

GENERAL INFORMATION

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INDOOR SCHEDULE

Day	Date	Meet	Location
Fri-Sat	January 12-13,	Virginia Tech Invitational	Blacksburg, Va.
Saturday	January 20	MARYLAND INVITATIONAL	Landover, Md.
Fri-Sat	January 26-27	Penn State Challenge	State College, Pa.
Fri-Sat	February 2-3	NY Armory Collegiate Meet	New York, N.Y.
Fri-Sat	February 16-17	Virginia Tech Challenge	Blacksburg, Va.
Thu-Sat	February 22-24	ACC Indoor Championships	Clemson, S.C.
Fri-Sat	March 2-3	Alex Wilson Invitational	South Bend, Ind.
Sat-Sun	March 3-4	ECAC / IC4A Championships	Boston, Mass.
Fri-Sat	March 9-10	NCAA Indoor Nationals	Fayetteville, Ark.

OUTDOOR SCHEDULE

Day	Date	Meet	Location
Saturday	March 17	Wake Forest Invitational	Winston-Salem, N.C.
Fri-Sat	March 23-24	Disney Invitational	Orlando, Fla.
Fri-Sat	March 24-25	Navy Invitational	Annapolis, Md.
Saturday	March 31	MARYLAND INVITATIONAL	College Park, Md.
Fri-Sat	April 6-7	Duke Invitational	Durham, N.C.
Saturday	April 14	Lou Onesty Invitational	Charlottesville, Va.
Thu-Sat	April 19-21	ACC OUTDOOR CHAMPIONSHIPS	College Park, Md.
Thu-Sat	April 26-28	Penn Relays	Philadelphia, Pa.
Saturday	May 5	George Mason Invitational	Fairfax, Va.
Thu-Sun	May 10-13	ECAC/IC4A Championships	Princeton, N.J.
Fri-Sat	May 25-26	NCAA East Regionals	Gainesville, Fla.
Wed-Sat	June 6-9	NCAA Outdoor Nationals	Sacramento, Calif.

QUICK FACTS

UNIVERSITY INFORMATION

Location: College Park, Md.
Founded: 1856
Enrollment: 35,392
President: Dr. C.D. Mote, Jr. (California '59)
Athletics Director: Deborah A. Yow (Elon '74)
Nickname: Terrapins, Terps
Colors: Red, White, Black and Gold
Affiliation: NCAA Division I
Conference: Atlantic Coast Conference
Indoor Facility: Prince George's Complex (1,000)
Outdoor Facility: Kehoe Track Facility (1,850)

MEDIA GUIDE CREDITS

The 2007 Maryland track & field media guide was written by Doug Dull, Mariel Brady and Ben Dooling of the Athletics Media Relations Department. Editing by Patrick Fischer and Shawn Nestor. Design and layout by Doug Dull, Associate Athletics Director for Media Relations. Cover design by John Schaffhauser. Photography by Tony Quinn, Greg Fiume, Rob Frelow, Cheryl Treworgy/PrettySporty. Printing by Morgantown Printing & Binding.

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TRACK & FIELD INFO

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Valmon at Maryland: 4th Year
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 Katrina Allen (James Madison '94)
Assistant Coach/Cross Country:
 Michael Garrison (UC Davis '95)
Assistant Coach: Roland Desonier (C.W. Post '76)
Assistant Coach: Jason Grimes (Tennessee '81)
Volunteer Assistant: Bill Athey
Volunteer Assistant: Frank Costello (Maryland '68)
Volunteer Assistant: Julia Stevenson (Brown '04)
2006 ACC Women's Indoor Finish: 7th
2006 ACC Men's Indoor Finish: 10th
2006 ACC Women's Outdoor Finish: T7th
2006 ACC Men's Outdoor Finish: 10th
2006 ACC Women's Cross Country Finish: 10th
2006 ACC Men's Cross Country Finish: 10th

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HEAD COACH ANDREW VALMON

FOURTH YEAR AT MARYLAND • SETON HALL '87

TWO-TIME OLYMPIC GOLD MEDALIST



The incredible commitment and hard work it takes to earn Olympic Gold is something found in precious few people.

