

2007 Season Outlook

The 2007 edition of the George Washington Men's and Women's Cross Country teams will boast a wealth of returning veterans mixed with some young talent. Head Coach **Brian Beil** expects both squads to improve in the Atlantic 10 standings with the combination of continued improvement from his returning runners, which includes the first All-Conference performer since 1996, and the addition of a few talented prospects.

The men finished 10th at the conference championships in 2006 without the talent of junior front-runner **Chris Pisano**, who was out because of an injury most of the season. Pisano had a spectacular spring track season, running a program record 14:45 in the 5,000 meters at the Bucknell Invitational. Senior **Joe Altenau** performed solidly in his stead in 2006, leading the Colonials in the final four races. Altenau should continue to build on his junior season success and be a consistent force again this year. Juniors **Collin Stevenson** and **Keith Moody** are both coming off solid spring campaigns after suffering through nagging injuries in 2006. Late in the spring season Stevenson lowered his best 8K time by more than a minute, clocking a 25:30, while Moody also set a personal best in the 10K at the Duke Invitational.

Senior twins **Christian Woodside** and **John Woodside**, as well as fellow senior **Mark Drath**, also return and should add veteran leadership and depth to a young, talented squad. Drath had a promising season on the track and should carry that momentum through the fall to live up to his full potential.

**Andrew Coleman** was GW's top freshman last season, leading the Colonials at Mount St. Mary's and taking second at Navy. Coleman was on pace to set a personal record at the conference championships before coming down with a mid-race injury that prevented him from finishing. **Robbie Lockhart** came in third for the team at A-10's in 2006 despite missing a great deal of training due to injury. He returned to peak form during the winter months and should come back to GW as one of the leaders in 2007. **Stephen Rutgers** missed much of the season after a muscle pull, but after a summer of training in DC with some of his teammates, he will be fit and looking to make an impact in October for the Colonials.

Beil believes his incoming freshman class should be able to step in and have an immediate impact. Among the newcomers is All-American **Zach Borenstein** from Scarsdale, NY. Borenstein finished fourth at the National Scholastic Indoor Championships by clocking a 15:14 in the



A solid class of returnees and newcomers will certainly move the Colonials up the ranks in the Atlantic 10.



The GW women's team will definitely be a force to be reckoned with in the A-10 in 2007.



Collin Stevenson



Meaghan Smith

5,000 meters, and should join Pisano as one of the squad's front-runners. **Adam Mickley** and **Andrew Zahornacky** also will be joining the Colonials in 2007, and will compete for spots in the top seven.

The women return eight from last year's Carnegie Mellon Invitational championship team, including program-record holder and Carnegie Mellon Invitational champion **Audrey Noonan**. Noonan recorded the fastest time in Colonials history finishing in 18:14.8. The following week, the Barrington, RI, native finished seventh at the A-10 Championships in 18:19.2, another school event record. GW will look for a similar performance from the seventh-place finisher at A-10s to move up the conference ranks.

Seniors **Mae Polhemus** and **Michelle Concannon** also return for their final season with the Colonials. In injury-plagued junior campaigns, Polhemus and Concannon competed in a combined six races, but still managed to score well in those events. Polhemus came back to set a personal record at Carnegie Mellon, in just her second race back from injury. Both veterans will be among the top five for the Colonials this year. Fellow senior **Katie Walsh** has improved each season while sporting the buff and blue, and she will provide much-needed veteran leadership and depth.

A gifted mixture of sophomores will look to build on their freshman success. **Meaghan Smith** had a great track season, setting a new personal record in the 5K by more than a minute and a half. Smith's progress, dating back to last fall season, has Beil extremely confident that she will

2007 Rosters

Men's Roster

Name	Yr.	Hometown/High School
Joe Altenau	Sr.	Eastchester, NY/Fordham Prep
Zach Borenstein	Fr.	Scarsdale, NY/Edgemont
Andrew Coleman	So.	Cumberland, RI/Cumberland
Mark Drath	Sr.	Los Angeles, CA/Brentwood School
Robbie Lockhart	So.	Richmond, VA/Saint Christopher's
Adam Mickley	Fr.	Louisville, OH/Louisville
Keith Moody	Jr.	Port Orange, FL/Spruce Creek
Chris Pisano	Jr.	Toms River, NJ/Toms River North
Stephen Rutgers	So.	Murrietta, CA/Murrietta Valley
Collin Stevenson	Jr.	Sumner, WA/Sumner
Christian Woodside	Sr.	Edmond, OK/Edmond Memorial
John Woodside	Sr.	Edmond, OK/Edmond Memorial
Andrew Zahornacky	Fr.	Pleasantville, NY/Byram Hills

