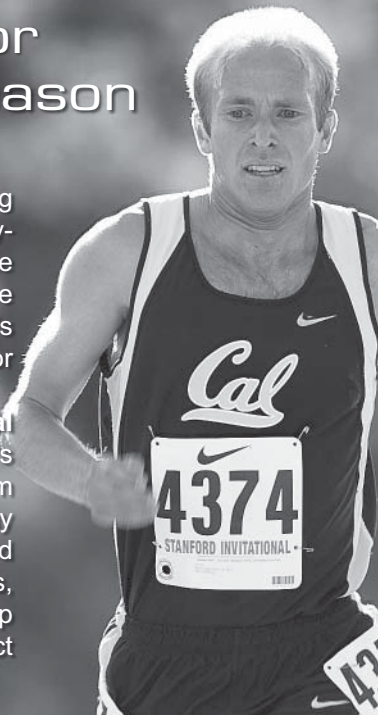


Cal Looks For Breakout Season in 2007

A combination of returning veterans and highly-anticipated recruits make up the hopeful ingredients to the California men's and women's cross country teams recipe for success in 2007.

Head coach **Tony Sandoval** will look towards his top runners to take their experience from a year ago and lead the way this season. He is also excited about the incoming runners, who he is expecting to jump right in and make a big impact immediately.



Left to right: Mark Matusak, Chelsea Reilly, Yosef Ghebray

Men's Outlook

The Golden Bears' best runner from 2006 returns this year and is looking for another successful campaign. Senior **David Torrence** leads the Bears after appearing in the NCAA Championships a year ago. Torrence, who was selected to the All-West Region team in 2006, paced the Bears in all four races he competed in last season.

Joining Torrence among Cal's elite are juniors **Mark Matusak** and **Yosef Ghebray**. Matusak, the 2005 Pac-10 Newcomer of the Year, recorded two top-25 finishes in 2006. Ghebray took 31st at the Stanford Invitational last year. Both runners were also named to the U.S. Track and Field and Cross Country Coaches Association's men's Division I All-Academic team.

"On the men's side, we have a good core of people of who have come back and are a year older and more experienced," Sandoval said. "Placing high in Pac-10s and regionals and getting into nationals is a realistic goal for us. We're a little bit short on experience, so the younger runners are going to have to mature quickly to give us the kind of depth that's necessary in order for us to go on to NCAAs. Ghebray and Matusak have always shown they're pretty solid. Torrence, Matusak and Ghebray give us some experience and we should have a pretty good trio up front."

In addition to the three core runners, Cal will look for senior leadership from **Chris Chavez**, the only three-year letterwinner on the team. The 2007 men's squad consists of nine freshmen and only two seniors, so Chavez's leadership will be valuable to the team's success.

Another Bear who will be a major factor is sophomore **Michael Coe**. Coe, who entered the program as one of the most decorated incoming recruits in program history, will be one of the younger runners that Sandoval said needs to take it to the next level.

"Coe had a fairly good freshman year in track, but he struggled in cross country," Sandoval said. "Last summer he was hurt, but I really expect him to step up."

Steve Sodaro recorded a team-best 11th-place finish at the Aggie Open and a 34th-place finish at the Stanford Invitational, recording his best time of the year at 24:44. He is another sophomore who could make a big name for himself in 2007.

Out of the nine newcomers, the runner who comes in with the most hype is freshman **Kari Karlsson**. Sandoval said Karlsson could be the team's secret weapon. Although he is a freshman, he won't come to Berkeley lacking experience. Karlsson spent the summer competing in Iceland, so although he's new to the college scene, he may not perform like a first-year runner.

Other Bears who will be competing for spots in the top seven are juniors **Sean Carey**, **Eric Lee**, **Matt Miller**, **Dawit Tesfasilassie** and freshmen **John Cheng**, **Austin Jett**, **Phil McKennan** and **Patrick Lynch**.

Women's Outlook

The 2007 women's team will rally behind senior **Rebecca Yau**, the three-year letterwinner who nearly led the Bears in every single race last season. In addition to Yau, Cal will also look to a few newcomers who should step in right away and make an impact.

The senior leadership will also come from two-year letterwinner **Pippa Macdonald** and **Rebecca Palm**.

"On the women's side, we're very young," Sandoval said. "Obviously Yau's there, but we're going to be relying on younger people and middle-distance people. There's some talent there, but they're going to have to develop and stay healthy."

Yau turned in an impressive 2006 campaign, grabbing 26th place (21:35) to lead the Bears at the Pac-10 Championships. She led the Bears in all but one race last year. Her 2006 campaign also included two top-five finishes, the USF Invitational (3rd) and the Aggie Open (2nd). Her best mark was at the USF Invitational in which she toured the course in 17:51.

Although the cornerstone for Cal's success is Yau, she is not the only piece of the puzzle, and she will have some competition to remain the top runner among her teammates this year. Sandoval is hoping for strong performances from freshman **Chelsea Reilly** who may be the Bears' top newcomer this season. Two other returning runners who Sandoval stressed will be key factors for the team are sophomores **Alison Greggor** and **Gabriela Rios-Sotelo**.

"Reilly will step in and help us right away," Sandoval said. "She had a breakout season in track and field. I see her and Yau fighting it out to see who the top person on the team is. We do need to get Greggor and Rios-Sotelo healthy. They're critical components for us."

Junior **Alysia Johnson** is hoping her incredible 2007 track season will carry over into the fall. In track and field, Johnson was named the Pac-10 Women's Track Athlete of the Year last season and captured both the NCAA indoor and outdoor 800-meter titles. Her school-record 1:59.29 at the NCAA outdoor meet not only set a school record, but was the third fastest in collegiate history. Johnson also won the U.S. Outdoor Championship in the 800 to qualify for the Pan American Games and the World Championships.

Another freshman who Sandoval will be counting on this season is **Taylor Bryson**. Bryson was a first-team All-CIF selection for cross country in 2006.

"Taylor Bryson is more of a middle-distance runner, but she placed well last year at the state meet," Sandoval said. "She's going to be counted on to be part of our top seven, maybe even our top five."

