



2009 Men's & Women's Cross Country

Season Completed

- Men Finish 23rd Nationally
- McKay Places 75th
- Thorne Earns All-American Honors

University of Louisville

Location Louisville, Ky. 40292
Founded 1798
Enrollment 24,000
Nickname Cardinals
Colors Red and Black
Affiliation NCAA Division I
Conference BIG EAST Conference
President Dr. James Ramsey
Director of Athletics Tom Jurich
Senior Woman Admin. ... Julie Hermann

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Cardinals Complete Season at National Championships

Cory Thorne became the first athlete in program history to win a cross country conference individual title at the BIG EAST Championships. The Cardinal men would earn an at-large bid to the NCAA Championships where they placed 23rd after finishing third at regionals, while Tarah McKay earned her first automatic individual bid and took 75th at the national championships. Thorne earned All-American honors with his 20th place finish at nationals. The Cards had four All-Region and three All-BIG EAST Performers. Thorne earned his fourth All-Region and third All-BIG EAST Performer nods, while McKay garnered her fourth All-Region and All-BIG EAST Performer awards to end two successful Cardinal careers.

Cardinal Men Finish 23rd, McKay 75th AT NCAA Championships

Terre Haute, Ind. – The no. 23 ranked University of Louisville men's cross country team finished 23rd at the 2009 NCAA Championships on Monday at the LaVern Gibson Championship Course, while senior Tarah McKay placed 75th in the women's race.

U of L, competing for their third time in the past four years, finished with a score of 490 points. No. 2 Oklahoma State won the men's team title 127 points. The Cardinals did finish ahead of no. 18 North Carolina State who earned the second automatic bid at the NCAA Southeast Regional Championships in Louisville, Ky. nine days ago.

Leading the way for the Cards was redshirt senior Cory Thorne who earned All-American honors for the second time with his 24th place finish. Thorne, from Portsmouth, N.H., navigated the 10,000-meter course in 30:05.3.

Redshirt junior Michael Eaton added an 83rd place finish with his time of 30:47.6. Junior Matt Bruce finished 94th, while redshirt sophomore Matt Hughes placed 193rd with times of 30:52.2 and 31:53.1, respectively. Sophomore Luke Lovelace rounded out the scoring for the Cardinals with a 205th place finish and a time of 32:03.6. Also competing for the Cardinals were senior Scott McClain and sophomore Chase Violet.

McKay, competing in her third national championship, finished 75th out of 254 runners and navigated the 6,000-meter course in 21:08.8.

2009 Men's Cross Country Roster

| <u>RUNNER</u> | <u>YR</u> | <u>HOMETOWN (PREVIOUS SCHOOL)</u> |
|--------------------|-----------|--------------------------------------|
| Matt Bruce | JR | Oshawa, Ont. (Clemson University) |
| Ryan Byrne | RS JR | Georgetown, Ind. (North Harrison HS) |
| Gordon Dooley | SO | Hebron, Ky. (St. Henry District HS) |
| Michael Eaton | RS JR | Bowling Green, Ky. (Greenwood HS) |
| Evan Hibbs | FR | Georgetown, Texas (Georgetown HS) |
| Matt Hughes | RS SO | Oshawa, Ont. (Clemson University) |
| Luke Lovelace | SO | Chapin, S.C. (Chapin HS) |
| Scott McClain | SR | Louisville, Ky. (St. Xavier HS) |
| Howard Shepard III | FR | Lancaster, Texas (Lancaster HS) |
| Cory Thorne | RS SR | Portsmouth, N.H. (Portsmouth HS) |
| Chase Violet | SO | Lima, Ohio (Shawnee HS) |

2009 Women's Cross Country Roster

| <u>RUNNER</u> | <u>YR</u> | <u>HOMETOWN (PREVIOUS SCHOOL)</u> |
|----------------|-----------|---|
| Kat Alcorn | SR | Hebron, Ky. (Conner HS) |
| Emily Borsare | JR | Peachtree City, Ga. (McIntosh HS) |
| Kortni Dukes | SR | Ryland Heights, Ky. (Scott HS) |
| Kim Grieshaber | SR | Versailles, Ky. (Woodford County HS) |
| Kathryn Long | SR | Louisville, Ky. (Assumption HS) |
| Tarah McKay | SR | St. Clements, Ont. (Elmira District SS) |
| Kelsey Page | SR | Borden, Ind. (Silver Creek HS) |
| Lorna Whaley | SO | Avon, Ind. (Avon HS) |

2009 Louisville Cross Country Schedule/Results

| <u>Date</u> | <u>Meet</u> | <u>Site</u> | <u>Result/Time</u> |
|---------------|-----------------------------------|-------------------------------|--------------------------------------|
| Sept. 5 | Mid-America Opener | Evansville, Ind. | Men: 1st of 4 Women: 1st of 2 |
| Sept. 19 | Midwest Open | Kenosha, Wisc. | Men: 1st of 15 Women: T-1st of 17 |
| Oct. 3 | GREATER LOUISVILLE CLASSIC | E.P. "Tom" Sawyer Park | Men: 1st of 38 Women: 3rd of 35 |
| Oct. 17 | Pre-Nationals | Terre Haute, Ind. | Men: 9th of 35 Women: 24th of 37 |
| Oct. 31 | BIG EAST Championships | Kenosha, Wisc. | Men: 4th of 14 Women: 7th of 16 |
| Nov. 14 | NCAA SOUTHEAST REGIONAL | E.P. "Tom" Sawyer Park | Men: 3rd of 35 Women: 7th of 35 |
| Nov. 23 | NCAA Championships | Terre Haute, Ind. | Men: 12:08 p.m. Women: 12:58 p.m. |



2009 University of Louisville Men's Cross Country Career Times/Finishes

(Through Nov. 23, 2009)

Matt Bruce, Jr., Oshawa, Ont.

UofL Career Bests

| | | |
|--------------|---------------|----------------|
| 8K | 24:02.80..... | Oct. 3, 2009 |
| 10K | 30:52.20..... | Nov. 23, 2009 |
| Finish | 1st..... | Sept. 19, 2009 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 3/39..... | 3rd | 18:12.44 |
| Midwest Open (8K)..... | 1/146..... | 1st | 24:26.30 |
| Greater Louisville Cl. (8K) .. | 5/334..... | 1st | 24:02.80 |
| Pre-Nationals (8K)..... | 33/237..... | 2nd | 24:17.60 |
| BIG EAST Championships (8K)... | 16/115 | 3rd | 25:26.50 |
| NCAA Regional (10K)..... | 24/230..... | 3rd | 31:05.74 |
| NCAA Champ. (10K)..... | 94/250..... | 3rd | 30:52.20 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 7/79..... | 6th | 18:44.44 |
| Winthrop Invite (8K)..... | 20/122..... | 6th | 25:44.00 |
| Greater Louisville Cl. (8K) .. | 52/294..... | 6th | 25:06.92 |
| Pre-Nationals (8K)..... | 111/267..... | 3rd | 24:59.60 |
| BIG EAST Championships (8K)... | 54/114 | 3rd | 26:13.00 |
| NCAA Regional (10K)..... | 30/212..... | 1st | 31:18.10 |

Gordon Dooley, So., Hebron, Ky.

UofL Career Bests

| | | |
|--------------|---------------|----------------|
| 8K | 25:52.50..... | Sept. 19, 2009 |
| 10K | N/A..... | N/A |
| Finish | 5th..... | Aug. 30, 2008 |

| 2009 | Place | UofL Pos. | Time |
|----------------------------|-------------|-----------|----------|
| Mid-America Opener (6K)... | 5/39..... | 4th | 18:18.35 |
| Midwest Open (8K)..... | 11/146..... | 6th | 25:52.50 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 5/79..... | 4th | 18:30.67 |
| Winthrop Invite (8K)..... | 34/122..... | 7th | 26:16.00 |
| Greater Louisville Cl. (8K) .. | 117/294..... | 7th | 25:53.01 |
| Pre-Nationals (8K)..... | 255/267..... | 7th | 27:09.90 |
| BIG EAST Championships (8K)... | 79/114 | 6th | 27:22.00 |
| NCAA Regional (10K)..... | 132/212..... | 6th | 33:56.60 |

Michael Eaton, r-Jr., Bowling Green, Ky.

