

UNIVERSITY OF ILLINOIS

2011 WOMEN'S CROSS COUNTRY

ILLINOIS QUICK FACTS

Location	Urbana-Champaign, Ill.
Founded	1867
Enrollment	41,298
Nickname	Fighting Illini
Colors	Orange and Blue
Conference	Big Ten
Home Course	U of I Arboretum
President	Michael J. Hogan
Chancellor	Phyllis Wise
Director of Athletics	Mike Thomas
Assoc. Director of Athletics	Vince Ille

ILLINOIS COACHING AND SUPPORT STAFF

Cross Country Coach: Jeremy Rasmussen	Fifth Season
Alma Mater	Arizona State, '03
Office Phone	(217) 333-8599
Office Fax	(217) 244-9758
Volunteer Assistant Coach: Adam Bray	First Season
Alma Mater	University of Akron, '05
Cell Phone	(715) 340-1626
Head Track and Field Coach: Tonja Buford-Bailey	Fourth Season
Alma Mater	Illinois, '93
Office Phone	(217) 244-8258
Athletic Trainer: Randy Ballard	11th Season
Alma Mater	Kansas State, '99
Office Phone	(217) 244-9160

TEAM QUICK FACTS

2010 Big Ten Championships	9th
Top Individual: Chantelle Groenewoud (24th)	
2010 NCAA Midwest Regional Championships	9th
Top Individual: Stephanie Morgan (20th)	
Letterwinners Returning/Lost	6/4

2011 MEET SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Sept. 2	Illini Challenge	Urbana, Ill.
Sept. 9	Bradley Open	Peoria, Ill.
Sept. 16	Orange and Blue Preview	Urbana, Ill.
Oct. 1	Sean Earl Lakefront Invitational	Chicago, Ill.
Oct. 14	Wisconsin adidas Invitational	Madison, Wis.
	Bradley Classic	Peoria, Ill.
Oct. 21	Illini Open	Urbana, Ill.
Oct. 30	Big Ten Championships	Urbana, Ill.
Nov. 12	NCAA Midwest Regional	DeKalb, Ill.
Nov. 21	NCAA Championships	Terre Haute, Ind.

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THE FIGHTING ILLINI	
Aufmann / Brown / Falsey / Frigo / Hague	7
Hoshi / Hynes / Irion / Kennedy	8
Morgan / Murphy / Petrey / Porada / Rack	9
C. Schmidt / M. Schmidt / Schneider / Seiler / Stack	10
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ATHLETIC PUBLIC RELATIONS



Women's Cross Country Contact

Email

Cell Phone

Sports Information Director

Associate Director

Assistant Directors

Graduate Assistants

Office Manager

New Media/Creative Services

Sports Info Phone

Sports Info Fax

Websites

Twitter

Facebook

Mailing Address

2011 FIGHTING ILLINI ROSTER

Name	Year	Hometown/High School/Last College
Madeline Aufmann	Jr.	Cary, Ill./Cary-Grove
Stephanie Brown	So.	Sheridan, Wy./Sheridan
Colette Falsey	Fr.	Schaumburg, Ill./Schaumburg
Meghan Frigo	So.	Elmhurst, Ill./York
Stacy Hague	Sr.	Chicago, Ill./Mount Assisi Academy
Megumi Hoshi	So.	Morton Grove, Ill./Niles West
Meagan Hynes	Jr.	Naperville, Ill./Neuqua Valley
Rachel Irion	So.	Naperville, Ill./Naperville Central
Kendra Kennedy	So.	Ingleside, Ill./Grant Community
Stephanie Morgan	Jr.	Barnesville, Ohio/Barnesville/Baylor
Meghan Murphy	So.	Sugar Grove, Ill./Benet Academy
Britten Petrey	Fr.	Schaumburg, Ill./Schaumburg
Katie Porada	So.	Clarendon Hills, Ill./Benet Academy
Katherine Rack	Fr.	Oak Park, Ill./Oak Park and River Forest
Chloe Schmidt	Fr.	State College, Pa./State College
Melissa Schmidt	So.	Hoffman Estates, Ill./Hoffman Estates
Alyssa Schneider	Fr.	Bartlett, Ill./Bartlett
Kelsey Seiler	Jr.	Sleepy Hollow, Ill./Dundee Crown
Amber Stack	Sr.	Wheeling, Ill./Wheeling
Michelle Stratton	So.	Naperville, Ill./Naperville North
Hannah Worman	Fr.	Arlington Heights, Ill./Hoffman Estates
Natalie Wynn	Fr.	Chesapeake, Va./Western Branch
Courtney Yaeger	Jr.	Wheeling, W.V./Wheeling Park

Cross Country Coach: Jeremy Rasmussen, Fifth Season

Volunteer Assistant Coach: Adam Bray, First Season

Undergraduate Assistant Coach: Chantelle Groenewoud

Student Manager: Casey Miller

PRONUNCIATION GUIDE

Colette Falsey FALL-see
Meghan Frigo FREE-go
Chantelle Groenewoud Shan-TELL GREEN-wood
Megumi Hoshi muh-GOO-me HOE-she
Rachel Irion EAR-ee-on
Katie Porada pour-AH-da
Kelsey Seiler SIGH-ler

BREAKDOWN BY ELIGIBILITY

SENIORS

Stacy Hague
Amber Stack

JUNIORS

Madeline Aufmann
Meagan Hynes
Stephanie Morgan
Kelsey Seiler
Michelle Stratton
Courtney Yaeger

SOPHOMORES

Stephanie Brown
Meghan Frigo
Megumi Hoshi
Rachel Irion
Kendra Kennedy
Meghan Murphy
Katie Porada
Melissa Schmidt

FRESHMEN

Collette Falsey
Britten Petrey
Katherine Rack
Chloe Schmidt
Alyssa Schneider
Hannah Worman
Natalie Wynn

2011 FIGHTING ILLINI SEASON OUTLOOK

Fifth-year cross country coach Jeremy Rasmussen views this season as one unique from previous seasons as the 2011 Illini welcome five freshmen and return eight sophomores from last year's squad. The underclassmen will be expected to make immediate contributions as they look to improve from last year.

"I'm really excited for this season because it's going to be a lot of fun with a young group," Rasmussen said. "This group is very different than in years past because the veteran leadership is gone. With this group we are starting over. It's a team that is going to be learning as we go through the season."

The Illini lost four letterwinners, including two-time All-Region runner Chantelle Groenewoud, but they will return senior Stacy Hague, one of its top runners from a year ago. Hague finished second for the Illini and 31st overall at the Big Ten Championships and third for Illinois at the NCAA Midwest Regional.

This year's squad started to work together as a team just a few short weeks ago when they traveled to Starved Rock in Utica, Ill., for a weeklong preseason camp.

"Since being on campus, everyone has been getting along great," Rasmussen said. There is a good sense of unity this year. They all understand that we're only going to be good if we can run together, help each other out and cross the line close to each other."

The youthful Illini return seven sophomores that competed throughout last year, two sophomores - Melissa Schmidt and Meghan Frigo - earning spots on the Illini's Big Ten Championships roster.

Freshman Chloe Schmidt highlights the incoming group of distance runners after being a five-time state champion and six-time runner-up at the Pennsylvania state meet. Teammates Colette Falsey, Britten Petrey and Alyssa Schneider will contribute to this year's squad after being all-state cross country runners in their respective high school.

"Just within these two weeks, the freshmen are not afraid to fight and show their dedication," Rasmussen said. "I've seen the youth of our team come out and really help us move in the right direction."

The Orange and Blue will have many chances to prove themselves in front of a home crowd as they host four meets including the Big Ten Championships.

"I think having four home meets is a good thing in many ways," Rasmussen said. "It should give us the opportunity to run well at the conference championship since we're familiar with the course. Our goal every year is to run to the best of our ability at the conference meet."

The team starts at home with the Illini Challenge on Sept. 3 before traveling to Peoria, Ill., on Sept. 9 for their first road meet at the Bradley Open.

The squad then hosts the Orange and Blue Preview on Sept. 16 then two weeks later travels to Chicago, Ill., for the Sean Earl Lakefront Invitational. Half of the Illini travels to Madison, Wis., on Oct. 14 in the Wisconsin adidas Invitational and then other compete in the Bradley Classic.

A week later, the Illini return home to host the Illini Open a week before hosting the Big Ten Championships on Oct. 30 at the University of Illinois Arboretum. On Nov. 12, the Orange and Blue will look to improve upon last year's top-ten finish at the NCAA Midwest Regional in DeKalb, Ill.





JEREMY RASMUSSEN

CROSS COUNTRY COACH

FIFTH SEASON

Jeremy Rasmussen is in his fifth season as Illinois assistant women's track and field coach and women's cross country coach, leading one of the nation's top distance programs in the country.

On the track in 2011, Rasmussen coached Chantelle Groenewoud to her first career All-America honors in the 3,000m steeplechase while Stephanie Morgan

picked up Honorable Mention All-America honors in the 1,500m. Both athletes recorded the second-fastest times in school history in their respective events, which included a Drake Relays record by Morgan in her 1,500m victory. Morgan was a second-team All-Big Ten selection following her runner-up finish in the indoor 800m, and Groenewoud grabbed the accolade in the steeplechase at the Big Ten Outdoor Championships. Elizabeth Boyle also twice broke the program record in the 10,000m during the season.

At the 2010 Midwest Regional Cross Country Championships, Morgan led the team and finished 20th overall to earn All-Region honors with the sixth-fastest 6K time in Illinois history. Morgan became the seventh Illini runner to earn the accolade under Rasmussen while Groenewoud, a two-time All-Region runner, finished one spot outside the top 25 at the regional meet.

Under Rasmussen's guidance, the 2010 track season was highlighted by Angela Bizzarri's third national title and four Big Ten titles from the nine-time All-American. Bizzarri won the indoor 3,000m national crown, completing the circuit as a cross country, indoor and outdoor national champion, which only seven other women have done in NCAA history. She also successfully doubled at both conference championships, winning the 3,000m and 5,000m titles at the indoor meet and the 1,500m and 5,000m at the outdoor meet. For her accomplishments, Bizzarri received her third consecutive Dike Eddleman Award as Illinois' female athlete of the year.

Rasmussen's distance crew also accomplished a first for Illinois at the 2010 Big Ten Outdoor Championships by scoring in all four distance events, with Bizzarri in the 1,500m and 5,000m, Groenewoud and Maddie Aufmann in the 3,000m steeplechase, and Boyle in the 10,000m. In total, five distance runners qualified for the NCAA Preliminary Round of Championship, making Illinois one of 13 programs to be represented in every distance event at the prelims.

At the 2009 NCAA Cross Country Championships, the Illini notched a third consecutive top-12 finish under Rasmussen's guidance, a feat accomplished by only six other teams. The Orange and Blue placed 12th as a team, while senior Angela Bizzarri became the first Illinois women's cross country runner to ever win the NCAA cross country title, posting a school-record time of 19:46 in her victory. The Mason, Ohio, native was named the USTFCCCA National Cross Country Athlete of the Year and the Midwest Region Athlete of the Year along with winning the Honda Sports Award.

Along with Rasmussen's success at the national meet in 2009, the Illini also recorded their third consecutive runner-up finish at the NCAA Midwest Regional Championships and their best finish (2nd) at the Big Ten Championships since 2005. The top four runners, Bizzarri, sophomore Kristin Sutherland, Boyle and Groenewoud, each earned All-Region honors for the second consecutive season. Those four runners also took home All-Big Ten accolades, with Bizzarri and Sutherland garnering first team honors and Boyle and Groenewoud taking home second team honors, marking the most All-Big Ten performers in program history.

During the 2009 track season, Rasmussen guided Bizzarri to her first national title with her victory in the 5,000m at the 2009 NCAA Outdoor Championships. She became the seventh national champion in school history, was named the USTFCCCA Midwest Region Track Athlete of the Year, notched her second consecutive NCAA Mideast Regional title and won the first Big Ten title of her career at the Big Ten Outdoor Championships. She also took third in the 5,000m at the USA Championships with a personal-best and school-record time of 15:33.02.

In 2008, Illinois took 10th at the NCAA Cross Country Championships, led by Bizzarri (6th) and senior Katie Engel (22nd). Bizzarri earned All-America accolades for the third consecutive season while Engel notched her first All-America honors, marking the first time two Illini earned the award in one season.