Adding depth to the roster will be junior **Mackenzie Pierce**. Also in the mix is redshirt-freshman **Rowena Tam**. Although Tam didn't compete in cross country last year, she had a strong track and field season, and Sandoval is expecting big things from her this year. Junior transfer **Araceli Huerta** is another newcomer in 2007 who could make an immediate impact.



Athlete Profiles

TAYLOR BRYSON

Freshman, Costa Mesa, CA



Cal: Will be counted on to be a top contributor on the team. **High School:** PRed in the 1600-meter run last year with a time of 4:58...placed sixth in the 1600 at the CIF finals in 2006 and 2007...a first-team All-CIF selection for cross country in 2006...part of the Newport Harbor High School team that placed second at the state meet in 2005 and 2006...made the honor roll all four years of high school...a member of the California Scholarship Federation. **Personal:** Born July 19,

1989, in Long Beach, Calif...parents are Richard Bryson and Cameron Williams...father played baseball at Long Beach State and minor league baseball for the Los Angeles Dodgers...one of four siblings...brother, Trent, was a steeplechaser for UC Santa Barbara and ran on the Nike Farm Team...career goals include business and sports medicine...undeclared major.

CHRIS CHAVEZ

Senior, Culver City, CA



Cal: Will provide some valuable leadership as a three-year letterwinner. **Cross Country:** Competed in two events in 2006...toured the course in 25:01 at the Stanford Invitational to take 48th...crossed the finish line at 30:58.7 to take 60th at the Chile Pepper Festival...in 2005, had a season-best time of 25:15 at the Stanford Invitational to finish 57th...finished 47th (25:45) at the Pac-10 Championships...finished 81st (32:18.6) at the NCAA West Regional. **Track:** In

his junior campaign, PRed in the mile (4:11.42) at the Brutus Hamilton Invitational and the 5000 meters (14:27.57) at the Stanford Invitational...as a sophomore during the indoor season, ran Cal's third-fastest 5000 meters of the year (14:38.96) at the MPSF Championships...won Cal's Brutus Hamilton Award (outstanding male academic achievement)...during his freshman year, posted Cal's fifth-best mark of the season in the 1500 meters (3:57.36/Big Meet), and 5000 meters (14:44.34/U.S. Jr. Nationals) and the team's third-best mark of the season in the mile (4:15.02/Brutus Hamilton) and 3000 meters (8:39.88/Bay area Blast Off)...after the 2005 season, ranked ninth among Cal's all-time top 10 performers for his 8:39.88 in the 3000 meters...qualified for the USATF Junior Nationals in the 5000 meters. **High School:** Graduated in 2004 from Santa Monica High School in Santa Monica, Calif...MVP of track team and four-year varsity letterman on league champion team...named "Most Athletic" at his high school. **Personal:** Born May 9, 1986, in Santa Monica, Calif...parents are Anthony and Margaret Chavez...economics major.

MICHAEL COE

Sophomore, Lompoc, CA



Cal: Joined the Golden Bears last year as one of the most decorated incoming recruits in program history. **Cross Country:** Selected to the U.S. Track and Field and Cross Country Coaches' Association's men's Division I All-Academic team...best race of his freshman year came in the Stanford Invitational where he finished 28th with a time of 24:34, third best among Cal runners...competed in the Pac-10 Championships and the NCAA West Regional in 2006. **Track:** In 2007, PRed in the 800 meters

(1:51.75) at the Brutus Hamilton Invitational, 1500 meters (3:46.26) at the NCAA West Regional, mile (4:04.29) at the California Collegiate Challenge and 3000 meters (8:22.01, tenth all-time at Cal) at the Jim Click Shootout. **High School:** Runner-up at the Footlocker National Championships...Div. III state cross country champion (fastest time in the state for all divisions) at Cabrillo High School...in track and field, finished second at the California state meet in the 1600 meters...Nike Indoor National Champion in the two mile...Nike Outdoor National Champion in the mile...PRs include: mile (4:07) and two mile (8:56). **Personal:** Born Dec. 4, 1987, in Lompoc...has one sister, Danielle, who currently attends Cal...parents are Scott and Margie Coe...undeclared major.

YOSEF GHEBRAY

Junior, Union City, CA



Cal: Will play a vital role in the success of the team. **Cross Country:** Selected to the U.S. Track and Field and Cross Country Coaches' Association's men's Division I All-Academic team...ran in two races in 2006...crossed the finish line at 24:38 at the Stanford Invitational and placed 31st...came in 20th at the 2005 Pac-10 Championships...finished 55th at the NCAA West Regional. **Track:** In 2007, PRed in the 1500-meter (3:51.61) at the Jim Click Shootout and 5000-meter (14:03.86, ninth all-time

at Cal) at the Stanford Invitational...during indoors, PRed in the 3000-meter run (8:05.25, third all-time at Cal). **High School:** Placed 27th at 2004 Footlocker Cross Country Nationals and second at the Footlocker regional meet...in 2005 at Logan High School, posted PRs of 4:12.39 in the 1600 and 8:21.75 in the 3000 (nationally ranked)...as a junior, won the state cross country and 3200-meter titles...clocked a career-best time of 8:52.41 in the 3200 as a junior. **Personal:** Born May 18, 1987, in Fresno...father is Berhane Mehari and mother is Genet Waldemariam...his brother, Giliat, was an All-American in the 5000 for Cal in 2005...undeclared major.

ALISON GREGGOR

Sophomore, Novato, CA



Cal: One of the top runners for the Cal women in 2006. **Cross Country:** Competed in every race last year...recorded an eighth-place finish (18:55.4) in the Aggie Open...her other top-10 finish came in the USF Invitational, tallying a season-best 18:41.1 and placing 10th...competed in every race of the campaign...finished second among the Bears at the NCAA West Regional (23:40.81, 109th). **Track:** PRed in the 1500 meters (4:41.73) at the Aggie Open. **High School:** State qualifier in 2005...Mt.

Sac Div III cross country winner her senior season...track and field state qualifier...school record holder in the 800 (2:21), 1600m (5:00.5) and 3200m (11:17) at San Marin High School...two-time high school MVP in 2004 and 2005...ran track all four years of high school as well as cross country. **Personal:** Born Dec. 17, 1987, in Ridgewood, N.J...parents are Keith and Jenny Greggor...has one younger sister, Sarah...has dual citizenship with England and the United States...psychology major.

