

Midshipmen Profiles



Erin Demchko

Senior
Team Captain
Pearl River, N.Y.

Academic Honors: Named to the Commandant's List during the fall 2005 semester.

2006: Competed in four meets while serving as the team captain ... registered two top-15 performances ... opened up the year with a fifth-place finish, third among Navy runners, at the Harry Lang Invitational with a 23:40 clocking ... recorded the team's second-fastest time in the 4k race at the Stanford Invitational, completing in 15:34 ... participated at the Patriot League Championship, where she came in 70th place.

2005: Raced in seven meets during her junior season ... posted Navy's fastest time in one race ... registered team's second-fastest time in two additional races ... rounded out Navy's scoring-five at the NCAA Mid-Atlantic Regional, posting a 22:40.1 effort ... covered the Patriot League Championship course in 23:07 ... raced to Navy's second-best time, seventh overall, against Army in the Star Meet ... recorded a 22:44.6 showing in the Paul Short Invitational ... posted team-best time at Roy Griak Invitational, finishing in 23:28 ... crossed the finish line in 24:19.73 to land sixth overall in the Salty Sea Dog Open ... Navy's second-highest finisher at the Fordham Invitational, placing 24th overall.

2004: Ran in all seven meets ... the first Navy runner to cross the finish line at the Mount St. Mary's Invitational with a fourth-place finish (18:49.58) ... placed 12th out of 128 runners in a time of 23:28.31 at the Gulden Invitational ... placed 24th at the Patriot League Championship (23:54.68) ... finished 101st at the NCAA Mid-Atlantic Regional.

2003: Earned second-team all-league honors with a 13th-place finish at the Patriot League Championship ... top-Navy finisher in her first-collegiate cross country meet at the Virginia Tech Invitational ... recorded the team's fastest time at the Salty Sea Dog Invitational as she took fourth-place overall with a time of 19:39.90 ... one of the first-three Midshipmen to cross the finish line in six of the seven meets.

High School: Attended Pearl River High School ... lettered in track, soccer and basketball ... helped her track team to the 2002 New York State Championship ... captained her soccer and track teams as a senior ... earned All-America honors for the 2,000-meter steeplechase (2001-03).

Personal: Daughter of Peter and Catherine Demchko ... born March 29, 1985, in Hackensack, N.J. ... majoring in American politics and law.

Demchko's 2006 times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	23:40	5 of 42 (3)
Sept. 30	at Stanford Invitational (4k)	15:34	26 of 80 (2)
Oct. 14	vs. Army (6k)	23:48.53	11 of 22 (8)
Oct. 28	at Patriot League Championship (6k)	27:09.1	70 of 82 (11)



Erin Demchko



Allison Barlow

Senior
Orange Park, Fla.

Academic Honors: Three-time selection to the Patriot League Academic Honor Roll (2003, '04 and '05) ... earned Superintendent's List honors during all six of

her semesters ... owns a 3.82 cumulative grade point average ... posted a 4.0 grade point average in the spring 2004 and fall 2005 semesters.

Athletic Honors: First-Team All-Patriot League runner at the 2003 league championship.

In the Record Books: Owns the sixth-fastest time by a Navy runner in USNA Cross Country Course history (23:05.18).

2006: Competed in six meets ... landed among the scoring-five runners in all six races ... owned two top-15 efforts ... kicked off her year with a 12th-place time of 24:03.25 in the Salty Seadog Invitational ... raced to a fifth-place finish, third among Navy runners, against Army in the Star Meet with a time of 23:05.18 ... her time against Army was the sixth-fastest by a Navy runner in course history ... third Midshipman to cross the finish line at the NCAA Mid-Atlantic Region Championship with a season-best clocking of 22:15.2.

2005: Ran in five races ... recorded two top-15 performances ... notched the Mids' second-fastest time at the NCAA Mid-Atlantic Regional with a 22:11.6 mark ... registered Navy's third-best time in the Star Meet against Army ... crossed the finish line in 22:26.1 at the Paul Short Invitational ... posted Navy's fourth-best time at the Fordham Invitational, landing 34th overall.

2004: Ran in five meets ... placed 13th out of 63 runners (19:19.92) at the Mount St. Mary's Invitational ... finished in 15th-place out of 97 runners (23:59.73) at the Salty Sea Dog Open ... finished in 11th-place in 23:54.11 versus Army in the Star Meet ... placed 33rd at the Patriot League Championship in a time of 24:15.60.

2003: Posted a 10th-place finish at the Patriot League Championship ... third Midshipman to cross the finish line at the NCAA Mid-Atlantic Regional with a time of 22:33 ... opened the season with two seventh-place finishes at Virginia Tech and at the Salty Sea Dog Invitational.

2006 NAVY WOMEN'S CROSS COUNTRY

High School: Attended Clay High School ... three-time letterwinner in cross country ... lettered four times in track and weightlifting ... named to all-conference, all-county and all-state cross country teams in her junior and senior seasons ... also earned conference and county honors in track ... won the district and region championships and finished second at the Florida State Championship in 2002 ... competed in sprint distance triathlons.

Personal: Daughter of Gary and Cynthia Barlow ... born Oct. 28, 1985, in Charleston, S.C. ... majoring in honors oceanography.

Barlow's 2006 times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 16	Salty Seadog Invitational (6k)	24:03.25	12 of 94 (4)
Sept. 23	at Spiked Shoe Invitational (6k)	22:47.70	33 of 170 (4)
Sept. 30	at Stanford Invitational (6k)	22:34	50 of 124 (4)
Oct. 14	vs. Army (6k)	23:05.18	5 of 22 (3)
Oct. 28	at Patriot League Championship (6k)	25:12.6	27 of 82 (5)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	22:15.2	66 of 195 (3)



Jade Baum

Senior
Columbia, Pa.

Academic Honors: Named to the Superintendent's List in each of the last-four semesters ... recognized on the Commandant's List in all six semesters.