At the 2008 NCAA Midwest Regional, Illinois finished second behind Minnesota with Bizzarri, Engel, Groenewoud, Sutherland and Boyle earning All-Region honors. Illinois also fared well at the 2008 Big Ten Championships in Ann Arbor, Mich., under Rasmussen's tutelage, finishing in fourth place for the second consecutive season in one of the most competitive conference meets in the country. Engel and Bizzarri finished sixth and seventh, respectively, to take home first-team All-Big Ten honors.

Rasmussen also coached freshmen Danelle Woods and Groenewoud to appearances at the NCAA Outdoor Championships in the 3,000m steeplechase in 2008, after Woods was NCAA Mideast Regional champion in the event and Groenewoud was close behind in second. Bizzarri, Woods and Groenewoud all earned All-Region honors.

Rasmussen guided the Illini to a sixth-place finish at the 2007 NCAA Cross Country Championships, the program's second-best finish in school history, and a successful showing at the 2007 NCAA Midwest Regional Championships, where Illinois took second place behind All-Region runners Bizzarri, Engel and Woods.

At the 2007 Big Ten Championships in Columbus, Ohio, Illinois finished fourth thanks to Bizzarri, a first-team All-Big Ten selection; Engel, a second-team All-Big Ten selection; and Woods, the 2007 Big Ten Freshman of the Year.

Rasmussen led the Illini cross country squad to a top-10 national ranking for the duration of the 2007 season and a top-15 ranking during the 2008 and 2009 seasons.

Rasmussen joined the Illini in the summer of 2007 after spending the previous three seasons working with the men's and women's track and field and cross country teams at Arizona State. A former student-athlete for the Sun Devils, Rasmussen was elevated to assistant coach in the 2006 season after serving as a graduate assistant for two seasons and as a volunteer coach during the 2003-04 season.

As a member of the Arizona State staff, Rasmussen helped the Sun Devil distance corps become one of the nation's elite. The women's cross country team finished second at the Pac-10 Championships each of Rasmussen's three years with the program. In addition, Rasmussen helped guide the Sun Devils to a fourth-place finish at the NCAA Cross Country Championships in 2005 and 13th-place finish in 2006.

A star in the steeplechase as a student-athlete, Rasmussen has worked with several of the top steplers in the nation in recent years, including four-time Pac-10 steeplechase champion Aaron Aguayo and women's champions Amy Hastings, Anna Masinelli and Brooke Bennett. Prior to the 2006 cross country season, Rasmussen also worked with Lisa Aguilera when she won the 3,000m steeplechase at the 2006 USA Track & Field Championships.

Prior to his coaching and administrative duties, Rasmussen starred for the Sun Devils in both cross country and track and field. The 2000 Pac-10 champion in the 3,000m steeplechase and runner-up in both 2001 and 2002, Rasmussen helped the 2001 ASU men break the 100-point barrier at the conference competition for the first time in program history. In cross country, Rasmussen assisted the men's team in making history as the 1999 squad advanced to its first NCAA Championships appearance, placing 14th.

A Minnesota native and graduate of Mountain Ridge High School in Glendale, Ariz., Rasmussen earned his bachelor's degree in computer information systems from Arizona State in 2003 and his master's in higher education from ASU in 2006. Rasmussen is certified as a USA Track and Field Level II coach.

Rasmussen and his wife, Annamarie, were wed in December 2010 and reside in Champaign.



TONJA BUFORD-BAILEY

HEAD TRACK & FIELD COACH

FOURTH SEASON, NINTH OVERALL

Tonja Buford-Bailey, one of the greatest athletes in Illinois and Big Ten women's track and field history, is in her fourth season as head women's track and field coach and her ninth year overall on the Illinois coaching staff.

During the 2011 track season, the Illini women collected nine total All-America distinctions and eight All-Big Ten selections, including an individual Big Ten indoor title in the 400m (Ashley Kelly), while also breaking four school

records (indoor 400m, 10,000m and indoor and outdoor pole vault) and a Drake Relays record (Stephanie Morgan - 1,500m). In her third season at the helm, Buford-Bailey saw the Illini score points at both the indoor and outdoor NCAA Championships and led the Orange and Blue to a fourth-place finish at the Big Ten Outdoor Championships. Tamika Robinson (60m hurdles) and Kelly (outdoor 400m) each earned first-team All-America honors after placing in the top eight at their respective national meets.

Buford-Bailey also assisted with the men's program for the second year, coaching the sprints and hurdles in 2011. Andrew Riley won his second career national title, as he raced to victory in the indoor 60m hurdles with a personal-best time of 7.58. Riley completed an undefeated season in the event with the win, which included a third-straight Big Ten title, and scored 10 team points for the Illini, who tied for 22nd at nationals, the highest indoor finish by an Illinois squad since 1998 (17th). Her athletes also scored 18 points at the NCAA Outdoor Championships, helping Illinois tie for 12th, which marked the highest finish by an Illini squad in 23 years. The 4x100m relay, which competed in the NCAA final for the first time since 1964, earned first-team All-America honors with a third-place finish following a time of 38.96. During the semifinal, the relay timed 38.72 to break a 19-year-old Big Ten record and eclipse their own school record from earlier in the year. Azie (100m) and Wisslead (400m hurdles) also garnered their first career first-team All-America honors after competing in the finals of their respective events. In total, the Orange and Blue notched eight All-America distinctions, including seven first-team nods, which was the most since notching eight in 1988. At the Big Ten Outdoor Championships, Riley repeated as the 110m hurdles champion, Wisslead won his first career title in the 400m hurdles and the 4x100m relay captured the crown for the first time since 1997.

During the 2010 season, Buford-Bailey continued her role as head women's track and field coach while also assisting the Illinois men's squad as the sprints and hurdles coach. She coached hurdler Andrew Riley to the NCAA title in the 110m hurdles along with guiding Tamika Robinson to All-America honors in the 100m hurdles at the NCAA Outdoor Championships. Illinois also received a national title in the indoor 3,000m and four total Big Ten titles from Angela Bizzarri and All-America honors in the shot put at both national meets from Aja Evans with Buford-Bailey at the helm.

In her first season as head coach in 2009, Buford-Bailey was honored as the USTFCCCA Head Coach of the Year for the Midwest Region, after directing the Fighting Illini to a 12th-place finish at the NCAA Championships, the program's best team finish since tying for 10th in 2002, and a fourth-place finish at the NCAA Mid-east Regional Championships, the best in school history.

Under the guidance of Buford-Bailey in 2009, Illinois had a national champion in Angela Bizzarri (5,000m), two All-Americans in Deserea Brown (400m hurdles) and Aja Evans (shot put), and a total of eight athletes qualify for the NCAA Outdoor Championships. She also helped Illinois athletes win a total of four titles at the Big Ten Outdoor Championships, coaching Brown to the 400m hurdles title, Melissa Bates to the 400m title and the 4x400m relay to a runner-up finish. Bates, who was one of four Illini in the 400m final at the Outdoor Big Ten Championships, saw drastic improvement in her first season as a 400m runner, improving her time by nearly four seconds to 53.39 and qualifying for the NCAA Outdoor Championships for the first time. In total, Buford-Bailey has coached eight individual Big Ten champions.

In addition, virtually every sprinter and hurdler on the Illinois roster achieved a personal-best time in the 2009 season under the direction of Buford-Bailey. Tamika Robinson had a very successful sophomore year, improving in the hurdles and sprints. She bested her personal record in the 60m, the 60m hurdles and 100m hurdles, while scoring at the Outdoor Big Ten Championships in the 60m, 60m hurdles and 4X100m relay and becoming a Regional qualifier in the 100m hurdles. Paris Streeter improved her 400m time by over two seconds to 54.65 and scored at the Outdoor Big Ten Championships, while narrowly missing the Regional qualifying mark. As a freshman, Latoya Griffith bettered her 400m hurdles time from 59.90 to 57.87 and placed third at the Outdoor Big Ten Championships, second at the NCAA Mid-east Regional Championships and qualified for the NCAA Outdoor Championships. The 4x400m relay team of Omoye Ugiagbe, Ryisha Boyd, Brown and Bates broke the

indoor school record at the Alex Wilson Invitational with a time of 3:35.13, while the foursome of Brown and three freshmen, Boyd, Ashley Kelly and Latoya Griffith, timed 3:38.41 at the Outdoor Big Ten Championships to place second.

Buford-Bailey was promoted to succeed her former coach, the legendary Gary Winckler, who retired following the 2008 season. Winckler spent 23 seasons as head women's track and field coach, winning a total of 11 Big Ten team titles and coaching Illini athletes to a total of 321 All-America accolades. Buford-Bailey began to take over head coaching responsibilities during the 2008 season, when she served as associate head coach. She joined the Illinois staff as an assistant in 2004 and is certified as a USATF Level II coach in the sprints and hurdles.

Buford-Bailey coached Illini athletes to a successful 2008 season, starting with Tiara Armstrong winning the 60m title at the Big Ten Indoor Championships with a personal-best time of 7.41 seconds. Briana Cunningham also won a conference title in 2008, following Buford-Bailey's footsteps by winning the 400m hurdles crown at the Big Ten Outdoor Championships on her home track at the UI Track Stadium. Cunningham improved drastically under the direction of Buford-Bailey, lowering her 400m hurdles PR from 59.15 to 57.90 and competing at the NCAA Outdoor Championships. Buford-Bailey helped standout hurdler LaNeisha Waller finish her Illinois career on a high note, as Waller competed in the 100m hurdles at the U.S. Olympic Team Trials and ran a personal-best time of 13.11 seconds in the quarterfinal. Waller also competed in the hurdles at the NCAA Outdoor Championships for the second consecutive year after placing fifth at the NCAA Mid-east Regional Championships with a wind-aided time of 12.94. Waller was one of Buford-Bailey's most versatile athletes, as she was fourth in the 100m hurdles at the Big Ten Outdoor Championships, sixth in the long jump and led off the 4x100m relay that finished third and posted a season-best time of 44.85 which nearly qualified for the NCAA Championships.

In 2007, Buford-Bailey's sprinters and hurdlers delivered solid performances at the Big Ten Indoor Championships hosted by Illinois at the Armory track. Armstrong ran a then-personal best in the 60m and 200m, finishing third in the 60m behind Illini standout Yvonne Mensah. Waller finished second in the 60m hurdles, running a personal-best 8.15 seconds and automatically qualifying for the NCAA Championships. Waller was also a finalist in the 60m, capping of an Illini 2-3-5 finish.

Buford-Bailey's pupils kept things rolling in the 2007 outdoor season, with 100m hurdlers Waller and Holder both running season bests at the Kansas Relays. The Illini captured another conference title at the Big Ten Outdoor Championships, with Armstrong and Waller scoring in the 100 meters and as members of the Big Ten champion 4x100m relay. Waller and Holder finished second and fourth in the 100m hurdles at Big Ten's, while Cunningham and Alondra Cooper rounded out the Illini quartet of finalists in the 400m hurdles. Waller went on to earn her first trip to the NCAA Outdoor Championships by finishing fourth at the NCAA Mid-east Regionals in the 100m hurdles. The Illini also qualified for nationals in the 4x100m relay.

The summer of 2007 was an eventful one for Buford-Bailey, as she was selected to coach the female sprinters and hurdles at the Pan American Junior meet held in Sao Paulo, Brazil. Buford-Bailey's squad racked up nine of the 23 medals needed to win the team title (six gold, one silver, two bronze).

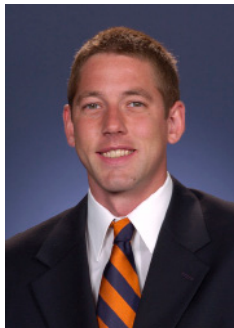
In her first season as a coach in 2004, Buford-Bailey made an immediate impact as the Illini boasted their first 400m hurdles Big Ten champion in seven years, took home the 4x400m Big Ten title for the first time since 1996 and finished third at the Big Ten Outdoor Championships.

During the 2005 season, Buford-Bailey's runners continued to have success on the track with the Illinois women finishing second at the Big Ten Indoor Championships in Ann Arbor, Mich. That same year Illinois won its second-straight 4x400m conference title on the way to winning the 2005 Big Ten Outdoor Championships. The next season, Waller became the 2006 Big Ten champion in the 60m hurdles.

