



John Kress

Team Captain
Senior
5-7
Colorado Springs, Colo.
Liberty

Kress' Career Honors:

- 2006 First-Team All-Patriot League
- 2005, '06 Patriot League Academic Honor Roll

Cantello on Kress: "John is as steady a runner as whoever laced a shoe for Navy. His quiet demeanor instills that expectation level of a team captain. This season, the real John Kress will surface as one of the top runners in the East."

2006: Competed in all of the team's final-seven races of the year ... boasted the team's fastest time on five occasions and twice was the second-quickest runner ... registered four top 10 finishes, three of which were among the top-five places ... paced all competitors during the Star Meet against Army with a blistering 24:33.22 showing, nearly 20 seconds faster than Army's top runner ... two weeks on hilly, mud-covered trails at the Patriot League Championship, he placed sixth (25:57.3) ... at the NCAA Mid-Atlantic Region Championship, he led all Navy runners with a 27th-place time (31:21.5) over the 10k course ... he opened his junior year with a fourth-place finish out of 180 runners at the Fordham Invitational ... one week later, his 25:07.27 effort in the Navy Invitational was good for third place.

2005: Raced in each of Navy's final-seven meets of the year ... registered three top 20 performances ... scored or served as a placeholder in every meet he ran in ... fourth runner to cross the finish line in the Navy Invitational (25:32.45) ... two weeks later, he posted Navy's second-fastest time at the Notre Dame Invitational (25:15) ... finished fifth at Army in the Star Meet (28:01.07) ... placed 22nd at the Patriot League Championship (25:24).

2004: Ran in two meets ... crossed the finish line with a time of 16:03.39 at the Mount St. Mary's Invitational ... competed in the Patriot League Championship.

At Navy: Two-time letterwinner with the track & field team during his career in Annapolis ... qualified for the IC4A Championship in the indoor 5,000-meter run in 2007 ... posted the team's top-two times in the event last season ... recorded a 14:37.61 clocking at the Penn State National Open on Jan. 26 ... also posted an IC4A qualifying mark in the 3,000-meter run with a 8:28.16 showing against Army during the indoor Star Meet.

High School: Attended Liberty High School ... earned four letters in cross country and three in wrestling and track ... cross country team won the Colorado State Championship in 2003 and 2004 ... earned All-City honors in cross country and track in 2004.

Personal: Son of John and Dinah Kress ... born Aug. 7, 1986, in Concord, Mass. ... majoring in aerospace engineering.



Lucas Burke

Senior
5-11
Bakersfield, Calif.
Stockdale

Burke's Career Honors:

- 2006 Patriot League Academic Honor Roll

Cantello on Burke: "Each year, Lucas has stretched his 'turnover' to longer and longer distances. As a senior, this should be his best cross country season. He's our 'go to' guy in times of trouble. Why? Because he delivers."

2006: Ran in all eight races for the Mids during his junior year ... scored in three meets and was a place-holding runner four other times ... produced three top 15 efforts ... opened the year with a fourth-place time of 25:52 at the Sea Gull Opener ... against Army in the Star Meet, he was Navy's third-fastest runner and fifth overall with a 25:05.16 clocking ... that time was nearly 50 seconds better than his 14th-place time of 25:53.73 one month prior on the USNA Cross Country Course during the Navy Invitational ... rounded out the squad's scoring five at the Notre Dame Invitational (25:27).

2005: Participated in six races ... opened the year by finishing second out of 103 runners at the Sea Gull Opener (25:53) ... posted a 26:22.72 showing at the Greater Louisville Classic ... followed with a 26:24 effort at the Notre Dame Invitational.