But the University of Maryland track and field program is now reaping the benefit of just that commitment and hard work under the leadership of head coach Andrew Valmon.

Now in his fourth season as head coach of the Terrapins, Valmon is committed to the storied past, exciting present and bright future of the Maryland track program. Because of that, his staff and student-athletes are putting in the hard work it takes to bring Maryland track and field back to prominence in the region, the conference and around the nation.

The program continued its upward climb in the 2005-06 season. Maryland had its best NCAA and Atlantic Coast Conference team finishes in many years when the Terrapins posted All-Americans on both the men's and women's sides. The Terps were 22nd indoors in the women's standings and tied for 30th outdoors on the men's side at the nationals.

Dominic Berger placed second outdoors in the 110-meter hurdles to follow his All-America status earned indoors in the 60-meter hurdles. Kierra Foster was also a two-time All-American in 2006, placing among the top eight in the nation in the women's long jump both indoors and outdoors. Lynn Hernandez also earned All-America status in the women's long jump at the NCAA Indoor Championships.

The points earned at the NCAA Outdoor Nationals by the women's team were Maryland's first since 1991. Maryland also had ACC women's champions both indoors and outdoors for the first time since 2000.

The breakthroughs on the men's side were even more impressive, as Maryland scored points at nationals both indoors and outdoors for the first time since 1987. Berger was the Terps' first All-America male student-athlete in the same 19-year period.

Off the track, Valmon has created a culture of excellence for the track and field program that rivals any of the 27 intercollegiate athletics programs at Maryland.

At the 2006 President's Cup Brunch, Maryland's men's cross country squad earned the President's Cup Team GPA Award, while the women's cross country team earned the NCAA CHAMPS/Lifeskills Award. Terrapin student-athletes were also honored with three individual awards, including Allison Carney, who received an Atlantic Coast Conference Community Service Award.

Valmon's commitment also reaches to the classroom, where four of the six programs under his direction earned Academic Progress Rates of a perfect 1,000, with the other two reaching outstanding rates of 985.

The 2004-05 season was one of tremendous strides for the Terrapins under Valmon's leadership. Maryland had an All-American indoors when Foster placed in the women's long jump, had a junior national champion when Berger won the 110-meter hurdles at the USATF Junior Nationals and set nine school records indoors and outdoors during the season.

The Terrapins also posted a victory in the men's 4x100 relay at the IC4A Championships, their first title at that meet in nearly 20 years.

Valmon's success at Maryland has not gone unnoticed among his peers or the track and field community, as he continues to be a prominent spokesman for issues regarding the sport.

In the summer of 2004, Valmon was selected to a distinguished, NCAA/USOC panel to address Olympic sport concerns. The panel continued to meet throughout 2004 and 2005, on its way to looking for creative ways to increase the visibility of various Olympic sports.

In 2003, Valmon's first season with the Terps, the men's team received the ACC's Sportsmanship Award for its conduct throughout the year, while three Terps received All-ACC selections.



The United States 1600-meter relay team of (left to right) Butch Reynolds, Andrew Valmon, Quincy Watts and Michael Johnson celebrate the world record they set at the World Championships at Stuttgart, Germany

Valmon, who won two Olympic gold medals during his career as an athlete, came to Maryland in 2003 after serving on the track and field staff at Georgetown University since 1995. He had been the head coach of the Hoyas men's team for four seasons.

"This is a great opportunity to grow in a program committed to athletic and academic excellence," said Valmon about his new role at Maryland.

He earned gold medals as a member of the United States 4x400 relay teams in the 1988 and 1992 Olympic Games. Valmon earned spots on 13 U.S. National Teams, also earning golds at the 1990 Goodwill Games, the 1993 World Championships and the 1994 Goodwill Games. He owns a personal-best of 44.28



HEAD COACH ANDREW VALMON

EXCELLENCE IN ATHLETICS, ACADEMICS AND SERVICE

in his specialty, the 400-meter dash, and was ranked as high as fourth in the nation and seventh in the world at various times in his career.

