

2006 NAVY WOMEN'S CROSS COUNTRY

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Naval Academy Quick Facts

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,000
Nickname	Midshipmen, Mids
Colors	Navy Blue and Gold
Superintendent	Vice Adm. Rodney P. Rempt, USN
Commandant	Capt. Margaret D. Klein, USN
Director of Athletics	Chet Gladchuk
Academy Website	www.usna.edu
Athletics Website	www.navysports.com

Women's Cross Country Facts

Head Coach	Karen Boyle (Bowling Green, '79)
Office Phone	(410) 293-5579
Record at Navy (Years)	107-19 (20 years)
Career Record (Years)	Same
Officer Rep.	Lt. Nicki Pearce, USN
Faculty Rep.	Prof. Dianne Luning Prak
2006 Dual Meet Record	5-0
2006 Patriot League Finish	Second
2006 NCAA Regional Finish	11th
2006 Team Captain	MIDN 1/C Erin Demchko
Home Course	USNA Cross Country Course
Course Distance	6,000 meters

Sports Information

Ricketts Hall, 566 Brownson Road
Annapolis, Md. 21402

Assistant SID/Women's Cross Country Contact

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Associate SID	Stacie Michaud
Assistant SID	Justin Kischefsky
Assistant SID	Chris Forman

2006 Results (5-0)

Date	Meet/Opponent	Site	Result
Sept. 1	at Harry Lang Invitational +	Hamilton, N.Y.	1st of 5 teams
Sept. 1	at Harry Lang Invitational *	Hamilton, N.Y.	2nd of 5 teams
Sept. 16	Salty Seadog Invitational +	Annapolis, Md.	2nd of 9 teams
Sept. 23	at Spiked Shoe Invitational +	University Park, Pa.	4th of 25 teams
Sept. 30	at Stanford Invitational +	Palo Alto, Calif.	9th of 17 teams
Sept. 30	at Stanford Invitational ^	Palo Alto, Calif.	5th of 9 teams
Oct. 14	Army (Star Meet) +	Annapolis, Md.	W, 21-38
Oct. 28	at Patriot League Championship +	Hamilton, N.Y.	2nd of 8 teams
Nov. 11	at NCAA Mid-Atlantic Region Championship +	Lock Haven, Pa.	11th of 32 teams

Home races in **bold**, held at USNA Cross Country Course

^ denotes 4,000-meter course

* denotes 4,200-meter course

+ denotes 6,000-meter course

2006 Roster

Name	Cl.	Hometown / High School
Sammy Jo Andrews	So.	Pewaukee, Wis. / Catholic Memorial
Kaitlin Baker	Fr.	Rockford, Mich. / Rockford
Allison Barlow	Sr.	Orange Park, Fla. / Clay
Jade Baum	Sr.	Columbia, Pa. / Hempfield
Arwyn Becker	Jr.	Avon, Colo. / Mountain View
Anna Bernal	Fr.	Bonaire, Ga. / Mount de Sales Academy
Katie Calhoun	Fr.	Lancaster, Pa. / Manheim Township
Emily Castro	Sr.	Centennial, Colo. / Cherry Creek
Chelsea Decker	So.	Middlebrook, Va. / Riverheads
Erin Demchko	Sr.	Pearl River, N.Y. / Pearl River
Maureen Dooley	So.	Durham, Conn. / Coginchaug Regional
Caitlyn Harrington	Sr.	Lavaca, Ark. / Lavaca
Juliann Jordan	Sr.	Kaneohe, Hawai'i / Punahou
Nicole Kauzlarich	Fr.	Annapolis, Md. / Kadena (Japan)
Brandi Luongo	Fr.	Palmetto, Ga. / Northgate
Kyleigh Millhouse	Jr.	Boiling Springs, Pa. / Boiling Springs
Vicki Moore	Jr.	Burke, Va. / James W. Robinson Jr.
Allie Moreland	So.	Ocean City, N.J. / Ocean City
Emi Parker	Fr.	Tacoma, Wash. / Curtis
Susan Richardson	Sr.	Louisville, Colo. / Fairview
Jenny Rubin	Fr.	Papillion, Neb. / Papillion La Vista South
Kayla Sax	Fr.	Richland, Wash. / Richland
Amy Watson	Fr.	Hampstead, Md. / North Carroll
Justine Whipple	Sr.	Duxbury, Mass. / Duxbury
Katherine Wirtz	So.	Willoughby Hills, Ohio / Laurel School
Shannon Yingling	Fr.	Johnstown, Pa. / Bishop McCort
Erica Ziel	Fr.	Saginaw, Mich. / Swan Valley

Head Coach: Karen Boyle (20 seasons, Bowling Green '79)

Officer Representative: Lt. Nicki Pearce, USN

Faculty Representative: Prof. Dianne Luning Prak

Captain: MIDN 1/C Erin Demchko



Karen Boyle

20 Years at Navy • Bowling Green '79

Karen Boyle has enjoyed much success during her 20 years as Navy's head coach, guiding her teams to a 107-19 (.849) mark over her career.

