



AIR FORCE CROSS COUNTRY

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

WEEKLY RELEASE -- OCT. 19, 2004

2004 SCHEDULE

- SEPT. 3****COWBOY INVITE**
.....Men - 3rd, Women - 3rd
- SEPT. 18** ..**WOODY GREENO INVITE**
.....Men - 1st, Women - 4th
- OCT. 1****NOTRE DAME INVITE**
.....M - 4th, Women - 18th
- OCT. 2** ...**ROCKY MTN. SHOOTOUT**
.....Men - 3rd, Women - NTS
- OCT. 9****FT. HAYS INVITE**
.....Men - 1st, Women - 1st
- OCT. 16****PRE-NCAA MEET**
.....Men - 5th, Women - 20th
- OCT. 23****AIR FORCE OPEN**
...Colorado Springs, Colo. (10 a.m.)
- OCT. 30** ...**MWC CHAMPIONSHIPS**
.....San Diego, Calif. (9 a.m.)
- NOV. 13****NCAA REGIONALS**
.....Fort Collins, Colo. (11 a.m.)
- NOV. 22** ...**NCAA CHAMPIONSHIPS**
.....Terre Haute, Ind. (12 p.m.)

All times are local to site

AIR FORCE MEDIA INFORMATION

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AIR FORCE OPEN

Oct. 23 -- Colorado Springs, Colo. (North Monument Valley Park) -- 10 a.m.

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

The Air Force cross country team holds its only home competition of the season on Saturday, Oct. 23, when they host the Air Force Open at North Monument Valley Park in Colorado Springs, Colo. The women will kick things off with a 6k race at 10 a.m., while the men's 8k start is slated for 10:45 a.m.

"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.

FALCONS HAVE STRONG SHOWING AT PRE-NCAA MEET

The Air Force men's cross country team picked up a fifth-place finish at the 2004 Pre-NCAA Meet in Terre Haute Ind., on Oct. 16. With 216 points, the men finished the 8k race in fifth-place finish of the race, which featured 37 teams from around the country. The women, posting a team total of 549 points, finished the 5k race 20th out of 36 programs

MEN'S WEEKEND RECAP

Mark Walter was the men's top finisher at the pre-nationals meet, clocking a time of 24:22.8 to finish 13th out of 256 runners. Brian Dumm was 21st, with a time of 24:31, while Nick Wilson timed a 24:41 to finish 37th. Jeff Gosselin and Abe Wengel rounded out the Falcons in the top-100, posting respective times of 24:49 and 25:10. Anthony D'Amato clocked in a 25:30 to finish 128th, while Kalib Wilkinson finished 188th (26:07).

WOMEN'S WEEKEND RECAP

Kelly Robinson was the top female Air Force runner among a field of 246, collecting a time of 22:13 to finish 103rd. Elizabeth Catherwood was close behind with a time of 22:16 and a 107th-place finish. Ashley Snyder, Lindsay Grose and Nicole Graham recorded times that were just three seconds apart. Snyder, running a 22:18, finished 111th, while Grose (22:20) and Graham (22:21) finished 113th and 115th, respectively. Andrea Pinchak rounded out the competition with a 182nd-place finish and a time of 23:03.

DIRECTIONS TO THE RACE

To get to North Monument Valley Park, take I-25 to the Fillmore exit and go east. A half-mile down the road, turn right on Cascade. After another half-mile, turn right onto Fontanero. Please park in the parking area along Fontanero at the eastern edge of the park. The start/finish area will be down the trail to your left.

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

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)-3	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

FALCONS SWEEP WEEKLY AWARDS

Sophomore Richard Elmore and junior Lindsay Grose were named MWC Cross Country Athletes of the Week on Oct. 13. It is the first time since joining the Mountain West Conference that Air Force has swept the weekly performance awards. Elmore paced the 13th-ranked Falcons to a first-place showing at the Ft. Hays Invitational on Oct. 9, finishing third with a career-best 8k time of 26:08. With a career-best time of 18:41, Grose took first in the women's 5k race for the second straight season.

WENGEL NAMED RUNNER OF THE WEEK

Senior Abe Wengel was named the MWC men's cross country athlete of the week on Sept. 22. Topping out 74 other runners, Wengel won the university division individual title at the Woody Greeno Invite on Sept. 18. Finishing the 8K race with a season-best time of 25:25, Wengel led the Falcons to a sweep of the top seven individual spots and the team championship.

CALLING ALL CAPTAINS

Seniors Brian Dumm and Abe Wengel have been chosen as co-captains of the 2004 Air Force men's team. It is the fourth time in five years (and the seventh time in the past 10 years) that the squad has chosen a pair of captains. The lone senior on the women's squad, Cindy Dawson, will serve as the captain for the women.

**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	6
10.	Utah	10
11.	Idaho State	13
12.	Montana	11
13.	Texas Tech	14
14.	Texas-El Paso	12
15.	Southern Utah	15

FALCON CONNECTIONS

Junior teammates Jeff Gosselin and Kalib Wilkinson both attended North Mecklenburg High School in North Carolina. The duo finished second and fourth, respectively, at the North Carolina State 4A Cross Country Championships ... junior Nicole Graham will be joined in the cross country program by her younger brother, Jared, who is a freshman ... freshmen Dan DeRusha and Chad Murray both attended Milford High School in Michigan.

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.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	42nd	26:15
Candice Killian (Fr.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	47th	27:17
Katie Suhrhoff (Fr.)	Woody Greeno Invitational (Lincoln, Neb.)	9/18/04	51st	29:01