Career Bests

| | | |
|--------------|---------------|---------------|
| 8K | 24:05.15..... | Oct. 27, 2007 |
| 10K | 30:24.10..... | Nov. 10, 2007 |
| Finish | 2nd..... | Sept. 5, 2009 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (6K)... | 2/39..... | 2nd | 18:08.91 |
| Midwest Open (8K)..... | 4/146..... | 4th | 25:01.40 |
| Greater Louisville Cl. (8K) .. | 9/334..... | 3rd | 24:18.43 |
| Pre-Nationals (8K)..... | 36/237..... | 3rd | 24:20.00 |
| BIG EAST Championships (8K)... | 7/115 | 2nd | 25:05.30 |
| NCAA Regional (10K)..... | 16/230..... | 2nd | 30:41.12 |
| NCAA Champ. (10K)..... | 83/250..... | 2nd | 30:47.60 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (6K)... | 5/49..... | 4th | 18:23.56 |
| Navy Invitational (8K)..... | 6/100..... | 3rd | 24:23.10 |
| Greater Louisville Cl. (8K) .. | 9/310..... | 3rd | 24:09.06 |
| Pre-Nationals (8K)..... | 79/261..... | 4th | 24:22.80 |
| BIG EAST Champ. (8K)..... | 10/116..... | 4th | 24:05.15 |
| NCAA Regional (10K)..... | 13/200..... | 4th | 30:24.10 |
| NCAA Champ. (10K)..... | 71/250..... | 4th | 30:55.80 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| UT Invitational (8.4K)..... | 34/102..... | 7th | 28:47.00 |
| Greater Louisville Cl. (8K) .. | 44/325..... | 8th | 25:26.13 |
| BIG EAST Champ. (8K)..... | 32/119..... | 6th | 24:34.00 |
| NCAA Regional (10K)..... | 22/222..... | 4th | 31:31.15 |
| NCAA Champ. (10K)..... | 139/250..... | 4th | 32:57.90 |

Matt Hughes, r-So., Oshawa, Ont.

UofL Career Bests

| | | |
|--------------|---------------|---------------|
| 8K | 24:21.36..... | Oct. 4, 2008 |
| 10K | 31:26.23..... | Nov. 14, 2009 |
| Finish | 1st..... | Sept. 5, 2009 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 1/39..... | 1st | 18:06.33 |
| Midwest Open (8K)..... | 3/146..... | 3rd | 24:45.60 |
| Greater Louisville Cl. (8K) .. | 26/334..... | 4th | 24:44.39 |
| Pre-Nationals (8K)..... | 92/237..... | 4th | 25:01.00 |
| BIG EAST Championships (8K)... | 42/115 | 6th | 26:19.90 |
| NCAA Regional (10K)..... | 32/230..... | 4th | 31:26.23 |
| NCAA Champ. (10K)..... | 193/250..... | 4th | 31:53.10 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 8/79..... | 7th | 18:44.71 |
| Winthrop Invite (8K)..... | 4/122..... | 3rd | 25:12.00 |
| Greater Louisville Cl. (8K) .. | 14/294..... | 1st | 24:21.36 |
| Pre-Nationals (8K)..... | 67/267..... | 1st | 24:38.40 |
| BIG EAST Championships (8K)... | 42/114 | 1st | 25:16.00 |
| NCAA Regional (10K)..... | 42/212..... | 3rd | 31:57.00 |

Luke Lovelace, So., Chapin, S.C.

UofL Career Bests

| | | |
|--------------|---------------|----------------|
| 8K | 24:44.01..... | Oct. 4, 2008 |
| 10K | 31:36.96..... | Nov. 14, 2009 |
| Finish | 3rd..... | Sept. 20, 2008 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Greater Louisville Cl. (8K) .. | 37/334..... | 6th | 24:57.99 |
| Pre-Nationals (8K)..... | 109/237..... | 6th | 25:13.30 |
| BIG EAST Championships (8K)... | 33/115 | 5th | 26:04.20 |
| NCAA Regional (10K)..... | 41/230..... | 5th | 31:36.96 |
| NCAA Champ. (10K)..... | 205/250..... | 5th | 32:03.60 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 4/79..... | 3rd | 18:29.22 |
| Winthrop Invite (8K)..... | 3/122..... | 2nd | 25:11.00 |
| Greater Louisville Cl. (8K) .. | 31/294..... | 3rd | 24:44.01 |
| Pre-Nationals (8K)..... | 161/267..... | 4th | 25:22.60 |
| BIG EAST Championships (8K)... | 58/114 | 4th | 26:16.00 |
| NCAA Regional (10K)..... | 59/212..... | 4th | 32:19.60 |

Scott McClain, Sr., Louisville, Ky.

Career Bests

| | | |
|--------------|---------------|---------------|
| 8K | 24:34.56..... | Oct. 4, 2008 |
| 10K | 31:44.70..... | Nov. 15, 2008 |
| Finish | 1st..... | Twice |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 12/39..... | 7th | 18:43.95 |
| Midwest Open (8K)..... | 7/146..... | 5th | 25:32.40 |
| Greater Louisville Cl. (8K) .. | 41/334..... | 7th | 25:01.84 |
| Pre-Nationals (8K)..... | 98/237..... | 5th | 25:05.00 |
| BIG EAST Championships (8K)... | 27/115 | 4th | 25:55.40 |
| NCAA Champ. (10K)..... | 239/250..... | 6th | 33:19.50 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 1/79..... | 1st | 18:12.11 |
| Winthrop Invite (8K)..... | 1/122..... | 1st | 24:51.00 |
| Greater Louisville Cl. (8K) .. | 20/294..... | 2nd | 24:34.56 |
| Pre-Nationals (8K)..... | 90/267..... | 2nd | 24:48.50 |
| BIG EAST Championships (8K)... | 27/114 | 2nd | 25:27.00 |
| NCAA Regional (10K)..... | 37/212..... | 2nd | 31:44.70 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 8/49..... | 6th | 18:42.00 |
| Navy Invitational (8K)..... | 9/100..... | 4th | 24:54.90 |
| Greater Louisville Cl. (8K) .. | 44/310..... | 6th | 25:02.02 |
| Pre-Nationals (8K)..... | 134/261..... | 5th | 24:51.40 |
| BIG EAST Champ. (8K)..... | 29/116..... | 5th | 24:41.70 |
| NCAA Regional (10K)..... | 83/200..... | 7th | 32:10.85 |
| NCAA Champ. (10K)..... | 217/250..... | 5th | 32:30.50 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Indiana Community 5K..... | 4/75..... | 4th | 16:14.00 |
| UT Invitational (8.4K)..... | 10/102..... | 4th | 27:20.00 |
| Greater Louisville Cl. (8K) .. | 28/325..... | 6th | 25:05.75 |
| Pre-Nationals (8K)..... | 119/243..... | 5th | 24:58.20 |

| | | | |
|---------------------------|--------------|-----------|----------|
| BIG EAST Champ. (8K)..... | 46/119..... | 7th | 24:51.00 |
| NCAA Champ. (10K)..... | 222/250..... | 7th | 34:09.90 |

Cory Thorne, r -Sr., Portsmouth, N.H.

Career Bests

| | | |
|--------------|---------------|---------------|
| 8K | 23:42.00..... | Oct. 27, 2006 |
| 10K | 29:56.60..... | Nov. 10, 2007 |
| Finish | 1st..... | Oct. 31, 2009 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (6K)... | 9/39..... | 5th | 18:32.55 |
| Midwest Open (8K)..... | 2/146..... | 2nd | 24:40.70 |
| Greater Louisville Cl. (8K) .. | 6/334..... | 2nd | 24:07.32 |
| Pre-Nationals (8K)..... | 30/237..... | 1st | 24:14.80 |
| BIG EAST Championships (8K)... | 1/115 | 1st | 24:43.90 |
| NCAA Regional (10K)..... | 8/230..... | 1st | 30:23.52 |
| NCAA Champ. (10K)..... | 24/250..... | 1st | 30:05.30 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (6K)... | 3/49..... | 3rd | 18:06.91 |
| Greater Louisville Cl. (8K) .. | 10/310..... | 4th | 24:15.07 |
| Pre-Nationals (8K)..... | 38/261..... | 3rd | 23:56.20 |
| BIG EAST Champ. (8K)..... | 8/116..... | 3rd | 24:00.70 |
| NCAA Regional (10K)..... | 5/200..... | 2nd | 29:56.60 |
| NCAA Champ. (10K)..... | 35/250..... | 2nd | 30:34.70 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Indiana Community 5K..... | 2/75..... | 2nd | 16:06.00 |
| Greater Louisville Cl. (8K) .. | 6/325..... | 2nd | 24:32.01 |
| Pre-Nationals (8K)..... | 46/243..... | 2nd | 24:26.40 |
| BIG EAST Champ. (8K)..... | 6/119..... | 1st | 23:42.00 |
| NCAA Regional (10K)..... | 4/222..... | 1st | 30:31.00 |
| NCAA Champ. (10K)..... | 62/250..... | 1st | 32:10.00 |

| 2005 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Woodford Tr. (5K)..... | 4/38..... | 2nd | 15:49.00 |
| Indiana State Invite (8K)..... | 5/23..... | 2nd | 26:09.07 |
| Greater Louisville Cl. (8K) .. | 10/306..... | 2nd | 24:50.55 |
| Notre Dame Invite (5 mi)... | 36/200..... | 2nd | 24:35.00 |
| Pre-Nationals (8K)..... | 96/217..... | 2nd | 24:44.10 |
| BIG EAST Champ. (8K)..... | 10/109..... | 1st | 24:49.00 |
| NCAA Regional (10K)..... | 29/207..... | 2nd | 30:52.30 |