Boyle has led the Mids to success on both the Division II (1987-1990) and Division I (1991-present) levels. In Navy's last-four years of Division II competition, Boyle coached the Mids to four-straight undefeated seasons and top-five finishes

in the NCAA Division II Championship, with five runners garnering All-America honors. Boyle was named Eastern Region Coach of the Year in three-straight seasons (1988-90).

Boyle guided the program into the Division I ranks in 1991, and the Mids immediately achieved success by capturing the Eastern Collegiate Athletic Conference (ECAC) Championship.

In 1997, Boyle was named Navy's Fall Coach of the Year after she led Navy to an undefeated season.

During her tenure at Navy, Boyle has coached four NCAA qualifiers including Kerry O'Neill, who became the school's first NCAA Division I qualifier in 1992. Jackie Hayes qualified in 1996, while Rebecca Cline qualified one year later. In 2000, Melissa Foon qualified for the NCAA Championship in Ames, Iowa.

As a coach with the track team, she guided Marty Shue to a title in the indoor 1,500-meter run at the NCAA Championship.

In 1995, Boyle was selected as team leader for the USA Ekiden International Marathon in Beijing, China. She was also selected to help rewrite the level I track & field certification curriculum at the USA Training Center in Colorado Springs, Colo. In 1999, she received her C.S.C.S. certifi-

cation as a nationally accredited certified strength and conditioning specialist. The summer of 2001 saw Boyle serve as an assistant track & field coach for Team USA in the Deaf Track & Field World Games, held in Rome, Italy.

Boyle, a 1979 graduate of Bowling Green, received her degree in physical education and earned her master's degree in athletic administration and recreation from her alma mater in 1982. Athletically, she competed in both track and lacrosse, specializing in the 400 and 4x400-meter relay on the track and was a leading scorer for the Falcons' lacrosse squad.

Her coaching career began at Heidelberg College in Tiffin, Ohio, where she coached the women's cross country and track & field teams from 1984-86, developing two national champions and nine All-Americans.

Boyle is a tenured professor in the Naval Academy's Physical Education Department, teaching personal conditioning, rock climbing, kayaking and the adventure challenge. Boyle also participates in road races and adventure races and is currently training for the Tri-America Triathlon with "Team in Training," benefiting the Leukemia Society.

Administratively, Boyle served as the president of the NCAA Division I Women's Intercollegiate Cross Country Coaches Association (1999-2001), as well as a committee member on the USA Track & Field Coaching Education Board and the United States Track Coaches Association Long Distance Advisory Board. She still serves as a Past President on the NCAA Division I Women's Executive Committee.

The Karen Boyle File

Coaching Accomplishments

- ◆ Named Navy's 1997 Fall Coach of the Year after leading the Midshipmen to an undefeated season.
- ◆ Coached four NCAA Division I Championship qualifiers in cross country.
- ◆ Guided Navy's Marty Shue to a title in the 1,500-meter NCAA Indoor Championship in 1991.
- ◆ Served as the president of the NCAA Division I Women's Intercollegiate Cross Country Coaches Association from 1999-2001.
- ◆ Named head coach of the first women's cross country team at Heidelberg College in 1984.
- ◆ Coached nine All-Americans and two national champions (high jump and 1500 meters) in track and field as head coach at Heidelberg from 1983-86.

Hometown

- ◆ Lorain, Ohio

Education

- ◆ B.S., Physical Education, Bowling Green State, 1979;
- ◆ M.S., Athletic Administration and Recreation, Bowling Green State, 1982



2006 Season Review

The 2006 Navy women's cross country team enjoyed one of its most successful seasons since moving up the Division I ranks in 1991. The Midshipmen ended the year with a perfect 5-0 record in dual-meet action for the fifth time in the last-15 years. Navy defeated Army in sound fashion, 21-38, to reclaim the N-Star on its home course in Annapolis. The Mids followed with a second-place finish at the Patriot League Championship, tying for its best finish in program history, and placed 11th at the NCAA Mid-Atlantic Region Championship.

"This was a very satisfying season," stated Navy head coach **Karen Boyle**. "We hit our major goals of beating Army and finishing second in the Patriot League. We now need to focus on making the next tier of getting runners through the NCAA regional and into the national championship."

Much of the team's success could be derived from its leadership produced by its senior class. The eight members from the Class of 2007 came into their senior campaigns with a depth of experience and success that carried over into tangible results this season.

"Having eight seniors within the top 12 was a wonderful luxury," commented Boyle. "The impact they had on the vision, motivation and leadership made all the difference in high energy exerted daily in every workout and competition."

At the top of the senior class and the team in 2006 were **Justine Whipple** and **Emily Castro**, who combined for a total of five First-Team All-Patriot League honors during their careers.

