

LOYOLA MARYMOUNT UNIVERSITY

LION TRAXC

www.lmulions.com

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Department of Athletics

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Greetings all LMU Cross Country / Track and Field family and friends. Welcome to the inaugural edition of Lion TRaXC, a publication that will keep you connected to all Lion happenings.



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The women (above) demonstrate great teamwork and pack running at the Bronco Invitational while the men (below) celebrate after winning the West Coast Track Challenge for the second consecutive year.



Men's Season Recap

CROSS COUNTRY

The men's cross country and track & field programs completed their most successful campaign ever during the 2007-2008 season. In the fall, the cross country team started off strong by beating Pepperdine in a dual meet with a nearly perfect score of 18-43. They went on to take third at the UC Irvine Invitational and second at Santa Clara's Bronco Invitational.

These races were a great tune-up for the Conference Championship where the Lions continued their success. The Lions placed second at the West Coast Conference Championship held at Crystal Springs Park in Belmont, California. The second place finish was the team's highest since 1981 and was truly a team effort. The men finished the 8K course with an average time of 25:52, which bests the old team record by an impressive 52 seconds. In addition to this great team accomplishment, three Lions were under the existing LMU course record of 25:48. Junior **Trevor Wiseman** led the way finishing in fifth place with a time of 25:30 and redshirt junior **Lino Almeida** finished just six seconds later in eighth place. Both Wiseman and Almeida earned All Conference honors for their efforts. Freshman **Scott Donahue** also had a great race finishing in 26:24, which broke the freshman record previously held by Almeida.

The Lions traveled to Eugene, Oregon (pictured lower right) where they competed at the NCAA West Region Championship. The men finished the 10K race with a team time average time of 32:48, which was 1:08 faster than their previous record of 33:56. The season ended with a 16th place finish at the regional meet, the best finish in school history.

TRACK & FIELD

The Lions continued their success on the track in the Spring. Like the cross country season, the track season started with another victory at Pepperdine where the men's squad won the 2nd Annual West Coast Track Challenge competing against conference foes San Francisco and Santa Clara. Both junior **Adam Stebbins** (200m, 400m, 4x100m, 4x400m) and freshman **Matt Duncan** (110mH, 400mH, 4x100m, 4x400m) placed first in all four events in which they competed.

Trevor Wiseman built on his successful Fall by running 8:30.48 in the 3000m at the West Coast Track Challenge and 14:47.71 in the 5000m at UCLA's Rafer Johnson / Jackie Joyner-Kersey Invitational. Both marks were school records. Freshman **Connor Pastoor** also set a school record in the 3000m Steeplechase by running 9:54.50 at the Ben Brown Invitational. Freshman hurdler **Matt Duncan** set school records in both the 110m High Hurdles (18.19) and the 400m Hurdles (57.77).

For the second consecutive year, **Keyon Mitchell** (pictured right) shined in the jumps. The sophomore set school records in the Long Jump (6.94m, 22'9.25") and Triple Jump (14.39m, 47'2.5"). In addition to setting school records, Mitchell jumped at the Stanford Invitational, where he finished second in his section of the Long Jump and fifth in the Triple Jump. Mitchell also took second place in the Collegiate Section of the Long Jump at the prestigious Mt. SAC Invitational.



With nearly all of our top runners returning, along with some talented newcomers, both programs are looking to build on our success from this past year and reach even new heights in 2008/2009.

2008 Cross Country Schedule

8/17/08 - Preseason Training Camp - Mammoth, CA
8/30/08 - Pepperdine Dual - Malibu, CA
9/6/08 - UC Irvine Invitational - Irvine, CA
9/13/08 - Aztec Invitational - San Diego, CA
9/27/08 - Stanford Invitational - Palo Alto, CA
10/4/08 - Alumni Run - Manhattan Beach, CA

10/18/08 - Chile Pepper - Fayetteville, AR
10/24/08 - Titan Invitational - Fullerton, CA
11/1/08 - WCC Championships - Belmont, CA
11/15/08 - NCAA West Regional - Palo Alto, CA
11/24/08 - NCAA National Championships
-Terre Haute, IN

Women's Cross Country Recap

The 2007 women's cross country season closed the books on an era, but also fittingly opened a new chapter with the promise of a bright and exciting future. Senior **Laura Mickelson** (pictured right) finished her distinguished LMU career by earning a second consecutive trip to the NCAA Cross Country Championship in Terre Haute, IN. She ran her way to a course-PR of 21:15, eclipsing her previous mark by 23 seconds and placing 61st in a field of 256 runners. Two weeks earlier, she qualified for the National Championship at the West Region Championship, where she placed 15th overall in the race. At the West Coast Conference (WCC) Championship, Mickelson again earned All-Conference honors for the third time in her illustrious career by finishing in 2nd place, falling short of capturing back-to-back individual Conference Championship titles. The El Segundo, CA native earned two National Championship appearances, two All-Region Honors, won a WCC individual title and numerous individual invitational titles while setting multiple course and meet records.