ALYSIA JOHNSON

Junior, Canyon Country, CA



Cal: After a tremendous track and field campaign earlier this year, Johnson is looking to continue that success into cross country this season. **Cross Country:** Didn't see action in 2006...competed in four of the six competitions in 2005...third among Cal runners at the Chile Pepper Festival, clocking in at 22:08.6 (49th)...redshirted the 2004 season. **Track:** In 2007, named the Pac-10 Women's Track Athlete of the Year last season...captured both the NCAA indoor and outdoor 800-meter titles...her

school-record 1:59.29 at the NCAA outdoor meet not only set a school record, but was the third fastest in collegiate history...secured her indoor 800 title with an indoor school-record time of 2:03.47...currently a five-time All-American...also won the U.S. Outdoor Championship in the 800 to qualify for the Pan American Games and the World Championships...in 2006, earned All-America honors for her third-place finish in the 800 at the NCAA Championships...set an indoor school record at the 2006 NCAA Indoor Championships, clocking in at 2:05.49 in the 800 to take third...took fourth at the USATF Championships with a PR of 2:01.80, securing her spot as the No. 1 returning collegiate women's 800-meter runner for the following season...Won the 400 with a personal-best time of 53.01 in the Big Meet...captured the indoor school record in the 400 (54.40)...in 2005, earned All-America honors for the first time in the 800, taking sixth place...had a team-high 400-meter time of 54.08 set at the Big Meet, which placed her eighth on Cal's all-time top 10 list. **High School:** Won the 800 at the state meet with a PR of 2:08.97 as



a senior at Canyon High School...finalist in the California state meet all four years...three-time CIF and Masters Southern Section champion...also played varsity soccer in high school. **Personal:** Born April 23, 1986, in Queens, N.Y...parents are Eric and Yvonne Johnson...theater and performance studies major.

KARI KARLSSON

Freshman, Reykjavik, Iceland



Cal: One of Cal's top incoming runners...expected to contribute right away...transferred after attending Reykjavik University for one semester.

High School: Won Icelandic championships in the 1500 meters, 3000, 5000, 10,000, 4x800, 4x1500 and half marathon...competing for his club team, Breidablik, won a national championship in indoors in 2007...holds the club records for the 3000, 5000 and 10000...competed in the Games of the Small States of Europe, Nordic Championships in

the 10,000 and in cross country, European Championships and other national junior team competitions. **Personal:** Born May 19, 1986, in Sheffield, England...parents are Karl G. Kristinsson and Hadda Bjork Gisladottir...one of three siblings...also played basketball and soccer...hopes to attend graduate school...undeclared major.

MARK MATUSAK

Junior, Torrance, CA



Cal: Matusak will be one of the top runners for the Bears this season...named the 2005 Pac-10 Cross Country Newcomer of the Year. **Cross Country:** Selected to the U.S. Track and Field and Cross Country Coaches' Association's men's Division I All-Academic team...notched two top-25 finishes during his sophomore season, 22nd at the Stanford Invitational and 23rd at the Pac-10 Championships...his time of 24:18.57 was the second best among Cal runners at the Pac-10

Championships...also secured the second-best mark for Cal runners at the NCAA West Regional, coming in 37th with a time of 31:18.29...at the 2005 Pac-10 Championships, came in 17th, clocking in at 24:56 and finished second among Cal runners...came in 21st at the NCAA West Regional with a time of 30:53. **Track:** In 2007, PRed in the 800 (1:52.56) at the Payton Jordan Cardinal Invitational and the 5000 (14:16.28) at the Stanford Invitational...led the Bears at the 2006 Pac-10 Championships in the 1500-meter run with a time of 3:45.04...finished second among Cal runners at the MPSF Championships in the 3000meters, crossing the finish line with a season-best time of 8:06.18 (5th). **High School:** Captured a bronze medal in the 1500 (3:49.81) at the 2005 Pan Am Junior Championships after winning the event (PR: 3:47.07) at U.S. Junior Nationals...won the state 1600-meter title as a junior and senior at Loyola High School...in 2005, was the runner-up in the 3200-meter race at the state meet...took first at the 2003 and 2004 Division II State Cross Country Championships after placing third in 2002...finished third at the 2004 Footlocker Nationals after placing 22nd in 2003...won the 2005 Nike Outdoor two-mile (8:51.13)...helped his high school to the 2002 and 2004 state cross country titles and a No. 6 national ranking in 2002...school was the 2005 state track and field runner-ups. **Personal:** Born June 27, 1986, in Torrance...parents are Jan and Elizabeth Matusak...has one brother, Eric...undeclared major.

CHELSEA REILLY

Freshman, Davis, CA



Cal: May be one of the Bears' top runners this season. **High School:** PRed in the 5K at the 2006 Stanford Invitational (17:48)...two-time Sac Joaquin Division I section champion in the 1600-meter run in 2006 and 2007...came in fourth in the 2007 California state meet...2007 record-setting masters champion...selected to the All-Sacramento Bee first team in 2007...all-metro first-team selection in 2004 and 2005...led Davis Senior High School to four cross country

Sac Joaquin section championships, and the 2007 championship in

track...led her squad to second place at Arcadia in the 4 x 400-meter relay...graduated in the top 10 percent of her class...a lifetime member of the California Scholarship Federation...also competed for the Delta Valley League and the Munticello Empire League. **Personal:** Born on May 9, 1989, in San Luis Obispo, Calif...parents are Peter Reilly and Marci Snodgrass...mother was also a Cal gymnast...has one brother, Max...future plans include attending medical school and studying sports medicine...intended integrative biology major.