Chase Violet, So., Lima, Ohio

UofL Career Bests

| | | |
|--------------|---------------|---------------|
| 8K | 24:47.20..... | Oct. 3, 2009 |
| 10K | 32:35.13..... | Nov. 14, 2009 |
| Finish | 6th..... | Aug. 30, 2008 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 10/39..... | 6th | 18:34.98 |
| Greater Louisville Cl. (8K) .. | 29/334..... | 5th | 24:47.20 |
| Pre-Nationals (8K)..... | 197/237..... | 7th | 26:20.60 |
| BIG EAST Championships (8K)... | 54/115 | 7th | 27:13.50 |
| NCAA Regional (10K)..... | 76/230..... | 6th | 32:35.13 |
| NCAA Champ. (10K)..... | 247/250..... | 7th | 34:29.80 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (6K)... | 6/79..... | 5th | 18:42.09 |
| Winthrop Invite (8K)..... | 9/122..... | 5th | 25:18.00 |
| Greater Louisville Cl. (8K) .. | 49/294..... | 5th | 25:04.87 |
| Pre-Nationals (8K)..... | 199/267..... | 5th | 25:46.60 |
| BIG EAST Championships (8K)... | 60/114 | 5th | 26:20.00 |
| NCAA Regional (10K)..... | 88/212..... | 5th | 33:05.50 |



2009 University of Louisville Women's Cross Country Career Times/Finishes

(Through Nov. 23, 2009)

Kat Alcorn, Sr., Hebron, Ky.

Career Bests

| | | |
|--------------|---------------|----------------|
| 5K | 18:32.00..... | Sept. 20, 2008 |
| 6K | 22:54.70..... | Oct. 27, 2007 |
| Finish | 4th..... | Aug. 30, 2008 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 5/37..... | 5th | 15:30.78 |
| Midwest Open (5K)..... | 17/175..... | 5th | 18:42.80 |
| Greater Louisville Cl. (5K) .. | 116/291..... | 7th | 19:19.21 |
| Pre-Nationals (6K)..... | 229/278..... | 6th | 23:56.20 |
| BIG EAST Championships (6K)... | 65/136..... | 4th | 23:42.90 |
| NCAA Regional (6K)..... | 141/237..... | 6th | 23:16.07 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 4/86..... | 4th | 15:15.14 |
| Winthrop Invite (5K)..... | 6/160..... | 3rd | 18:32.00 |
| BIG EAST Championships (6K)... | 79/137..... | 7th | 23:34.00 |
| NCAA Regional (6K)..... | 120/231..... | 6th | 23:17.90 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 7/45..... | 7th | 15:24.85 |
| Navy Invitational (6K)..... | 41/96..... | 7th | 24:23.00 |
| Greater Louisville Cl. (5K) .. | 48/239..... | 6th | 18:38.37 |
| Pre-Nationals (6K)..... | 216/235..... | 7th | 24:05.50 |
| BIG EAST Champ. (6K)..... | 79/132..... | 7th | 22:54.70 |
| NCAA Regional (6K)..... | 168/225..... | 7th | 23:45.80 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Indiana Community 5K..... | 40/75..... | 5th | 20:34.00 |
| UT Invitational (5K)..... | 43/84..... | 8th | 20:56.00 |
| Greater Louisville Cl. (5K) .. | 137/273..... | 7th | 19:54.45 |
| Pre-Nationals (6K)..... | 238/253..... | 7th | 23:38.10 |
| BIG EAST Champ. (6K)..... | 90/131..... | 6th | 23:49.00 |
| NCAA Regional (6K)..... | 152/215..... | 7th | 23:58.00 |

Emily Borsare, Jr., Peachtree City, Ga.

Career Bests

| | | |
|--------------|---------------|----------------|
| 5K | 17:27.28..... | Sept. 29, 2007 |
| 6K | 20:59.40..... | Oct. 13, 2007 |
| Finish | 2nd..... | 3 Times |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 3/37..... | 3rd | 15:07.63 |
| Midwest Open (5K)..... | 4/175..... | 3rd | 17:59.20 |
| Greater Louisville Cl. (5K) .. | 15/291..... | 3rd | 17:46.84 |
| BIG EAST Championships (6K)... | 27/136..... | 3rd | 22:15.40 |
| NCAA Regional (6K)..... | 30/237..... | 2nd | 21:31.84 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 2/86..... | 2nd | 14:48.55 |
| Winthrop Invite (5K)..... | 3/160..... | 2nd | 18:15.00 |
| Greater Louisville Cl. (5K) .. | 31/265..... | 2nd | 18:15.52 |
| Pre-Nationals (6K)..... | 114/278..... | 2nd | 21:59.60 |
| BIG EAST Championships (6K)... | 42/137..... | 2nd | 21:47.00 |
| NCAA Regional (6K)..... | 24/231..... | 2nd | 21:42.20 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 2/45..... | 2nd | 14:51.80 |
| Navy Invitational (6K)..... | 2/96..... | 2nd | 21:56.00 |
| Greater Louisville Cl. (5K) .. | 6/239..... | 2nd | 17:27.28 |
| Pre-Nationals (6K)..... | 29/235..... | 2nd | 20:59.40 |
| BIG EAST Champ. (6K)..... | 15/132..... | 2nd | 21:14.00 |
| NCAA Regional (6K)..... | 21/225..... | 2nd | 21:10.65 |

Kortni Dukes, Sr., Ryland Heights, Ky.

Career Bests

| | | |
|--------------|---------------|---------------|
| 5K | 18:35.12..... | Oct. 3, 2009 |
| 6K | 22:29.00..... | Oct. 27, 2006 |
| Finish | 4th..... | Sept. 1, 2007 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 6/37..... | 6th | 15:33.41 |
| Midwest Open (5K)..... | 20/175..... | 6th | 18:46.50 |
| Greater Louisville Cl. (5K) .. | 53/291..... | 4th | 18:35.12 |
| Pre-Nationals (6K)..... | 181/278..... | 4th | 23:01.10 |
| BIG EAST Championships (6K)... | 69/136..... | 6th | 23:52.60 |
| NCAA Regional (6K)..... | 92/237..... | 5th | 22:40.86 |

| 2008 | Place | UofL Pos. | Time |
|------|-------|-----------|------|
|------|-------|-----------|------|

| | | | |
|--------------------------------|--------------|-----|----------|
| Mid-America Opener (4K)... | 8/86..... | 5th | 15:25.47 |
| Winthrop Invite (5K)..... | 12/160..... | 5th | 18:43.00 |
| Greater Louisville Cl. (5K) .. | 106/265..... | 5th | 19:10.41 |
| Pre-Nationals (6K)..... | 232/278..... | 5th | 23:15.20 |
| BIG EAST Championships (6K)... | 61/137..... | 5th | 22:48.00 |
| NCAA Regional (6K)..... | 123/231..... | 7th | 23:18.40 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 4/45..... | 4th | 15:14.24 |
| Navy Invitational (6K)..... | 17/96..... | 5th | 23:21.00 |
| Greater Louisville Cl. (5K) .. | 51/239..... | 7th | 18:39.90 |
| Pre-Nationals (6K)..... | 189/235..... | 6th | 23:00.40 |
| BIG EAST Champ. (6K)..... | 80/132..... | 8th | 22:55.90 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| UT Invitational (5K)..... | 27/84..... | 4th | 19:55.00 |
| Greater Louisville Cl. (5K) .. | 37/273..... | 3rd | 18:46.49 |
| Pre-Nationals (6K)..... | 189/253..... | 3rd | 22:33.80 |
| BIG EAST Champ. (6K)..... | 47/131..... | 3rd | 22:29.00 |
| NCAA Regional (6K)..... | 79/215..... | 3rd | 22:29.95 |

Kim Grieshaber, Sr., Versailles, Ky.