During her career at Illinois, Buford-Bailey was a 10-time All-America selection and won a Big Ten-record 25 individual and team titles. She finished as a four-time Big Ten Athlete of the Year award winner and was named Athlete of the Championships three times. Buford-Bailey also received the prestigious University of Illinois Dike Eddleman Female Athlete of the Year award in 1992 and 1993. In 1992, she won the NCAA 400-meter hurdles outdoor title, and received a selection to the UI All-Decade team. Buford-Bailey became the first Illini female athlete to make the U.S. Olympic team.

Buford-Bailey was a three-time Olympian, earning a bronze medal in the 400m hurdles at the 1996 Olympics in Atlanta to become the first female Illini athlete to win an Olympic medal. She also made the Olympic teams in 1992 and 2000. In addition, Buford-Bailey was the first woman in history to break the 53-second mark in the 400m hurdles, doing so on two occasions. She closed out the 1995 season ranked second in the world and her mark of 52.62 seconds in the 400m hurdles still remains fourth on the all-time world list.

Buford-Bailey is married to former NFL wide receiver Victor Bailey. The two wed in October 1995 and have one son, Victor Jr. (11), and a daughter, Victoria (6).

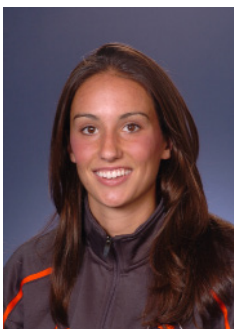


ADAM BRAY
VOLUNTEER ASSISTANT COACH

Adam Bray will assist the Illinois women's cross country and track and field team after spending the past two seasons assisting the men's squad at Illinois. During his time with the Illini men, the cross country squad placed fifth at the 2010 NCAA Midwest Regional, matching their highest finish since 2002.

Before coming to Illinois, Bray served as a volunteer assistant at the University of Maryland and the University of Akron. At Maryland, his main focus was the men's and women's cross country and track and field middle-distance and distance runners. He spent a year as the graduate assistant for the Zips during the 2005-2006 seasons. During that time, the Zips won the Mid-American Conference cross country, indoor and outdoor track team titles. He also worked as an academic counselor in the athletic department at Kent State during the 2006-07 season.

Bray was a member of the University of Akron track and field and cross country teams from 2000-2005 where he was a four-year letterwinner and captain. He graduated from the University of Akron in 2005 with a bachelor's degree in education, and went on to receive his master's degree from Akron in sports science in 2006. Originally from Ohio, he currently resides in Urbana, Ill.



CHANTELLE GROENEWOUD
UNDERGRADUATE ASSISTANT COACH

Following a successful four-year career with the Illini, Chantelle Groenewoud will serve as an undergraduate assistant coach for the squad during the 2011 season as she completes her degree in kinesiology.

The N. Vancouver, B.C., was a two-time All-Region runner in cross country and a second-team All-Big Ten runner in 2009. On the track, she qualified for the NCAA Championships in the 3,000m steeplechase three times, highlighted by second-team All-America honors as a senior. She owns the second-fastest steeplechase mark along with the eighth-fastest 6K time in school history. She also was a six-time Academic All-Big Ten selection.



RANDY BALLARD
ATHLETIC TRAINER

Randy Ballard enters his 11th season as an athletic trainer for the women's cross country and track and field programs. Ballard also serves as the athletic trainer for the Illinois volleyball team. A 1999 graduate of Kansas State University, Ballard earned his master's degree in kinesiology from the University of Texas in 2001.

The Concordia, Kan., native is no stranger to working with world-class athletes. Ballard has worked as an athletic trainer several times for the USA Track & Field teams. Most recently, he served as an athletic trainer for USA Track and Field at the 2008 Olympic Games in Beijing, China.

The previous year, Ballard was an athletic trainer for the 2007 U.S. Track & Field World Championships team in Osaka, Japan. He also served as the Head athletic trainer at the 2006 Cross Country World Championships in Fukuoka, Japan.

He has also served as therapist for numerous Olympians and world champions including Perdita Felicien, Bershawn Jackson, and Lauren Williams.

In the summer of 2010, Ballard attend the GAIN apprenticeship program, directed by world renown athletic development coach Vern Gambetta. At GAIN, Randy gained insightful knowledge to further expand his understanding of cross country and track and field athletes, as well as ways to maintain their health, increase strength, and further their athletic development.

Prior to Illinois, Ballard spent three seasons as a student athletic trainer for the Kansas State athletic program before moving to Texas. In Austin, Ballard worked primarily with the Longhorn football and men's track and field programs.

Randy is married to wife Lori, and has a daughter, Avery.

ILLINOIS CROSS COUNTRY SUPPORT STAFF



Becky Corbly
Equipment Manager



Vince Ille
Associate Athletic Director



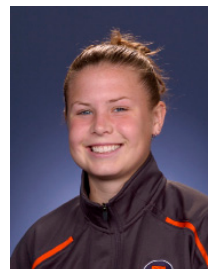
Sara Rhodes
Administrative Assistant



Troy Collier
Academic Counselor



Eric Vetter
Event Management



Casey Miller
Student Manager



MADELINE AUFMANN

JUNIOR // CARY, ILL. // CARY-GROVE

2010 - SOPHOMORE: Made season debut at the Sycamore Pride Invitational, placing third overall and second for the Illini ... Placed seventh for the Illini at the Illinois Intercollegiate Championships ... Placed 12th for the Illini at the Wisconsin adidas Invitational ... Posted a personal-best 6K time at the Bradley Classic ... Posted a personal-best 5K time at the Illini Open, finishing fourth for the team and eighth overall.

2009 - RS FRESHMAN: Debuted at the Bradley Open, finishing third for the Illini with a 5K time of 19:29 ... Clocked a 19:25 at the Illinois Intercollegiate Championships and finished fifth for the Illini ... Finished third for the Illini at the Bradley Classic with a 6K time of 23:21 ... Placed third at the Illini Open with a personal-best 5K time of 18:50 ... Improved her 5K time each race.

2008 - FRESHMAN: Redshirted the 2008 season.

HIGH SCHOOL: Four-time all-conference selection in track ... Three-time all-conference selection in cross country ... Two-time state qualifier in cross country and track ... Holds the school record in the 800m and was a part of relay teams that set the school record in the 4X800m and 4X400m ... Earned seven varsity letters ... Was an Illinois State Scholar.

PERSONAL: Daughter of Jeff and Donna Aufmann ... Born August 13, 1990 ... Goes by Maddie ... Her dad has most influenced her athletic career because he inspired her to always do her best and took her on her first run ... Hobbies include photography, snow and water skiing and gymnastics ... Majoring in media studies.

AUFMANN'S PERSONAL BESTS

5K: 18:33 - Illini Open (10/22/10)

6K: 22:33 - Bradley Classic (10/15/10)



STEPHANIE BROWN

SOPHOMORE // SHERIDAN, WY. // SHERIDAN

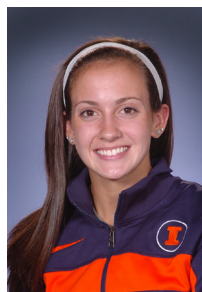
2010 - FRESHMAN: Did not compete.

2009 - FRESHMAN: Redshirted.

HIGH SCHOOL: All-State Indoor Track in 4x800m relay in 2009 ... All-conference Track 800m, 4x800m, 4x400m relay in 2009 ... 2009 Indoor Track State Champion in 4X800 ... 2009 Outdoor State Champion in 4x800m and 4x400m ... Indoor and Outdoor school record

holder in 4x800m and 4x400m relay ... Lettered in track and field for four years and cross country in 2008 and 2009.

PERSONAL: Daughter of David and Ann Brown ... Born July 29, 1991 ... Has one sister, Michelle ... Her hobbies include: reading, rock climbing and hiking ... High school coach was Art Baures ... Plans to major in media studies.



COLETTE FALSEY

FRESHMAN // SCHAUMBURG, ILL. // SCHAUMBURG

HIGH SCHOOL: Was a three-time All-Conference selection in cross country ... Helped team win the IHSA Class 3A state cross country title in 2011 ... Was a part of the state champion 4x800m relay team as a junior ... Earned All-State honors in the 800m in 2010.

PERSONAL: Daughter of Julie Falsey ... Born September 19, 1992... Has three brothers and two sisters ...

Hobbies include traveling, watching movies and spending time with family and friends ... Was a National Honor Society Member and was on the honor roll all four years ... Majoring in Biology and Secondary Education.



MEGHAN FRIGO

SOPHOMORE // ELMHURST, ILL. // YORK

2010 - FRESHMAN: Made Illini debut at the Sycamore Pride Invitational, placing fifth overall and fourth for the Illini with a 5K time of 19:03 ... Came in eighth for the Illini and 47th overall at the Illinois Intercollegiate Championships with a 5K time of 19:09 ... Placed 10th for the Illini and 145th overall at the Wisconsin adidas Invitational with a 6K time of 22:48 ... Took fifth for the Illini and 50th overall with a personal-best 6K performance of 22:46 at the Bradley Classic ... Led the team and finished second overall at the Illini Open with a personal-best 5K time of 18:11 ... Named Big Ten Runner of the Week on Oct. 26 following her performance at the Illini Open ... Competed at the Big Ten Championships, finishing the 6K race in 22:50.6.

HIGH SCHOOL: Earned All-State honors in cross country in 2008 after placing 21st at the Illinois state meet ... Garnered All-State honors on the track in the 3,200m at the 2010 Illinois state meet, placing eighth overall ... Won the West Suburban Silver cross country conference title in 2008 and 2009 along with earning All-Conference honors three years ... Cross country regional champion in 2009 ... Won the 3,200m sectional title in 2008 and 2010 ... Earned eight varsity letters between cross country and track ... York Community High School Outstanding Female Senior Athlete of the Year ... Captain of 2009 cross country team and 2010 track and field team ... National Honor Society member and four-year Honor Roll student.

PERSONAL: Full name is Meghan Marie Frigo ... Daughter of Mark and Mary Frigo ... Born April 8, 1992 ... Has one brother, Michael, and two sister, Michelle and Mikayla ... Her parents most influenced her athletic career because they have always been very supportive of her and taught her how to be disciplined in what she does while also encouraging her to set and achieve different goals in life ... Majoring in elementary education.

FRIGO'S PERSONAL BESTS

5K: 18:11 - Illini Open (10/22/10)

6K: 22:46 - Bradley Classic (10/15/10)



STACY HAGUE

SENIOR // CHICAGO, ILL. // LEMONT

2010 - RS JUNIOR: Led the Illini and placed second overall at the Sycamore Pride Invitational, coming in first among collegiate runners with a 5K time of 18:37.8 ... Set a personal best while leading the Illini for a third straight meet at the Illinois Intercollegiate Championships, timing 18:18 and placing ninth overall ... Set her third personal best in four weeks at the

Wisconsin adidas Invitational, coming in second for the Illini and 65th overall with a 6K time of 21:33.5 ... Came in second for the Illini and 94th overall at Pre-Nationals with a 6K time of 21:48.5 ... Finished second for the team and 31st overall at the Big Ten Championships with a personal-best 6K time of 21:07.2 ... Finished third for the Illini and 36th overall at the NCAA Midwest Regionals, running a 21:08.70 ... Academic All-Big Ten.

2009 - JUNIOR: Ran unattached at the Illini Open, recording a 5K time of 19:17 and placing 11th ... Granted a medial hardship waiver.

2008 - SOPHOMORE: Placed first for the Illini and fifth overall in her season debut at the Bradley Open ... Placed third for the Orange and Blue at the Illinois Intercollegiate Championships ... Ran a personal-best 5K time of 18:28 at the Notre Dame Invitational ... Raced at the Big Ten Championships, placing eighth for Illinois with a 6K time of 22:46.

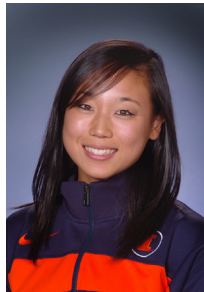
2007 - FRESHMAN: Came in second for the Illini and 15th overall at the Illini Challenge with a personal-best 4K time of 15:13 ... Achieved a 5K time of 19:07.11 at the Illinois Intercollegiate Meet, placing 25th overall and 8th for the Illini.