DAVID TORRENCE

Senior, Reseda, CA



Cal: Cal's top runner last season...looks forward to a strong final campaign as a Bear...returned to the squad last season after missing two seasons for academic reasons...competed on the 2003 team as a freshman. **Cross Country:** Last season, selected to the All-West Region team...his 13th-place finish (30:34.99) in the NCAA West Regional qualified him for the NCAA Championships where he toured the course in 32:31.2 to take 92nd out of 250 runners...led Cal in all four team races

he competed in, including a seventh-place showing at the Stanford Invitational...also came in 11th at the Pac-10 Championships...as a freshman, took 44th at the 2003 Pac-10 Championships at 26:28.60...at the 2003 NCAA West Regional, finished in 73rd at 31:36. **Track:** In 2007, broke Don Bowden's 50-year-old Cal mile record with his amazing time of 3:58.62 at the California Collegiate Challenge...PRed in the 800 meters (1:49.87) at the Pac-10 Championships, 1500 (3:40.80, third all-time at Cal) at the USA Championships, 3000 (8:16.63, seventh all-time at Cal) at the Big Meet and the 5000-meter run (13:59.65, sixth all-time at Cal) at the Stanford Invitational...in indoors, broke the school indoor mile record at 4:01.82...was a member of the All-American, school-record breaking, runner-up distance medley relay team at the national indoor championships...in 2006, ran a mile time of 4:07.55 at the Brutus Hamilton Invitational...was the junior national champion in the 1500m in 2004, advancing to the 2004 IAAF World Juniors where he set a Cal freshman record and the U.S. World Junior Championship meet record time of 3:43.62, placing eighth in the final...set a personal best of 1:52.03 in the 800 at the Golden Bear Qualifier. **High School:** In 2003, recorded a time of 4:11.54 in the 1600 meters and 9:05 in the 3200 meters...in his senior year, was a member of Loyola High School's cross country state and CIF championship team...individually as a senior, was third at the California state meet in the 1600 (4:11.5)...ranked in the top 10 in the state in both the 1600 and 3200. **Personal:** Born Nov. 26, 1985, in Okinawa, Japan...parents are Bill Handley and Bianca Torrence...ethnic studies major.

REBECCA YAU

Senior, Orinda, CA



Cal: Emerged as one of the top runners for Cal in 2005 and will look to provide senior leadership on this year's team. **Cross Country:** Competed in all six events in 2006 and led the Bears in five of them...tallied top-five finishes at the USF Invitational (3rd) and the Aggie Open (2nd)...her best time of the season occurred at the USF Invitational where she toured the course in 17:51...at the Stanford Invitational, crossed the finish line at 21:12 to take 13th...in 2005, placed in the top 15 in two of the

six meets she ran in...led the Bears at the 2005 Pac-10 Championships, coming in 27th at 22:04...at the 2005 NCAA West Regional finished 41st at 21:33. **Track:** In 2007, PRed in the 1500-meter race (4:46.48) at the California Collegiate Challenge...set an indoor school record in the 5000 meters at the 2006 MPSF Championships with a time of 16:52.66...also competed in the 3000 at the MPSF Championships, clocking in at 9:39.35...ran the fifth-best time in school history in the 10,000-meter run at the Stanford Invitational (35:11.07). **High School:** Team captain of her cross country team in 2004 at Miramonte High School...in 2004, earned the Most Inspirational Award...set personal records of 5:18 in the 1600-meter and 11:24 in the 3200-meter. **Personal:** Born Sept. 30, 1986, in San Francisco...parents are John and Roxana Yau...public health major.



Athlete Photos



Sean Carey



John Cheng



Peter Deptula



Jeremy Eaton



Patrick Gustie



Sean Carey



Eric Lee



MayC Huang



Araceli Huerta



Austin Jett



Eric Lee



Patrick Lynch



Pippa Macdonald



Pippa Macdonald



Phil McKennan



Matt Miller



Nick Palladino



Mackenzie Pierce



Gabriela Rios-Sotelo



Steve Sodaro



Gabriela Rios-Sotelo



Dawit Tesfasilassie



Joey Thomas



Francesca Weems



2007 Athlete Rosters

Men

Name	CL	Exp.	Hometown/Last School
Sean Carey	JR*	SQ	Albany/Albany HS
Chris Chavez	SR	3V	Culver City/Santa Monica HS
John Cheng	FR	HS	Oakland/Oakland HS
Michael Coe	SO	1V	Lompoc/Cabrillo HS
Peter Deptula	SO	SQ	Mililani, HI/Punahou HS
Jeremy Eaton	FR	HS	Laguna Beach/ Laguna Beach HS
Yosef Ghebray	JR	2V	Union City/Logan HS
Patrick Gustie	FR	HS	Yuba City/Yuba City HS
Kari Karlsson	FR*	TR	Reykjavik, Iceland/ Reykjavik University
Austin Jett	FR	HS	Bonita/Eastlake HS
Eric Lee	JR*	SQ	San Anselmo/ Sir Francis Drake HS
Patrick Lynch	FR	HS	Davis/Davis HS
Phil McKennan	FR	HS	Sacramento/Jesuit HS
Mark Matusak	JR	2V	Torrance/Loyola HS
Matt Miller	JR	SQ	Manhattan Beach /Loyola HS
Nick Palladino	FR	HS	San Carlos/Carlmont HS
Steve Sodaro	SO	1V	Tiburon/Redwood HS
Dawit Tesfasilassie	JR*	SQ	Santa Rosa/Piner HS
David Torrence	SR*	2V	Tarzana/Loyola HS
Joey Thomas	FR	HS	Lafayette/Acalanes HS

* has used a redshirt season

Coaching Staff

Head Coach: Tony Sandoval
(16th season as men's and women's coach, 26th season as women's coach)

Assistant Coach: Magdalena Lewy

Volunteer Assistant Coaches: Chris Coffee and Kevin Davis

Strength Coach: Hank Behrens

C-C Trainers: Elaine Garcia and Elise Hammond

Women

Name	CL	Exp.	Hometown/Last School
Taylor Bryson	FR	HS	Costa Mesa/Newport Harbor HS
Alison Greggor	SO	1V	Novato/San Marin HS
MayC Huang	FR	HS	San Jose/Lynbrook HS
Araceli Huerta	JR	TR	Anaheim/Orange CC
Alysia Johnson	JR*	1V	Canyon Country/Canyon HS
Pippa Macdonald	SR*	2V	Kailua / Punahou HS
Rebecca Palm	JR	1V	Campbell /San Jose State
Mackenzie Pierce	JR	SQ	Pfafftown, NC / Forsyth Country Day HS
Chelsea Reilly	FR	HS	Davis / Davis HS
Gabriela Rios-Sotelo	SO*	1V	Berkeley / St Mary's HS
Rowena Tam	FR*	RS	San Diego/University City HS
Rebecca Yau	SR	3V	Orinda / Miramonte HS
Francesca Weems	SO*	SQ	Kailua-Kona, HI / Kealakehe HS