Career Bests

| | | |
|--------------|---------------|---------------|
| 5K | 17:27.57..... | Oct. 3, 2009 |
| 6K | 21:30.90..... | Oct. 17, 2009 |
| Finish | 2nd..... | Sept. 5, 2009 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 2/37..... | 2nd | 14:49.49 |
| Midwest Open (5K)..... | 3/175..... | 2nd | 17:47.00 |
| Greater Louisville Cl. (5K) .. | 7/291..... | 2nd | 17:27.57 |
| Pre-Nationals (6K)..... | 43/278..... | 2nd | 21:30.90 |
| BIG EAST Championships (6K)... | 25/136..... | 2nd | 22:14.90 |
| NCAA Regional (6K)..... | 39/237..... | 3rd | 21:41.84 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 3/86..... | 3rd | 15:03.43 |
| Winthrop Invite (5K)..... | 14/160..... | 6th | 18:46.00 |
| BIG EAST Championships (6K)... | 53/137..... | 3rd | 22:15.00 |
| NCAA Regional (6K)..... | 27/231..... | 3rd | 21:49.90 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Indiana Community 5K..... | 35/75..... | 4th | 20:01.00 |
| UT Invitational (5K)..... | 24/84..... | 3rd | 19:36.00 |
| Greater Louisville Cl. (5K) .. | 44/273..... | 4th | 18:51.19 |
| Pre-Nationals (6K)..... | 157/253..... | 2nd | 22:14.60 |
| BIG EAST Champ. (6K)..... | 78/131..... | 5th | 23:24.00 |
| NCAA Regional (6K)..... | 113/215..... | 5th | 23:08.50 |

Kathryn Long, Sr., Louisville, Ky.

Career Bests

| | | |
|--------------|---------------|---------------|
| 5K | 18:46.49..... | Oct. 3, 2009 |
| 6K | 22:21.57..... | Nov. 14, 2009 |
| Finish | 4th..... | Sept. 5, 2009 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 4/37..... | 4th | 15:21.44 |
| Midwest Open (5K)..... | 23/175..... | 7th | 18:59.90 |
| Greater Louisville Cl. (5K) .. | 69/291..... | 5th | 18:46.49 |
| Pre-Nationals (6K)..... | 149/278..... | 3rd | 22:38.20 |
| BIG EAST Championships (6K)... | 74/136..... | 7th | 24:00.80 |
| NCAA Regional (6K)..... | 72/237..... | 4th | 22:21.57 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 12/86..... | 6th | 15:33.81 |
| Winthrop Invite (5K)..... | 30/160..... | 7th | 19:09.00 |
| Greater Louisville Cl. (5K) .. | 72/265..... | 4th | 18:46.64 |
| Pre-Nationals (6K)..... | 200/278..... | 4th | 22:49.40 |
| BIG EAST Championships (6K)... | 66/137..... | 6th | 22:54.00 |
| NCAA Regional (6K)..... | 89/231..... | 5th | 22:53.20 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 10/45..... | 8th | 16:10.79 |
| Greater Louisville Cl. (5K) .. | 143/239..... | 9th | 19:51.62 |
| BIG EAST Champ. (6K)..... | 105/132..... | 9th | 24:07.60 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Indiana Community 5K..... | 44/75..... | 7th | 20:42.00 |
| UT Invitational (5K)..... | 33/84..... | 6th | 20:15.00 |
| Greater Louisville Cl. (5K) .. | 82/273..... | 6th | 19:23.08 |
| Pre-Nationals (6K)..... | 230/253..... | 6th | 23:18.80 |

| | | | |
|---------------------------|--------------|-----|----------|
| BIG EAST Champ. (6K)..... | 115/131..... | 7th | 25:07.00 |
| NCAA Regional (6K)..... | 150/215..... | 6th | 23:52.05 |

Tarah McKay, Sr., St. Clements, Ont.

Career Bests

| | | |
|--------------|---------------|---------------|
| 5K | 17:02.57..... | Oct. 3, 2009 |
| 6K | 20:17.34..... | Nov. 14, 2009 |
| Finish | 1st..... | 6 Times |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 1/37..... | 1st | 14:35.74 |
| Midwest Open (5K)..... | 2/175..... | 1st | 17:19.40 |
| Greater Louisville Cl. (5K) .. | 2/291..... | 1st | 17:02.57 |
| Pre-Nationals (6K)..... | 14/278..... | 1st | 20:52.10 |
| BIG EAST Championships (6K)... | 6/136..... | 1st | 21:22.40 |
| NCAA Regional (6K)..... | 3/237..... | 1st | 20:17.34 |
| NCAA Champ. (6K)..... | 75/254..... | 1st | 21:08.80 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 1/86..... | 1st | 14:27.59 |
| Winthrop Invite (5K)..... | 1/160..... | 1st | 17:05.00 |
| Greater Louisville Cl. (5K) .. | 2/265..... | 1st | 17:07.68 |
| Pre-Nationals (6K)..... | 12/278..... | 1st | 20:29.10 |
| BIG EAST Championships (6K)... | 10/137..... | 1st | 20:51.00 |
| NCAA Regional (6K)..... | 5/231..... | 1st | 20:42.00 |
| NCAA Champ. (6K)..... | 72/252..... | 1st | 20:59.10 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|-------------|-----------|----------|
| Mid-America Opener (4K)... | 1/45..... | 1st | 14:29.80 |
| Navy Invitational (6K)..... | 1/96..... | 1st | 21:52.00 |
| Greater Louisville Cl. (5K) .. | 2/239..... | 1st | 17:13.44 |
| Pre-Nationals (6K)..... | 27/235..... | 1st | 20:58.60 |
| BIG EAST Champ. (6K)..... | 9/132..... | 1st | 21:00.70 |
| NCAA Regional (6K)..... | 11/225..... | 1st | 20:52.20 |

| 2006 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Indiana Community 5K..... | 22/75..... | 1st | 18:31.00 |
| UT Invitational (5K)..... | 2/84..... | 1st | 18:08.00 |
| Greater Louisville Cl. (5K) .. | 1/273..... | 1st | 17:26.50 |
| Pre-Nationals (6K)..... | 31/253..... | 1st | 20:53.90 |
| BIG EAST Champ. (6K)..... | 11/131..... | 1st | 21:20.00 |
| NCAA Regional (6K)..... | 15/215..... | 1st | 21:09.55 |
| NCAA Champ. (6K)..... | 106/253..... | 1st | 22:11.60 |

Kelsey Page, Sr., Borden, Ind.

Career Bests

| | | |
|--------------|---------------|----------------|
| 5K | 18:08.91..... | Sept. 29, 2007 |
| 6K | 22:00.60..... | Oct. 13, 2007 |
| Finish | 3rd..... | Sept. 1, 2007 |

| 2009 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 7/37..... | 7th | 15:50.11 |
| Midwest Open (5K)..... | 16/175..... | 4th | 18:37.60 |
| Greater Louisville Cl. (5K) .. | 75/291..... | 6th | 18:48.92 |
| Pre-Nationals (6K)..... | 221/278..... | 5th | 23:39.40 |
| BIG EAST Championships (6K)... | 67/136..... | 5th | 23:47.40 |
| NCAA Regional (6K)..... | 164/237..... | 7th | 23:34.45 |

| 2008 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 17/86..... | 8th | 16:01.47 |
| Winthrop Invite (5K)..... | 9/160..... | 4th | 18:36.00 |
| Greater Louisville Cl. (5K) .. | 40/265..... | 3rd | 18:26.11 |
| Pre-Nationals (6K)..... | 187/278..... | 3rd | 22:40.30 |
| BIG EAST Championships (6K)... | 56/137..... | 4th | 22:31.00 |
| NCAA Regional (6K)..... | 76/231..... | 4th | 22:41.40 |

| 2007 | Place | UofL Pos. | Time |
|--------------------------------|--------------|-----------|----------|
| Mid-America Opener (4K)... | 3/45..... | 3rd | 15:11.48 |
| Navy Invitational (6K)..... | 11/96..... | 4th | 22:59.00 |
| Greater Louisville Cl. (5K) .. | 29/239..... | 3rd | 18:08.91 |
| Pre-Nationals (6K)..... | 121/235..... | 4th | 22:00.60 |
| BIG EAST Champ. (6K)..... | 65/132..... | 6th | 22:33.35 |
| NCAA Regional (6K)..... | 90/225..... | 4th | 22:18.80 |

2009 University of Louisville Cross Country Recaps

Mid-America Opener Evansville, Ind. • September 5 Men: 6 km / Women: 4 km

EVANSVILLE, Ind. – The University of Louisville cross country program began the season in dominating fashion as they swept the Mid-America Opener team and individual titles for the third consecutive season on Saturday.