HIGH SCHOOL: Cross country All-State honoree in 2005 ... Two-time cross country all-conference ... Lettered for four seasons in cross country, two seasons in track and field and two seasons in dance.

PERSONAL: Daughter of Mary and Michael Hague ... Born July 18, 1989 ... Youngest of four siblings ... Favorite place to be is the beach ... Enjoys singing, soccer, swimming and dance ... Also competes in triathlons ... Majoring in nutrition.

HAGUE'S PERSONAL BESTS:

4K: 15:00 - Illini Challenge (9/3/10)
5K: 18:18 - Illinois Intercollegiate Championships (9/17/10)
6K: 21:07.2 - Big Ten Championships (10/31/10)



MEGUMI HOSHI

SOPHOMORE // MORTON GROVE, ILL. // NILES WEST

2010 - FRESHMAN: Made Illini debut at the Illini Challenge, placing seventh for the Illini ... Finished 10th for the team at the Illini Open.

HIGH SCHOOL: Earned four Central Suburban League South All-Conference honors on the track and two for cross country ... Placed 29th at the 2010 Illinois state cross country meet ... Received six varsity letters

between cross country and track and field ... Was chosen to run in the Mideast Championships as one of the top 12 seniors in the state ... Was a member of student government and class president all four years ... Academic honors included the Red Honor Roll, Presidential Scholar Award, Super Star Board of Education Award and Principal's Medallion Award.

PERSONAL: Daughter of Masayuki and Rikiko Hoshi ... Born Dec. 23, 1991 ... Has one brother, Masafumi ... Hobbies include cooking, volunteering, and hanging out with friends and family ... Her biggest thrill in sports is the adrenaline rush before a race and the feeling you get after a great race or workout ... Her parents most influenced her athletic career because they always encouraged her to try different sports and activities and supported her ... Majoring in special education and plans to go to law school.

HOSHI'S PERSONAL BESTS

4K: 16:38 - Illini Challenge (9/3/10)
5K: 19:38 - Illini Open (10/22/10)



MEAGAN HYNES

JUNIOR // NAPERVILLE, ILL. // NEUQUA VALLEY

2010 - SOPHOMORE: Made season debut at the Illini Challenge, beating her previous 4k personal-best time by 11 seconds and placing fourth for the Illini ... Trimmed over a minute off previous personal-best 5K time at the Illinois Intercollegiate Championships, placing sixth for the Illini ... Set a 6K personal-best at the Bradley Classic, knocking over a minute off her time ... Finished seventh for the team at the Illini Open.

2009 - FRESHMAN: Made her collegiate debut at the Illini Challenge and ran the 4K race in 15:55.55 ... Finished fifth for the Illini at the Bradley Classic with a 6K time of 24:56 ... Placed 17th overall at the Illini Open with a 5K time of 20:27.

HIGH SCHOOL: All-conference in cross country in 2007 and 2008 ... State qualifier in cross country in 2007 where her team finished in 5th place ... State qualifier in track and field from 2006-2008 ... Was named to the IHSA All-State Team in track and field in 2006 ... Lettered in cross country for three years and track and field for four years.

PERSONAL: Daughter of Peter and Heidi Hynes ... Born January 31, 1991 ... Has two brothers, Jonathan and Joseph ... Her biggest thrill in sports comes from the team atmosphere and support system that comes from being on a team ... Her mom has most influenced her athletic career because she encouraged her to tryout for the cross country team in junior high ... High school coach was Tim McCoskey ... Majoring in elementary education.

HYNES' PERSONAL BESTS

4K: 15:44 - Illini Challenge (9/3/10)
5K: 19:05 - Illinois Intercollegiate Championships (9/17/10)
6K: 23:13 - Bradley Classic (10/15/10)



RACHEL IRION

SOPHOMORE // NAPERVILLE, ILL. // NAPERVILLE CENTRAL

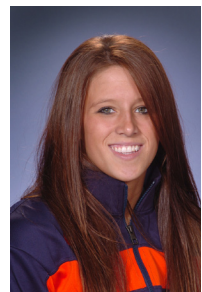
2010 - FRESHMAN: Made Illini debut at the Illini Challenge, placing eighth for the Illini ... Finished 14th for Illinois at the Illinois Intercollegiate Championships ... Improved her 5K time by more than a minute in the Illini Open.

HIGH SCHOOL: Earned five varsity letters between cross country and track and field ... Was a Dupage Valley All-Conference selection for cross country in 2009 ... Two-time National Honor Society honoree ... Was a National Merit Commended Scholar and an Illinois State Scholar during her senior year.

PERSONAL: Full name is Rachel Ellen Irion ... Daughter of Dave and Patti Irion ... Born Sept. 18, 1991 in Urbana, Ill. ... Father, Dave, was a distance runner at Illinois State University ... Her favorite athlete is Lance Armstrong because, after fighting cancer, he had every excuse to give up, but he came back stronger than ever ... Hobbies include playing guitar, bike riding and watching movies ... Her high school coach, Aislinn Hicks, most influenced her athletic career because she helped her realize her potential as an athlete and a leader ... Majoring in psychology.

IRION'S PERSONAL BESTS

4K: 16:39 - Illini Challenge (9/3/10)
5K: 19:32 - Illini Open (10/22/10)



KENDRA KENNEDY

SOPHOMORE // INGLESIDE, ILL. // GRANT COMMUNITY

2010 - RS FRESHMAN: Made Illini debut at the Illini Challenge, placing sixth for the Orange and Blue.

2009 - FRESHMAN: Redshirted

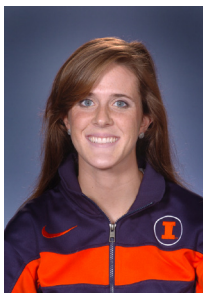
HIGH SCHOOL: All-conference in cross country and track and field for four seasons ... State qualifier in track and field in 2007 and 2008 ... Anchored the 4x800m team that placed 8th in state ... Team placed 4th in 2007

and 5th in 2008 at the state meet in track and field ... Four-year varsity athlete in track and field and cross country.

PERSONAL: Daughter of Jim and Debra Kennedy ... Born August 22, 1991 ... Has two brothers, Jimmy, who wrestles for the University of Illinois, and Cameron ... Her father influenced her athletic career the most because he got her involved in sports at a young age and always pushed her to be the best ... Her brother, Jimmy, was her Illini hero growing up because he was a two-time All-American and one of the hardest working people she knows ... High school coach was Jeff Durlak ... Majoring in psychology.

KENNEDY'S PERSONAL BESTS

4K: 16:20 - Illini Challenge (9/3/10)



STEPHANIE MORGAN

JUNIOR // BARNESVILLE, OHIO // BARNESVILLE

2010 - SOPHOMORE: Made Illini debut at the Illinois Intercollegiate Championships, coming in second for the Illini and 11th overall with a 5K time of 18:26 ... Placed third for the Illini and 81st overall at the Wisconsin adidas Invitational with a season-best 6K time of 21:45.6 ... Placed third for the team at Pre-Nationals and 114th overall with a 6K time of 21:56.9 ... Ran a 6K personal-best time of 21:08.8 at the Big Ten

Championships, placing third for the Illini and 33rd overall ... Led the Illini and ran another 6K personal best (20:46.10) at the NCAA Midwest Regionals, placing 20th overall to earn her second consecutive All-Region honor; the time was the sixth fastest 6K time in U of I history.

2009 - FRESHMAN: Competed for Baylor as a freshman ... Scored in all four events she competed in ... Came in second overall in collegiate debut, helping Baylor to win the Bear Twilight Invitational ... Earned South Central All-Region honors with a personal-best 21:33.1 at the NCAA Regional Championships, placing 15th ... Competed at the NCAA Championships, coming in 5th for the Bears.

HIGH SCHOOL: Won the Ohio Division III title in cross country as a junior and senior ... Won three consecutive 1600m state titles and two-straight 800m titles ... Also won the 3200m at the state meet as a sophomore and the 800m title as a freshman ... Helped team to the Ohio Division I team state championship as a freshman, placing sixth individually ... Earned a runner-up finish in the state mile as a freshman ... Named the Ohio Gatorade Athlete of the Year in cross country in 2007 and 2008 and track and field in 2008 and 2009.

PERSONAL: Full name is Stephanie Helen Morgan ... Daughter of Bill and Susan Morgan ... Born May 23, 1991 in Detroit, Mich. ... Undecided on a major.

MORGAN'S PERSONAL BESTS

5K: 17:24.95 - Bill Dellinger Invitational (While at Baylor)

6K: 20:46.10 - NCAA Midwest Regional Championships (11/13/10)



MEGHAN MURPHY

JUNIOR // SUGAR GROVE, ILL. // BENET ACADEMY

2010 - SOPHOMORE: Did not compete.

2009 - FRESHMAN: Began her collegiate cross country career at the Illini Challenge with a time of 15:37.57 to finish in 13th place ... Came in first for the Illini and 10th overall at the Bradley Open with a 5K time of 19:01 ... Had a personal-best 5K time of 18:58 at the Illinois Intercollegiate Championships and finished third for the

Orange and Blue ... Competed in the Open Division at the Pre-National Invitational and finished the 6K race in 23:04.3 ... Placed 10th at the Illini Open with a 5K time of 19:13 ... Finished 88th at the Big Ten Championships with a 6K time of 23:20.

HIGH SCHOOL: Competed in the IHSA State Finals in cross country ... Lettered in both cross country and track ... Named to the ESCC All-Conference Team.

PERSONAL: Daughter of William and Kim Murphy ... Born February 5, 1991 ... Has one brother, Kevin, and one sister, Caitlin ... Her biggest thrill in sports comes from the accomplishment she feels after finishing a race or workout ... Lists the most influential person on her athletic career as her high school cross country coach, Scott Brooks, because he always believed in her and pushed her to work harder than she ever thought she was able to ... Majoring in business.

MURPHY'S PERSONAL BESTS

4K: 15:37.57 - Illini Challenge (9/4/09)

5K: 18:58 - Illinois Intercollegiate Championships (9/18/09)

6K: 23:04 - Pre-National Invitational (10/17/09)



BRITTEN PETREY

FRESHMAN // SCHAUMBURG, ILL. // SCHAUMBURG

HIGH SCHOOL: Helped team capture the IHSA Class 3A state cross country title in 2011 ... Earned All-State Honors in cross country and track as a junior in 2010 ... Qualified for the state meet all four years.

PERSONAL: Daughter of Joanne and Michael Petrey ... Born March 10, 1993... Has one brother, Mike ... Hobbies include running, swimming, movies and traveling to new places ... Was a member of the National Honors Society for two years.



KATIE PORADA

SOPHOMORE // CLARENDON HILLS, ILL. // BENET ACADEMY

2010 - FRESHMAN: Made Illini debut at the Illini Challenge, placing fifth for the Illini and first among Illini true freshman ... Finished 12th for the Orange and Blue at the Illinois Intercollegiate Championships ... Placed seventh for the team at the Bradley Classic ... Finished fifth for the team at the Illini Open, setting a 5K personal best in the process.

HIGH SCHOOL: Was an All-State honoree in the 4x800m relay (6th place) and 800m (9th place) at the 2010 Illinois state meet ... Competed on the 4x400m relay at the 2009 Nike indoor national meet ... Team won the conference title in cross country and track all four years of her career ... Earned seven varsity letters between cross country and track ... Team captain of her cross country and track team ... National Honor Society member.

PERSONAL: Full name is Katherine Jayne Porada ... Daughter of Joe and Laura Porada ... Has a twin sister Kristina and two brothers, Joey and Jimmy ... Hobbies include reading, baking, being with friends and family, and going to concerts ... Her high school coach, Scott Brooks, most influenced her athletic career because he taught her to believe in herself and never underestimate her capabilities ... Plans to major in education and wants to travel to a poor country and help start a school after graduation.