2006: Saw action in six races as a senior ... scored in one meet and served as a displacing scorer in two more ... recorded two top-15 times ... rounded out Navy's scoring five with a 15th-place time of 24:12.92 in the Salty Seadog Invitational ... provided a displacing scoring time in each of her next-two meets, the Spiked Shoe and Stanford Invitationals ... placed 47th on a mud-covered Patriot League Championship course.

2005: Competed in the first-three races of the season ... crossed the finish line in 24:53.77 to land 14th in the Salty Sea Dog Open ... placed 74th of 210 runners at the Fordham Invitational.

2004: Ran in six meets ... placed 16th (19:26.37) at the Mount St. Mary's Invitational ... finished in 50th-place (24:34.44) at the Patriot League Championship.

2003: Ran in the first-three meets of the season ... recorded a time of 16:23.17 in her collegiate debut at Virginia Tech ... posted a time of 20:40.45 at the Salty Sea Dog Invitational in the Mids' only home meet of the season.

High School: Attended Hempfield High School ... three-year letterwinner in cross country and track ... helped cross country team to two league championships and track team to three-consecutive league titles.

Personal: Daughter of Aldus and Shelley Baum ... born Sept. 11, 1984, in Lancaster, Pa. ... majoring in history.

Baum's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	25:02	25 of 42 (11)
Sept. 16	Salty Seadog Invitational (6k)	24:12.92	15 of 94 (5)
Sept. 23	at Spiked Shoe Invitational (6k)	23:19.20	52 of 170 (6)
Sept. 30	at Stanford Invitational (6k)	23:13	74 of 124 (7)
Oct. 14	vs. Army (6k)	23:53.86	15 of 22 (11)
Oct. 28	at Patriot League Championship (6k)	25:59.5	47 of 82 (9)



Emily Castro

Senior
Centennial, Colo.

Academic Honors: Named to the Patriot League Academic Honor Roll in 2004.

Athletic Honors: Three-time First-Team All-Patriot League runner (2003, '04 and '06).

In the Record Books: Owns the ninth-fastest time in USNA Cross Country Course history (22:54.33) ... holds the third- and eighth-fastest (23:11.07) times by a Navy runner in course history.

2006: Competed in all seven of Navy's 6k races as a senior ... was Navy's first- or second-fastest runner in every meet ... owned five top-15 performances ... opened the year with a third-place time of 23:11 at the Harry Lang Invitational ... posted the team's best time, fifth overall, in the Salty Seadog Invitational ... finished second in the Star Meet against Army with a time of 22:54.33 ... her showing against the Black Knights was ninth-fastest in course history and third-quickest by a Navy runner ... landed fifth at the Patriot League Championship with a 23:55.5 clocking ... broke the 22-minute mark at the NCAA Mid-Atlantic Region Championship, crossing the finish line in 21:57.0 to place 44th.

2005: Ran in the seven races ... notched three top-15 performances ... scored or served as a displacing runner in each race she ran in ... recorded a 22:27.3 time at the NCAA Mid-Atlantic Regional for 72nd-place overall ... Navy's second-fastest runner at the Patriot League Championship ... posted a time of 22:11 for 15th-place overall ... ran a 26:29.44 over a rain-soaked course at Army ... covered the 6K course at the Paul Short Invitational in 22:14.9 ... owned Navy's second-best time in the Roy Griak Invitational with a 23:31 showing ... finished third overall in the Salty Sea Dog Open with a 23:51.49 effort ... ran to a 26th-place finish at the Fordham Invitational.

2004: Ran in six meets ... placed third at the league championship in a time of 22:58.30 ... crossed the finish line as the top Navy runner in five meets ... recorded three top-five finishes ... placed fifth at the Mount St. Mary's Invitational (18:49.85) ... set a career high for best finish with a third-place effort (23:19.31) at the Salty Sea Dog Open ... came in third-place with a time of 23:11.07 versus Army in the Star Meet ... placed 28th at the NCAA Mid-Atlantic Regional (22:13).



Emily Castro

2003: Registered a fifth-place finish with a time of 21:06.6 at the Patriot League Championship ... the top-Navy finisher in five of her seven meets ... finished with the team's second-fastest time in the other two meets ... finished in 35th-place at the NCAA Mid-Atlantic Regional and took 29th-place (out of 224 runners) at the Paul Short Invitational.

High School: Attended Cherry Creek High School ... earned a letter in cross country and track ... an all-state selection in cross country during her senior year ... named team MVP in cross country.

Personal: Daughter of Michael and Susan Castro ... born March 28, 1985, in Lakewood, Colo. ... majoring in English.

Castro's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	23:11	3 of 42 (2)
Sept. 16	Salty Seadog Invitational (6k)	23:23.99	5 of 94 (1)
Sept. 23	at Spiked Shoe Invitational (6k)	22:20.10	15 of 170 (2)
Sept. 30	at Stanford Invitational (6k)	22:00	30 of 124 (2)
Oct. 14	vs. Army (6k)	22:54.33	2 of 22 (2)
Oct. 28	at Patriot League Championship (6k)	23:55.5	5 of 82 (2)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	21:57.0	44 of 195 (2)



Caitlyn Harrington

Senior
Lavaca, Ark.

Academic Honors: Named to the Commandant's List in the fall of 2005.

2006: Raced in five meets ... scored in one race and served as a displacing scorer in another ... began the year with a 13th-place finish at the Harry Lang Invitational, posting a time of 24:14 ... owned team's sixth-best time, 33rd overall, in the 4k race at the Stanford Invitational.

2005: Competed in the Salty Seadog Open, finishing in 56th place.

2004: Ran in two meets, including a 46th-place finish at the Mount St. Mary's Invitational.

2003: Ran in five meets as a freshman ... opened the season with an 11th-place finish at Virginia Tech in a time of 16:00.01 ... also competed at the Patriot League Championship.