Summary of Personnel



Dawit Tesfasilassie

Returning Letterwinners

Men (6)

Chris Chavez
Michael Coe
Yosef Ghebray
Mark Matusak
Steve Sodaro
David Torrence

Women (6)

Alison Greggor
Alysia Johnson
Pippa Macdonald
Rebecca Palm
Gabriela Rios-Sotelo
Rebecca Yau

Returning Redshirts

Women (1)
Rowena Tam

Letterwinners Lost

Men (2)
Andy McClary
Jake Schmitt

Women (2)
Bridget Duffy
Elizabeth Mayeda

Pronunciation Guide

Yosef Ghebray yo-SEF Gheh-BRAY
Patrick Gustie gus-TEE
MayC Huang May-CEE
Araceli Huerta ODD-uh-CELL-ee
..... who-air-TA
Alysia Johnson ah-LEE-see-uh
Elizabeth Mayeda mah-YEE-duh
Gabriela Rios-Sotelo .. ree-OHS So-TELL-oh
Dawit Tesfasilassie dah-WHEAT
..... TESS-fuh-SIL-oss-EE
Rebecca Yau yow

Incoming Runners

Men (9)
John Cheng
Jeremy Eaton
Patrick Gustie
Kari Karlsson
Austin Jett
Patrick Lynch
Phil McKennan
Nick Palladino
Joey Thomas

Women (4)
Taylor Bryson
MayC Huang
Araceli Huerta
Chelsea Reilly

2007 Coaching Staff



Head Coach Tony Sandoval

TONY SANDOVAL Head Coach



Tony Sandoval, one of the most experienced and highly-regarded distance coaches in the United States, begins his 16th season as head coach of the California men's and women's cross country teams and his 26th year overall at the university.

Sandoval also was the head women's track and field and cross country coach at Cal from 1982-91, prior to the merger of the men's and women's programs into a single entity in 1992.

He has a proven track record of developing athletes during their collegiate careers, and many of them have gone on to race after college. Those who have experienced post-graduate success include Bolota Asmerom, Peter Gilmore (marathon qualifier at 2005 World Championships), Magdalena Lewy (5th, marathon, 2004 U.S. Olympic Trials), Elissa and Lori Riedy and Richie Boulet.

In addition to Lewy, Sandoval had five other former athletes at the 2004 U.S. Olympic Trials – Elissa Riedy, Asmerom (3rd, 5000m), Corey Creasy, Gilmore and Steve Moreno.

Under Sandoval's guidance, Cal runners Bridget Duffy, Kirsten O'Hara, Marilyn Davis, Sally Wood, Sabrina Han and Elissa Riedy combined for eight cross country All-America citations between 1985 and 2004.

In the Bear women's first NCAA cross country team appearance in 1984, they finished 15th nationally and then returned in 1988 to take ninth place at the NCAA Championships, Cal's highest finish ever. Before Duffy's trip to NAAs, Riedy competed at the NCAA Championships in 1997 and 1998, earning All-America honors in the latter year.

Sandoval's history of success has carried over to the men's cross country program. In the 2005 Pac-10 Championships, the men's team finished third for its best showing in the history of the program. In 1993, Boulet became just the second men's runner in Cal history to earn All-America recognition, and the first Cal male athlete in any sport to win six All-America honors (five in track & field). Boulet posted three consecutive top five finishes at the Pac-10 Championships and advanced to the 1993 and 1994 NCAA Championships. He continued to race at the elite level after college, placing at the USATF and World indoor Championships in 1998.

Cal was represented at the NCAA cross country meet last year by David Torrence. The other recent Bears to reach the meet were Gilliat Ghebray (2005), Guangul (2000), Bolota Asmerom (1999) and Gilmore (1999).

Sandoval, the 1986 NorPac Conference Track and Field Coach of the Year, started his collegiate coaching career with the University of New Mexico women's team in 1975, serving first as an assistant before taking over the head coaching duties.

A five-time U.S. national team coach, Sandoval served as the head coach for the 1995 U.S. Junior Pan American women's track and field team in Santiago, Chile. He also was an assistant coach for the U.S. team at the 1991 Pan American Games in Cuba, head coach of the 1987 U.S. junior team that competed in Cuba and Canada, and head coach for the U.S. at the World Cross Country Championships in Glasgow, Scotland (1978), and Madrid, Spain (1981).

A 1968 graduate of New Mexico, Sandoval helped the Lobos to two Western Athletic Conference titles in cross country and three conference championships in track and field.

Sandoval continued his education at UNM, earning a master's degree in exercise physiology and a minor in guidance and counseling in 1974. He taught in the undergraduate physical education department at UNM while working on his Ph.D. in sports psychology.

Sandoval and his wife, Barbara, reside in Pleasant Hill and have two daughters, Lisa and Marcy.

MAGDALENA LEWY Assistant Coach



Magdalena Lewy, a former Cal track and field All-American, returns to her alma mater as an assistant coach. Lewy has served as a volunteer assistant coach for the Bears in years past. She was the research director for Sports Street Marketing, which manufactures GU energy gel, from 2000-07.

Still an avid runner, Lewy placed fifth (2 hours, 30 minutes) in the marathon at the 2004 U.S. Olympic Trials.

After assuming her initial coaching duties at Cal in 1996 while still an undergraduate, she left for the 1998 season to serve as an assistant women's cross country coach at Saint Mary's in Moraga, Calif. She then returned for the 1999 and 2000 collegiate seasons in Berkeley.

Lewy earned her All-America honor with a third-place finish in the 5000m at the 1997 NCAA Championships with a career-best time of 16:04.86. She qualified for the 1995 NCAA meet in the 3000m and 5000m, but only ran the 5000m.

On Cal's all-time performers list, Lewy ranks second in the 5000m (16:04.86), third in the 3000m (9:25.93) and seventh in the 1500m (4:23.34).

Originally from Poland, Lewy attended Lakewood High School in Southern California and then spent two years at Long Beach City College before transferring to Cal. She earned her bachelor's degree in human biodynamics from Cal in 1997 and a master's degree in exercise physiology from Cal State Hayward.