PORADA'S PERSONAL BESTS

4K: 15:51 - Illini Challenge (9/3/10)

5K: 18:42 - Illini Open (10/22/10)

6K: 23:34 - Bradley Classic (10/15/10)



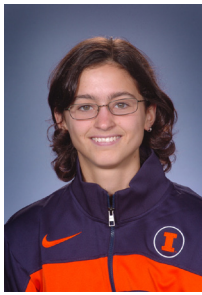
KATHERINE RACK

FRESHMAN // OAK PARK, ILL. // OAK PARK-RIVER FOREST

2010 - FRESHMAN: Did not compete

HIGH SCHOOL: Earned All-State and all-conference cross country honors in 2006 and 2007 ... Finished fifth at the Illinois state cross country meet in 2007 as a sophomore and placed 10th at the meet in 2006 as a freshman ... Earned All-State and all-conference track honors in the 1,600m and 3,200m in 2007 and 2008 ... Placed eighth in the 1,600m and 3,200m at the 2008 Illinois state track meet ... Finished ninth in the 1,600m and 3,200m at the 2007 Illinois state track meet ... Earned four varsity letters from cross country and three from track ... Four-year all-academic honoree, Illinois State Scholar, and member of the Cum Laud Honors Society.

PERSONAL: Full name is Katherine Anne Rack ... Daughter of Tim and Anne Rack ... Born Sept. 22, 1991 in Buffalo, N.Y. ... Sister, Alison, runs cross country and track at Loyola University at Chicago ... Hobbies include playing piano, cycling and traveling ... Her sister has most influenced her athletic career because she inspired her to start running and has always supported her ... Her biggest thrill in sports was winning a Christmas tree after finishing in first place at the Marmion Invite during her sophomore year ... Majoring in biology and hopes to participate in Doctors Without Borders after graduation.



CHLOE SCHMIDT

FRESHMAN // STATE COLLEGE, PA. // STATE COLLEGE

HIGH SCHOOL: Was a five-time Pennsylvania state champion and six-time runner-up at the state meet ... Lead team to first outdoor state title in 31 years in 2011 ... Placed first in the 800m and second in the mile as a senior ... Was a 2010 indoor track All-American by the National Scholastic Sports Foundation ... Earned four varsity letters in both cross country and track.

PERSONAL: Daughter of Sara Schumacher and John Schmidt ... Born June 20, 1993 ... Has one sister, Lauren ... Hobbies include playing the piano ... Was an honor student all four years ... Majoring in mathematics.



MELISSA SCHMIDT

SOPHOMORE // HOFFMAN ESTATES, ILL. // HOFFMAN ESTATES

2010 - FRESHMAN: Made Illini debut at the Sycamore Pride Invitational, placing fourth overall and first among freshmen with a 5K time of 19:01.3 ... Finished 58th overall at the Illinois Intercollegiate Championships with a 5K time of 19:18 ... Placed seventh for the Illini and 115th overall at the Wisconsin adidas Invitational with a 6K time of 22:26.1 ... Placed seventh for the team at Pre-Nationals with a 6K time of 23:02.7, becoming

the first freshman to run in Pre-Nationals since Kristin Sutherland in 2008 ... Finished second on the team and third overall at the Illini Open with a 5K time of 18:44, cutting more than 45 seconds off her 5K time ... Ran a 6K personal-best time of 21:53.3 at the Big Ten Championships, placing sixth for the Illini ... Placed sixth on the team at the NCAA Midwest Regionals with a time of 22:01.44.

HIGH SCHOOL: Earned All-State honors in cross country in 2008 after placing 18th at the Illinois state meet ... Also was named all-regional and all-sectional after taking the runner-up spots at both cross country meets in 2008 ... Was a state qualifier in the 1,600m and 3,200m in 2009 and 2010 ... Qualified for the 3,200m relay at the 2009 Nike indoor national meet ... Won the 3,200m conference and sectional title during 2010 ... Earned two varsity letters in both cross country and track ... Was named her high school's Female Athlete of the Year as a senior.

PERSONAL: Full name is Melissa Brianna Schmidt ... Daughter of Dale and Laura Schmidt ... Born March 20, 1992 ... Has two sisters, Danee and Rianna ... Hobbies include shopping, being with friends, swimming and reading ... Majoring in elementary education.

SCHMIDT'S PERSONAL BESTS

5K: 18:14 - Illini Open (10/22/10)

6K: 21:53.3 - Big Ten Championships (10/31/10)



ALYSSA SCHNEIDER

FRESHMAN // BARTLETT, ILL. // BARTLETT

HIGH SCHOOL: Earned All-State honors in cross country in 2008 and track in 2009, 2010, and 2011 ... Three-time 1600m conference champion ... Was named all-conference for cross country in 2008, 2009, and 2010 ... Also was named all-conference for track all four years ... Earned four varsity letters in both cross country and track.

PERSONAL: Daughter of Jeff and Joanne Schneider ... Born April 16, 1993 ... Has one sister, Kristen, who she credits as the biggest influence in her athletic career ... Hobbies include running, biking, cooking, and kayaking ... Graduated in the top 1% of her class ... Was a member of the National Honors Society in 2010 and 2011 ... Majoring in mathematics.



KELSEY SEILER

JUNIOR // SLEEPY HOLLOW, ILL. // DUNDEE CROWN

2010 - SOPHOMORE: Made season debut at the Illini Challenge, beating her previous personal-best 4k time by 21 seconds and placing sixth overall ... Finished 10th for the Illini at the Illinois Intercollegiate Championships ... Placed second for the team and 33rd overall with a personal-best 6K performance at the Bradley Classic ... Ran a personal best and finished sixth for the team at the Illini Open.

2009 - FRESHMAN: Made her collegiate debut at the Illini Challenge and finished the 4K race in a time of 15:47.40 ... Placed second for the Illini and 11th overall with a 5K time of 19:29 at the Bradley Open ... Finished in fifth for the Orange and Blue at the Illinois Intercollegiate Championships with a 5K time of 19:09 ... Clocked a time of 23:53 to place fourth for the Illini at the Bradley Classic ... Had a personal-best 5K time of 18:54 at the Illini Open to finish in fourth.

HIGH SCHOOL: State qualifier in cross country in 2007 and 2008 ... Qualified for state in track and field in 2008 ... All-conference in cross country in 2007 and 2008 ... Earned nine varsity letters.

PERSONAL: Daughter of Jeff and Sally Seiler ... Born August 17, 1991 ... Has two siblings, Mackenzie and Alaina ... Her biggest thrill in sports comes from being able to compete against others and being in a competitive environment with a team ... Her high school cross country coach, Tom Smith, most influenced her athletic career due to his love for the sport and the passion he had for his team ... High school coach was Tom Smith ... Undecided major.

SEILER'S PERSONAL BESTS

4K: 15:26 - Illini Challenge (9/3/10)

5K: 18:44 - Illini Open (10/22/10)

6K: 22:27 - Bradley Classic (10/15/10)



AMBER STACK

SENIOR // WHEELING, ILL. // OAK FOREST

2010 - JUNIOR: Made season debut at the Sycamore Pride Invitational, coming in 13th overall ... Placed 16th overall and third for the Illini at the Illinois Intercollegiate Championships with her personal-best 5K time of 18:41 ... Set her second personal best of the season at the Wisconsin adidas Invitational, placing sixth for the Illini ... Ran fastest career 6K time at Pre-Nationals, finishing fourth for the Illini.

2009 - SOPHOMORE: Clocked a 5K time of 19:57 at the Bradley Open to finish in fifth for the Illini ... Came in seventh for Illinois at the Illinois Intercollegiate Championships ... Finished second for the Illini at the Bradley Classic with a 6K time of 23:06 ... Placed second at the Illini Open with a season-best 5K time of 18:49.

2008 - FRESHMAN: Made her debut for the Orange and Blue at the Bradley Open, placing seventh among the Illini ... Raced at the Illinois Intercollegiate Championships, recording a 5K time of 20:01 ... Finished fourth for the Illini at the Bradley Classic with a personal-best 6K time of 22:57 ... Placed first overall at the Illini Open with a personal-best 5K time of 18:44, over a minute faster than her previous record.

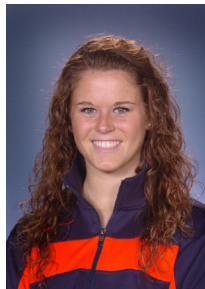
HIGH SCHOOL: 2004 Illinois cross country 2A state champion as a freshman ... Earned All-State cross country honors three times ... Four-time state qualifier in both track and field and cross country ... Two-time cross country conference champion ... Two-time track and field 3,200m conference champion ... Two-time state medalist in the 3,200m ... Four-year varsity athlete in track and field and cross country.

PERSONAL: Daughter of Clifford and Kathryn Stack ... Born Jan. 14, 1990 ... Has two brothers, Carl and Neal ... Her biggest thrill in sports came when she achieved all of her personal bests as a senior in track ... Her first coach, Greg Fedyski, most influenced her athletic career and if it was not for him, she would not be the runner she is today ... High school coach was Mark Saylor ... Majoring in earth systems.

STACK'S PERSONAL BESTS

5K: 18:41 - Illinois Intercollegiate Championships (9/17/10)

6K: 22:14.8 - Pre-National Invitational (10/16/10)



MICHELLE STRATTON

RS FRESHMAN // NAPERVILLE, ILL. // NAPERVILLE NORTH

2010 - RS FRESHMAN: Made Illini debut at the Illini Challenge, placing third for the Illini and eighth overall ... Placed eighth overall at the Sycamore Pride Invitational ... Placed 13th for Illinois at the Illinois Intercollegiate Championships.

2009 - FRESHMAN: Redshirted the 2009 season.

HIGH SCHOOL: All-State in cross country and track in 2008 ... All-conference in cross country from 2005 to 2008 ... State qualifier from 2005 to 2008 in cross country ... State qualifier in track and field in 2008 and 2009 ... Sectional champion in the 1,600m in 2008 and 2009 ... Member of the 2005 State Champions cross country team ... Placed ninth in state in cross country in 2006 ... Earned third place at the state cross country meet in 2007 ... Finished fourth in the state cross country meet in 2008 ... Member of the fourth-place finishing Nike Team Nationals' squad in 2005.

PERSONAL: Daughter of Gary and Christine Stratton ... Born July 22, 1991 ... Has one brother, Jeff, and one sister, Katie ... Her biggest thrill in sports came from being a member of the fourth-place finishing Nike Team Nationals' squad ... Her parents have most influenced her athletic career because they have opened her eyes to a variety of sports from a young age and were her number one supporters who have always encouraged her ... High school coach was Dan Iverson ... Majoring in kinesiology.

STRATTON'S PERSONAL BESTS

4K: 15:37 - Illini Challenge (9/3/10)

5K: 19:23.1 - Sycamore Pride Invitational (9/10/10)



HANNAH WORMAN

SOPHOMORE // ARLINGTON HEIGHTS, ILL. // HOFFMAN ESTATES

2010 - FRESHMAN: Received a medical redshirt.

HIGH SCHOOL: Placed 20th at the 2008 Illinois state cross country meet and earned All-State honors ... Was a two-time Mid-Suburban League All-Conference selection in cross country ... Ran the 4x800m relay, 4x400m relay and the 1600m on the track, combining

for nine all-conference honors during her career ... Earned eight varsity letters between cross country and track and field ... Was an honor roll student all four years and a National Honor Society member ... Two-time Hoffman Estates Hawks Scholar Athlete.

PERSONAL: Daughter of Marty and Mellissa Worman ... Born May 29, 1992 ... Has two sisters, Haley and Kaela, and one brother, Jack ... Hobbies include hanging out with friends and playing board games and cards ... Her high school coach, Kirk Macnider, most influenced her athletic career because he not only guided and pushed her athletically but helped her be the best athlete, student and person that she can be ... Majoring in mathematics and plans to be a high school math teacher and cross country coach.

WORMAN'S PERSONAL BESTS

5K: 19:15 - Illinois Intercollegiate Championships (9/17/10)

6K: 23:36.8 - Wisconsin adidas Invitational (10/2/10)



NATALIE WYNN

FRESHMAN // CHESAPEAKE, VA. // WESTERN BRANCH

HIGH SCHOOL: Helped team capture the 2010 outdoor track state title ... Holds the indoor track school record in the 3,200m ... As a junior, competed in the 4x800m relay team that made All-State and finished fourth ... Garnered All-State cross country honors in 2007 ... Earned twelve total varsity letters in cross country, indoor and outdoor track.