High School: Attended Lavaca High School ... lettered in track, volleyball and basketball ... twice named to the all-district and all-state teams ... also earned all-district and all-state honors in volleyball.

Personal: Daughter of Peter and Marsha Harrington ... born Nov. 15, 1985, in Los Gatos, Calif. ... brother Brian is a 2003 Naval Academy graduate ... majoring in English.

Harrington's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	24:14	13 of 42 (5)
Sept. 16	Salty Seadog Invitational (6k)	24:58.47	34 of 94 (16)
Sept. 23	at Spiked Shoe Invitational (6k)	23:35.65	DNP (11)
Sept. 30	at Stanford Invitational (4k)	15:50	33 of 80 (6)
Oct. 14	vs. Army (6k)	24:06.08	17 of 22 (12)



Juliann Jordan

Senior
Kaneohe, Hawai'i

Academic Honors: Earned Superintendent's List recognition in the spring of 2006 ... named to the Commandant's List four times during her career.

2006: Saw action in all of Navy's 6k races during her senior year ... scored in four meets while providing a displacing scoring score in two additional races ... registered three top-20 efforts ... finished 20th at the season-opening Harry Lang Invitational with a time of 24:33 ... placed 17th with a 24:16.91 clocking two weeks later in the Salty Seadog Invitational ... came in ninth place during the Star Meet against Army with her 23:30.20 showing ... finished 23rd, fourth among Navy runners, at the Patriot League Championship ... rounded out the team's scoring five at the NCAA Mid-Atlantic Region Championship.

2005: Competed in one race ... ran to a 44th-place finish in the Salty Sea Dog Open.

2004: Ran in five meets ... competed as an individual at the Salty Sea Dog Open and placed 34th ... finished in 27th-place out of 128 runners (24:02.00) at the Gulden Invitational ... placed 22nd (23:52.80) at the Patriot League Championship ... placed 81st at the NCAA Mid-Atlantic Regional.

2003: Competed for the Mids but times were vacated because she was ineligible to compete.

High School: Attended Punahou School ... a three-year letterwinner in cross country and track ... captained both squads in her junior and senior seasons ... helped both teams to the state title in her junior season and a pair of second-place finishes in her senior year.

Personal: Daughter of Jerry and Judy Jordan ... born Nov. 10, 1983, in San Francisco, Calif. ... majoring in comparative politics.

Jordan's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	24:33	20 of 42 (8)
Sept. 16	Salty Seadog Invitational (6k)	24:16.91	17 of 94 (6)
Sept. 23	at Spiked Shoe Invitational (6k)	23:17.80	51 of 170 (5)
Sept. 30	at Stanford Invitational (6k)	22:43	55 of 124 (5)
Oct. 14	vs. Army (6k)	23:30.20	9 of 22 (6)
Oct. 28	at Patriot League Championship (6k)	25:03.2	23 of 82 (4)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	22:52.7	102 of 195 (5)



Susan Richardson

Senior
Louisville, Colo.

Academic Honors: Named to the Superintendent's List in the spring of 2004 ... recognized five times on the Commandant's List.

2006: Competed in seven meets ... scored in one race and provided a displacing score in three other meets ... twice finished among the top 20 ... opened the year with a 24:24 showing to finish 17th at the Harry Lang Invitational ... recorded Navy's fifth-fastest time during the 4k race at the Stanford Invitational ... placed 29th at the Patriot League Championship with a time of 25:16.5 ... one of seven Navy runners to race at the NCAA Mid-Atlantic Region Championship.

At Navy: Earned a varsity letter with the swimming & diving team in 2003-04 ... competed in the one- and three-meter diving events.

High School: Attended Fairview High School ... earned four letters in diving ... served as the team captain of her swimming & diving team during her senior year.

2006 NAVY WOMEN'S CROSS COUNTRY

Personal: Daughter of Frank and Katherine Richardson ... born Oct. 22, 1984, in Durham, N.C. ... majoring in systems engineering.

Richardson's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	24:24	17 of 42 (7)
Sept. 16	Salty Seadog Invitational (6k)	24:43.62	25 of 94 (11)
Sept. 23	at Spiked Shoe Invitational (6k)	23:26.80	DNP (10)
Sept. 30	at Stanford Invitational (4k)	15:41	32 of 80 (5)
Oct. 14	vs. Army (6k)	23:52.66	14 of 22 (10)
Oct. 28	at Patriot League Championship (6k)	25:16.5	29 of 82 (6)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	23:38.0	142 of 195 (7)



Justine Whipple

Senior
Duxbury, Mass.

Academic Honors: Earned Commandant's List recognition in two semesters.

Athletic Honors: Two-time All-Mid-Atlantic Region runner at the regional championship (2005 and '06) ... earned First-Team All-Patriot League honors at the 2005 and '06 league championships ... recognized four times as Patriot League Runner of the Week (three times in 2006 and once in '05).

In the Record Books: Owns the third-fastest time (22:15.13) in USNA Cross Country Course history ... holds the second- and ninth-fastest (23:13.21) marks by a Navy runner in course history ... posted the sixth-best time (22:57) in Colgate's Harry Lang Course history, the fastest clocking in Harry Lang Invitational history.

2006: Competed in six races ... registered the team's fastest time in all six of those meets ... Navy's top runner in each of her last-12 races, dating back to the start of the 2005 season ... tallied five top-15 performances, four of which were within the top 10 ... opened the year with a first-place performance at the Harry Lang Invitational ... crossed the finish line in 22:57, five seconds ahead of the second-place runner from Vermont ... came in ninth out of 170 runners at Penn State's Spiked Shoe Invitational, completing the race in 21:48.35 ... racing against several All-Americans at the Stanford Invitational, she finished 15th with a time of 21:18 ... posted her second first-place time of the year and the second against Army in her career during the Star Meet ... posted a 22:15.13 clocking, more than 40 seconds ahead of Army's top finisher ... equaled her placing from the previous year's Patriot League Championship, coming in third with a 23:37.5 showing ... recorded season-best time of 21:13.7 at the NCAA Mid-Atlantic Region Championship to land 21st overall ... less than a week prior to the start of the year, she finished seventh at the World University Triathlon Championship in Lausanne, Switzerland ... her time of 2:14:50 for the 1.5k-swim, 40k-bike and 10k-run was the fastest among all female American competitors.