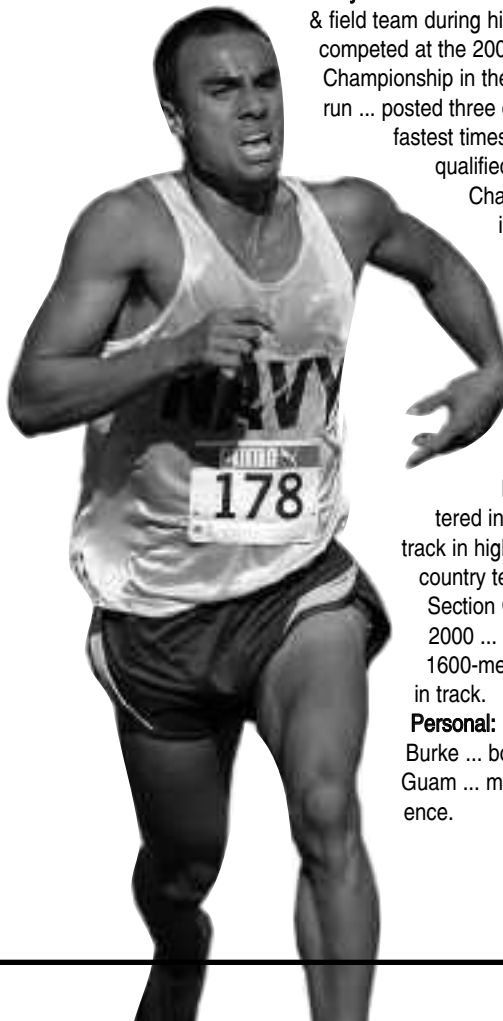
2004: Competed in three meets ... placed seventh out of 59 runners at the Mt. St. Mary's Invitational (15:54.11) ... posted an 8K season-best time of 26:55.8 at the Iona Invitational, finishing 75th of 187.

At Navy: Five-time letterwinner with the track & field team during his career with Navy ... competed at the 2007 IC4A Championship in the indoor 1,000-meter run ... posted three of the team's four fastest times in that event ... also qualified for the IC4A

Championship in the indoor 800-meter run last season ... partook in the 800-meter and 1,500-meter events during the 2007 outdoor slate.

High School: Attended Stockdale High School ... lettered in cross country and track in high school ... cross country team won Central Section Championships in 2000 ... also a 800-meter and 1600-meter league champion in track.

Personal: Son of Steve and Eva Burke ... born July 4, 1985, in Guam ... majoring in political science.





Ben Kozy

Senior
6-0
Houston, Texas
Jersey Village

Cantello on Kozy: "In early May, Ben was diagnosed with a minor heart valve condition which has been surgically rectified. This year is the year he should blossom into a pure cross country runner."

2006: Saw action in seven meets during the year ... either scored or was a place-holding scorer for the Mids four times ... posted three top 20 performances ... began his season by winning the Sea Gull Opener (25:43), a race that had a field of 117 runners ... was Navy's sixth-fastest runner at the Notre Dame Invitational (25:44) ... completed his season with a 21st-place showing at the Patriot League Championship (26:59.1).

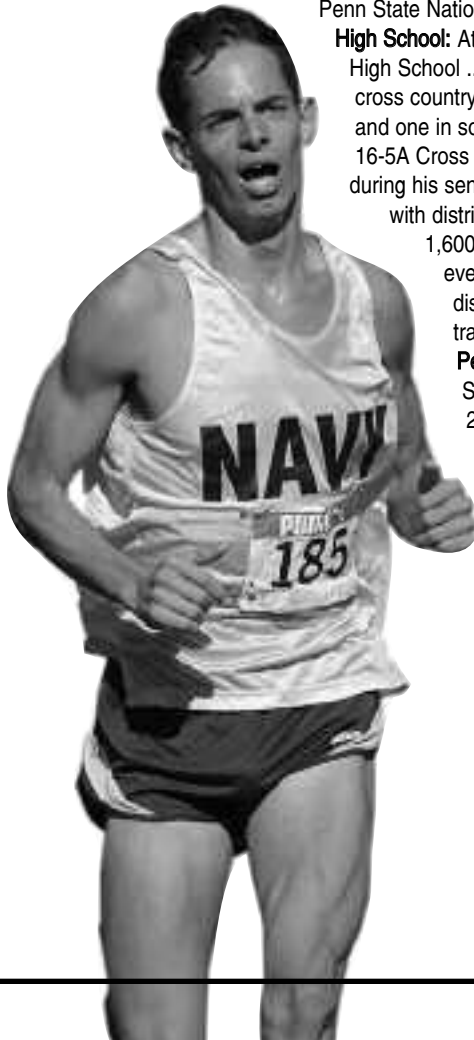
2005: Competed in six meets ... finished fifth out of 103 runners during the season-opening Sea Gull Opener (26:06) ... served as a placeholder in the Navy Invitational by crossing the finish line in 18th-place (26:41.14) ... placed 58th overall at the Patriot League Championship (26:46).

2004: Ran in one race ... finished 84th of 187 competitors at the Iona Invitational (27:02.4).