Women's Roster

Name	Yr.	Hometown/High School
Michelle Concannon	Sr.	LaGrangeville, NY/Arlington
Estelle Faulkner	Fr.	Carlisle, MA/Concord-Carlisle
Erica Freebury	So.	Rancho Palos Verdes, CA/Palos Verdes Peninsula
Madelyn Healy	So.	Poquoson, VA/Poquoson
Nicole Marquand	Fr.	Irvine, CA/University
Audrey Noonan	Jr.	Barrington, RI/Barrington
Laura Petrik	Fr.	Sicklerville, NJ/Paul VI
Mae Polhemus	Sr.	Boca Raton, FL/Spanish River
Jaskaren Randhawa	So.	Pembroke, MA/Notre Dame Academy
Meaghan Smith	So.	Pleasant Valley, NY/Arlington
Phillipa Spencer	Fr.	Chester, NY/John S. Burke Catholic
Jessica Stern	Fr.	Melbourne, FL/Satellite
Katie Walsh	Sr.	Dover, DE/Dover
Kelly Wills	So.	Cincinnati, OH/Sycamore

**Head Coach:** Brian Beil (East Carolina '00), 4th season

**Assistant Coach:** Giannis Doulamis (George Washington '04), 3rd season

be among the front-runners for GW this year. **Kelly Wills** and **Erica Freebury** both improved drastically over the 2006 season, and their progress should continue this year. Walk-on **Madelyn Healy** should also provide depth for the Colonials.

Among the newcomers who should make an immediate impact for the women is **Jessica Stern** of Melbourne, FL. Stern finished third at the Florida 3A Championships, leading the Satellite Scorpions to their second straight state title in her senior season. The all-state runner should keep pace with Noonan to form a solid 1-2 punch. **Laura Petrik**, **Nicole Marquand**, **Estelle Faulkner** and **Phillipa Spencer** should also make an immediate impact as they walk onto campus in 2007.

2007 Schedule

DAY	DATE	OPPONENT	TIME
AUGUST			
Fri.	31	at Mount St. Mary's Invitational	12:00 pm
SEPTEMBER			
Sat.	8	at Towson Invitational	10:00 am
Sat.	15	at Navy Invitational	10:00 am
Fri.	28	at George Mason Invitational	4:00 pm
OCTOBER			
Fri.	5	at Monmouth Invitational	10:00 am
Sat.	13	at Carnegie Mellon Invitational	10:00 am
Sat.	27	at A-10 Championships (Philadelphia, PA)	10:00 am
NOVEMBER			
Sat.	10	at NCAA Mid-Atlantic Regional (Bethlehem, PA)	10:00 am
Mon.	19	NCAA Championships (Terre Haute, IN)	10:00 am

2006 Results

MEN'S	MSM (5K)	Towson (8K)	Navy (8K)	W&M (8K)	CM (8K)	A10 (8K)	NCAA (10K)
Altenau	—	28:10.04	—	26:18.3*	26:29.95	26:41.40	33:04.2
Coleman	17:01.51	—	27:13.13	26:54.4*	27:03.40	—	—
Drath	—	29:17.30	—	—	27:36.25	27:44.70	33:43.0
Lockhart	—	—	—	—	27:14.41	26:59.60*	34:43.6
Moody	17:38.37	29:34.00	28:46.95	27:52.6	26:57.83	27:02.15	34:12.6
Morgan	—	27:46.70	26:31.93	26:33.3	26:37.64	26:58.20	34:04.6
Pisano	17:45.73	—	—	—	—	—	—
Rutgers	17:25.69	—	—	—	—	27:36.60*	—
Stevenson	—	—	27:15.93	—	—	27:08.70	33:37.5
C. Woodside	—	—	—	28:00.7	—	—	—
J. Woodside	17:50.01	—	29:19.64	—	27:33.11	27:59.35	—
Team Finish	5th of 5	NTS	7th of 7	9th of 10	4th of 19	10th of 14	23rd of 25