She lives in Oakland with her husband, Richie Boulet, and their two-year-old son, Owen.

CHRIS COFFEE Volunteer Assistant Coach



Chris Coffee begins his seventh season as a volunteer assistant coach for the Golden Bears.

Coffee competed four years on the Cal cross country and track and field teams and emerged as the Bears' top 3000-meter steeplechase runner as a senior. At the 2001 Pac-10 Championships, Coffee finished sixth in the event with a collegiate PR of 9:02.31.

The Walnut Creek, Calif., native continues to race the steeplechase, recording a time of 8:59.72 in 2002.

Coffee graduated from Cal in 2001 with a degree in architecture and is a successful architect in Berkeley.

KEVIN DAVIS Volunteer Assistant Coach



After competing for the past five years as one of Tony Sandoval's runners, Kevin Davis will return to Cal this fall as a first-year volunteer assistant coach.

In 2005, Davis posted his season-best time at the Pac-10 Championships where he was Cal's third-best finisher (18th) with a time of 24:58. In the 2005 NCAA West Regional, Davis came in third among Cal runners, taking 48th overall with a time of 31:24. During his junior campaign, Davis was the Bear's second-best runner at the Pac-10 Championships, crossing the line in 33rd at 25:33. He earned Cal's

Most Improved award in his freshman year.

He competed on the track team, as well, during his tenure at Berkeley. In 2007, Davis posted a career-best 1500-meter outdoor time of 3:45.51. He also PRed in the mile (4:01.39) at the California Collegiate Challenge and in the 3000-meter steeplechase (8:35.37) at the USA Championships. Davis graduated from Cal in 2007 with a degree in psychology.



Year by Year Results

Cal Team Finishes - Men

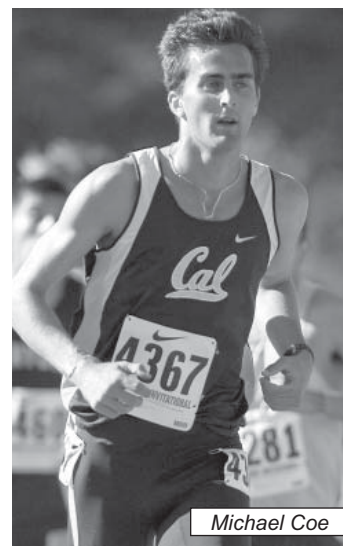
Year	Pac-10	NCAA Region	NCAA Champ.
2006	8th	10th	Indiv. only
2005	3rd	8th	Indiv. only
2004	8th	12th	-
2003	8th	10th	-
2002	6th	12th	-
2001	8th	11th	-
2000	8th	10th	Indiv. only
1999	5th	7th	Indiv. only
1998	7th	10th	-
1997	7th	A8th	-
1996	7th	14th	-
1995	7th	Indiv. only	-
1994	6th	8th	Indiv. only
1993	6th	6th	Indiv. only
1992	7th	8th	-
1991	8th	-	-
1990	8th	-	-
1989	5th	4th	-
1988	7th	8th	Indiv. only
1987	7th	Indiv. only	-
1986	10th	Indiv. only	-
1985	8th	Indiv. only	Indiv. only
1984	6th	Indiv. only	-
1983	5th	8th	-
1982	5th	5th	Indiv. only
1981	4th	4th	Indiv. only

Cal Team Finishes - Women

Year	Pac-10	NCAA Region	NCAA Champ.
2006	9th	18th	-
2005	7th	11th	-
2004	9th	Indiv. only	-
2003	9th	10th	Indiv. only
2002	8th	13th	-
2001	9th	-	-
2000	8th	-	-
1999	T8th	-	-
1998	9th	9th	Indiv. only
1997	8th	9th	Indiv. only
1996	8th	6th	-
1995	6th	8th	-
1994	7th	10th	-
1993	6th	7th	Indiv. only
1992	8th	Indiv. only	-
1991	8th	10th	-
1990	6th	7th	Indiv. only
1989	7th	7th	Indiv. only
1988	3rd	2nd	9th
1987	6th	5th	Indiv. only
1986	3rd	9th	Indiv. only
1985	3rd (NorPac)	4th	Indiv. only
1984	3rd (NorPac)	3rd	15th
1983	3rd (NorPac)	8th	Indiv. only
1982	3rd (NorPac)	4th	Indiv. only



Matt Miller



Michael Coe

2006 Results

Men's Results

9/2 at San Francisco Invitational (4 teams)

1. San Francisco 25, 2. Santa Clara 53, 3. California 64. Winner: Ronald Tibaduiza (unattached), 25:57.3. Cal: 5. Eric Lee 26:33.6, 8. Matt Miller 26:48.5, 14. Sean Carey 27:19.8, 22. Andres Perezchica 27:42.6., 24. Peter Deptula 27:56.2, 31. Francis Gadayan 28:25.3.

9/9 Aggie Invitational (10 teams)

1. Stanford 24, 2. UC Davis 38, 3. California 65. Winner: Russell Brown, Stanford, 25:04.6. Cal: 11. Steve Sodaro 26:12.3, 12. Matt Miller 26:17.2, 14. Micah Parker 26:31.3. 16. Eric Lee 26:37.4, 24. Sean Carey 27:08.3, 32. Francis Gadayan 27:32.9, 39. Peter Deptula 27:59.1, 40. Andres Perezchica 28:00.6.

9/30 at Stanford Invitational (19 teams) 8000m

1. Stanford 42, 2. UC Santa Barbara 56, 3. Chico State 79, 4. Cal 113. Winner: Neftalem Araia, Stanford, 23:31.2. Cal: 7. David Torrence 23:49, 22. Mark Matusak 24:18, 28. Michael Coe 24:34, 31. Yosef Ghebray 24:38, 34. Steve Sodaro 24:44, 43. Micah Parker 24:57, 48. Chris Chavez 25:01, 51. Matt Miller 25:02, 52. Alex McClary 25:03, 70. Andy McClary 25:21.