Whipple led the team across the finish line in all six of her races as a senior and in each of her last-12 races, dating back to the start of the 2005 slate. The Duxbury, Mass., product registered five top-15 performances en route to earning First-Team All-Patriot League and All-Mid-Atlantic Region Team honors for the second-straight year. During the Star Meet against Army, she outran all Army runners for the second-consecutive season, crossing the finish line more than 40 seconds ahead of the first runners from the Black Knights. Her time of 22:15.13 was the third fastest in course history and second fastest by a Navy runner.

The first to follow Whipple across the finish line in those races was Castro, who also boasted the team's best time in the Salty Seadog Invitational. Castro produced top-15 efforts in five of her seven meets, four of which were among the top-five runners. The product of Centennial, Colo., recorded the ninth-fastest time in USNA Cross Country Course history with a 22:54.33 clocking against Army in the Star Meet. Two weeks later, she earned First-Team All-Patriot League recognition for the third time in her career with a fifth-place showing at the league championship.

"Justine and Emily have been consistent, dependable front-runners," said Boyle. "Their contributions, Emily for her four years and Justine for the last-two seasons, will be sorely missed."

Scoring among Navy's top-five runners in a combined 13 races were seniors **Allison Barlow**, **Juliann Jordan** and team captain **Erin Demchko**. Barlow scored in all six of her races, highlighted by the sixth-fastest time by a Navy runner in course history against Army during the Star Meet. Jordan saw action in seven meets, producing points in five of those races, showcased by a 23rd-place performance at the Patriot League Championship. Demchko tallied points in two of her four races, featuring a fifth-place effort in the season-opening Harry Lang Invitational.

"Team captain Erin Demchko held the team together like glue," Boyle stated. "She's going to make the Marine Corps proud. She's all about taking care of her people and holding them accountable."

Having a hand in scoring among the team's top-seven times on 10 occasions were seniors **Susan Richardson**, **Jade Baum** and **Caitlyn Harrington**. Richardson served in a scoring role in four of her seven races with her first season competing on the cross country team. Baum was the fifth Navy runner to cross the finish line in the Salty Seadog Invitational and provided two

2006 Award Winners

All-Mid-Atlantic Region Team

◆ Justine Whipple, 21st (21:13.7), NCAA Mid-Atlantic Region Championship

First-Team All-Patriot League

◆ Justine Whipple, third (23:37.5), Patriot League Championship
◆ Emily Castro, fifth (23:55.5), Patriot League Championship

Patriot League Runner of the Week

◆ Justine Whipple, week-ending Sept. 3
First of 42 runners (22:57) at Harry Lang Invitational
◆ Justine Whipple, week-ending Oct. 1
15th of 124 runners (21:18) at Stanford Invitational
◆ Justine Whipple, week-ending Oct. 15
First of 22 runners (22:15.13) vs. Army - Star Meet

addition displacing scorer efforts. Harrington rounded out the team's scoring-five at the Harry Lang Invitational and saw action in four more races in 2006.

Looking to step up and provide a significant contribution to the team next season after a strong junior campaign are **Kyleigh Millhouse** and **Vicki Moore**.

Millhouse was one of only four runners to score in all of her meets during the 2006 slate, as she registered the team's third- or fourth-fastest mark in each of her seven races. The product of Boiling Springs, Pa., owned three top-15 performances and nearly earned all-league honors for the second time in her career with a 21st-place finish at the Patriot League Championship.

Moore ran in six meets during her junior year, posting a pair of top-20 times. Moore completed Navy's scoring-seven with her 18th-place showing during the Salty Seadog Invitational. The Burke, Va., native boasted the team's third-best clocking at the 4k race of the Stanford Invitational.

"Kyleigh provided the scoring punch in the third and fourth scoring positions," stated Boyle. "Along with Vicki and Arwyn Becker, they will take over the leadership role next season and eagerly look forward to keeping the momentum rolling toward another successful season."

The future also looks bright for the Midshipmen with sophomore **Maureen Dooley** and freshman **Kaitlin Baker** continuing to progress as experienced runners.

Dooley competed in all seven races during her sophomore campaign, scoring twice and serving as a displacing scorer in the other five meets. The product of Durham, Conn., recorded three top-15 showings, two of which placed her among the top 10. She was the second Navy runner to cross the finish line, 10th overall, in the Salty Seadog Invitational. The sophomore completed the squad's scoring, finishing seventh overall, in an N-Star victory over Army.

In her first season in Annapolis, Baker performed well and came on strong towards the end of her rookie year. The native of Rockford, Mich., saw action in six meets and twice landed among the top-10 performers. She finished 10th, seventh among Midshipmen runners, in the Star Meet against Army to seal Navy's 17-point victory. Two weeks later, she finished 37th at the Patriot League Championship.

"Maureen completed her second-straight year of being a top-seven performer," commented Boyle. "This year's freshman class has been mentored well under the tutelage of the outstanding senior class. Kaitlin came on strong, finishing in the top eight during the championship season."