2005: Notched the Mids' fastest time in each of the six races she competed in ... landed in the overall top-ten four times, including three top-three performances ... finished 10th overall at the NCAA Mid-Atlantic Regional with a career-fastest 6K time of 20:58.4 ... narrowly missed qualifying for the NCAA Championship ... cracked the 21-minute barrier over a 6K course for the first-time at the regional championship ... led all Navy runners, third overall, at the league championship with a 21:05 time ... topped all finishers in the Star Meet against Army ... recorded a 24:43.89 time, 37.34 seconds ahead of the next nearest runner ... five days prior to the Star Meet, she won the 2005 ITU World Age Group Triathlon Championship in Honolulu ... possessed Navy's best time with a 21:30.0 showing at the Paul Short Invitational ... Navy's best finisher, second overall, in the Salty Sea Dog

Open with a 23:13.21 showing ... led all Navy runners with a 19:02 showing, 14th overall, at the Fordham Invitational.

2004: Ran in six meets ... placed 15th at the Mount St. Mary's Invitational (19:25.78) ... finished in 31st place out of 128 runners (24:12.47) at the Gulden Invitational ... placed eighth versus Army in the Star Meet in a time of 23:35.48 ... finished in 20th place (23:51.33) at the Patriot League Championship ... placed 75th at the NCAA Mid-Atlantic Regional.

2003: Competed in five meets, including the Patriot League Championship ... finished in the top-15 in her first-two races ... recorded a time of 16:06.65 at Virginia Tech in her collegiate debut ... finished the U.S. Naval Academy course in a time of 20:08.51 at the Salty Sea Dog Invitational.

High School: Attended Duxbury High School ... a four-year letterwinner in cross country and track ... competes in triathlons ... has climbed Mt. Rainier in Washington.

Personal: Daughter of Roger and Nancy Whipple ... born Sept. 27, 1985, in Boston, Mass. ... majoring in oceanography.

Whipple's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	22:57	1 of 42 (1)
Sept. 23	at Spiked Shoe Invitational (6k)	21:48.35	9 of 170 (1)
Sept. 30	at Stanford Invitational (6k)	21:18	15 of 124 (1)
Oct. 14	vs. Army (6k)	22:15.13	1 of 22 (1)
Oct. 28	at Patriot League Championship (6k)	23:37.5	3 of 82 (1)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	21:13.7	21 of 195 (1)



Justine Whipple



Arwyn Becker

Junior
Avon, Colo.

Academic Honors: Twice has been recognized on the Commandant's List.

2006: Competed in three meets ... began the year with a 23rd-place finish at the Harry Lang Invitational ... recorded season-best time of 24:35.40 in her 20th-place effort in the Salty Seadog Invitational ... also ran at the Patriot League Championship.

2005: Saw action in four races ... competed in the Patriot League Championship, placing 58th overall ... finished with a 24:29 effort at the Roy Griak Invitational ... landed in 13th-place with a 24:50.20 showing in the Salty Sea Dog Open ... finished 94th out of 210 competitors at the Fordham Invitational.

2004: Ran in six meets ... finished in the top-20 of the individual standings in five of those races ... placed seventh (18:57.89) at the Mount St. Mary's Invitational ... finished in 12th-place (23:45.85) at the Salty Sea Dog Open ... landed ninth versus Army in the Star Meet (23:46.61) ... placed 17th in a time of 23:44.88 at the Patriot League Championship ... finished 69th at the NCAA Mid-Atlantic Regional (23:09).

2003: Earned a letter in both cross country and track and field at Western State College.

High School: Attended Mountain View High School ... earned four letters in cross country and track and field ... named captain and team MVP of her cross country team in 2002 ... earned all-state, all-region and all-conference honors in track and field, cross country and swimming and diving.

Personal: Daughter of Jonathan and Wendy Becker ... born Aug. 27, 1985, in Vail, Colo. ... majoring in economics.

Becker's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	24:52	23 of 42 (10)
Sept. 16	Salty Seadog Invitational (6k)	24:35.40	21 of 94 (9)
Oct. 28	at Patriot League Championship (6k)	26:31.2	60 of 82 (10)



Kyleigh Millhouse

Junior
Boiling Springs, Pa.

Academic Honors: Named to the 2005 Patriot League Academic Honor Roll ... earned Superintendent's List honors in the spring of 2006 ... also distinguished on

the Commandant's List in all four semesters.

Athletic Honors: 2004 Patriot League Rookie of the Year ... second-team all-league runner as a freshman in 2004.

In the Record Books: Holds the 10th-fastest time (23:15.36) by a Navy runner in USNA Cross Country Course history.

2006: Competed in all seven 6k races ... scored points in each of her seven meets ... landed among the top-15 runners on three occasions ... began the season with an eight-place time of 23:49 at the Harry Lang Invitational ... followed that effort up with a 23:57.36 clocking to finish 11th in the Salty Seadog Invitational ... crossed the finish line 24th out of 170 runners at Penn State's Spiked Shoe Invitational with a 22:34.30 showing ... recorded season-best time of 22:27 at the Stanford Invitational ... came in sixth with a 23:15.37 clocking against Army in the Star Meet ... owned the team's third-best effort at the Patriot League Championship ... completed the NCAA Mid-Atlantic Region Championship in 22:50.5.