"Andrew brings a unique combination of talent, commitment, teaching and community involvement that will take our track and field program to the next level of excellence," said Maryland Director of Athletics Deborah Yow at the time of his hiring. "He has the kind of experience and passion for track that will attract very talented student-athletes to our program. He will develop and inspire them athletically and academically to achieve their best potential."

As a result of the numerous titles, Valmon has been honored by the U.S. Track Coaches Association with regional awards. In 2002, he was awarded the President's Award by USA Track and Field for his contributions to both USATF and to the sport of track and field. He has been a member of USATF's Athletes Advisory Committee.

His stature as an accomplished member of the track and field community was noted by Renaldo Nehemiah, a Maryland alumnus who was a three-time NCAA national champion.

"I think it's a great hire," said Nehemiah. "To have a young, enthusiastic coach there will be very good for the university. He has a lot of respect in the track and field community. He's a hungry, aggressive person who will revitalize a program that has a storied background."

He earned a bachelor's degree in communications in 1987 from Seton Hall University, where he is a member of the Hall of Fame after becoming a three-time All-American. He still holds the Big East Conference Championships record in the 400 and was named the Outstanding Performer of the meet after winning the 400 and participating on two winning relay teams for the Pirates in the 1987 meet.

Valmon is married to Meredith Rainey Valmon, a seven-time U.S. national champion and two-time Olympian in the women's 800. The couple and their children, Travis, Maya and Mallory, reside in Rockville, Md.



TERPS IN 2005-06

- 3 NCAA Indoor All-Americans
- 2 NCAA Outdoor All-Americans
- 2 ACC Men's Individual Champions
- 2 ACC Women's Individual Champions
- 8 All-Atlantic Coast Conference Awards
- 3 Individual Honorees at President's Cup

- President's Cup Team GPA Award (Men's Cross Country)
- NCAA CHAMPS/Lifeskills Cup (Women's Cross Country)t

"I think it's a great hire. To have a young, enthusiastic coach there will be very good for the university. He has a lot of respect in the track and field community. He's a hungry, aggressive person who will revitalize a program that has a storied background."

*- Former Terrapin and World-Record Holder
Renaldo Nehemiah*

ASSISTANT COACHES

MICHAEL GARRISON
CROSS COUNTRY COACH
ASSISTANT COACH • DISTANCE
3RD YEAR AT MARYLAND • UC DAVIS '95



Michael Garrison is in his third year as an assistant track coach at the University of Maryland and will head the men's and women's cross country teams.

In that role, Garrison primarily coaches the distance runners of the track program. In addition, he assists with recruiting, meet management and fund raising.

The 2006 cross country season was highlighted by the Maryland women having success at the ECAC Championships. The Terps finished fifth as a team, but got a fifth-place individual finish from Laurel Jefferson. On the men's side, the Terrapins had five underclassmen among the top seven runners and showed consistent improvement throughout the season.

On the track, Garrison's distance runners contributed to the Terrapins' success, with Meghan Braffet winning the women's 10,000 outdoors at the Atlantic Coast Conference Outdoor Championships and placing second in the 5,000 at the ACC Indoor meet.

His second cross country season at Maryland was also extremely successful, as the women's team reached unparalleled heights.

The Maryland women were nationally ranked at midseason, the first national ranking for the Terps in the history of the program. After placing fourth at the Paul Short Invitational, the Terps moved into 29th in the FinishLynx rankings.

Garrison came to Maryland after serving as an assistant at the University of Arkansas since 1998, where he helped guide the women's distance squad to three individual NCAA titles. During that time, the Razorbacks posted more than 50 individual All-Americans and 51 SEC championship honors.

Over his last six years at Arkansas, Garrison assisted head women's coach Lance Harter with workout design, recruiting and meet preparation. As an assistant for one of the most elite distance squads in the nation, Garrison helped develop All-Americans, conference champions and national champions.

Prior to his time at Arkansas, Garrison was the head coach of the UC Davis cycling team, where he led the team to its first-ever Western Collegiate Cycling Conference Championship in 1998. He has also coached at the Blue Ridge, Stanford and Arkansas running camps.

Garrison graduated from the University of California, Davis, in 1995 with a degree in exercise science. While at Davis, he ran for both the cross country and track teams and was a member of the cycling team.