At Navy: Five-time letterwinner with the track & field team during his career in Annapolis ... posted the team's fastest outdoor marks in the 1,500-meter run (3:51.57) and 5,000-meter run (14:44.04) last season ... registered an IC4A qualifying time in the mile run (4:09.15) during the 2006-07 indoor slate ... owner of the 10th-fastest indoor 1,000-meter run time in program history (2:25.13), which he set at the 2006 Penn State National Open.

High School: Attended Jersey Village High School ... earned four letters in cross country, three in track and field and one in soccer ... won the District 16-5A Cross Country Championship during his senior year ... followed that with district track titles in the 1,600- and 3,200-meter run events ... helped team to a district championship in track as a senior.

Personal: Son of Tom and Sharon Kozy ... born May 2, 1986, in Houston, Texas ... majoring in systems engineering.



John Olsen

Senior
5-10
Staten Island, N.Y.
Curtis

Olsen's Career Honors:

- 2006 Second-Team All-Patriot League
- 2006 Patriot League Runner of the Week (Sept. 12)
- 2004, '06 Patriot League Academic Honor Roll

Cantello on Olsen: "Every team has one and John is ours -- the free spirit. Don't let that fool you. When the gun goes off, he has the tenacity of a cheetah."

2006: Saw action in each of Navy's last-seven races of the year ... recorded the team's best time twice ... squad's second-quickest runner on four occasions during his junior campaign ... registered four top 15 efforts ... opened his season by pacing the team and finishing third out of 180 runners at the Fordham Invitational (26:00) ... finished sixth in the Navy Invitational one week later (25:15.60) ... led the team with a 52nd-place effort at the Notre Dame Invitational (24:54) ... finished third with nearly an identical 24:54.11 clocking against Army ... placed 11th at the mud-covered Patriot League Championship (26:30.3).

2005: Ran in five races ... landed among the top-15 performers in two meets ... in his first meet of the season, he finished ninth at the Fordham Invitational (25:49) ... served as a placeholder at the Notre Dame Invitational (25:40) ... placed 34th at the Patriot League Championship (25:43).

2004: Competed in seven meets ... posted four top-20 finishes ... ran a third-place time of 15:49.33 in his first collegiate race at the Mount St. Mary's Invitational ... followed with an eighth-place performance (25:51.84) at the Indiana State Invitational ... ran a time of 25:53.73 to finish in 14th-place at the Navy Invitational ... placed 13th (26:08.69) in the Star Meet versus Army to help lead Navy to a 25-34 win ... also competed in the Patriot League Championship and the NCAA Mid-Atlantic Regional.

At Navy: A six-time letterwinner with the track & field team during his first-three seasons ... recorded a NCAA regional qualifying mark in the 3,000-meter steeplechase as a junior (9:05.75) ... earned 2006 Second-Team All-Patriot League honors in the 3,000-meter steeplechase ... also saw action in the mile, 3,000-meter and 5,000-meter events during his career.

High School: Attended Curtis High School ... letterwinner in cross country ... won the Staten Island Cross Country championship in 2004.

Personal: Son of John and Mary Olsen ... born Jan. 17, 1986, in Staten Island, N.Y. ... majoring in systems engineering.





Andrew Grant

Junior
5-9
Athens, Ga.
Oconee County

Cantello on Grant: "Andrew has the greatest tolerance for pain among any of his teammates. When you think he's ready to die, he will surge! He's the team's catalyst."