2005: Raced in all eight meets during her sophomore season ... notched three top-15 efforts ... scored or served as a displacing runner at every race ... finished with a time of 22:37.2 at the NCAA Mid-Atlantic Regional to place 83rd overall ... crossed the finish line in 22:48 for 30th-place at the Patriot League Championship ... recorded Navy's fourth-best time in Star Meet against Army ... registered a 22:31.0 showing at the Paul Short Invitational ... posted a time of 23:31 in the Roy Griak Invitational ... finished in seventh-place in the Salty Sea Dog Open after crossing the finish line with a time of 24:26.83 ... posted a time of 19:58 at the Fordham Invitational.

2004: Ran in all seven meets ... the highest Navy freshman finisher in five meets ... recorded four top-10 finishes ... placed 11th at the league championship with a time of 23:28.72 ... finished in eighth-place at the Mount St. Mary's Invitational (19:05.85) ... placed 16th at the Spiked Shoe Invitational ... finished in 10th-place (23:32.92) at the Salty Sea Dog Open ... placed seventh out of 128 runners at the Gulden Invitational with a time of 23:05.23 ... finished in sixth-place (23:31.05) versus Army in the Star Meet ... placed 79th at the NCAA Mid-Atlantic Regional.

High School: Attended Boiling Springs High School ... earned four letters in cross country, track and field and swimming ... won the Mid-Penn Championship in cross country ... also won the Mid-Penn Championship in the 1,600 and 3,200 meters in 2003 and '04 ... member of swim team that claimed the Mid-Penn Team Championship in 2002 and '03.

Personal: Daughter of John and Cindy Millhouse ... born June 29, 1986, in Camp Hill, Pa. ... majoring in ocean engineering.

Millhouse's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	23:48	8 of 42 (4)
Sept. 16	Salty Seadog Invitational (6k)	23:57.36	11 of 94 (3)
Sept. 23	at Spiked Shoe Invitational (6k)	22:34.30	24 of 170 (3)
Sept. 30	at Stanford Invitational (6k)	22:27	45 of 124 (3)
Oct. 14	vs. Army (6k)	23:15.37	6 of 22 (4)
Oct. 28	at Patriot League Championship (6k)	24:56.9	21 of 82 (3)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	22:50.5	101 of 195 (4)



2006 NAVY WOMEN'S CROSS COUNTRY



Vicki Moore

Junior
Burke, Va.

Academic Honors: Selected to the 2005 Patriot League Academic Honor Roll ... named to the Superintendent's List during all four of her semesters

... ranks at the top of her class with a 4.0 cumulative grade point average.

2006: Saw action in six races ... scored in one meet and served as a displacing scorer in another ... registered two top-20 performances ... Navy's seventh-fastest runner, 18th overall, with her 24:24.45 showing in the Salty Seadog Invitational ... finished 28th during the 4k race at the Stanford Invitational with a 15:36 showing ... ran at the Patriot League Championship.

2005: Competed in seven races ... owned three top-15 performances ... posted a time of 23:09 at the Patriot League Championship ... rounded out team's scoring-five against Army in the Star Meet ... crossed the finish line in 23:08.6 at the Paul Short Invitational ... produced a 23:33 time at the Roy Griak Invitational ... owned Navy's third-best time, fifth overall, in the Salty Sea Dog Open with a time of 24:10.90 ... finished 50th of 210 runners at the Fordham Invitational.

2004: Ran in six meets ... placed in the top-20 four times ... finished in 19th-place at the Mount St. Mary's Invitational ... placed 17th (24:12.85) at the Salty Sea Dog Open ... finished in 13th-place out of 128 runners at the Gulden Invitational in the time of 23:28.72 ... finished in 12th versus Army in the Star Meet in a time of 23:56.30 ... placed 34th at the Patriot League Championship (24:18.04).

High School: Attended James W. Robinson High School ... earned four letters in outdoor track and three letters each in indoor track and cross country ... member of cross country team that claimed the Virginia State Championship in 2001 ... part of the 4x800-meter relay team that won a state championship in outdoor track ... a two-time Athletic Booster Award winner in both cross country and track.

Personal: Daughter of Edmund and Lisa Moore ... born June 10, 1986, in London, England ... majoring in information technology.

Moore's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	24:49	22 of 42 (9)
Sept. 16	Salty Seadog Invitational (6k)	24:24.45	18 of 94 (7)
Sept. 23	at Spiked Shoe Invitational (6k)	23:23.25	DNP (8)
Sept. 30	at Stanford Invitational (4k)	15:36	28 of 80 (3)
Oct. 14	vs. Army (6k)	23:51.31	12 of 22 (9)
Oct. 28	at Patriot League Championship (6k)	27:18.5	73 of 82 (12)



Sammy Jo Andrews

Sophomore
Pewaukee, Wis.

Academic Honors: Named to the Commandant's List during both of her semesters on the Yard.

2006: Competed in two meets ... placed 31st at the Harry Lang Invitational with a time of 25:39 ... placed 64th during the Salty Seadog Invitational.

2005: Ran in six races ... notched two top-20 efforts during her rookie season ... competed at the Patriot League Championship, recording a time of 23:54 ... ran in the annual Star Meet against Army ... posted a 24:15 effort at the Roy Griak Invitational ... finished in ninth-place with a 24:32.12 showing in the Salty Sea Dog Open ... placed 86th out of 210 runners at the

Fordham Invitational.

High School: Went to Catholic Memorial High School ... earned three letters in cross country and track & field ... also lettered in cross country skiing and forensics ... placed fourth at the 2004 Wisconsin State Championship ... earned gold medal at state championship in forensics.

Personal: Daughter of Thomas and Debra Andrews ... born Feb. 16, 1987, in Milwaukee, Wis. ... majoring in oceanography.

Andrews' 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	25:39	31 of 42 (14)
Sept. 16	Salty Seadog Invitational (6k)	26:37.83	64 of 94 (23)



Chelsea Decker

Sophomore
Middlebrook, Va.