10/14 at Chile Pepper Invitational (43 teams)

1. UTEP 64, 2. Arkansas 77, 3. Abilene Christian 101, 6. Cal 175. Winner: Nicodemus Naimadu, Abilene Christian, 28:22.8. Cal: 23. David Torrence 29:46.1, 35. Mark Matusak 30:12.6, 42. Yosef Ghebray 30:25.7., 47. Jake Schmitt 30:37, 60. Chris Chavez 30:58.7, 70. Michael Coe 31:05.5, 81. Steve Sodaro 31:17.3, 101. Andy McClary 31:40.5, 113. Micah Parker 31:49.5, 115. Alex McClary 31:50.8, Eric Lee 32:22.1, 186. Matt Miller 33:00.1.

10/28 at Pac-10 Championships (8 teams)

1. Oregon 53, 2. Stanford 58, 3. Arizona 107, 8. Cal 179. Winner: 1. Galen Rupp, Oregon, 23:03.12. Cal: 11. David Torrence 23:44.83, 23. Mark Matusak 24:18.57, 50. Jake Schmitt 24:58.02, 52. Steve Sodaro 24:59.20, 62. Michael Coe 25:31.49, 73. Eric Lee 26:17.78, 74. Alex McClary 26:22.17, 75. Andy McClary 26:49.96.

11/11 at NCAA West Regional (25 teams)

1. Oregon 69, 33, 2. Stanford 88, 3. Portland 123, 10. Cal 260. Winner: Neftalem Araia, Stanford, 30:05.88. Cal: 13. David Torrence 30:34.99, 37. Mark Matusak 31:18.29, 57. Jake Schmitt 31:56.32, 68. Steve Sodaro 32:15.62, 88. Michael Coe 32:51.17.

Women's Results

9/2 at San Francisco Invitational (7 teams)

1. Cal 34, 2. San Francisco 53, 3. San Jose State 57. Winner: Tiffany Hall, San Jose State, 17:37.9. Cal: 2. Bridget Duffy 17:43, 3. Rebecca Yau 17:51, 8. Elizabeth Mayeda 18:35.3, 10. Alison Greggor 18:41.1, 11. Rebecca Palm 18:44.4, 18. Pippa Macdonald 18:57.4, 34. Mackenzie Pierce 19:32.5, 44. Lisa Sandoval 20:10.5.

9/9 Aggie Invitational (12 teams)

1. Cal 37, 2. Stanford 47, 3. San Jose State A 65. Winner: Tiffany Hall, San Jose State A, 18:09.8. Cal: 2. Rebecca Yau 18:13.7, 8. Alison Greggor 18:55.4, 11. Elizabeth Mayeda 19:10.8, 15. Rebecca Palm 19:14.4.

9/30 at Stanford Invitational (17 teams) 6000m

1. Stanford 24, 2. UC Irvine 115, 3. Harding 116, 5. Cal 157. Winner: Arianna Lambie, Stanford, 20:13. Cal: 13. Rebecca Yau 21:12, 27. Elizabeth Mayeda 21:58, 29. Alison Greggor 22:00, 40. Bridget Duffy 22:18, 58. Rebecca Palm 22:47, 87. Pippa Macdonald 23:33, 90. Mackenzie Pierce 23:35.

10/14 at Chile Pepper Invitational (44 teams)

1. Arkansas 41, Duke 132, 3. Texas Tech 134, 14. Cal 464. Winner: Sally Kipyego, Texas Tech 19:29.3. Cal: 38. Rebecca Yau 21:28.2, 96. Bridget Duffy 22:25.2, 103. Alison Greggor 22:32.0, 132. Elizabeth Mayeda 22:51.3, 154. Mackenzie Pierce 23:04, 159. Rebecca Palm 23:07.1, 169. Gabriela Rios-Sotelo 23:15.7, 201. Pippa Macdonald 23:40, 256. Lisa Sandoval 24:44.3

10/28 at Pac-10 Championships (10 teams)

1. Stanford 22, 2. Arizona State 51, 3. Washington 96, 9. Cal 260. Winner: Arianna Lambie, Stanford, 20:15.09. Cal: 26. Rebecca Yau 21:35.57, 57. Rebecca Palm 22:29.13, 73. Elizabeth Mayeda 22:53.86, 75. Gabriela Rios-Sotelo 22:57.14, 78. Alison Greggor 23:14.44, 80. Pippa Macdonald 23:22.22, 81. Mackenzie Pierce 23:25.39, 88. Bridget Duffy 24:16.34.

11/11 at NCAA West Regional (30 teams)

1. Stanford 42, 2. UC Santa Barbara 72, 3. Arizona State 83, 18. Cal 486. Winner: Arianna Lambie, Stanford 20:58.85. Cal: 33. Rebecca Yau 22:24.69, 109. Alison Greggor 23:40.81, 113. Gabriela Rios-Sotelo 23:44.27, 124. Pippa Macdonald 23:54.06, 125. Rebecca Palm 23:56.71, 139. Elizabeth Mayeda 24:13.17.



Top Individual Finishers

Men

Pac-10 Conference Championships

2006	11th	David Torrence	23:44
2005	8th	Giliat Ghebray	24:30
2004	17th	Girmay Guangul	24:56
2003	28th	Girmay Guangul	25:56
2002	22nd	Martin Conrad	24:44
2001	26th	Corey Creasey	25:42
2000	20th	Girmay Guangul	24:25
1999	7th	Bolota Asmerom	24:21
1998	18th	Bolota Asmerom	24:27
1997	5th	Peter Gilmore	24:34
1996	27th	Simon Mudd	25:50
1995	3rd	Richie Boulet	24:27
1994	3rd	Richie Boulet	24:35
1993	5th	Richie Boulet	24:32
1992	17th	Richie Boulet	25:13
1991	33rd	Reggie Williams	25:27
1990	24th	Steve Zirkelbach	25:28
1989	18th	Dave Ottaway	24:23
1988	10th	Craig Blockhus	31:40
1987	10th	Jason Flamm	31:14
1986	27th	Jason Flamm	32:15
1985	6th	Jay Marden	31:04
1984	11th	Mike McCollum	30:56
1983	19th	Jay Marden	31:27
1982	2nd	Tom Downs	29:25
1981	4th	Tom Downs	31:05
1980	16th	Tom Downs	31:34
1979	24th	Harold Schultz	31:45
1978	21st	Harold Schultz	31:25