Mickelson will pass the torch on to freshman **Tara Erdmann**, who undoubtedly had the best season of any freshman in LMU history. At the 2007 West Coast Conference Championship, Erdmann earned the prestigious Freshman of the Year honor as the highest freshman finisher by placing 5th in the race. She was also All-Conference for her efforts. At the NCAA West Region Championship Erdmann continued her phenomenal season as the 8th best freshman finisher in the meet and 40th overall.

All season, the Lions were led by the consistent one-two punch of Mickelson and Erdmann. Not to be outdone, the performances of junior **Abby Fall**, senior **Brittany Rezowalli** and sophomore **Annie Holden** helped close out what was arguably one of the most successful seasons in history. The Lions started the season with a victory at the Pepperdine Dual, followed by a 2nd place finish at the Irvine Invitational and a 6th place finish at the Aztec Invitational. As a team, things started to click at the Stanford Invitational. In the very deep race, the women finished in 7th place and were led by three runners in the top 25: Mickelson (9th),

Erdmann (13th), and Fall (25th). Additionally, the Lions ran a team time of 22:01, which was at the time the fastest team time for 6K in school history.

At the WCC Championship, the women again bettered their record with a team average of 22:00 on a much tougher 6K course. The team effort was good enough for a 3rd place finish. This marks the third consecutive year the women have finished in the top-3 in the West Coast Conference.

Two weeks later the team traveled to Eugene, Oregon, where for the third consecutive year the women finished in the top-15 at the talent-filled NCAA West Region Championship. The tough region included 4 of the top 10 teams in the nation: Washington, Arizona State, Oregon, and the eventual national champion Stanford. The team again bettered their school record by running the 6K course in an average time of 21:59, which is now the fastest team average on any course in LMU history.

Academic Accomplishments

- The Women's Track & Field team GPA for Spring 2008 was 3.50. This is the highest team GPA amongst all 21 LMU teams and ties for the highest team GPA ever. The only other team to earn a 3.50 was the men's Cross Country program in Spring of 2002.
- The Men's Track & Field team GPA for spring 2008 was 3.18. This is the highest team GPA amongst all LMU men's teams.
- 16 student-athletes on the Men's and Women's Track & Field roster had a semester GPA higher than 3.50.

Women's Track Recap

When Spring arrived, the women's track squad picked up right where they left off last year, improving on what was their best season ever. Early on, in the highly anticipated West Coast Track Challenge, the Lions defended their championship by dominating conference foes Pepperdine, San Diego, San Francisco, and Santa Clara. Freshman **Tara Erdmann** had a breakout day, winning both the 800m and the 1500m. Her 800m time of 2:17.67 set a new stadium record. Erdmann was a part of the school record-setting Distance Medley Relay. Additionally, the 4x100m relay team set a new school record and placed second.

Freshmen **Keyanna Adger** and **Chelsea Wirshem** led the sprint and jump corps to the best season in school history. Adger continued to improve her times throughout the season and ultimately set school records in the 100m (12.69) and the 200m (26.81) at the Arizona State Invitational. In the Triple Jump, Wirshem set a school record with a leap of 36'0.25" (10.98m) at the UCLA Rafer Johnson/Jackie Joyner-Kersey Invitational.

Junior **Abby Fall** and senior **Brittany Rezowalli** each had remarkable seasons, where they significantly lowered their PR's for the 5000m distance. Fall's best time of the season happened at the Occidental Distance Carnival where she ran 17:10.90, lowering her personal best by 55 seconds. She is now the fourth fastest individual to run the distance at LMU. Rezowalli also had the best season in her college career running 17:32.34 and taking over the number 5 spot on the all time list.