PERSONAL: Daughter of Catherine and Robert Wynn ... Born April 5, 1993... Has two brothers, Michael and Wesley ... Hobbies include hanging out with friends, making jewelry and going to the beach ... Was the vice president of the National Honor Society in 2010 and 2011 ... Majoring in biochemistry.



COURTNEY YAEGER

JUNIOR // WHEELING, W.V. // WHEELING PARK

2010 - SOPHOMORE: Made season debut at the Wisconsin adidas Invitational, placing ninth for the Illini and 144th overall with a 6K time of 22:48 ... Took a minute off her 6K time (21:45) to lead the Illini and place 11th overall at the Bradley Classic ... Placed seventh for the Illini at the Big Ten Championships with a 6K time of 22:06.9 ... Ran a personal-best 21:44.95 and placed fourth on the team and 73rd overall at the

NCAA Midwest Regionals ... Academic All-Big Ten.

2009 - FRESHMAN: Placed 10th overall at the Illini Challenge in her collegiate debut with a 4K time of 15:12.58 ... Finished in sixth for the Illini and seventh overall at the Illini Open with a 5K time of 19:03.

HIGH SCHOOL: All-conference in cross country and track and field for four seasons ... Placed second in state in cross country in 2008, as well as fourth in 2007 ... Won the state title in the 1600m and 3200m in 2008 ... Named All-State in track and field from 2007-2009, as well as All-State in cross country in 2007 and 2008 ... Four-year varsity athlete in track and field and cross country.

PERSONAL: Daughter of David and Margaret Yaeger ... Born February 1, 1991 ... Has one brother, Christian, and one sister, Allison ... Her biggest thrill in sports comes from having and achieving high expectations ... Her coach Chris Daugherty most influenced her athletic career because he never gave up on her and made her love running ... High school coach was Michael Jebbia ... Majoring in kinesiology and psychology.

YAEGER'S PERSONAL BESTS

4K: 15:12.58 - Illini Challenge (9/4/09)

5K: 19:03 - Illini Open (10/23/09)

6K: 21:44.95 - NCAA Midwest Regional Championships (11/13/10)

2010 SEASON IN REVIEW

The Illinois Fighting Illini women's cross country team wrapped up its 2010 season with a pair of meet victories and three top-five finishes. Sophomore Stephanie Morgan earned All-Region honors for her effort at the Midwest Regional Championships. Morgan and senior Chantelle Groenewoud both posted 6K times that were among the top eight in Illinois history.

The youthful Illini squad ran seven different freshmen over the course of the year, and two of those freshmen--Melissa Schmidt and Meghan Frigo--earned spots on the Illini's Big Ten Championships roster. Coach Jeremy Rasmussen hadn't run two freshmen in Big Tens since his first year at Illinois in 2007.

Sixteen different Illini runners set personal-best times at every distance they raced at. Three of those runners--Meagan Hynes, Stacy Hague and Kelsey Seiler--ran and set personal bests at each of the three distances Illinois raced this year--4K, 5K and 6K.

"We continued to get better and better as the year went on," cross country coach Jeremy Rasmussen said. "Some of the things we hoped to happen didn't happen. We got better as a group and closer as a team while each individual ran faster."

Illinois opened the season by hosting the 4K Illini Challenge. The team took second at the meet, with Stacy Hague leading the way with a third-place overall finish. Five runners made their Illini debut, and three Illini set 4K personal-bests by double-digit margins. Illinois placed six runners in the top 14.

A week later, Illinois easily won the Sycamore Pride Invitational in Terre Haute, Ind. The Illini placed eight runners in the top 13, including the top four collegiate racers. Hague led the team and set a personal best for the second straight week, placing second overall, behind only an Indiana State alumnae. Freshmen Melissa Schmidt and Meghan Frigo finished in the top five, joined by Hannah Worman to give the Illini three true freshmen in the top 10.

The Illini took third place at the Illinois Intercollegiate Championships in Normal, Ill., marking the third consecutive week Illinois finished in the top three. Hague led the team and finished in the top-10 overall for a third consecutive meet. Sophomore transfer Stephanie Morgan and senior Ashley Thompson both made season debuts and finished in the top five for the team.

Senior Chantelle Groenewoud made her season debut at the Wisconsin adidas Invitational, as the team tied for 13th overall. Groenewoud opened her season by posting a 6K personal best (20:50.4), which was good for the eighth-fastest time in Illinois history. Hague set her third personal best in four races.

The Illini split up for the Bradley Classic and Pre-National Invitational. In Peoria, Ill., for the Bradley Classic, all seven Illini posted 6K personal bests, and the Illini finished fifth of 20 teams. Courtney Yaeger led the team and posted a 21:45, good for 11th overall. Kelsey Seiler, Madeline Aufmann, Maggie Mulchrone, Frigo, Meagan Hynes and Katie Porada all competed and set personal bests as well.

The next day, the top Illini runners competed in the Pre-National Invitational in Terre Haute, Ind. Groenewoud led the team and Hague finished second, while Amber Stack set a personal best for the second straight race and finished fourth on the team. The Orange and Blue placed 24th out of 40 teams.

The UI Arboretum hosted an Illini meet for the second and final time of the season for the third annual Illini Open. Illinois won the meet for the third straight year, this time led by a pair of true freshmen. Frigo led the team and finished second overall, and Schmidt finished right behind her in third place. Both freshmen posted 5K personal bests by more than 45 seconds.

Frigo's effort led to her earning Big Ten Runner of the Week honors. Frigo was the first Illini since Angela Bizzarri in October 2009 to receive the honor and the first freshman since Amber Stack in 2008.

"It's nice to have someone go out on a given weekend and be the best in the conference," Rasmussen said. "For a freshman to come in and do that is a great thing. It's a confidence booster for her and I think also for the other runners that get to see how this hard work pays off."

Illinois traveled to Madison, Wis., for the Big Ten Championships on Halloween. Four Illini runners posted 20-plus second improvements to their 6K personal bests. Groenewoud led the team and improved her time from last year's Big Ten Championships, but the tougher field prevented her from finishing among the top 14 and earning All-Big Ten honors for a second consecutive year. Amber Stack finished fourth on the team and set a personal best, and the team finished 9th of 11.

The Illini closed out the season in Peoria, Ill., for the Midwest Regional Championships. Stephanie Morgan led the team for the first time on the season and finished 20th overall to earn All-Region honors for the second year in a row.

"It was all about getting her in the best shape," Rasmussen said. "It just took some time. We were fortunate that we had enough time to get her running so fast at the end, and it's unfortunate we didn't have one or two more races, because I think you would have seen even more progress from her."

Morgan's time (20:46.10) was good for the sixth fastest 6K time in Illinois history. Chantelle Groenewoud overcame a fall at the 2K mark to finish second on the team and 26th overall, missing a third consecutive All-Region honors by one place despite improving her time by nearly 40 seconds from the Regional meet the year before. Yaeger set another personal best and finished fourth on the team.

Morgan became the seventh different runner to attain All-Region honors under coach Jeremy Rasmussen. Rasmussen has also coached five different All-Big Ten runners and All-American national cross country champion Angela Bizzarri.

Groenewoud led the team in three of four races in her senior season. She finishes her Illini cross country career as a two-time All-Region runner and a 2009 All-Big Ten runner. She was also a two-time Academic All-Big Ten honoree and a contributor on three teams that finished in the top-12 nationally.

"She's probably as important as anyone on the team, and she's probably more important," Rasmussen said. "It's hard to take over as the frontrunner when you're following a three-time national champion (Angela Bizzarri)--the cross country national champion the year before. For her to step into that role and do the best she could was a tremendous help for us."

Stacy Hague finished in the top three Illini runners in each of the seven meets she ran in, which was the most meets anyone on the team competed in. She set and reset personal bests in four of those meets.

Next year, Morgan and Kristin Sutherland, who spent much of the year nursing an injured hip, will lead the Illini. Morgan and Sutherland have the fifth and sixth fastest 6K times in Illinois history, respectively. Stacy Hague, who finished among the top three in every race this season, and Big Ten and Midwest Regional contributor Melissa Schmidt also return, along with Big Ten Runner of the Week honoree Meghan Frigo.

2010 SEASON RESULTS

ILLINI CHALLENGE // URBANA, ILL. // SEPT. 3, 2010

4K // 2ND OF 5 // 40 POINTS

3. Stacy Hague	15:00
6. Kelsey Seiler	15:26
8. Michelle Stratton	15:37
11. Meagan Hynes	15:44
12. Katie Porada	15:51
14. Kendra Kennedy	16:20
19. Megumi Hoshi	16:38
20. Rachel Irion	16:39
24. Mary Sullivan	17:05

SYCAMORE PRIDE INVITATIONAL // TERRE HAUTE, IND. // SEPT. 10, 2010

5K // 1ST OF 6 // 21 POINTS

2. Stacy Hague	18:37.8
3. Madeline Aufmann	18:59.3
4. Melissa Schmidt	19:01.3
5. Meghan Frigo	19:03.5
7. Maggie Mulchrone	19:18.7
8. Michelle Stratton	19:23.1
10. Hannah Worman	19:29.2
13. Amber Stack	19:32.2

ILLINOIS INTERCOLLEGIATE // NORMAL, ILL. // SEPT. 17, 2010

5K // 3RD OF 31 // 91 POINTS

9. Stacy Hague	18:18
11. Stephanie Morgan	18:26
16. Amber Stack	18:41
29. Maggie Mulchrone	18:54
30. Ashley Thompson	18:56
37. Meagan Hynes	19:05
46. Madeline Aufmann	19:08
47. Meghan Frigo	19:09
54. Hannah Worman	19:15
57. Kelsey Seiler	19:17
58. Melissa Schmidt	19:18
70. Katie Porada	19:37
82. Michelle Stratton	19:50
145. Rachel Irion	20:56

WISCONSIN ADIDAS INVITATIONAL // MADISON, WIS. // OCT. 2, 2010

6K // T-13TH OF 20 // 339 POINTS

27. Chantelle Groenewoud	20:50.4
65. Stacy Hague	21:33.5
81. Stephanie Morgan	21:45.6
84. Kristin Sutherland	21:47.9
99. Ashley Thompson	22:09.6
109. Amber Stack	22:17.5
115. Melissa Schmidt	22:26.1
133. Maggie Mulchrone	22:40.1
144. Courtney Yaeger	22:48.0
145. Meghan Frigo	22:48.1
178. Hannah Worman	23:36.8
189. Madeline Aufmann	23:56.8

BRADLEY CLASSIC // PEORIA, ILL. // OCT. 15, 2010

6K // 5TH OF 20 // 169 POINTS

11. Courtney Yaeger	21:45
33. Kelsey Seiler	22:27
37. Madeline Aufmann	22:33
42. Maggie Mulchrone	22:39
50. Meghan Frigo	22:46
77. Meagan Hynes	23:13
95. Katie Porada	23:34

PRE-NATIONAL INVITATIONAL // TERRE HAUTE, IND. // OCT. 16, 2010

6K // 24TH OF 40 // 566 POINTS

43. Chantelle Groenewoud	21:11.7
94. Stacy Hague	21:48.5
114. Stephanie Morgan	21:56.9
145. Amber Stack	22:14.8
170. Kristin Sutherland	22:25.4
214. Ashley Thompson	22:54.8
224. Melissa Schmidt	23:02.7

ILLINI OPEN // URBANA, ILL. // OCT. 22, 2010

5K // T-1ST OF 7 // 35 POINTS

2. Meghan Frigo	18:11
3. Melissa Schmidt	18:14
7. Maggie Mulchrone	18:32
8. Madeline Aufmann	18:33
15. Katie Porada	18:42
16. Kelsey Seiler	18:44
22. Meagan Hynes	19:09
27. Mary Sullivan	19:25
30. Rachel Irion	19:32
32. Megumi Hoshi	19:38
54. Michelle Stratton	20:44

BIG TEN CHAMPIONSHIPS // MADISON, WIS. // OCT. 31, 2010

6K // 9TH OF 11 // 203 POINTS

24. Chantelle Groenewoud	20:58.4
31. Stacy Hague	21:07.2
33. Stephanie Morgan	21:08.8
55. Amber Stack	21:44.1
60. Kristin Sutherland	21:48.8
63. Melissa Schmidt	21:53.3
65. Courtney Yaeger	22:06.9
83. Ashley Thompson	22:25.9
89. Meghan Frigo	22:50.6