WOMEN'S	MSM (5K)	Towson (5K)	Navy (6K)	W&M (6K)	CM (5K)	A10 (5K)	NCAA (6K)
Concannon	—	—	—	—	19:47.21	20:14.55	—
Freebury	22:06.76	—	26:36.59*	—	20:35.02*	20:52.40	—
Healy	—	—	—	—	—	—	—
Leavitt	—	20:01.45	25:10.02	25:17.3	19:44.36*	19:46.70	23:19.8
Lowery	20:41.58	—	26:08.64	—	20:20.75*	20:24.70	25:12.2*
Neeper	—	18:57.65	23:40.38	23:16.6	18:59.69	19:44.85	22:40.8
Noonan	—	—	—	22:57	<b>18:14.80</b>	18:19.20	22:13.9*
Polhemus	—	20:00.21	—	24:31.3	19:17.89*	19:36.05	—
Smith	20:36.26	—	25:33.29	25:07.9	20:25.66	20:10.00*	23:46.8*
Walsh	22:04.12	—	29:19.10	26:27.2	21:02.01*	21:42.65	—
Wills	21:23.14	—	25:45.13	—	19:45.38*	20:35.80	24:44.3*
Team Finish	5th of 5	NTS	6th of 9	6th of 8	1st of 20	10th of 14	21st of 28

\* - Personal record    **Bold Name** - Returning    **Bold Time** - Won Meet

MSM - Mount St. Mary's Invitational, Towson - Towson Invitational, Navy - Navy Invitational, W&M - William and Mary Colonial Inter-Regional, CM - Carnegie Mellon Invitational, A10 - Atlantic 10 Championships, NCAA - NCAA Mid-Atlantic Regional



# THE GEORGE WASHINGTON UNIVERSITY

## Brian Beil Head Coach



Brian Beil is in his fourth season as head men's and women's cross country coach at The George Washington University. Beil returned to GW in 2004 to lead the program after serving as an assistant on the Colonials' staff from 2001-02.

In his three seasons at the helm, Beil's leadership has been seen not just on the running trails throughout DC, but in the classroom as well. While at GW, Beil's squads have combined for seven first-place team finishes, and 26 athletes have combined for 46 commissioner's honor roll certificates. Additionally, Beil has helped two runners earn Academic All-Conference honors.

While just in his third season, a pair of long-standing GW records were set under Beil's guidance. In a first-place team finish at the Carnegie Mellon Invitational, Audrey Noonan won the individual title in a GW record, 18:14.8. The following week Noonan finished seventh at the Atlantic 10 Championships in a school event record, 18:19.2. Under Beil's direction, Noonan became the first All-Conference performer at GW since 1996 and also received Academic All-Conference honors.

While an assistant at GW, Beil helped lead the men's team to consecutive top five finishes at the Atlantic 10 Championships, their highest finishes since 1994. Beil's athletes also excelled in the classroom as eight members of the men's team and 20 members of the women's team combined to earn 40 A-10 Commissioner's Honor Roll accolades during his two-year stint.

Before joining the Colonials' staff, Beil served as an assistant coach for East Carolina's men's and women's cross country/track teams during the 2000-01 campaign. His efforts produced a qualifier for the NCAA Cross Country National Championships, while one of his athletes earned NCAA All-East Region accolades on the track. In addition, he implemented strength-training programs, coordinated academic progress of the student athletes, planned weekly workouts and developed course layouts for several cross country meets while at ECU.

As an athlete, Beil was a four-year letterwinner in cross country and track at East Carolina, and was a member of three record setting relay teams. He served as the cross country team captain his senior season and was voted team MVP. Beil was also presented with the 1999 ECU Men's Cross Country Prestigious Pirate Award for outstanding achievements in the classroom and on the playing field. In his first year at ECU, he was voted the team's most outstanding freshman.

Beil earned his Bachelor of Science degree in health and human performance from ECU in 2000.

Beil resides in Arlington, VA.

## Giannis Doulamis Assistant Coach



Former Colonials' standout Giannis Doulamis (pronounced "Yanni" "Doo-LOM-iss) is in his third season as the assistant cross country coach at George Washington University. The Nashua, NH, native, who was a member of the GW cross country squad from 2000-04, assists Head Coach Brian Beil in all aspects of the program with primary emphasis directing the Colonials' recruiting efforts.

After receiving his bachelor's degree in political science in May 2004, Doulamis joined the Colonials' coaching staff the following fall as a volunteer assistant for the 2004-05 campaign. Following the cross country season, he joined Senator Judd Gregg's contingent and served as a staff assistant and a legislative correspondent on Capitol Hill.