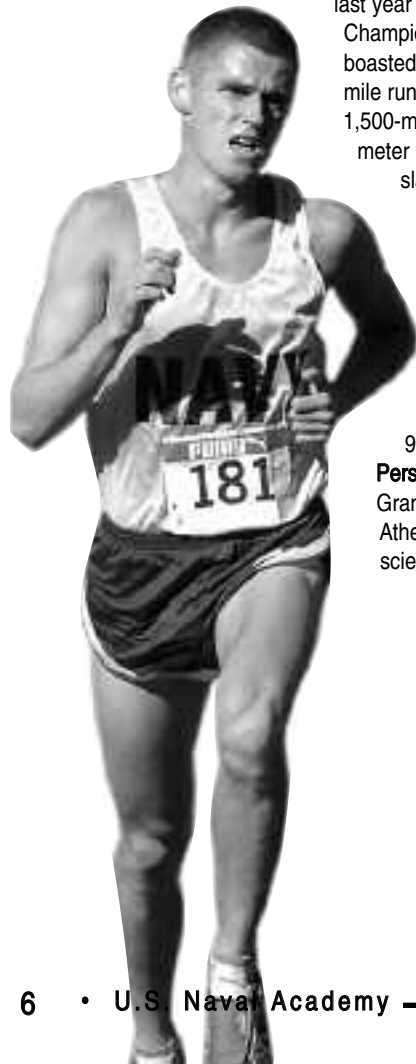
2006: Raced in each of the team's final-seven meets of the year ... scored in five races and served as a displacing scorer in another ... registered four top 20 efforts ... placed 10th out of 180 runners at the Fordham Invitational (26:35) ... posted season-best seventh-place performance in the Navy Invitational (25:22.10) ... notched Navy's fourth-fastest time at the Roy Griak Invitational (26:36.05) ... rounded out the team's scoring-five at the Patriot League Championship, a 20th-place showing (26:58.3) ... fourth runner on the team to cross the finish line at the 10k NCAA Mid-Atlantic Region Championship (32:10.3).

2005: Only Midshipman to compete in all eight meets ... finished among the top-20 in three races ... in his first collegiate race, he won the Sea Gull Opener (25:44) ... registered a place holding time in five meets ... raced to a 31st-place finish at the Patriot League Championship (25:40) ... landed 76th out of 195 runners at the NCAA Mid-Atlantic Regional Championship (32:23.4).

At Navy: Three-time letterwinner with the track & field team ... posted team's best time in the 3,000-meter run (8:23.32) last year ... competed at the IC4A Championship in that event ... also boasted an IC4A qualifying mark in the mile run (4:11.69) ... participated in the 1,500-meter, 5,000-meter and 10,000-meter events during the outdoor slate.

High School: Went to Oconee County High School ... earned four letters in cross country and track ... named Northeast Georgia Runner of the Year ... set the school record in the two-mile run with a time of 9:36.

Personal: Son of Jake and Marisa Grant ... born July 3, 1985, in Athens, Ga. ... majoring in political science.



Bill Prom

Junior
5-9
Berlin, Wis.
Eisenhower

Prom's Career Honors:

- 2006 Patriot League Academic Honor Roll

Cantello on Prom: "Bill is a testimony to our developmental program. Work, maturation and experience all played into his improvement as a Navy varsity cross country runner."

2006: Saw action in six races ... served as a displacing scorer in three of those meets ... recorded three top 20 performances ... placed 19th out of 180 runners at the Fordham Invitational (27:13) ... came back the following week and finished 18th in the Navy Invitational (26:04.07) ... rounded out Navy's scoring-seven in the Star Meet against Army (25:58.27).

2005: Raced in four meets during rookie season ... finished 19th out of 103 runners at the Sea Gull Opener (26:58) ... recorded season-best 8k time at the Patriot League Championship with a 26:34 showing.

At Navy: Competed on the track & field team ... primarily saw action in the 3,000-meter and 5,000-meter events during the 2006-07 campaign.

High School: Attended Eisenhower High School ... earned three letters with both the cross country and track teams ... served as team captain of the cross country during his junior and senior years ... named all-conference in 2004 ... helped cross country team to a conference championship in 2002.

Personal: Son of Jeffery and Gerianne Prom ... born Oct. 1, 1985, in Kettering, Ohio ... majoring in history.





Chris Horel

Sophomore
 6-0
 Belford, N.J.
 Christian Brothers Academy

Horel's Career Honors:

- 2006 Patriot League Rookie of the Year

Cantello on Horel: "As a plebe last season, Chris gained valuable experience at the Division I level. Totally untimidated, this could be his breakout year. He provides depth and dependability."

2006: Ran in all-eight races during his freshman year ... finished among team's top-six runners in each meet, scoring seven times ... totaled five top 20 efforts ... opened the year with a second-place finish at the Sea Gull Opener (25:43) ... placed 12th out of 180 runners at the Fordham Invitational (26:45) ... followed with an 11th-place showing in the Navy Invitational (25:50.13) ... recorded team's third-fastest time at the Notre Dame Invitational (25:25) ... came in 18th place at the Patriot League Championship (26:54.1), the highest finish by a freshman runner in the league ... boasted squad's second-fastest time, 48th overall, at the 10k NCAA Mid-Atlantic Region Championship (32:01.4).