NCAA MIDWEST REGIONALS // PEORIA, ILL. // NOV. 13, 2010

6K // 9TH OF 27 // 236 POINTS

20. Stephanie Morgan	20:46.10
26. Chantelle Groenewoud	20:54.92
36. Stacy Hague	21:08.70
73. Courtney Yaeger	21:44.95
84. Amber Stack	21:51.26
95. Melissa Schmidt	22:01.44
111. Ashley Thompson	22:23.58

BIG TEN HISTORY

FIRST TEAM ALL-BIG TEN HONOREES

(Top 7 finishers at Big Ten Championships)

Year	Runner	Place	Time
2009	Angela Bizzarri	2nd	20:10
	Kristin Sutherland	7th	20:41
2008	Katie Engel	6th	20:48
	Angela Bizzarri	7th	20:52
2007	Angela Bizzarri	3rd	19:59
2006	Angela Bizzarri	5th	20:49
2005	Cassie Hunt	1st	21:00
	Stephanie Simms	4th	21:11
2004	Cassie Hunt	5th	21:09
	Jamie Turilli	6th	21:13
	Cecelia Williams	7th	17:36
1991	Laura Simmering	7th	18:20
1987	Melissa Straza	7th	17:30
1984	Kelly McNee	6th	17:40
1982	Marianne Dickerson	6th	17:49

SECOND TEAM ALL-BIG TEN HONOREES

(Finishes 8th-14th at Big Ten Championships)

Year	Runner	Place	Time
2009	Elizabeth Boyle	11th	21:00
	Chantelle Groenewoud	13th	21:02
2007	Katie Engel	13th	20:30
2005	Katie Engel	13th	21:27
2004	Maggie Carroll	10th	21:36
2003	Cassie Hunt	12th	21:36
1993	Karen Morris	10th	17:56
1992	Laura Simmering	10th	17:29
1986	Leslie Hawkins	11th	17:17
	Melissa Straza	12th	17:18
1985	Leslie Hawkins	8th	18:18
1985	Kelly McNee	14th	18:34
1984	Ruth Sterneman	8th	17:47
1983	Julie Lantis	13th	17:22

BIG TEN CHAMPIONSHIPS RESULTS

Year	Champion (Pts.)	Illinois Finish (Pts.)	Top Illini (Finish, Time)
2010	Michigan State (74)	9th (203)	Chantelle Groenewoud (24th, 20:58.4)
2009	Penn State (71)	2nd (77)	Angela Bizzarri (2nd, 20:10)
2008	Minnesota (63)	4th (101)	Katie Engel (6th, 20:48)
2007	Minnesota (72)	4th (95)	Angela Bizzarri (3rd, 19:59)
2006	Michigan (52)	5th (107)	Angela Bizzarri (5th, 20:49)
2005	Michigan (42)	2nd (60)	Cassie Hunt (1st, 21:00)
2004	Michigan (45)	T-2nd (85)	Cassie Hunt (5th, 21:09)
2003	Michigan (31)	7th (188)	Cassie Hunt (12th, 21:36.9)
2002	Michigan (70)	9th (255)	Jamie Turilli (39th, 18:29.1)
2001	Michigan State (35)	T-7th (153)	Cecelia Dietzen (21st, 18:00.4)
2000	Wisconsin (34)	4th (116)	Cecelia Williams (7th, 17:36)
1999	Wisconsin (25)	10th (258)	Tara Mendoza (21st, 17:58.16)
1998	Wisconsin (31)	8th (194)	Tara Mendoza (15th, 18:26)
1997	Wisconsin (25)	6th (165)	Danielle Fonizino (29th, 18:41)
1996	Wisconsin (28)	6th (223)	Candace Nicholson (20th, 18:38)
1995	Wisconsin (37)	9th (239)	Becky Garrett (21st, 18:29)
1994	Michigan (29)	4th (133)	Karen Morris (17th, 18:11.0)
1993	Michigan (39)	6th (169)	Karen Morris (10th, 17:56.22)
1992	Michigan (33)	7th (175)	Laura Simmering (10th, 17:29)
1991	Wisconsin (49)	7th (138)	Laura Simmering (7th, 18:20)
1990	Indiana (37)	6th (170)	Laura Simmering (15th, 18:17.9)
1989	Indiana (47)	7th (183)	Helen Mastoris (30th, 18:26)
1988	Wisconsin (26)	T- 8th (221)	Laura Simmering (18th, 18:01)
1987	Wisconsin (42)	8th (206)	Melissa Straza (7th, 17:30)
1986	Wisconsin (30)	7th (152)	Leslie Hawkins (11th, 17:17)
1985	Wisconsin (22)	T-3rd (120)	Leslie Hawkins (8th, 18:18)
1984	Wisconsin (27)	2nd (79)	Kelly McNee (6th, 17:40)
1983	Wisconsin (52)	6th (145)	Julie Lantis (13th, 17:22)
1982	Iowa (70)	6th (150)	Marianne Dickerson (6th, 17:49)
1981	Michigan State (40)	9th (227)	Marianne Dickerson (16th, 18:17.5)
1980	Purdue (51)	9th (219)	Marianne Dickerson (28th, 18:05)
1979	Wisconsin (30)	9th (208)	Anita Moyer (35th, 19:36)

BIG TEN ATHLETE OF THE YEAR

2005 Cassie Hunt

INDIVIDUAL BIG TEN CHAMPION

2005 Cassie Hunt

BIG TEN FRESHMAN OF THE YEAR

2007 Danelle Woods

2005 Katie Engel

2003 Cassie Hunt

BIG TEN ATHLETE OF THE WEEK / MONTH

Oct. 26, 2010 Meghan Frigo

Oct. 20, 2009 Angela Bizzarri

Oct. 28, 2008 Amber Stack

Sept. 23, 2008 Kristin Sutherland

Sept. 26, 2006 Angela Bizzarri

Sept. 20, 2005 Maggie Carroll

Oct. 12, 2004 Cassie Hunt

Oct. 5, 2004 Cassie Hunt

Oct. 3, 2000 Amber Hunt

September 1991 Laura Simmering

ACADEMIC ALL-BIG TEN

2010: Chantelle Groenewoud, Stacy Hague, Maggie Mulchrone, Kristin Sutherland, Ashley Thompson, Courtney Yaeger

2009: Stephanie Baliga, Angela Bizzarri, Elizabeth Boyle, Theresa Brokaw, Jamie Brusa, Chantelle Groenewoud, Maggie Mulchrone, Shannon Phelan, Kristin Sutherland, Ashley Thompson, Danelle Woods

2008: Stephanie Baliga, Christina Beaird, Angela Bizzarri, Elizabeth Boyle, Theresa Brokaw, Maggie Carroll, Chantelle Groenewoud, Stacy Hague, Maggie Mulchrone, Ashley Thompson, Kate Tysse

2007: Stephanie Baliga, Angela Bizzarri, Theresa Brokaw, Rachel Hernandez, Abby Shunk

2006: Maggie Carroll, Rachel Hernandez, Cassie Hunt, Liz Mengyan

2005: Maggie Carroll, Katie Coopin, Rachel Hernandez, Cassie Hunt, Lisa Phillips

2004: Cassie Hunt, Jaime Turilli, Lisa Phillips, Lindsey Rey

2003: Cassie Simpson, Jaime Turilli

2002: Mary Bice, Celi Dietzen, Erin Frakes, Amy Guard, Amber Hunt, Leigh Ann Kenyon, Cassie Simpson, Jaime Turilli

2001: Mary Bice, Celi Dietzen, Erin Frakes, Amber Hunt

2000: Lyndsey Dunnavan, Katie Hennessey, Amber Hunt, Katie Kennedy, Celi Williams

1999: Danielle Fonizino, Katie Hennessey, Tara Mendoza, Jamie Paul, Laura Robbins

1998: Shannon Burke, Anna Demopoulos, Erin Grabski, Tara Mendoza, Laura Robbins

1997: Maureen Clark, Erin Grabski, Tara Mendoza, Laura Robbins, Christine Smith

1996: Jenifer Heise, Jennifer Marine

1995: K.C. Kraiss, Jennifer Marine, Renae Paul, Brooke Scigousky

1994: Renae Paul, Jenny Schwab, Brooke Scigousky, Amy Tomlinson

1993: Jeanne Rimar, Jenny Schwab, Tama Tochihara, Amy Tomlinson

1992: Samantha Gross, Marian Hollands, Rachel Kelleher, Mary Michal, Jenny Schwab, Laura Simmering, Amy Tomlinson, Jennifer Tweedy, Wendy Welch

1991: Peggy Campbell, Samantha Gross, Rachel Kelleher, Mary Piotrowski, Laura Simmering, Amy Tomlinson, Jennifer Tweedy, Wendy Welch

1990: Michelle Donato, Samantha Gross, Anita Hurd, Laura Simmering, Loretta Withrow

1989: Julie Chicoine, Michelle Donato, Danielle Harpell, Laura Simmering, Loretta Withrow

1988: Barb Branson, Anne Quenneville

NCAA REGIONAL CHAMPIONSHIPS HISTORY

NCAA MIDWEST REGIONAL CHAMPIONS

Year	Runner	Time
2009	Angela Bizzarri	20:07*
2004	Cassie Hunt	20:21*

*also named Midwest Region Athlete of the Year

TOP-10 INDIVIDUAL REGIONAL FINISHES

Year	Runner	Place	Time
2009	Angela Bizzarri	1st	20:07
	Kristin Sutherland	4th	20:44
2008	Angela Bizzarri	2nd	20:39
	Katie Engel	9th	21:07
2007	Angela Bizzarri	2nd	20:03
2006	Angela Bizzarri	2nd	20:47
	Stephanie Simms	5th	21:02
2005	Cassie Hunt	7th	21:06
2004	Cassie Hunt	1st	20:21
2003	Cassie Hunt	5th	21:29
1994	Karen Morris	10th	17:44
1993	Karen Morris	7th	18:22
1991	Laura Simmering	4th	17:28
1984	Kelly McNee	4th	16:36

ILLINOIS ALL-REGION RUNNERS (SINCE 1997)

Year	Runner	Place	Time
2010	Stephanie Morgan	20th	20:46.10
2009	Angela Bizzarri	1st	20:07
	Kristin Sutherland	4th	20:44
	Elizabeth Boyle	12th	21:12
	Chantelle Groenewoud	15th	21:27
2008	Angela Bizzarri	2nd	20:39
	Katie Engel	9th	21:07
	Chantelle Groenewoud	15th	21:27
	Kristin Sutherland	17th	21:29
2007	Elizabeth Boyle	24th	21:37
	Angela Bizzarri	2nd	20:03
	Katie Engel	12th	20:45
	Danelle Woods	17th	20:54
2006	Angela Bizzarri	2nd	20:47
	Stephanie Simms	5th	21:02
	Maggie Carroll	11th	21:17
	Cassie Hunt	12th	21:19
2005	Stephanie Baliga	14th	21:30
	Katie Engel	18th	21:44
	Cassie Hunt	7th	21:06
	Stephanie Simms	13th	21:24
2004	Katie Coppin	19th	21:39
	Katie Engel	24th	21:55
	Cassie Hunt	1st	20:21
2003	Jamie Turilli	8th	20:48
	Cassie Hunt	5th	21:29
	Pamela Wolf	18th	22:02
2000	Casie Simpson	19th	22:04
	Amber Hunt	14th	21:24
	Breanna Wabick	18th	21:30
1998	Cecelia Williams	24th	21:38
	Tara Mendoza	19th	17:51