He received his master's degree in education with a concentration in sports management from Arkansas in 2000 and earned his doctorate in kinesiology from Arkansas in May 2005. His dissertation examines biomechanical and physiological parameters relating to a peak performance in female elite collegiate distance runners.

KATRINA ALLEN
ASSISTANT COACH • JUMPS
4TH YEAR AT MARYLAND • JAMES MADISON '94



Katrina Allen is in her fourth season on the track and field staff at Maryland. Her primary responsibilities include coaching the jumpers, recruiting and meet administration for home events.

Allen is a Level 1 certified coach in track and field. In her previous seasons in College Park, she coached three NCAA qualifiers and ACC Championship scorers such as Heather Houston, Toni Aluko, Kierra Foster and Lynn Hernandez.

Her work with Foster and Hernandez aided their progress toward All-America status in 2006 achieved at both the indoor and outdoor NCAA nationals.

At Maryland, Allen provides daily contact with Terrapin student-athletes in all aspects of the track and field program as part of the institution's impressive coaching staff.

Allen came to Maryland from Suitland High School, where she was an assistant coach for both the men's and women's track and field teams. She helped lead the men's team to two state championships.

Prior to her duties at Suitland, Allen was highly successful as the head coach of the women's track and field team at Eleanor Roosevelt High School, earning four state championships. For her accomplishments, Allen was named Coach of the Year.

At James Madison, Allen competed in the triple jump, long jump, hurdles and relay events. She was a finalist at the Junior Nationals her freshman season in the triple jump, making the Junior National team. She was an All-East finalist in the hurdles and triple jump, and ran on the relay teams at the ECAC Championships during her four years as a Duke.

ROLAND DESONIER
ASSISTANT COACH • THROWS
18TH YEAR AT MARYLAND • C.W. POST '76



Roland Desonier is in his 18th year as an assistant coach at the University of Maryland and his first as a member of the full-time staff. His primary responsibility is assisting with the throwing events.

Desonier graduated from C.W. Post-Long Island University with a degree in psychology in 1976.

As an athlete, Desonier was a five-time All-American, placing second in the nation and third in the discus in 1974. In 1988, he was inducted into the C.W. Post Hall of Fame. After 30 years, he still holds all the school records in the discus and the weight throw.

At Maryland, Desonier has coached 25 All-ACC performers in the throwing events, the most recent of whom, Ruth Kura, ranked fourth nationally and 10th in the world.

While at Maryland, Desonier has coached eight of the top 10 athletes on the all-time lists in the hammer, weight throw, shot, discus and javelin. Most recently, Desonier has brought along current Terps such as Zakiya Shivers, Jillian Anwah and Aysha Gregory to strong showings among ACC performers.

He also has coached a Penn Relays discus champ while with the Terps. As a further testament to Desonier, two of his former throwers have gone on to coach NCAA champions in the shot and hammer.

He resides in Gaithersburg with his wife, Sandra, and has a son, Joseph, and granddaughter, Riley.

ASSISTANT COACHES & STAFF

JASON GRIMES

**ASSISTANT COACH • SPRINTS & JUMPS
3RD YEAR AT MARYLAND • TENNESSEE '81**



Jason Grimes joined the Maryland track and field family as the men's and women's sprints and jumps coach in 2004.

Grimes made an immediate impact on recent Terrapins by coaching several student-athletes to personal records and point-scoring performances in the NCAA Championships, ACC Championships, ECAC and IC4A meets. In 2005-06,

Grimes mentored All-America long jumpers Kierra Foster and Lynn Hernandez.

Prior to joining the track and field staff, Grimes enjoyed a career in the law enforcement arena as a special agent with the Federal Bureau of Investigation, and as director for investigations with the Office of the Inspector General in Washington, D.C.

Additionally, over the past decade, he has continued to be involved with coaching, working closely with NFL and CFL players in the area of speed enhancement and fitness.

Grimes graduated from the University of Tennessee in 1981 as a three-time SEC champion and seven-time All-America selection. He holds both the indoor and outdoor school long-jump records and went on to hold a second-place world ranking in the long jump (1983-84). His collegiate bests were 26 feet, 2 inches (indoors) and 26-4 (outdoors), and his personal-best was a jump of 28-2.