NCAA Region VIII Championships

2006	13th	David Torrence	30:34
2005	15th	Giliat Ghebray	30:38
2004	30th	Girmay Guangul	31:20
2003	25th	Girmay Guangul	30:23
2002	21st	Carlos Carballo	31:21
2001	43rd	Corey Creasey	32:41
2000	9th	Girmay Guangul	31:11
1999	10th	Bolota Asmerom	30:53
1998	29th	Bolota Asmerom	31:47
1997	6th	Peter Gilmore	30:50
1996	42nd	Simon Mudd	32:45
1995	8th	Richie Boulet	30:59
1994	2nd	Richie Boulet	31:07
1993	4th	Richie Boulet	30:04
1992	28th	Tesafaye Beyene	32:51
1989	13th	Dave Ottaway	31:09
1988	6th	Calvin Gaziano	30:46
1986	33rd	Jason Flamm	31:35
1985	2nd	Jay Marden	29:58
1984	28th	Mike McCollum	32:54
1982	2nd	Tom Downs	29:25
1981	4th	Tom Downs	31:05

NCAA Championships

2006	92nd	David Torrence	32:31
2005	63rd	Giliat Ghebray	30:39
2000	151st	Girmay Guangul	32:13
1999	90th	Peter Gilmore	31:59
1994	-	Richie Boulet	DNF
1993	33rd	Richie Boulet	30:34
1988	111th	Calvin Gaziano	31:24
1985	73rd	Jay Marden	31:18
1982	14th	Tom Downs	30:35
1981	13th	Tom Downs	29:41

Women

Pac-10/NorPac

Conference Championships

2006	26th	Rebecca Yau	21:35
2005	27th	Rebecca Yau	22:04
2004	40th	Lindsey Maclise	22:24
2003	13th	Bridget Duffy	22:15
2002	35th	Bridget Duffy	22:08
2001	45th	Camille Stanley	23:33
2000	41st	Erin Belger	22:34
1999	39th	Linden Bader	19:00
1998	9th	Elissa Riedy	17:45
1997	6th	Elissa Riedy	17:31
1996	22nd	Elissa Riedy	17:51
1995	17th	Magdalena Lewy	17:53
1994	12th	Lisa Lopez	17:53
1993	6th	Tenaya Soderman	17:21
1992	7th	Janet Bowie	17:28
1991	6th	Janet Bowie	17:19
1990	3rd	Sabrina Han	17:12
1989	2nd	Sabrina Han	16:58
1988	3rd	Sally Wood	17:16
1987	4th	Kirsten O'Hara	17:06
1986	8th	Sally Wood	17:33
1985	1st	Kirsten O'Hara	17:37
1984	4th	Kirsten O'Hara	17:01
1983	6th	Marilyn Davis	18:07
1982	5th	Louise Romo	16:49
1981	6th	Suzanne Richter	17:14
1980	2nd	Jan Oehm	17:15
1979	1st	Cindy Schmandt	17:19

NCAA/AIAW Region Championships

2006	33rd	Rebecca Yau	22:24
2005	34th	Bridget Duffy	21:28
2004	60th	Maja Ruznic	22:09
2003	8th	Bridget Duffy	20:46
2002	48th	Bridget Duffy	22:56
2000	71st	Erin Belger	22:31
1999	70th	Mary Moore	18:44
1998	7th	Elissa Riedy	17:08
1997	8th	Elissa Riedy	17:35
1996	19th	Elissa Riedy	17:42
1995	14th	Magdalena Lewy	17:39
1994	22nd	Lisa Lopez	18:37
1993	3rd	Tenaya Soderman	16:49
1992	11th	Janet Bowie	17:58
1991	13th	Janet Bowie	17:34
1990	5th	Sabrina Han	17:02
1989	4th	Sabrina Han	17:02
1988	3rd	Sally Wood	16:50
1987	4th	Kirsten O'Hara	16:38
1986	5th	Marilyn Davis	16:53
1985	3rd	Kirsten O'Hara	17:10
1984	5th	Kirsten O'Hara	17:40
1983	11th	Marilyn Davis	18:07
1982	12th	Louise Romo	16:49
1981	1st	Suzanne Richter	17:19
1980	7th	Jan Oehm	17:11
1979	3rd	Jan Oehm	16:53
1978	4th	Jan Oehm	17:13
1977	14th	Sally Metteer	19:08

NCAA/AIAW Championships

2003	42nd	Bridget Duffy	20:49
1998	35th	Elissa Riedy	17:38
1997	52nd	Elissa Riedy	17:36
1993	37th	Tenaya Soderman	17:25
1990	21st	Sabrina Han	16:54
1989	-	Sabrina Han	DNF
1988	27th	Sally Wood	17:14
1987	11th	Kirsten O'Hara	16:26
1986	21st	Marilyn Davis	17:38
1985	20th	Kirsten O'Hara	16:55
1984	31st	Kirsten O'Hara	17:20
1983	62nd	Marilyn Davis	17:59
1982	-	Louise Romo	DNF
1981	14th	Lynne Hjelte	18:22
1980	20th	Jan Oehm	17:36
1979	17th	Jan Oehm	17:17
1978	17th	Jan Oehm	17:50
1977	85th	Sally Metteer	19:14
1976	69th	Sally Metteer	18:14



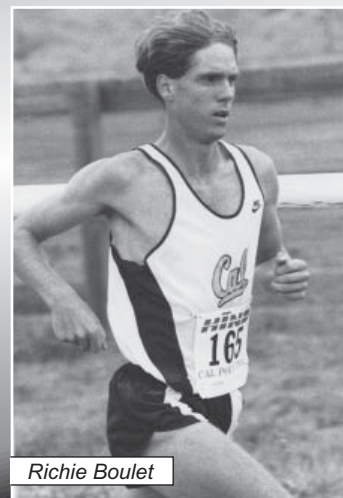
Bridget Duffy

All-Americans

2003	Bridget Duffy
1998	Elissa Riedy
1993	Richie Boulet
1990	Sabrina Han
1988	Kirsten O'Hara
.....	Sally Wood
1987	Kirsten O'Hara
1986	Marilyn Davis
1985	Kirsten O'Hara
1982	Tom Downs
1981	Tom Downs
.....	Lynne Hjelte
.....	Margaret Spotts



Kirsten O'Hara



Richie Boulet