Academic Honors: Earned Commandant's List honors in the fall of 2005.

2006: Saw action in three meets ... opened the year with a 30th-place time of 25:35 at the Harry Lang Invitational ... two weeks later in the Salty Seadog Invitational, she landed 20th overall with her 24:33.87 effort ... posted season-best time of 24:23.15 at Penn State's Spiked Shoe Invitational.

2005: Competed at seven races ... tallied three overall top-20 performances ... posted a 23:09.1 showing at the NCAA Mid-Atlantic Regional ... placed 34th overall with a 22:54 showing at the Patriot League Championship ... ran a 27:14.26 over a rain-soaked course against Army in the Star Meet ... registered a time of 24:19 at Roy Griak Invitational ... landed in 18th-place with a 25:03.42 time in the Salty Sea Dog Open ... recorded a 20:14 showing at the Fordham Invitational.

High School: Attended Riverheads High School ... earned four letters in both cross country and track & field ... captained cross country team during her junior and senior seasons ... 2003 region and district champion in cross country ... won the track & field regional title in the 1600-meter event ... two-time selection to cross country all-state team ... named to all-state team in track & field from 2002-04 ... all-district, all-region and team MVP from 2002-04 in both cross country and track & field.

Personal: Daughter of Tim and Penny Decker ... born May 30, 1987, in Staunton, Va. ... majoring in ocean engineering.

Decker's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	25:35	30 of 42 (13)
Sept. 16	Salty Seadog Invitational (6k)	24:33.87	20 of 94 (8)
Sept. 23	at Spiked Shoe Invitational (6k)	24:23.15	DNP (16)



Maureen Dooley

Sophomore
Durham, Conn.

Academic Honors: Named to the Superintendent's List in the fall of 2005 ... twice recognized on the Commandant's List.

2006: Competed in all seven of Navy's 6k races ... scored in two meets and placed among the team's top-seven runners in all seven events ... registered three top-15 efforts ... opened the campaign with a 15th-place time of 24:17 at the Harry Lang Invitational ... two weeks later in the Salty Seadog Invitational, posted Navy's second-fastest time, 10th overall, with a 23:53.45 showing ... completed the team's scoring five in its N-Star victory over Army, clocking in at 23:17.16 ... placed 34th at the Patriot League Championship ... raced at the NCAA Mid-Atlantic Region Championship.

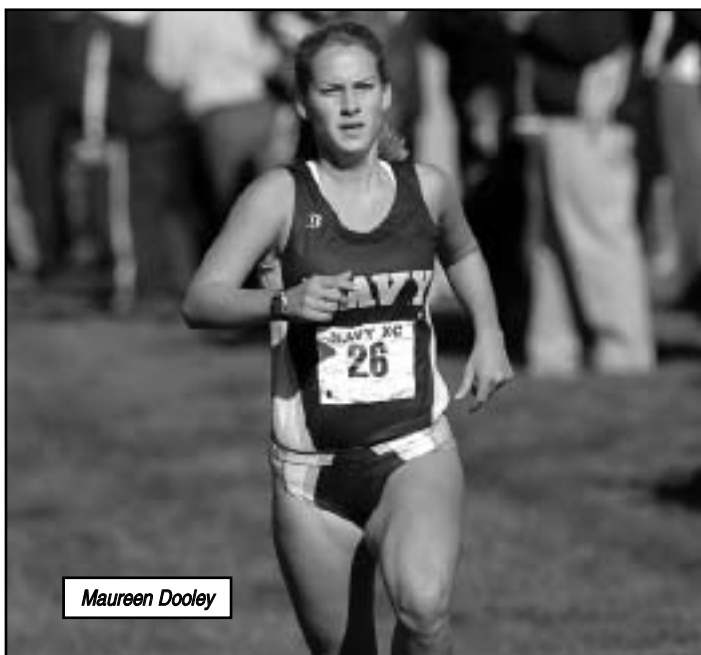
2005: Saw action in six races during her freshman campaign ... competed at the NCAA Mid-Atlantic Regional, covering the 6K course in 23:47.4 ... recorded Navy's third-fastest time at the Patriot League Championship ... finished with a time of 22:47 to place 29th overall ... competed against Army in the Star Meet ... notched a 22:45.0 time at the Paul Short Invitational ... registered Navy's fifth-best time, 44th overall, at the Fordham Invitational.

High School: Attended Cuginchaug High School ... lettered in cross country and track ... four-year selection to all-county in cross country and track ... her freshman year cross country squad won the state championship ... three-time all-state runner ... part of state-champion 4x800 relay team in 2002 and '03 ... captained the track team during her senior season.

Personal: Daughter of Joseph and Maureen Dooley ... born June 7, 1987, in Renton, Wash. ... majoring in international relations.

Dooley's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	24:17	15 of 42 (6)
Sept. 16	Salty Seadog Invitational (6k)	23:53.45	10 of 94 (2)
Sept. 23	at Spiked Shoe Invitational (6k)	23:21.90	53 of 170 (7)
Sept. 30	at Stanford Invitational (6k)	22:53	59 of 124 (6)
Oct. 14	vs. Army (6k)	23:17.16	7 of 22 (5)
Oct. 28	at Patriot League Championship (6k)	25:21.8	34 of 82 (7)
Nov. 11	at NCAA Mid-Atlantic Regional (6k)	23:12.8	116 of 195 (6)



Maureen Dooley



Allie Moreland

Sophomore
Ocean City, N.J.

2006: Competed in two meets ... placed 43rd in the Salty Seadog Invitational ... posted season-best time of 24:49.90 at Penn State's Spiked Shoe Invitational.

2005: Ran at two races ... posted a 21:15 showing at the Fordham Invitational.

High School: Attended Ocean City High School ... earned four letters in cross country and track in high school ... cross county team won the South Jersey Championship during her junior and senior years ... member of the 2005 national champion indoor track team ... captained her cross country, indoor and outdoor track teams in senior year ... a two-time All-American in the distance medley relay.