Grimes' post-collegiate highlights include winning the silver medal at the first World Championships in Helsinki, Finland, in 1983. He was also an alternate member of the U.S. Olympic Team in 1984. He has represented the United States on several national teams.

He resides in Bowie, Md., with his wife, Phyllis, and his children, Jason II, Michael, Janea, Jay and Kennedy.

FRANK COSTELLO

**ASSISTANT COACH • HURDLES & HIGH JUMP
3RD YEAR AT MARYLAND • MARYLAND '68**



Frank Costello, a two-time national champion and former NCAA Coach of the Year, returned to his alma mater recently, joining the Terrapin track staff as a volunteer assistant.

One of the most decorated track athletes in Maryland's rich history, Costello coached the Terrapin men from 1975-80 and led them to six consecutive ACC indoor championships, five consecutive ACC outdoor titles and an eighth-place finish at the national championships. In 1975,

he was named the NCAA District Coach of the Year and served as the head coach of the United States National Indoor Team.

Costello, who specialized in the high jump as an athlete, is responsible for helping to coach the hurdlers and high jumpers. In his first season back with the program, Costello's student-athletes excelled during the 2004-05 season.

Freshman Dominic Berger earned the championship in the 110-meter hurdles at the USATF Junior Nationals, with Berger earning a spot on the U.S. team for the Pan American Junior Games in Canada. Costello also aided some of the young high jumpers in the program, helping Toni Aluko to one of the top spots on the Terps' all-time list in the women's high jump indoors and outdoors.

His tutelage with the 2005-06 Terrapins resulted in Berger finishing second in the nation at the NCAA Outdoor Championships in the 110-meter hurdles, as well as Berger winning individual hurdle titles at the ACC Championships both indoors and outdoors.

Following his time as Maryland's head track and field coach, Costello served as an assistant athletic director and headed the Terrapins' strength and conditioning program. He went on to serve as a strength and conditioning coach for the Washington Capitals and was honored in 1998 as the top ISAA strength and conditioning coach in the country, receiving the prestigious Stan Jones Award.

After achieving All-America honors in the high jump both indoors and outdoors in 1965 and 1966, he suffered a knee injury that threatened to end his career. However, he returned to earn All-America honors again in 1968 at the NCAA Championships.

Costello graduated from Maryland in 1968 with a degree in exercise physiology and earned his master's of sport science from the International Sport Science Association.

BILL ATHEY

**ASSISTANT COACH • POLE VAULT
1ST YEAR AT MARYLAND**



Bill Athey joined the University of Maryland track and field coaching staff in 2006-07 with his focus on the pole vault.

He has been involved in track and field in the Baltimore/Washington area since 1974 and has coached a number of high school and collegiate champions, as well as All-Americans.

Athey has been affiliated since the 2002-03 season with the Prince George's SportsPlex. Athletes who have been part of his clinics have won state titles for boys and girls, both indoors and outdoors. In 2005-06, he coached six of the 14 Maryland state high school champions.

He has also coached at the collegiate level at Goucher College and at the University of Maryland-Baltimore County.

Athey is also certified by USA Track and Field as an official.

JULIA STEVENSON

**VOLUNTEER ASSISTANT
2ND YEAR AT MARYLAND • BROWN '04**



Julia Stevenson is in her second year with the University of Maryland track and field program, serving as the office's intern while preparing for graduate school.

She plans to pursue a J.D., with an interest in real estate and public interest law. Stevenson comes to Maryland from Brown University, where she graduated cum laude with a B.A. in urban studies.

While at Brown, Stevenson competed on the varsity track and field team, earning team MVP, coaches MVP, All-Ivy and Heptagonal Champion honors. She is among the career top-10 leaders in each event from the 55-meter dash to the 4x400 relay.

Stevenson continues to train post-collegiately in the 200 and 400, seeking berths in the U.S. National Indoor and Outdoor Championships.

Originally from Detroit, Mich., where she attended Renaissance High School, Stevenson has been a resident of Maryland for three years.