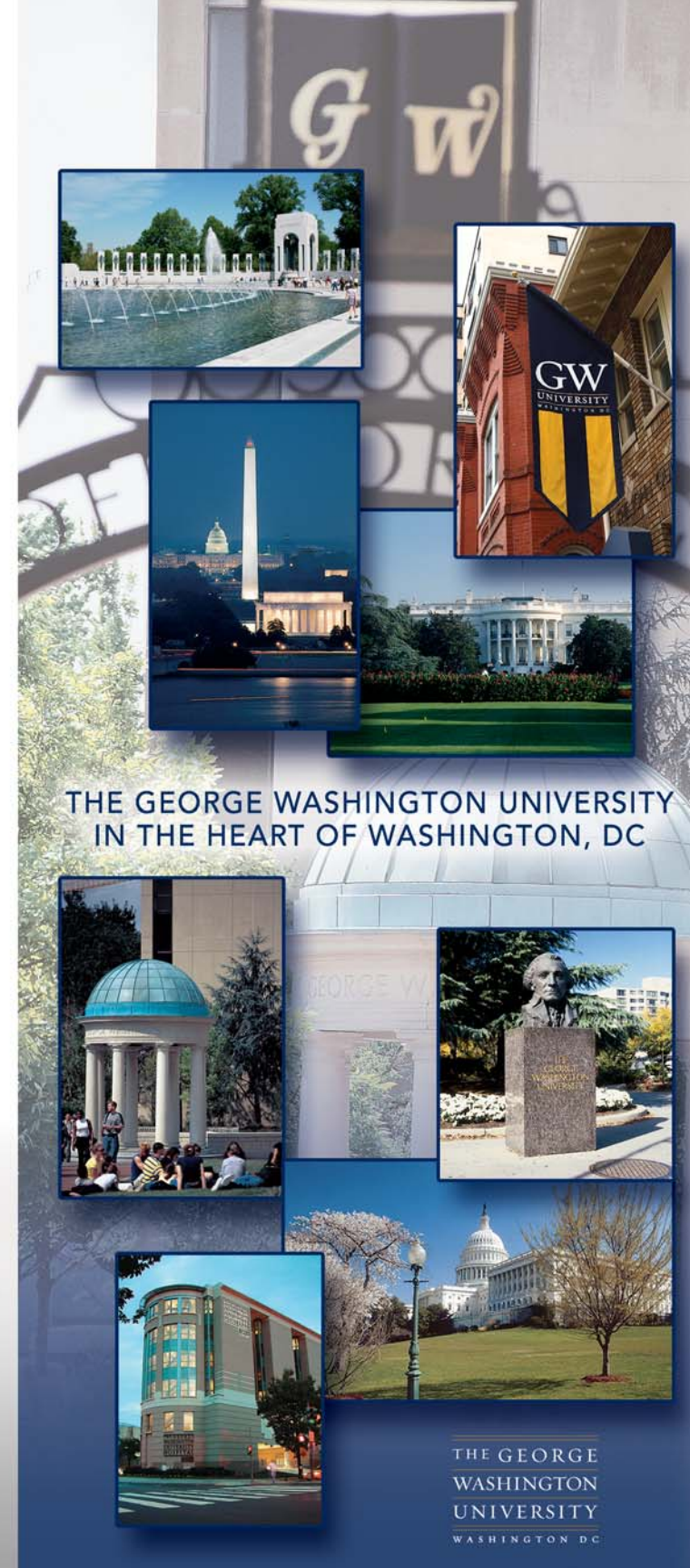
Doulamis, who also heads the program's fundraising efforts, was a four-year letterwinner with the Colonials and served as team captain of the cross country team as a senior during the 2003-04 season. Off the playing field, he served as the cross country team's Student Athletic Advisory Council (SAAC) representative during his senior season.

Doulamis resides in Arlington, VA.

### Quick Facts

The George Washington University  
600 22nd Street NW, Washington, DC 20052

Founded .....	1821
Enrollment .....	20,280
Nickname .....	Colonials
Colors .....	Buff and Blue
Conference .....	Atlantic 10
President .....	Steven Knapp
Director of Athletics .....	Jack Kvacz
Senior Assoc. Director of Athletics/SWA .....	Mary Jo Warner
Head Coach.....	Brian Beil
Cross Country Office Phone .....	(202) 994-5972
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Athletics Communications Office Phone.....	(202) 994-9003
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THE GEORGE WASHINGTON UNIVERSITY  
IN THE HEART OF WASHINGTON, DC

# CROSS COUNTRY 2007

Audrey Noonan



Chris Pisano