"I am extremely pleased with both teams' efforts and it's a great way to start the season," said UofL head coach Brice Allen. "This was an important opportunity for us to come out and test ourselves against competition after all the hard work we put in during the off-season. We really made great strides today."

The Cardinal men had the six of the top 10 finishers to score 20 points and claim their third straight win at the season-opening race. Indiana State finished runner-up with 38 points and were followed by host Evansville in third with 73 points.

Setting the pace for the men was redshirt sophomore Matt Hughes, who covered the 6,000-meter course in 18:06.33. Redshirt junior Michael Eaton made a triumphant return after sitting out last season. Eaton placed second with a time of 18:08.91, while junior Matt Bruce complete the race in 18:12.44 to take third. Sophomore Gordon Dooley and redshirt senior Cory Thorne finished fifth and ninth with times of 18:18.35 and 18:32.55, respectively, to round out the scoring for the Cards

In the women's race, the Cards dominated the field for the third consecutive year as they placed the top eight runners in the event to finish with a perfect 15 points, a school first, and earn the team title. Evansville scored 50 points to take second place.

Leading the way once again for UofL was senior Tarah McKay, who won her third straight individual title at the meet as she covered the 4,000-meter course in 14:35.74. McKay picked up her sixth career win and extended her streak to 20 career races that she has been the top finisher in Cardinal red and black.

Kim Grieshaber completed the course in 14:49.49 to earn runner-up honors, while junior Emily Borsare was third in 15:07.63. Senior Kathryn Long took fourth with a time of 15:21.44, while fellow senior Kat Alcorn capped the scoring in fifth at 15:30.78.

"Tarah had another outstanding performance and she continues to get better each race," said Allen. "Hughes has really improved since his arrival here and now we have a couple of weeks to prepare for our next competition."

Mid-America Opener Evansville, Ind. – Sept. 5, 2009 Men: 6 km / Women: 4 km

MENS RACE RESULTS (4 Teams)

| | | |
|----|---------------|------------|
| 1. | LOUISVILLE | 20 points |
| 2. | Indiana State | 38 points |
| 3. | Evansville | 73 points |
| 4. | UE Alumni | 106 points |

U of L Men's Individual Finishers (Field of 39)

| | | |
|-----|---------------|----------|
| 1. | Matt Hughes | 18:06.33 |
| 2. | Michael Eaton | 18:08.91 |
| 3. | Matt Bruce | 18:12.44 |
| 5. | Gordon Dooley | 18:18.35 |
| 9. | Cory Thorne | 18:32.55 |
| 10. | Chase Violet | 18:34.98 |
| 12. | Scott McClain | 18:43.95 |
| 14. | Evan Hibbs | 19:21.66 |

WOMENS RACE RESULTS (2 Teams)

| | | |
|----|------------|-----------|
| 1. | LOUISVILLE | 15 points |
| 2. | Evansville | 50 points |

U of L Women's Individual Finishers (Field of 37)

| | | |
|-----|--------------------|----------|
| 1. | Tarah McKay | 14:35.74 |
| 2. | Kim Grieshaber | 14:49.49 |
| 3. | Emily Borsare | 15:07.63 |
| 4. | Kathryn Long | 15:21.44 |
| 5. | Kat Alcorn | 15:30.78 |
| 6. | Kortni Dukes | 15:33.41 |
| 7. | Kelsey Page | 15:50.11 |
| 8. | Lorna Whaley | 16:05.19 |
| 25. | Michelle Theophile | 22:26.42 |
| 26. | Rachel Gehret | 22:41.86 |
| 28. | D'Minia Stokes | 23:26.65 |
| 29. | Andrea Sabbatine | 23:26.93 |
| 30. | Saravia Richardson | 24:23.92 |
| 31. | Danielle Hampton | 24:28.18 |
| 32. | Karen Amundson | 25:11.31 |
| 33. | Brittany Hotaling | 26:09.19 |
| 34. | Danielle Burbage | 26:12.39 |
| 35. | Jenean Pressley | 26:17.74 |
| 36. | Alex Mobley | 26:48.10 |
| 37. | Amaka Omenyinma | 31:17.67 |

Midwest Open Kenosha, Wisc. • September 19 Men: 8 km / Women: 5 km

KENOSHA, Wisc. – The University of Louisville cross country programs picked up from where they left off with a sweep of the UW-Parkside Midwest Open team titles to go along with an individual title for the men on Saturday at the Wayne E. Dannehl National Cross Country Course.

The Cardinal men had five of the top 10 finishers, including the top four, to score 17 points and claim their second straight win. Marquette finished runner-up with 74 points and were followed by Hillsdale in third with 104 points.

Setting the pace for the men was junior Matt Bruce, who covered the 8,000-meter course in 24:26.3. It marked the second consecutive week the Cards have picked up the individual crown. Redshirt senior Corey Thorne placed second with a time of 24:40.7, while redshirt sophomore Matt Hughes completed the race in 24:45.6 to take third. Rounding out the scoring for UofL was Senior Scott McClain who finished seventh with a time of 25:32.4. Sophomore Gordon Dooley finished 11th with a time of 25:52.5.

In the women's race, the Cards tied West Virginia for a share of the team title with 43 points. Marquette scored 47 points to take third place.

Leading the way once again for UofL was senior Tarah McKay who finished second at the meet as she covered the 5,000-meter course in 17:19.4. While she did finish second, McKay extended her streak to 21 career races that she has been the top finisher in a Cardinal uniform.

Senior Kim Grieshaber completed the course in 17:47.0 to finish third, while junior Emily Borsare was fourth in 17:59.2. Seniors Kelsey Page and Kat Alcorn took 16th and 18th place with times of 18:37.6 and 18:42.8, respectively, to cap the scoring. Others finishing the race were Kortni Dukes and Kathryn Long.

"I am very excited about both teams' victories as well as Matt Bruce's individual accomplishment winning the men's race," said UofL head coach Brice Allen. "Our program showed a lot of poise against some very good BIG EAST teams, including nationally ranked West Virginia. Everyone did very well and we will continue to work on our gap from 1-5 as we enter championship season. Overall, it was a great day for the Louisville Cardinals and we are excited about this progression."

Midwest Open Kenosha, Wisc. – Sept. 19, 2009 Men: 8 km / Women: 5 km

MENS RACE RESULTS (15 Teams)

| | | |
|-----|-----------------------|------------|
| 1. | LOUISVILLE | 17 points |
| 2. | Marquette | 74 points |
| 3. | Hillsdale | 104 points |
| 4. | North Dakota State | 109 points |
| 5. | UW-Milwaukee | 123 points |
| 6. | Michigan Tech | 181 points |
| 7. | Northern Kentucky | 193 points |
| 8. | Tiffin | 199 points |
| 9. | UW-Parkside | 246 points |
| 10. | Northwoods | 306 points |
| 11. | Illinois Tech | 307 points |
| 12. | Lawrence | 367 points |
| 13. | Beloit College | 376 points |
| 14. | Kenyon College | 380 points |
| 15. | Joliet Junior College | 490 points |

U of L Men's Individual Finishers (Field of 146)

| | | |
|-----|---------------|---------|
| 1. | Matt Bruce | 24:26.3 |
| 2. | Cory Thorne | 24:40.7 |
| 3. | Matt Hughes | 24:45.6 |
| 4. | Michael Eaton | 25:01.4 |
| 7. | Scott McClain | 25:32.4 |
| 11. | Gordon Dooley | 25:52.5 |

