

The Falcons' Mountain West Conf. opponents are listed in ***Bold Italics***

MEN'S TEAM RESULTS

DATE	EVENT	PL (PTS)-FD	TOP RUNNER	PL (TIME)-FD
9/3	Wyoming Invite (4.1mi)	3rd (64)-4	Kyle Davidson	11th (22:40)-60
9/18	Woody Greeno Inv. (8k)	1st (15)-6	Abe Wengel	1st (25:25)-75
10/1	Notre Dame Inv. (8k)	4th (113)-24	Brian Dumm	9th (23:51)-193
10/2	Rocky Mtn. Inv.(8k)	3rd (63)-3	J. VanWyngaarden	33rd (27:58)-120
10/9	Ft. Hays Inv. (8k)	1st (31)-9	Richard Elmore	3rd (26:08)-84
10/16	Pre-NCAA Meet (8k)	5th (216)-34	Mark Walter	13th (24:22)-256
10/23	Air Force Open (8k)	NTS (n/a)	Derek Storbeck	2nd (26:55)-20

WOMEN'S TEAM RESULTS

DATE	EVENT	PL (PTS)-FD	TOP RUNNER	PL (TIME)-FD
9/3	Wyoming Invite (2.5mi)	3rd (61)-5	Beth Catherwood	5th (15:18)-62
9/18	Woody Greeno Inv. (6k)	4th (128)-6	Kelly Robinson	13th (23:14)-51
10/1	Notre Dame Inv. (5k)	18th (451)-24	Margaret Frash	80th (18:08)-195
10/2	Rocky Mtn. Inv. (5.8k)	NTS (n/a)	Katie Suhrhoff	59th (25:30)-105
10/9	Ft. Hays Inv. (5k)	1st (43)-7	Lindsay Grose	1st (18:41)-70
10/16	Pre-NCAA Meet (6k)	20th (549)-35	Kelly Robinson	103rd (22:13)-246
10/23	Air Force Open (6k)	NTS (n/a)	Kasey Wilson	5th (25:32)-12

**MEN'S MOUNTAIN REGION
RANKINGS (OCT. 18)**

Rk.	Team	LW
1.	Colorado	1
2.	BYU	3
3.	Air Force	2
4.	Colorado State	5
5.	New Mexico	6
6.	Northern Arizona	--
7.	Utah State	9
8.	Montana State	4
9.	Weber State	6
10.	Utah	10

**WOMEN'S MOUNTAIN REGION
RANKINGS (OCT. 19)**

Rk.	Team	LW
1.	Colorado	1
2.	BYU	2
3.	Colorado State	4
4.	Northern Arizona	10
5.	Utah State	n/r
6.	Texas Tech	3
7.	Air Force	n/r
8.	Utah	5
9.	Weber State	6
10.	Montana State	7

MEN WIN 2003 MWC TITLE: The men's cross country team ended the BYU stranglehold over the MWC cross country championships, winning the first MWC title in Academy history. Air Force (37 pts) edged out the defending champion Cougars by four points in Albuquerque, N.M. The Falcons, who saw all five scoring runners finish within the top-12, were paced by 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 first time since the inception of the MWC that BYU hadn't won the title, as the Cougars hold four of the five men's titles and all five of the women's championships.

WOMEN CAPTURE THIRD IN 2003: For the fifth-straight year, the women's cross country team finished third at the MWC championships, backed by a 15th-place finish from Lindsay Grose, who crossed the finish line in a time of 22:55. Five others finished within eight spots of one another, backed by Anne Chumlea and her 20th-place finish (23:12). Vivien Aspden crossed the line in 23:17 to finished 22nd, while Ashley Culp (23:20) and Ashley Snyder (23:22) finished 24th and 25th, respectively. Kelly McPherson clocked a time of 23:32 to finish 28th. Andrea Pinchak rounded out the seven competitors with a 32nd-place finish in 23:47. The Falcons have been the third-place team at every conference championship since joining the MWC in 1999. In fact, they have not placed lower than fourth since the 1998 Western Athletic Conf. Championships.

MEN'S CROSS COUNTRY BEST TIMES (8K)

NAME	MEET	DATE	PLACE	TIME
Brian Dumm (Sr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	9th	23:51
Mark Walter (Jr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	12th	23:58
Abe Wengel (Sr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	21st	24:12
Nick Wilson (Jr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	28th	24:18
Jeff Gosselin (Jr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	44th	24:35
Matt Hellier (Jr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	68th	24:50
Kalib Wilkinson (Jr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	88th	25:08
Travis Patterson (Jr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	93rd	25:09
Nathan Franz (Sr.)	Notre Dame Invitational (South Bend, Ind.)	10/1/04	115th	25:24
Anthony D'Amato (Jr.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	128th	25:30
Richard Elmore (So.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	3rd	26:08
Kyle Davidson (Sr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	4th	26:18
Jason Beck (So.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	6th	26:33
Derek Storbeck (Sr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	8th	26:36
Dan DeRusha (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	10th	26:43
Josh Van Wyngaarden (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	12th	26:52
Calvin Glass (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	15th	27:15
Ian McFarland (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	23rd	27:46
Chris Gausepohl (Sr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	24th	27:51
Kenny Grosselin (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	29th	28:08
Cory Pilinko (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	30th	28:14
Jordan Hughes (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	41st	28:38
Jared Graham (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	49th	29:08
Chad Murray (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	51st	29:13
Kevin Hawkins (Fr.)	Fort Hays Invitational (Hays, Kan.)	10/9/04	64th	31:11

WOMEN'S CROSS COUNTRY BEST TIMES (6K)

NAME	MEET	DATE	PLACE	TIME
Kelly Robinson (Fr.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	103rd	22:13
Elizabeth Catherwood (So.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	107th	22:16
Ashley Snyder (So.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	111th	22:18
Lindsay Grose (Jr.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	113th	22:20
Nicole Graham (Jr.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	115th	22:21
Andrea Pinchark (Jr.)	Pre-NCAA Meet (Terre Haute, Ind.)	10/16/04	182nd	23:03
Ashley Culp (So.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	15th	23:25
Margaret Frash (So.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	17th	23:31
Vivien Aspden (Jr.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	26th	24:02
Kate Papenberg (Fr.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	29th	24:29
Kristin Trichler (Fr.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	35th	25:22
Kasey Wilson (Fr.)	Air Force Open (Colorado Springs, Colo.)	10/23/04	5th	25:32
Candice Killian (Fr.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	47th	27:17
Katie Suhrhoff (Fr.)	Air Force Open (Colorado Springs, Colo.)	10/23/04	10th	28:14