At Navy: Competes on the track & field team ... partook in the 3,000-meter and 5,000-meter events during the indoor slate last year.

High School: Attended Christian Brothers Academy ... lettered in both cross country and track and field ... named to the All-New Jersey Team during his junior and senior years in cross country.

Personal: Son of Steven and Teresa Horel ... born May 5, 1988, in Red Bank, N.J. ... majoring in ocean engineering.



James Adair

Freshman
 6-3
 Birmingham, Ala.
 Oak Mountain

Cantello on Adair: "Just like a high school transcript being the best prediction for doing college work, James has the resume to break into our top seven as a freshman."

High School: Attended Oak Mountain High School ... earned three letters in cross country, indoor track and outdoor track ... all-state cross country, indoor track and outdoor track runner as a senior ... captained all three squads during his senior campaign ... indoor (9:33) and outdoor (9:36) state champion in the 3,200-meter run ... won the indoor state championship in the mile run (4:24) ... member of the National Honor Society.

Personal: Son of Douglas and Nina Adair ... born April 19, 1989, in Birmingham, Ala.



Robert Alvarado

Freshman
 5-6
 San Francisco, Calif.
 St. Ignatius College Prep

Cantello on Alvarado: "Robert could be our 'diamond in the rough.' Rugged and ready, he could be the surprise of the season. His early season enthusiasm is more than an indication that he wants it."

High School: Attended St. Ignatius College Preparatory School ... two-time letterwinner with the cross country and track teams ... member of cross country team that finished third at the state championship during his senior year ... qualified for the state championship in track in 2006.

Personal: Son of Paul and Linda Alvarado ... born July 13, 1987, in San Francisco, Calif. ... brother, Andrew, is a 2004 graduate of the U.S. Naval Academy.

MIDSHIPMEN BIOS

2007 NAVY MEN'S CROSS COUNTRY



Aaron Foote

Freshman
6-0
Niagara Falls, N.Y.
Niagara Wheatfield

Cantello on Foote: "Aaron is an unknown resource at this point, but with that impressive of a high school resume, he should be a contributor."

High School: Attended Niagara Wheatfield High School ... lettered four times in track, twice in cross country and twice in basketball ... claimed four league and two sectional titles during his career with the track team ... two-time All-Western New York and all-league selection in cross country and track ... twice named All-Western New York Track & Field Scholar-Athlete of the Year ... member of the National Honor Society.

Personal: Son of Henry and Karen Foote ... born March 25, 1989, in Lewiston, N.Y.



Nathan Liversedge

Freshman
6-1
Wilmore, Ky.
West Jessamine

Cantello on Liversedge: "Nathan is one of a bevy of talented and solid plebes who can only provide more depth and critical mass to an already consistent East Coast top contender."

High School: Attended West Jessamine High School ... earned four letters with the cross country and track teams ... won the state championship in cross country as a senior ... claimed the mile and two-mile run state title in track during his senior year ... named 2006 Kentucky AA Cross Country Runner of the Year ... honored as the state's cross country sophomore and junior runner of the year in 2004 and '05, respectively ... Kentucky Track & Field Sophomore of the Year in 2005 ... served as Vice President of the National Honor Society.

Personal: Son of Stephen and Lorrie Liversedge ... born August 29, 1988, in Longview, Wash. ... lived in Africa for nine years while parents served as missionaries.



Andrew Hanko

Freshman
6-1
Montville, N.J.
Trinity Christian School

Cantello on Hanko: "Andrew is a quiet, but resolute runner who had the 'pick of the litter' when it came to college choices. Thankfully, he chose Annapolis. Our contract with him is to allow this outstanding young man to flourish as a future officer and a runner."

High School: Attended Trinity Christian School ... lettered in cross country, track and soccer ... outdoor track All-American in the 5,000-meter run ... all-state member in the outdoor 3,200-meter run ... three-time state champion in the 1,600-meter run ... twice claimed the state title in the 3,200-meter run ... all-county indoor and outdoor track runner in 2006 and '07 ... selected all-county in cross country during his senior year ... finished second in the 3,000-meter run at the 2007 Penn Relays with a time of 8:29.02 ... competed against Navy teammates Chris Horel and Tim Whitney during his career.

Personal: Son of Steven and Beverly Hanko ... born Oct. 7, 1988, in Englewood, N.J.