WOMENS RACE RESULTS (17 Teams)

| | | |
|------|-----------------------|-------------|
| 1. | LOUISVILLE | 43 points |
| 1. | West Virginia | 43 points |
| 3. | Marquette | 47 points |
| 4. | Hillsdale | 122 points |
| 5. | North Dakota State | 144 points |
| 6. | Northern Kentucky | 183 points |
| 7. | Michigan Tech | 201 points |
| 8. | UW-Milwaukee | 249 points |
| 9. | Northern Michigan | 250 points |
| 10. | Illinois Tech | 295 points |
| 11. | UW-Parkside | 302 points |
| 12. | Kenyon College | 340 points |
| 13. | Tiffin | 341 points |
| 14. | Beloit College | 405 points |
| 15. | Lawrence | 449 points |
| 16. | Joliet Junior College | 527 points |
| Inc. | Northwoods | 4 finishers |

U of L Women's Individual Finishers (Field of 175)

| | | |
|-----|----------------|---------|
| 2. | Tarah McKay | 17:19.4 |
| 3. | Kim Grieshaber | 17:47.0 |
| 4. | Emily Borsare | 17:59.2 |
| 16. | Kelsey Page | 18:37.6 |
| 17. | Kat Alcorn | 18:42.8 |
| 20. | Kortni Dukes | 18:46.5 |
| 23. | Kathryn Long | 18:59.9 |

Greater Louisville Classic Louisville, Ky. • October 3 Men: 8 km / Women: 5 km

LOUISVILLE, Ky. – The Louisville cross country teams raced this morning at E. P. "Tom" Sawyer Park, on a brisk windy morning. The men heated the temperature up a bit with a first place finish, in which they dominated the field by defeating nemesis Kentucky, the second place finisher, by eighty-five points. On the women's side, the Cardinals captured third place with a team score of 141. Pudrue took home the women's title with a score of eighty-eight points.

Senior Tarah McKay led the way for the Cardinals with her third consecutive runner-up finish at the Greater Louisville Classic. McKay, a native of St. Clements, Ontario, covered the 5,000-meter course in 17:02.57, while Western Kentucky's Janet

2009 University of Louisville Cross Country Recaps

Jasong successfully defended her title with a course record time of 16:47.97 in the field of 291 female runners.

"It was a good race for the beginning of the year," said McKay. "I had to work a lot in the last mile. I've been trying to work on more endurance in the beginning and speed later on. So, we will see how it goes, but I am happy overall."

Junior, Matt Bruce, a native of Oshawa, Ontario, led the way for the men with a solid fifth place finish, navigating the 8,000-meter course in 24:02.80. Teammate Cory Thorne, a redshirt senior, was right behind Bruce with a sixth place finish with a time of 24:07.32. Stephen Sambu, a sophomore from Rend Lake College and the 2009 NJCAA 10,000-meter outdoor track champion, led the field of 334 to the finish line with a time of 23:33.22.

"It was great competition today," said Bruce. "The guys ran pretty hard and Cory, Michael [Eaton] and I just tried to hang on there and see who we could pick off and pass up there at the end."

Also scoring points for the men were redshirt junior Michael Eaton in ninth place with a time of 24:18.43, redshirt sophomore Matt Hughes in 26th place with a time of 24:44.39, and sophomore Chase Violet, who was 29th with a time of 24:47.20. Sophomore Luke Lovelance, senior Scott McClain, and freshman Evan Hibbs also competed for the Cardinals.

Scoring points for the women's team in addition to McKay were senior Kim Grieshaber in seventh place with a time of 17:27.57, junior Emily Borsare with a 15th place finish and a time of 17:46.84, senior Kortni Dukes in 53rd with a time of 18:35.12, and senior Kathryn Long in 69th with a time of 18:46.49. Also running for the Cardinals were senior Kelsey Page, senior Kat Alcorn, and sophomore Lorna Whaley.

"I'm excited about both squads," said head coach Brice Allen. "At this time of the season, health is as important of a factor as anything, and we have two healthy squads and we are moving forward. We have Pre-Nationals in two weeks, and that will be one of the biggest races of the season, and we are excited for that."

The 8th annual Greater Louisville Classic featured a day of records. Seventy-six teams competed from sixteen different states, making it the largest collegiate cross country meet ever contested.

Greater Louisville Classic E.P. 'Tom' Sawyer Park – Oct. 3, 2009 Men: 8 km / Women: 5 km

MENS RACE RESULTS (38 Teams)

| | | |
|-----|---------------------------|------------|
| 1. | LOUISVILLE | 68 points |
| 2. | Kentucky | 153 points |
| 3. | Tennessee | 188 points |
| 4. | Central Michigan | 205 points |
| 5. | Middle Tennessee State | 251 points |
| 6. | Davidson College | 259 points |
| 7. | Queens Univ. of Charlotte | 260 points |
| 8. | Eastern Kentucky | 274 points |
| 9. | Rend Lake College | 284 points |
| 10. | Purdue | 288 points |

U of L Men's Individual Finishers (Field of 334)

| | | |
|-----|----------------|----------|
| 5. | Matt Bruce | 24:02.80 |
| 6. | Cory Thorne | 24:07.32 |
| 9. | Michael Eaton | 24:18.43 |
| 26. | Matt Hughes | 24:44.39 |
| 29. | Chase Violet | 24:47.20 |
| 37. | Luke Lovelance | 24:57.99 |
| 41. | Scott McClain | 25:01.84 |
| 63. | Evan Hibbs | 25:22.44 |

WOMENS RACE RESULTS (35 Teams)

| | | |
|-----|------------------------------|------------|
| 1. | Purdue | 88 points |
| 2. | Kentucky | 130 points |
| 3. | LOUISVILLE | 141 points |
| 4. | Missouri | 173 points |
| 4. | Western Kentucky | 173 points |
| 6. | Vanderbilt | 179 points |
| 7. | Central Michigan | 208 points |
| 7. | Eastern Kentucky | 208 points |
| 9. | Washington Univ. – St. Louis | 290 points |
| 10. | Southern Indiana | 295 points |

U of L Women's Individual Finishers (Field of 291)

| | | |
|------|----------------|----------|
| 2. | Tarah McKay | 17:02.57 |
| 7. | Kim Grieshaber | 17:27.57 |
| 15. | Emily Borsare | 17:46.84 |
| 53. | Kortni Dukes | 18:35.12 |
| 69. | Kathryn Long | 18:46.49 |
| 75. | Kelsey Page | 18:48.92 |
| 116. | Kat Alcorn | 19:19.21 |
| 133. | Lorna Whaley | 19:28.40 |

Pre-Nationals Terre Haute, Ind. • October 17 Men: 8 km / Women: 6 km

TERRE HAUTE, Ind. – The University of Louisville men's cross country team finished ninth, while the women placed 24th at Saturday's Pre-Nationals hosted by Indiana State University at the LaVern Gibson Championship Course.

"I am pleased with the men's finish and their win over Iowa State and Minnesota which should help us in pursuit of national prestige," said Allen. "On the women's side, I thought Tarah ran especially well and she continues to be a staple for us."

The Cardinal men placed ninth with 289 points in the field of 35 teams in the white race, while no. 1 ranked Stanford raced past the stiff competition with 47 points to earn the win. No. 4 Colorado finished runner-up with 130 points and no. 6 BYU took third with 163 points. U of L finished ahead of no. 18 and no. 30 Minnesota who took 10th and 11th, respectively.

Redshirt senior Cory Thorne led the way for the Cardinal men as he navigated the 8,000-meter course in 24:14.8 to finish 30th out of 237 runners in the white race. Junior Matt Bruce was the second Card to cross the finish line at 33rd overall with a career best time in the event of 24:17.6, while redshirt junior Michael Eaton placed 36th also with a career best time in the meet of 24:20.0. Rounding out the scoring for U of L was junior Matt Hughes in 92nd place with a time of 25:01.0 and Scott McClain who finished 98th at 25:05.0.

Also finishing the race for Louisville were sophomores Luke Lovelance and Chase Violet.

On the women's side, the Cardinals picked up 608 points to take 24th overall in a field of 37 teams in the blue race, while no. 19 Colorado earned the team title with 94 points. No. 11 Florida State came in second with 135 points and was followed by no. 4 Oregon in third with 169 points.

Senior Tarah McKay led the efforts of the Cardinal women with a 14th place finish in the field of 278 competitors as she completed the 6,000-meter course in 20:52.1. McKay extended her streak to 23 career races that she has been the top finisher in red and black.

