

2006 Outlook

The 2006 edition of The George Washington University Men's and Women's Cross Country teams will be made up of a strong group of returnees and an incoming class that will be expected to produce right away. The 2006 roster boasts many key performers from last season, along with several incoming freshmen who will be the backbone of great teams in the future.

The men return a solid nucleus from last year that will look to move the Colonials up the Atlantic 10 ranks in 2006. All seven runners who competed in last year's Atlantic 10 Championships return this season, hungry to improve on a 10th-place finish. This youthful, but experienced group of runners is made up of only one senior, as well as three juniors and three sophomores.

Sophomores **Chris Pisano**, **Keith Moody** and **Collin Stevenson** lead the Colonials coming into the 2006 season. Pisano led the Colonials in five of seven races, including finishing sixth in the GW Invitational and third in the Tribe Open XC Invitational. Moody and Stevenson provided consistency while also finishing second and fourth on the team, respectively, in the Atlantic 10 Championships.

GW will also have the luxury of **Daniel Morgan** returning to Foggy Bottom for his senior season. A three-year standout, Morgan took first for the Colonials in the first two meets before giving way to Pisano at the GW Invitational. **Head Coach Brian Beil** expects Morgan to be a consistent performer at front again in 2006, anchoring an otherwise inexperienced scoring five.

Juniors **Joe Altenau**, **Mark Drath**, and twin brothers **Christian Woodside** and **John Woodside** also return. Altenau, who was expected to be a top-four finisher for the Colonials last year, is coming off a back injury, but looks to be better than ever this season. Christian Woodside overcame a late-season injury and looks to regain the form he had as the top freshman in 2004 when he led the Colonials at the Mid-Atlantic Regional. His brother, John, also looks to rebound from an off-year, and has been training alongside Christian in hopes of continuing where he left off in 2004, when he was a top-10 finisher in the Cappy Anderson Invitational. Drath is an athlete with top runner potential and Beil is expecting a breakout year from him.

Joining the Colonials in 2006 is a trio of talented freshmen: **Andrew Coleman**, **Robert Lockhart** and **Stephen Rutgers**. Coleman, a three-time all-state runner from Rhode Island is expected to contend for a top spot as he steps onto campus. Lockhart, an all-metro runner from



The GW men's team, with its group of eight returning runners and three newcomers, aim to secure an Atlantic 10 title in 2006.



A strong group of returners should offset the loss of five seniors for the 2006 women's team.



Chris Pisano



Audrey Noonan

Virginia, and Rutgers, out of the highly competitive ranks of California will both add talent and depth.

The women return four of their top runners from last year and will look to move up the ladder in the Atlantic 10. The loss of five seniors, including standout Lindsay Blum, hurts, but Beil believes with a strong nucleus returning and a very solid group of newcomers, the Colonials could have a breakthrough year in the Atlantic 10 in 2006.

Audrey Noonan, GW's top runner as a freshman last year, returns and is expected to lead the pack again this season. Rounding out the returnees are senior **Taylor Leavitt**, and juniors **Michelle Concannon**, **Mae Polhemus** and **Katie Walsh**. Leavitt, the Colonials' lone senior, returns after a successful junior season where she finished in the top three for the Colonials in all but one of her races. Polhemus, arguably the most talented runner from 2004, is looking to rebound from an injury-plagued 2005 season and regain the form that got her a second-place overall finish at the Cappy Anderson Invitational her freshman

2006 Rosters

Men's Roster

Name	Yr.	Hometown/High School
Joe Altenau	Jr.	Eastchester, NY/Fordham Prep
Andrew Coleman	Fr.	Cumberland, RI/Cumberland
Mark Drath	Jr.	Los Angeles, CA/Brentwood School
Robert Lockhart	Fr.	Richmond, VA/Saint Christopher's
Keith Moody	So.	Orange, FL/Spruce Creek
Daniel Morgan	Sr.	Danville, KY/Boyle County
Chris Pisano	So.	Toms River, NJ/Toms River North
Stephen Rutgers	Fr.	Murrietta, CA/Murrietta Valley
Collin Stevenson	So.	Sumner, WA/Sumner
Christian Woodside	Jr.	Edmond, OK/Edmond Memorial
John Woodside	Jr.	Edmond, OK/Edmond Memorial