Erdmann set two more school records in her first season under the LMU jersey. At the Arizona State Invitational, she ran the 1500m in 4:29.17 in front of her hometown crowd and set a school record in the mile (5:03.0) at Cal State University Northridge. Erdmann's best race of the track season was at the Stanford Invitational, where she ran 16:47.45 for 5K. With that time, she became the second fastest individual at the 5K distance in LMU history and qualified to run at the NCAA West Region Championship. With this honor the Lions have now had representation at the NCAA West Region Championship in each of the first three seasons in which track and field has been sponsored as an NCAA sanctioned sport at LMU.

After a very successful year, the Lions now turn their attention to the 2008-2009 season where they will welcome the deepest and most talented freshman class in school history.

Abby Fall ran 17:10.90 in the 5K at the Occidental Distance Carnival. The time was a 55 second PR.



Team Accomplishments



- **Laura Mickelson** named Academic All-American
- **Laura Mickelson** qualified for the NCAA National Cross Country Championship
- **Tara Erdmann** named West Coast Conference Freshman of the Year
- **Tara Erdmann** qualified for the NCAA West Region Track and Field Championship
- **Trevor Wiseman, Lino Almeida, Laura Mickelson & Tara Erdmann** earned all West Coast Conference honors at the Cross Country Conference Championship
- **Scott Guerrero** named West Coast Conference Men's Coach of the Year
- 13 school records were set on the track
- **Tara Erdmann** qualified to run the 1500m and 5000m at the USA Track and Field Junior Outdoor Championships
- **Laura Mickelson** was one of 87 women in the nation to be awarded the NCAA Post Graduate Scholarship
- **Laura Mickelson** was named to the ESPN the Magazine Academic All-District First Track/Cross Country Team

LION'S CORNER

With Tara Erdmann

Freshman **Tara Erdmann** came to LMU as a highly decorated high school athlete and winner of 7 Arizona State High School Championships. She made an immediate impact as a Lion finishing fifth place at the WCC Cross Country Championships and earning Freshman of the Year honors. On the track, she qualified for NCAA West Region Championship by running 16:47.50.



Q: Tell us about the opportunity to run competitively in college.

A: Running was the last sport I competed in at the high school level and so I never anticipated I would be doing what I am today. I found that running was a gift I was given and I want to put everything into it. College was the next step for me and I am grateful for the opportunity to be running competitively at this level.

Q: How has being a part of LMU's cross country and track team influenced you?

A: Whether I am running during cross country or track season, I am always proud to wear an LMU jersey. I have respect when I put it on before the race, but I also have respect when I put it away until the next race.

Q: Why did you choose to come to LMU?

A: I chose LMU because I wanted to make an impact on a team right away, but also be in a position where I could be led by upperclassmen. My decision was also heavily based on the girls. I needed a place where I felt like I would get along well with the entire team. When you have a teammate by your side, running becomes more enjoyable. In the process of choosing a school, I got to talk to a lot of coaches and learn about their training philosophies. I knew that in order for me to succeed at the highest level possible, I would have to believe 100% in the training philosophy of the school I chose. I found that at LMU.

Q: What has your academic experience at LMU been like?

A: My academic experience at LMU has been both challenging and enjoyable. Unlike high school, where I took so many different courses without one main study, I have been able to focus on the sciences here. Academics at LMU comes with many long nights of studying and sipping coffee trying to retain all the endless lecture notes, but you learn to love it.

Q: What is your favorite thing about living in Los Angeles?

A: There is always something to do or someplace to go. I grew up in Tucson without a beach and probably did everything possible in that city. I was ready for a change and now I take advantage of every opportunity I get to go to the beach or experience something new in Los Angeles.

Q: What is your best LMU cross country / track memory?

A: My best memory so far has been the Mammoth training trip. Mammoth is simply unexplainable unless you experience it. I also love to race because it is what I train for day in and day out with my teammates. When we are all toeing the line, everything comes together and we work for and with each other.

Q: Do you have any pre-race rituals or traditions?

A: I do not have too many pre-race rituals, but I have a pair of black socks that I always wear on race days. I also eat a bagel with my favorite peanut butter, topped with sliced banana.

Q: When you think about next year, what are you most excited about?

A: Coming back as a sophomore, I am most excited about the incoming freshmen and the team we are going to have. Having just completed my freshman year, I know what they will be going through and I feel like I will be able to help them with their transition. We have a great class and I'm sure the team is going to continue to work hard, race smart and get better.

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