NCAA MIDWEST REGIONAL CHAMPIONSHIPS RESULTS

Year	Champion (Pts.)	ILL Finish (Pts.)	Top Illini (Finish, Time)
2010	Iowa State (35)	9th (236)	Stephanie Morgan (20th, 20:46.10)
2009	Minnesota (60)	2nd (86)	Angela Bizzarri (1st, 20:07)
2008	Minnesota (57)	2nd (64)	Angela Bizzarri (2nd, 20:39)
2007	Minnesota (79)	2nd (91)	Angela Bizzarri (2nd, 20:03)
2006	ILLINOIS (44)	1st (44)	Angela Bizzarri (2nd, 20:47)
2005	Oklahoma State (71)	T-2nd (90)	Cassie Hunt (7th, 21:06)
2004	Missouri (52)	2nd (93)	Cassie Hunt (1st, 20:21.29)
2003	Nebraska (60)	3rd (105)	Cassie Hunt (5th, 21:29)
2002	Missouri (63)	11th (289)	Erin Frakes (33rd, 21:45.30)
2001	Oklahoma State (56)	11th (264)	Amber Hunt (43rd, 22:23.5)
2000	Kansas State (61)	5th (151)	Amber Hunt (14th, 21:24)
1999	Kansas State (40)	13th (369)	Tara Mendoza (34th, 18:12)
1998	Kansas State (92)	16th (383)	Tara Mendoza (19th, 17:51.2)
1997	Missouri (76)	9th (253)	Danielle Fonzino (38th, 19:38)
1996	Wisconsin (54)	13th (392)	Kimberly Donohue (48th, 18:28)
1995	Michigan (44)	17th (422)	Jenny Marine (33rd, 18:42)
1994	Michigan (32)	3rd (128)	Karen Morris (10th, 17:44)
1993	Michigan (40)	5th (195)	Karen Morris (7th, 18:22.1)
1992	Wisconsin (33)	11th (317)	Amy Tomlinson (31st, 18:26.2)
1991	Wisconsin (55)	5th (166)	Laura Simmering (4th, 17:28)
1990	Indiana (51)	12th (286)	Laura Simmering (32nd, 18:41.6)
1989	Indiana (56)	15th (377)	Danielle Harpell (49th, 18:44.8)
1988	Wisconsin (43)	13th (112)	Laura Simmering (49th, 18:56.4)
1987	Wisconsin (56)	13th (334)	Melissa Straza (28th, 17:53.07)
1986	Wisconsin (26)	12th (287)	Leslie Hawkins (15th, 17:34.4)
1985	Wisconsin (39)	DNP	Leslie Hawkins (37th, 19:15.2)
1984	Wisconsin (31)	2nd (87)	Kelly McNee (4th, 16:36.1)
1983	Wisconsin (46)	9th (202)	Julie Lantis (15th, 18:43.6)
1982	Michigan (65)	7th (161)	Marianne Dickerson (6th, 17:19.1)
1981	Wisconsin (40)	5th (126)	Marianne Dickerson (7th, 17:06.3)
1980	Purdue (43)	10th (257)	Marianne Dickerson (23rd, 18:06)
1979	Wisconsin (42)	15th (337)	Anita Moyer (53rd, 19:21)



Elizabeth Boyle, Kristin Sutherland, Chantelle Groenewoud and Angela Bizzarri each earned All-Region honors in 2009, helping the Illini earn a second-place finish at the NCAA Midwest Regional.

NCAA CHAMPIONSHIPS HISTORY

ILLINOIS NCAA CHAMPION

Year	Runner	Time
2009	Angela Bizzarri	19:46.8

ILLINOIS ALL-AMERICANS

Year	Runner	Place	Time
2009	Angela Bizzarri	1st	19:46
2008	Angela Bizzarri	6th	19:59
	Katie Engel	22nd	20:31
2007	Angela Bizzarri	14th	20:35
2006	Angela Bizzarri	24th	21:18
2005	Cassie Hunt	7th	21:06
1984	Kelly McNee	21st	16:57.5
1981	Marianne Dickerson	6th	18:10

NCAA CHAMPIONSHIPS RESULTS

Year	Champion (Pts.)	ILL Finish (Pts.)	Top Illini (Finish, Time)
2009	Villanova (86)	12th (365)	Angela Bizzarri (1st, 19:46)
2008	Washington (79)	10th (318)	Angela Bizzarri (6th, 19:59)
2007	Stanford (145)	6th (331)	Angela Bizzarri (14th, 20:35)
2006	Stanford (195)	8th (301)	Angela Bizzarri (24th, 21:18)
2005	Stanford (146)	5th (212)	Cassie Hunt (11th, 20:05)
2004	Colorado (63)	20th (443)	Jaime Turilli (35th, 21:20)
2003	Stanford (120)	DNC	Cassie Hunt (201st, 22:03)
1994	Villanova (75)	DNC	Karen Morris (76th, 18:15.1)
1993	Villanova	DNC	Karen Morris (58th, 17:36)
1984	Wisconsin	DNC	Kelly McNee (21st, 16:57.5)
1981	Virginia	DNC	Marianne Dickerson (6th, 18:10)

USTFCCCA ALL-ACADEMIC HONOREE

Year	Runner
2009	Angela Bizzarri *Scholar-Athlete of the Year Kristin Sutherland Elizabeth Boyle
2008	Angela Bizzarri Chantelle Groenewoud
2007	Angela Bizzarri
2000	Amber Hunt Cecelia Williams
1991	Laura Simmering

USTFCCCA DIVISION I ALL-ACADEMIC TEAMS

Year	Cumulative GPA
2010	3.27
2009	3.32
2008	3.40
2007	3.28
2002	3.55
2000	3.30
1999	3.44

ILLINOIS SCHOOL RECORDS

TOP 10 ILLINOIS PERFORMERS BY DISTANCE

5,000 Meters

Name	Time	Date	Meet
1. Kelly McNee	16:36	11/10/84	NCAA Midwest Regional
2. Angela Bizzarri	16:43	9/28/07	Notre Dame Invite
3. Laura Simmering	16:46	9/20/91	Illinois State Invite
4. Cassie Hunt	16:52	9/30/05	Notre Dame Invite
5. Katie Engel	16:54	10/3/08	Notre Dame Invite
6. Ruth Sterneman	16:55	11/10/84	NCAA Midwest Regional
7. Marianne Dickerson	17:00	11/19/82	TAC Nationals
8. Rebekah Garrett	17:04	10/15/94	Auburn Invitational
9. Julie Lantis	17:07	10/1/83	Illinois Invitational
10. Stephanie Simms	17:07	9/30/05	Notre Dame Invite

6,000 Meters

Name	Time	Date	Meet
1. Angela Bizzarri	19:46	11/23/09	NCAA Championships
2. Cassie Hunt	20:05	11/21/05	NCAA Championships
3. Katie Engel	20:23	10/18/08	Pre-Nationals
4. Stephanie Simms	20:31	11/21/05	NCAA Championships
5. Kristin Sutherland	20:41	11/1/09	Big Ten Championships
6. Stephanie Morgan	20:46.10	11/13/10	NCAA Midwest Regional
7. Jamie Turilli	20:49	11/13/04	NCAA Midwest Regional
8. Chantelle Groenewoud	20:50.4	10/2/10	Wisconsin adidas Invitational
9. Danelle Woods	20:54	11/9/07	NCAA Midwest Regional
10. Stephanie Baliga	20:56	10/28/07	Big Ten Championships

ANNUAL RECORDS

Year	Big Ten	Region	NCAA	Year	Big Ten	Region	NCAA
Coach: Jessica Dragicevic				Coach: Gary Winckler			
1977	---	4th	---	1994	4th	3rd	---
1978	4th	4th	---	1995	9th	17th	---
1979	9th	15th	---	1996	6th	13th	---
1980	9th	10th	---	1997	6th	9th	---
				1998	8th	16th	---
Coach: Mary Beth Spencer				1999	10th	13th	---
1981	9th	5th	---	2000	4th	5th	---
1982	6th	7th	---	2001	T-7th	11th	---
1983	6th	9th	---	Coach: Karen Harvey			
				2002	9th	11th	---
Coach: Patty Bradley				2003	7th	3rd	---
1984	2nd	2nd	---	2004	T-2nd	2nd	20th
				2005	2nd	T-2nd	5th
Coach: Gary Winckler				2006	5th	1st	8th
1985	T-3rd	DNP	---	Coach: Jeremy Rasmussen			
1986	7th	12th	---	2007	4th	2nd	6th
1987	8th	13th	---	2008	4th	2nd	10th
1988	T-8th	13th	---	2009	2nd	2nd	12th
1989	7th	15th	---	2010	9th	9th	---
1990	6th	12th	---	Coach: Mary Beth Spencer-Dyson			
1991	7th	5th	---	1992	7th	11th	---
				1993	6th	5th	---

ILLINOIS LETTERWINNERS

- A -
Kristen Abrahamson 1993, 94

- B -

Stephanie Baliga 2006, 07, 08, 09
Christina Beard 2008
Breanne Bethke 1997
Mary Bice 2000, 01
Angela Bizzarri 2006, 07, 08, 09
Elizabeth Boyle 2008, 09
Joy Braun 2001
Theresa Brokaw 2006, 07, 08, 09
Adrienne Brooks 1985
Carol Bruene 1985, 86
Jamie Brusa 2009
Becky Bullard 2000
Shannon Burke 1998

- C -

Maggie Carroll 2004, 05, 06, 08
Amy Christopher 1997
Maureen Clark 1997
Audrey Cole 1986, 87

- D -

Marianne Dickerson 1982
Cecelia Dietzen 2001, 02
Michelle Donato 1990
Kimberly Donohue 1996
Lyndsey Dunnavan 1999, 00

- E -

Katie Engel 2005, 07, 08

- F -

Danielle Fonzino 1996, 97, 99
Erin Frakes 2000, 01, 02
Meghan Frigo **2010**

- G -

Rebekah Garrett 1991, 95
Erin Grabski 1998
Chantelle Groenewoud 2007, 08, 09, 10
Samantha Gross 1991
Amy Guard 2001, 02

- H -

Colleen Hackett 1983, 84, 85
Stacy Hague **2008, 10**
Danielle Harpell 1988, 90, 91
Katie Hartman 2000
Leslie Hawkins 1985, 86
Michelle Hawkins 1987, 88
Jennifer Heise 1996
Katie Hennessy 1999, 00
Rachel Hernandez 2004, 05, 06, 07
Amber Hunt 1999, 00, 01, 02
Cassie Hunt 2003, 04, 05, 06

- K -

Leigh Anne Kenyon 2001
Katherine Kraiss 1995
Jamie Kuhl 2005

- L -

Michelle Lamantia 2004
Julie Lantis 1982, 83
Abby Legue 2000
Sharon Locascio 1986, 87, 88

- M -

Wendy Madsen 1993
Gina Marianetti 1996
Jenny Marine 1993, 95, 96
Lindsay Martin 1998, 99, 00
Kelly McKee 1983, 84, 85
Tara Mendozza 1996, 97, 98, 99
Sandra Meneses 1996
Elizabeth Mengyan 2005, 06
Stephanie Morgan **2010**
Karen Morris 1993, 1994
Kathy Morris 1991, 93
Margaret Mulchrone 2008, 09, 10
Meghan Murphy **2009**

- N -

Candace Nicholson 1996, 97, 98

- P -

Renae Paul 1993, 95
Shannon Phelan 2006, 07, 09
Lisa Phillips 2003, 04
Ellie Pinzarrone 2002

- R -

Lindsey Reu 2004
Laura Robbins 1998, 99
Donna Russell 1986, 87, 88

- S -

Melissa Schmidt **2010**
Jenny Schwab 1993, 94
Brooke Scigousky 1995
Laura Simmering 1988, 90, 91
Stephanie Simms 2003, 04, 05, 06
Casie Simpson 2001, 02, 03
Lindsay Speer 1996, 97, 98
Amber Stack **2010**
Ruth Sterneman 1983, 84, 85
Debbie Stetson 1984
Terri Stoltz 1985, 86
Melissa Straza 1986, 87, 88
Kristin Sutherland 2008, 09, 10

- T -

Tracy Tellin 1991, 93
Ashley Thompson 2008, 09, 10
Tama Tochihara 1993, 94
Amy Tomlinson 1991
Jamie Turilli 2001, 02, 03
Jennifer Tweedy 1990
Kate Tysse 2008

- V -

Lorena Villagrana 1995
Michelle Vogel 1983, 84
Margaret Vogel 1984, 85
Tabitha Volling 2002, 03, 04

- W -

Breanna Wabick 2000
Cheryl Ward 1983
Wendy Welch 1991
Cecelia Williams 1999, 00
Loretta Withrow 1988, 90
Danelle Woods 2007, 09
Pamela Wolf 2003

- Y -

Courtney Yaeger **2009, 10**

- Z -

Julie Zobel 1986