Women's Roster

Name	Yr.	Hometown/High School
Michelle Concannon	Jr.	LaGrangeville, NY/Arlington
Erica Freebury	Fr.	Rancho Palos Verdes, CA/Palos Verdes Peninsula
Audrey Noonan	So.	Barrington, RI/Barrington
Madelyn Healy	Fr.	Poquoson, VA/Poquoson
Taylor Leavitt	Sr.	Turner, ME/Leavitt Area
Caitlin Lowery	Fr.	Gainesville, FL/Oak Hall
Kate Neeper	Gr.	Parker, CO/Southern California
Mae Polhemus	Jr.	Boca Raton, FL/Spanish River
Meaghan Smith	Fr.	Pleasant Valley, NY/Arlington
Katie Walsh	Jr.	Dover, DE/Dover
Kelly Wills	Fr.	Cincinnati, OH/Sycamore

year. Concannon and Walsh, both coming back from injuries in 2005, also look to be among the front-runners for the Colonials.

The Colonials had an outstanding recruiting year, adding six new faces to the squad. Beil believes this incoming freshman class has the potential to help lead the Colonials back to prominence in the Atlantic 10 Conference.

Graduate student **Kate Neeper** comes to Foggy Bottom as a transfer from Southern California, where she was a team captain in 2005, and was also named to the Pac-10 Women's Cross Country All-Academic first team. She is expected to add experience and make an immediate impact as a top-five runner.

The incoming freshman class of **Erica Freebury**, **Caitlin Lowery**, **Meaghan Smith**, **Kelly Wills** and **Madelyn Healy** will all make solid contributions to add to a team that finished 11th in the A-10 last season. Lowery, a talented freshman from Florida, should also come in and make an immediate impact. She was unable to run her senior track season due to injury, but watched her teammate and training partner go on to become one of the best milers in the state. Lowery had a great summer of training and should be among the Colonials' top runners this year. Freebury, Smith, Wills and Healy will provide both talent and depth to the Colonials this year. All four are capable of having breakout years, and be among the scoring-five by the end of the 2006 season.

2006 Schedule

DATE	OPPONENT	TIME
Sept. 1	at Mount St. Mary's Invitational	7 p.m.
Sept. 9	at Towson Invitational	10 a.m.
Sept. 16	at Navy Invitational	10:30 a.m.
Sept. 30	at W&M Colonial Inter-Regional	10 a.m.
Oct. 14	at Carnegie Mellon Invitational	12:30 p.m.
Oct. 28	at A-10 Championships (Pittsburgh, PA)	10 a.m.
Nov. 11	at NCAA Mid-Atlantic Regional (Lock Haven, PA)	10 a.m.

2005 Women's Results

MEET	TEAM FINISH	TOP GW FINISHER
at Mount St. Mary's Invitational	4th of 6	Taylor Leavitt-12th
at Salty Sea Dog Invitational	4th of 7	Lindsay Blum-16th
GW Invitational	3rd of 12	Mae Polhemus-14th
at Paul Short Invitational	39th of 47	Audrey Noonan-132nd
at Tribe Open XC Invitational	4th of 5	Audrey Noonan-16th
at Atlantic 10 Championship	11th of 14	Audrey Noonan-34th
at NCAA Mid-Atlantic Regional	21st of 26	Audrey Noonan-77th

2005 Men's Results

MEET	TEAM FINISH	TOP GW FINISHER
at Mount St. Mary's Invitational	5th of 6	Daniel Morgan-14th
at Navy Invitational	5th of 6	Daniel Morgan-22nd
GW Invitational	8th of 12	Chris Pisano-6th
at Paul Short Invitational	40th of 44	Chris Pisano-130th
at Tribe Open XC Invitational	3rd of 5	Chris Pisano-3rd
at Atlantic 10 Championship	10th of 14	Chris Pisano-54th
at NCAA Mid-Atlantic Regional	22nd of 28	Chris Pisano-97th



THE GEORGE WASHINGTON UNIVERSITY

Head Coach Brian Beil



Brian Beil is in his third season as head men's and women's cross country coach at 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 2005, Beil took a young and inexperienced men's team, who were led by three freshmen, to a 10th-place finish at the conference championship. The women's team, also led by a freshman, earned a respectable 11th-place finish in the Atlantic 10.