Personal: Daughter of William and Debra Moreland ... born July 7, 1987, in Somers Point, N.J. ... majoring in ocean engineering.

Moreland's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 16	Salty Seadog Invitational (6k)	25:26.67	43 of 94 (19)
Sept. 23	at Spiked Shoe Invitational (6k)	24:49.90	DNP (18)



Katherine Wirtz

Sophomore
Willoughby Hills, Ohio

Academic Honors: Named to the Superintendent's List in the spring of 2006 ... recognized on the Commandant's List during both semesters.

2006: Ran in two races ... finished 28th at the Harry Lang Invitational with a 25:12 clocking ... came in 52nd place in the Salty Seadog Invitational.

2005: Competed in one race ... ran to a 46th-place finish in the Salty Sea Dog Open.

High School: Attended Laurel School ... earned four letters in both cross country and track and field ... captained cross country team during those four years ... first-team all-league in cross country in 2003-04 ... all-league first-team in track and field at the 1600- and 3200-meter run as a senior ... team MVP for cross country and track and field during her senior season.

Personal: Daughter of Paul and Christina Wirtz ... born April 27, 1987, in Cleveland, Ohio ... majoring in mechanical engineering.

Wirtz's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (6k)	25:12	28 of 42 (12)
Sept. 16	Salty Seadog Invitational (6k)	26:03.19	52 of 94 (22)

2006 NAVY WOMEN'S CROSS COUNTRY



Kaitlin Baker

Freshman
Rockford, Mich.

2006: Saw action in six meets during her rookie season ... scored in two meets and served as a displacing scorer in another ... registered a pair of top-10

performances ... placed fifth overall, second on the team, in the 4,200-meter race at the season-opening Harry Lang Invitational ... finished 26th in the Salty Seadog Invitational with a time of 24:44.91 ... owned the team's top 4k time at the Stanford Invitational, clocking in at 15:32 ... rounded out Navy's scoring against Army in the Star Meet ... raced to a 37th-place time at the Patriot League Championship.

High School: Attended Rockford High School ... earned four letters in both cross country and track ... three-time all-conference selection in cross country and track ... twice named to all-state team in track ... helped cross country team to an undefeated record and state championship during her freshman season ... competed on four-time conference champion cross country and track teams.

Personal: Daughter of Jim and Louise Baker ... born June 16, 1988, in Grand Rapids, Mich.

Baker's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:37	5 of 38 (2)
Sept. 16	Salty Seadog Invitational (6k)	24:44.91	26 of 94 (12)
Sept. 23	at Spiked Shoe Invitational (6k)	23:40.05	DNP (12)
Sept. 30	at Stanford Invitational (4k)	15:32	25 of 80 (1)
Oct. 14	vs. Army (6k)	23:47.38	10 of 22 (7)
Oct. 28	at Patriot League Championship (6k)	25:29.2	37 of 82 (8)



Kaitlin Baker



Anna Bernal

Freshman
Bonaire, Ga.

2006: Competed in one meet ... placed 14th with a time of 17:55 in the 4,200-meter race at the Harry Lang Invitational.

High School: Attended Mount de Sales Academy ... earned four letters in cross country and track ... won the state championship as a senior with a time of 19:32 ... followed that performance up with a 12:09 clocking to win the 3,200-meter run at the state track & field championship ... also crowned the regional champion during her junior campaign ... four-time all-state cross country runner ... served as the cross country team captain during her junior and senior seasons.

Personal: Daughter of Ben and Kathleen Bernal ... born April 14, 1988, in Torrance, Calif.

Bernal's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:55	14 of 38 (7)



Katie Calhoun

Freshman
Lancaster, Pa.

2006: Ran in one meet ... placed 48th with a time of 25:38.88 in the Salty Seadog Invitational.

High School: Attended Manheim Township High School ... earned four letters in both cross country and track ... also lettered twice with the basketball team.

Personal: Daughter of Joseph and Denise Calhoun ... born August 25, 1987, in Philadelphia, Pa.

Calhoun's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 16	Salty Seadog Invitational (6k)	25:38.88	48 of 94 (21)



Nicole Kauzlarich

Freshman
Annapolis, Md.

2006: Saw action in three meets ... landed 13th overall in the 4,200-meter race of the Harry Lang Invitational ... placed 28th with a time of 24:47.87 in

the Salty Seadog Invitational ... recorded season-best 6k time of 24:41.75 at Penn State's Spiked Shoe Invitational.

High School: Attended Kadena High School in Okinawa, Japan ... earned four letter in cross country, four in soccer, three in swimming and one in basketball ... four-time all-district runner in cross country ... in each of those four years, her team won the district title ... won the Far East Championship as a junior and helped the team to Far East Championships in 2002 and 2004 ... served as team captain during her junior and senior seasons ... also helped the soccer team to three Far East Championships.

Personal: Daughter of Mark and Sonia Kauzlarich ... born Oct. 14, 1987, in Fort Belvoir, Va.

Kauzlarich's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:54	13 of 38 (6)
Sept. 16	Salty Seadog Invitational (6k)	24:47.87	28 of 94 (13)
Sept. 23	at Spiked Shoe Invitational (6k)	24:41.75	DNP (17)



Brandi Luongo

Freshman
Palmetto, Ga.

2006: Competed in one meet ... finished 35th with a 24:59.31 clocking in the Salty Seadog Invitational.

High School: Attended Northgate High School ...

earned three letters in both cross country and track ... a three-time team MVP, all-county and all-state runner for both the cross country and track teams ... county champion in cross country in her sophomore and senior years ... three-time county champion in the 1,600- and 3,200-meter run events ... served as team captain for both the cross country and track squads as a senior.

Personal: Daughter of Rick Luongo and Angela Slappey ... born Dec. 14, 1987, in Riverdale, Ga.