Senior Kim Grieshaber was the second scorer for U of L as she crossed in a career best time of 21:30.9 to place 43rd, while fellow senior Kathryn Long took 149th with a time of 22:38.2. Seniors Kortni Dukes and Kelsey Page came across in 181st and 221st with times of 23:01.1 and 23:39.4, respectively, to cap the scoring for the Cards. Also completing the race was senior Kat Alcorn.

The Cardinals suffered a setback when health prevented junior Emily Borsare from finishing the race with just a half-mile left. She was in about the 36th position when she dropped out of the race.

"Our women's team suffered a severe blow in Borsare's inept," said Allen. "We're excited for her to regain health and look forward to her competing at the BIG EAST Championships."

Pre-Nationals Terre Haute, Ind. – Oct. 17, 2009 Men: 8 km / Women: 6 km

MENS WHITE RACE RESULTS (35 Teams)

| | | |
|-----|----------------------|------------|
| 1. | No. 1 Stanford | 47 points |
| 2. | No. 4 Colorado | 130 points |
| 3. | No. 6 BYU | 163 points |
| 4. | No. 8 Portland | 211 points |
| 5. | No. 12 Iona | 218 points |
| 6. | No. 19 Arizona State | 232 points |
| 7. | No. 21 New Mexico | 278 points |
| 8. | No. 28 Florida State | 288 points |
| 9. | LOUISVILLE | 289 points |
| 10. | No. 18 Iowa State | 301 points |

U of L Men's Individual Finishers (Field of 237)

| | | |
|------|----------------|---------|
| 30. | Cory Thorne | 24:14.8 |
| 33. | Matt Bruce | 24:17.6 |
| 36. | Michael Eaton | 24:20.0 |
| 92. | Matt Hughes | 25:01.0 |
| 98. | Scott McClain | 25:05.0 |
| 109. | Luke Lovelance | 25:13.3 |
| 197. | Chase Violet | 26:20.6 |

WOMENS BLUE RACE RESULTS (37 Teams)

| | | |
|-----|-----------------------|------------|
| 1. | No. 19 Colorado | 94 points |
| 2. | No. 11 Florida State | 135 points |
| 3. | No. 4 Oregon | 169 points |
| 4. | No. 13 Georgetown | 200 points |
| 5. | No. 6 Stanford | 206 points |
| 6. | Arizona | 225 points |
| 7. | No. 7 Iowa State | 231 points |
| 8. | No. 29 Iowa | 283 points |
| 9. | UTEP | 284 points |
| 10. | No. 24 Michigan State | 302 points |
| 24. | LOUISVILLE | 608 points |

U of L Women's Individual Finishers (Field of 278)

| | | |
|------|----------------|---------|
| 14. | Tarah McKay | 20:52.1 |
| 43. | Kim Grieshaber | 21:30.9 |
| 149. | Kathryn Long | 22:38.2 |
| 181. | Kortni Dukes | 23:01.1 |
| 221. | Kelsey Page | 23:39.4 |
| 229. | Kat Alcorn | 23:56.2 |

BIG EAST Championships Kenosha, Wisc. • October 31 Men: 8 km / Women: 6 km

KENOSHA, Wisc. – The University of Louisville's Cory Thorne became the first athlete in program history to win a cross country conference individual title at the BIG EAST Championships on Saturday at Wayne E. Dannehl Championship Course, while the women's team finished seventh.

"I'm very excited with Cory's title," said U of L head coach Brice Allen. "Both teams performed well in tough conditions and we are looking forward to hosting the regional championships in two weeks."

Thorne, a redshirt senior, covered the 8,000-meter course in 24:43.9 to secure the win and earn his fourth All-BIG EAST award. He finished two and a half seconds ahead of Villanova's Mathew Mildenhall.

The no. 25 ranked Cardinals scored 84 points to finish fourth in the field of 14. They improved four spots from a year ago. No. 14 Syracuse earned 55

2009 University of Louisville Cross Country Recaps

points to win the team title, while no. 10 Georgetown scored 61 points to take second overall. They were followed by no. 22 Villanova in third with 76 points. U of L finished ahead of no. 17 Providence who came in fifth.

Redshirt junior Michael Eaton was the second Cardinal to complete the race and also earned All-BIG EAST honors in the process with a time of 25:05.3. It marked the second time in his career that he garnered the achievement. Junior Matt Bruce navigated the course in 25:26.5 to finish 16th. He was followed by senior Scott McClain and sophomore Luke Lovelace who finished 27th and 33rd with times of 25:55.4 and 26:04.2, respectively, to complete the scoring.

Also finishing the race were redshirt sophomore Matt Hughes and sophomore Chase Violet.

In the women's race, the Cards scored 190 points to place seventh for the second consecutive year in the field of 16, matching their highest finish in program history. Sheila Reid won the women's individual title while guiding no. 2 Villanova to a team championship with 30 points. No. 4 West Virginia scored 74 points to finish runner-up, while no. 10 Syracuse came in third with 84 points.

Senior Tarah McKay paced the Cards with a sixth-place finish as she completed the 6,000-meter course in 21:22.4 to earn All-BIG EAST honors for the fourth straight season. The St. Clements, Ont. native has now been the top finisher for the Cards in 24 consecutive races.

The next U of L runner to cross the finish line was senior Kim Grieshaber in 25th at 22:14.9, while junior Emily Borsare came in right behind at 27th place with a time of 22:15.4. Rounding out the scoring for the Cards were seniors Kat Alcorn, who finished 65th in 23:42.9, and Kelsey Page, who came across 67th with a time of 23:47.4. Others completing the race were seniors Kortni Dukes and Kathryn Long.

BIG EAST Championships Kenosha, Wisc. – Oct. 31, 2009 Men: 8 km / Women: 6 km

MENS RESULTS (14 Teams)

| | | |
|-----|----------------|------------|
| 1. | #14 Syracuse | 55 points |
| 2. | #10 Georgetown | 61 points |
| 3. | #22 Villanova | 76 points |
| 4. | #25 LOUISVILLE | 84 points |
| 5. | #17 Providence | 97 points |
| 6. | Notre Dame | 178 points |
| 7. | Marquette | 237 points |
| 8. | Cincinnati | 250 points |
| 9. | DePaul | 271 points |
| 10. | Connecticut | 291 points |
| 11. | Pittsburgh | 317 points |
| 12. | Rutgers | 330 points |
| 13. | USF | 381 points |
| 14. | Seton Hall | 460 points |

U of L Men's Individual Finishers (Field of 115)

| | | |
|-----|---------------|---------|
| 1. | Cory Thorne | 24:43.9 |
| 7. | Michael Eaton | 25:05.3 |
| 16. | Matt Bruce | 25:26.5 |
| 27. | Scott McClain | 25:55.4 |
| 33. | Luke Lovelace | 26:04.2 |
| 42. | Matt Hughes | 26:19.9 |
| 54. | Chase Violet | 27:13.5 |

WOMENS RESULTS (16 Teams)

| | | |
|----|------------------|------------|
| 1. | #2 Villanova | 30 points |
| 2. | #4 West Virginia | 74 points |
| 3. | #10 Syracuse | 84 points |
| 4. | #9 Georgetown | 92 points |
| 5. | #24 Providence | 108 points |
| 6. | #30 Notre Dame | 160 points |
| 7. | LOUISVILLE | 190 points |
| 8. | Marquette | 251 points |
| 9. | Cincinnati | 272 points |

| | | |
|-----|-------------|------------|
| 10. | Connecticut | 305 points |
| 11. | DePaul | 320 points |
| 12. | USF | 359 points |
| 13. | Rutgers | 382 points |
| 14. | St. John's | 460 points |
| 15. | Seton Hall | 492 points |
| 16. | Pittsburgh | 497 points |

U of L Women's Individual Finishers (Field of 136)

| | | |
|-----|----------------|---------|
| 6. | Tarah McKay | 21:22.4 |
| 25. | Kim Grieshaber | 22:14.9 |
| 27. | Emily Borsare | 22:15.4 |
| 65. | Kat Alcorn | 23:42.9 |
| 67. | Kelsey Page | 23:47.4 |
| 69. | Kortni Dukes | 23:52.6 |
| 74. | Kathryn Long | 24:00.8 |

NCAA Southeast Regional Louisville, Ky. • November 14 Men: 10 km / Women: 6 km

LOUISVILLE, Ky. – The University of Louisville men's cross country team finished third at the NCAA Southeast Regional on Saturday at E.P. "Tom" Sawyer State Park, while Tarah McKay earned an automatic bid to the NCAA Championships with her third place finish in the women's race.