In his first season at the helm, Beil led the men's and women's squads to a combined six first-place finishes, which included an impressive string of five straight victories by the women's team to open the season, highlighted by a victory at its own GW Invitational. He also helped Trina Bolton earn Atlantic 10 Academic All-Conference honors for the first time, while 11 of his athletes combined to collect 18 conference commissioner's honor roll certificates for the fall and spring semesters.

While an assistant at GW, Beil helped lead the men's team to consecutive top-five finishes at the Atlantic 10 Championship, its best 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 with the Pirates.

As an athlete, Beil was a four-year letterwinner in cross country and track at East Carolina. He served as the cross country team captain his senior season and was voted team MVP. Beil also was 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 East Carolina, 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. He also was a member of the Student Athlete Advisory Committee.

He resides in Washington, DC.



Assistant Coach Giannis Doulamis



Former Colonials' standout Giannis Doulamis (pronounced "Yanni" "Doo-LOM-iss") is in his second 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, will assist 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 will head 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

Location	Washington, DC
Founded	1821
Enrollment	20,318
President	Stephen Joel Trachtenberg
Director of Athletics	Jack Kvancz
Senior Assoc. Director of Athletics/SWA	Mary Jo Warner
Athletic Department Telephone	202-994-6650
NCAA	Division I
Conference	Atlantic 10
Nickname	Colonials
Colors	Buff and Blue
Athletics Communications Contact	Steve Kramer skramer@gwu.edu
Athletics Communications Phone	202-994-9003
Cross Country Office Phone	202-994-5972
Cross Country Office Email	bbeil@gwu.edu, givonee5@gwu.edu
	www.GWsports.com

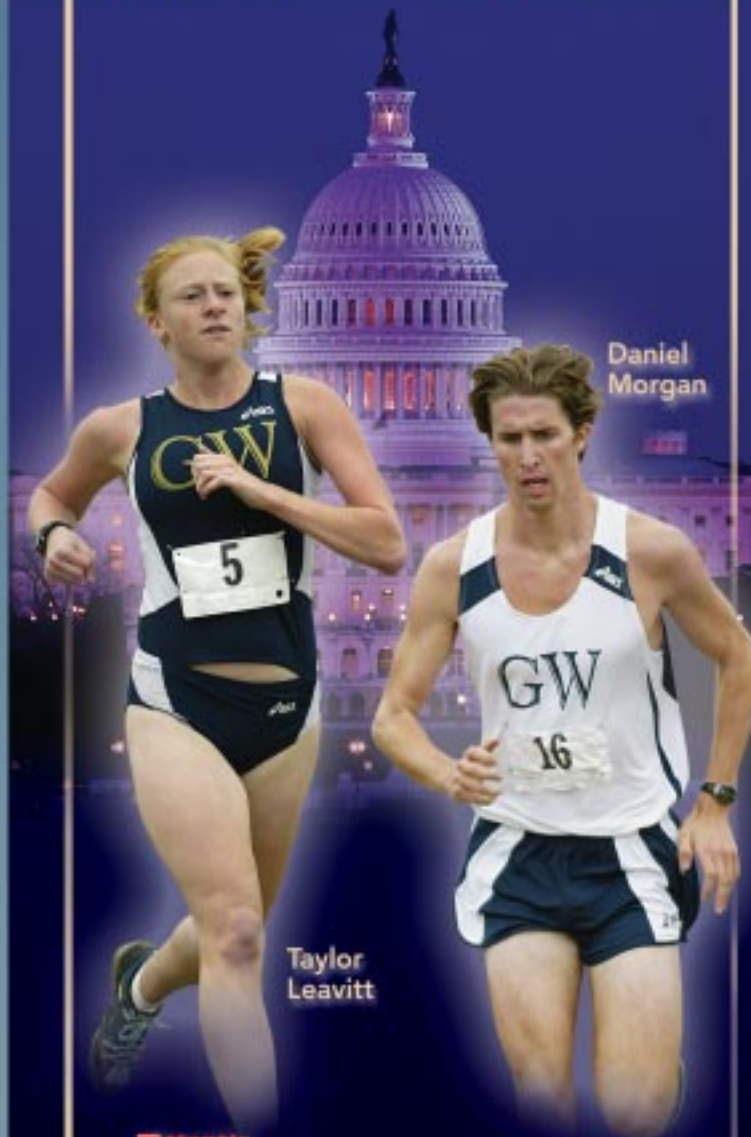


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Taylor Leavitt

Daniel Morgan



2006
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