Luongo's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 16	Salty Seadog Invitational (6k)	24:59.31	35 of 94 (17)



Emi Parker

Freshman
Tacoma, Wash.

2006: Ran in one meet ... registered Navy's third-fastest time, seventh overall, in the 4,200-meter race of the Harry Lang Invitational with a time of 17:40.

High School: Attended Curtis High School ... earned four letters in cross country and three in track ... three-time team MVP in cross country ... served as team captain for cross country as a junior and senior ... also captained the track team as a senior ... helped the track squad to a state title in 2004.

Personal: Daughter of Keith and Michele Parker ... born Feb. 18, 1988, in Tacoma, Wash.

Parker's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:40	7 of 38 (3)



Jenny Rubin

Freshman
Papillion, Neb.

2006: Competed in one meet ... ran to a 45th-place time of 25:29.86 in the Salty Seadog Invitational.

High School: Attended Papillion La Vista South High School ... earned four letters in cross country and

three in track ... three-time all-state selection in cross country ... named to all-city team four times in both cross country and track ... served as the cross country and track team captain during her senior season.

Personal: Daughter of Daniel and Elizabeth Rubin ... born July 24, 1987, in Albuquerque, N.M.

Rubin's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 16	Salty Seadog Invitational (6k)	25:29.86	45 of 94 (20)



Kayla Sax

Freshman
Richland, Wash.

2006: Saw action in four meets ... posted team's fifth-fastest time in the 4,200-meter race of the Harry Lang Invitational ... recorded season-best 6k time of

23:25.05 at Penn State's Spiked Shoe Invitational ... landed 29th in the 4k race at the Stanford Invitational.

High School: Attended Richland High School ... earned four letters in cross country and track ... also lettered in basketball ... served as cross country team captain during her junior and senior seasons ... captained the track team during her senior year ... helped guide the cross country and track teams to undefeated records as a senior ... cross country team won the district championship in 2005 ... track team was crowned regional champions in 2006 ... earned Most Inspirational Award with cross country in 2004.

Personal: Daughter of Scott and Lauri Sax ... born Sept. 19, 1987, in Pocatello, Idaho.

2006 NAVY WOMEN'S CROSS COUNTRY

Sax's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:53	12 of 38 (5)
Sept. 16	Salty Seadog Invitational (6k)	24:41.54	23 of 94 (10)
Sept. 23	at Spiked Shoe Invitational (6k)	23:25.05	DNP (9)
Sept. 30	at Stanford Invitational (4k)	15:39	29 of 80 (4)



Amy Watson

Freshman
Hampstead, Md.

2006: Competed in three meets ... owned Navy's top time in the 4,200-meter event of the Harry Lang Invitational, crossing the finish line in 17:31 ... ran to a 23:52.60 time at Penn State's Spiked Shoe Invitational.

High School: Attended North Carroll High School ... earned three letters in cross country, three in tennis and two in track ... won the cross country state championship as a junior in 2004 ... three-time all-state and all-county selection ... named team MVP three times during her career ... served as cross country team captain during her senior year.

Personal: Daughter of Neale and Betsy Watson ... born July 8, 1987, in Baltimore, Md.

Watson's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:31	3 of 38 (1)
Sept. 16	Salty Seadog Invitational (6k)	25:09.65	38 of 94 (18)
Sept. 23	at Spiked Shoe Invitational (6k)	23:52.60	DNP (14)



Kayla Sax



Shannon Yingling

Freshman
Johnstown, Pa.

2006: Ran in three meets ... posted a time of 18:02 to finish 16th in the 4,200-meter race of the Harry Lang Invitational ... registered season-best 6k time at Penn State's Spiked Shoe Invitational, coming in at 24:13.65.

High School: Attended Bishop McCort High School ... earned four letters in cross country, track and basketball ... helped cross country team to a district title in 2002 ... four-time All-Central Western Pennsylvania team member ... two-time selection to all-conference team ... set cross country school records in both the 5,000-meter and three-mile run ... served as team captain during her junior and senior years ... also an all-conference guard in basketball as a senior ... named team captain for the basketball team as a senior.

Personal: Daughter of Kenneth and Susan Yingling ... born May 13, 1988, in Johnstown, Pa. ... cousin, Brian, graduated from the U.S. Naval Academy in 1987.

Yingling's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	18:02	16 of 38 (8)
Sept. 16	Salty Seadog Invitational (6k)	24:54.52	31 of 94 (15)
Sept. 23	at Spiked Shoe Invitational (6k)	24:13.65	DNP (15)



Erica Ziel

Freshman
Saginaw, Mich.

2006: Saw action in four races ... opened the year with an 11th-place finish in the 4,200-meter race of the Harry Lang Invitational ... owned a 23:46.25

showing at the Spiked Shoe Invitational ... came in 39th place during the 4k race at the Stanford Invitational.

High School: Attended Swan Valley High School ... earned four letters in cross country and track ... four-time member of the all-conference team in cross country ... served as cross country team captain from 2004-05 ... helped cross country team to four-consecutive Tri-Valley Conference titles and two Saginaw County championships ... named all-state in track as a senior ... broke the school record in the 1,600-meter run with a time of 5:17.16 ... also selected team captain and team MVP of the track team during her senior campaign.

Personal: Daughter of Jeffrey and Barbara Ziel ... born June 5, 1988, in Saginaw, Mich.

Ziel's 2006 Times

Date	Meet (Distance)	Time	Place (Navy)
Sept. 1	at Harry Lang Invitational (4.2k)	17:50	11 of 38 (4)
Sept. 16	Salty Seadog Invitational (6k)	24:50.57	29 of 94 (14)
Sept. 23	at Spiked Shoe Invitational (6k)	23:46.25	DNP (13)
Sept. 30	at Stanford Invitational (4k)	16:01	39 of 80 (7)