"I am excited about the men's third place finish and very optimistic that we will advance to the national championship," said U of L head coach Brice Allen. "With Virginia being in the fifth position they should push both Duke and us in for the at-large bid which would make five teams out of the Southeast Region. McKay is a lock for an individual berth for nationals and she ran the best she ever has at the regional event. I feel that she is going to have an outstanding national meet."

The no. 24 ranked Cardinal men started off the day with a strong third place finish out of 35 teams in their 10,000-meter race with a score of 121 points. The College of William and Mary, who is ranked eighth by the USTFCCA, took the men's team title for the second straight year with 49 points, while no. 16 North Carolina State was runner-up with a score of 99 points to earn the second automatic bid. Louisville finished ahead of no. 30 Duke and no. 19 Virginia who finished fourth and fifth with scores of 131 and 133, respectively.

Leading the way for the Cardinal men was redshirt senior Cory Thorne who placed eighth overall in the field of 230, just missing out on an automatic qualifying bid to the NCAA Championships with a strong time of 30:23.52. He earned his third All-Region Performer nod.

"The competition today was pretty solid," said Thorne. "I think I ran well, it was all I had, so I can't complain. The course was perfect today. It didn't rain and it was the first race in the last four that there wasn't mud or puddles. The weather was perfect."

Redshirt junior Michael Eaton added a 16th place finish with a time of 30:41.12, which was also good for his third All-Region Performer award. Also earning his first All-Region Performance honor was junior Matt Bruce in 24th overall at 31:05.74.

Redshirt sophomore Matt Hughes and sophomore Luke Lovelace helped secure third place for the men with finishes of 32nd and 41st respectively. Hughes navigated the course in 31:26.23, while Lovelace was just over ten seconds behind at 31:36.96. Sophomore Chase Violet also finished the race for the Cardinals.

In the women's 6,000-meter race, the Cardinals placed seventh out of 35 squads with a team score of 234 points. No. 15 Duke captured the women's team title with 69 points and was followed by no. 19 and defending regional champion Virginia who accumulated 99 points. Both teams secured

automatic bids to the NCAA Championships. Rounding out the top five were North Carolina State with 135 points, William & Mary with 145 points and North Carolina with 167 points.

McKay, senior, paced the Cardinals with a third place finish, an automatic bid to the NCAA Championships, a fourth consecutive All-Region Performer award, and a time of 20:17.34.

"This was my last time competing and I was really hoping for a good race," said McKay. "It's been a good season so far. Overall, I was pretty happy with the race. This is the first time that I have been able to go automatically to nationals."

Just missing out on her third All-Region nod was junior Emily Borsare in 30th with a time of 21:31.84. Senior Kim Grieshaber added a 39th place finish with her time of 21:41.84, while senior Kathryn Long placed 72nd in 22:21.57. Senior Kortni Dukes rounded out the scoring for the Cardinals in 92nd at 22:40.86. Also completing the race for the Cards were seniors Kat Alcorn and Kelsey Page.

The top two teams and four individuals not on qualifying teams in each race earned automatic bids to the 2009 NCAA Championships. Two at-large individual and 13 at-large team bids will be announced tomorrow. In addition, the top 25 runners in each race received All-Region Performer honors.

NCAA Southeast Regional Championships Louisville, Ky. – Nov. 14, 2009 Men: 10 km / Women: 6 km

MENS RESULTS (35 Teams)

| | | |
|-----|--------------------------|------------|
| 1. | #8 William and Mary | 49 points |
| 2. | #16 North Carolina State | 99 points |
| 3. | #24 LOUISVILLE | 121 points |
| 4. | #30 Duke | 131 points |
| 5. | #19 Virginia | 133 points |
| 6. | North Carolina | 204 points |
| 7. | Eastern Kentucky | 218 points |
| 8. | Virginia Tech | 238 points |
| 9. | Liberty | 282 points |
| 10. | George Mason | 340 points |

U of L Men's Individual Finishers (Field of 230)

| | | |
|-----|---------------|----------|
| 8. | Cory Thorne | 30:23.52 |
| 16. | Michael Eaton | 30:41.12 |
| 24. | Matt Bruce | 31:05.74 |
| 32. | Matt Hughes | 31:26.23 |
| 41. | Luke Lovelace | 31:36.96 |
| 76. | Chase Violet | 32:35.13 |

WOMENS RESULTS (35 Teams)

| | | |
|-----|----------------------|------------|
| 1. | #15 Duke | 69 points |
| 2. | #19 Virginia | 113 points |
| 3. | North Carolina State | 135 points |
| 4. | William & Mary | 145 points |
| 5. | North Carolina | 167 points |
| 6. | James Madison | 225 points |
| 7. | LOUISVILLE | 234 points |
| 8. | Kentucky | 256 points |
| 9. | Richmond | 309 points |
| 10. | Eastern Kentucky | 332 points |

U of L Women's Individual Finishers (Field of 237)

| | | |
|------|----------------|----------|
| 3. | Tarah McKay | 20:17.34 |
| 30. | Emily Borsare | 21:31.84 |
| 39. | Kim Grieshaber | 21:41.84 |
| 72. | Kathryn Long | 22:21.57 |
| 92. | Kortni Dukes | 22:40.86 |
| 141. | Kat Alcorn | 23:16.07 |
| 164. | Kelsey Page | 23:34.45 |

NCAA Championships Terre Haute, Ind. • November 23 Men: 10 km / Women: 6 km

2009 University of Louisville Cross Country Recaps

TERRE HAUTE, Ind. – The no. 23 ranked University of Louisville men's cross country team finished 23rd at the 2009 NCAA Championships on Monday at the LaVern Gibson Championship Course, while senior Tarah McKay placed 75th in the women's race.

"I am pleased with how we progressed throughout the season and to be on this stage, on the national level, is a tribute to these athletes," said U of L head coach Brice Allen.

U of L, competing for their third time in the past four years, finished with a score of 490 points. The Cardinals did finish ahead of no. 18 North Carolina State who earned the second automatic bid at the NCAA Southeast Regional Championships.

Leading the way for the Cards was redshirt senior Cory Thorne who earned All-American honors for the second time with his 24th place finish. Thorne, from Portsmouth, N.H., navigated the 10,000-meter course in 30:05.3.

"It is exciting to see Thorne end his cross country career as an All-American," said Allen. "He has worked so hard to get to this point and it's well-deserved."

Redshirt junior Michael Eaton added an 83rd place finish with his time of 30:47.6. Junior Matt Bruce finished 94th, while red-shirt sophomore Matt Hughes placed 193rd with times of 30:52.2 and 31:53.1, respectively. Sophomore Luke Lovelace rounded out the scoring for the Cardinals with a 205th place finish and a time of 32:03.6. Also competing for the Cardinals were senior Scott McClain and sophomore Chase Violet.

McKay, competing in her third national championship, finished 75th out of 254 runners and navigated the 6,000-meter course in 21:08.8.

NCAA Championships Terre Haute, Ind. – Nov. 23, 2009 Men: 10 km / Women: 6 km

MENS RESULTS (31 Teams)

| | | |
|-----|-------------------|------------|
| 1. | #2 Oklahoma State | 127 points |
| 2. | #8 Oregon | 143 points |
| 3. | #3 Alabama | 173 points |
| 4. | Northern Arizona | 190 points |
| 5. | #8 William & Mary | 226 points |
| 6. | #6 Colorado | 315 points |
| 7. | #10 Wisconsin | 321 points |
| 8. | #12 New Mexico | 350 points |
| 8. | #11 Iona | 350 points |
| 10. | #1 Stanford | 354 points |
| 23. | #23 LOUISVILLE | 490 points |

U of L Men's Individual Finishers (Field of 250)

| | | |
|------|---------------|---------|
| 24. | Cory Thorne | 30:05.3 |
| 83. | Michael Eaton | 30:47.6 |
| 94. | Matt Bruce | 30:52.2 |
| 193. | Matt Hughes | 31:53.1 |
| 205. | Luke Lovelace | 32:03.6 |
| 239. | Scott McClain | 33:19.5 |
| 247. | Chase Violet | 34:29.8 |

U of L Women's Individual Finishers (Field of 254)

| | | |
|-----|-------------|---------|
| 75. | Tarah McKay | 21:08.8 |
|-----|-------------|---------|