

Introduction

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Cross Country/ Track & Field Quick Facts

Notre Dame Quick Facts

Location	Notre Dame, IN 46556
Founded.....	1842
Enrollment	8,332 (undergraduate)/11,479 (total)
Nickname.....	Fighting Irish
Colors	Gold and Blue
Conference	BIG EAST
Facilities	Meyo Track (indoors) Monogram Track (outdoors)
President	Rev. John I. Jenkins, C.S.C.
Provost.....	Thomas Burish
Director of Athletics	Kevin White
Assoc. Athletics Director (XC/TRK).....	Mike Karwoski
Athletic Department Web Page	www.und.com
Athletic Department Hotline.....	574-631-3000

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Media Information

The Notre Dame Sports Information Office always is interested in assisting members of the media in their coverage of the Irish track & field and cross country programs. Publicity and media information for Notre Dame cross country/track & field are handled by assistant sports information director Chris Masters.

Photographs, feature ideas and results are always available from the Notre Dame sports information office. All interviews with coaches and student-athletes should be arranged through the Notre Dame Sports Information and Masters at (574) 631-7516.

BIG EAST Outlets

The BIG EAST Conference maintains its presence on the web at www.bigeast.org which contains current information on all facets of the BIG EAST. Media requests should be directed to Tom Symonds in the BIG EAST office.

Credits

The 2006-07 Notre Dame Cross Country/Track & Field Media Guide was written and edited by assistant sports information director Chris Masters and student assistants Joe Meginnes and Ryan Kiefer.

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Notre Dame Sports Hotline:

(574) 631-3000





John Millar (left), Joe Piane (center) and Scott Winsor (right) have helped lead the Notre Dame men's and women's track & field teams to a combined seven BIG EAST titles in the past five years.

Media Following the Irish

Print

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Fax (574) 236-1765

Irish Sports Report

(Bob Wieneke)
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South Bend, IN 46626
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Fax (574) 239-2646

Blue & Gold Illustrated

(Lou Somogyi)
1605 North Home
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(574) 255-9800
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Notre Dame Observer

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LaFortune Student Center
Notre Dame, IN 46556
(574) 631-7471
Fax (574) 631-6927

Print

Notre Dame Scholastic

(Megan Teigen)
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(574) 631-7569
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Irish Eyes Magazine

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South Bend, IN 46634
(574) 631-1616/1239
Fax (574) 631-2916

WSBT-TV/ - CBS

(Greg Carroll/Pete Byrne)
300 West Jefferson
South Bend, IN 46601
(574) 472-8124
Fax (574) 288-6630

WSJV-TV - FOX

(Dean Huppert/Allison Hayes)
59096 County Road 7 South
Elkhart, IN 46514
(574) 679-4545/293-9227
Fax (574) 294-1324

WHME-TV/ - LeSea

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61300 Ironwood Road
South Bend, IN 46625
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Academic All-Americans – The 2005-06 season proved to be a banner one, both on the fields of competition and in the classroom, for the Notre Dame track & field/cross country program. The Irish had a record-setting five student-athletes earn *ESPN The Magazine*/CoSIDA Academic All-America honors, led by high jumper Stacey Cowan, who was a first-team selection in 2006 after picking up third-team plaudits in '05.

Cowan also became the first Irish women's track & field athlete ever to receive an NCAA postgraduate scholarship, joining an elite group of only 19 Notre Dame student-athletes (in all sports) to garner the NCAA honor, Academic All-America status and All-America certification during their careers (Cowan earned the latter in the indoor high jump at the 2004 NCAA Championship).

The Ferndale, Wash., resident graduated from Notre Dame's College of Science in May 2006 with a degree in pre-professional studies and a stellar 3.813 cumulative grade-point average, along with three Dean's List citations.

Through the years, the Notre Dame track & field/cross country program has produced 17 student-athletes who have been awarded a place on the *ESPN The Magazine*/CoSIDA Academic All-America Team a total of 23 times. The program has been especially strong the past three seasons, as seven athletes have combined to garner 10 Academic All-America certificates, including three first-team berths.



Knute Rockne (left), founder of the Irish track and field program, poses with John Plant and Edwin Richardson in 1913.

Notre Dame Track & Field/Cross Country Academic All-Americans

- Tom Mick - 1988
- Theresa Rice - 1989 (*cross country only*)
- Mike McWilliams - 1995
- Jeff Hojnacki - 1997
- Jason Rexing - 1997, 1998
- Errol Williams - 1998
- Mike Brown - 1999
- Alison Klemmer - 2000
- Ryan Shay - 2002
- Luke Watson - 2002, 2003
- Lauren King - 2004
- Todd Mobley - 2004, 2005
- Stacey Cowan - 2005, 2006
- Sean O'Donnell - 2005, 2006
- Stephanie Madia - 2006
- Tim Moore - 2006

Thomas Chamney - 2006 (active)

All-America Streak – Irish runners have a proven record in national championship meets, as evidenced by their current line of All-America citations.

The Irish men's track & field team is on a streak of 16 years (1990-2006) with at least one competitor earning All-America honors (the Irish have amassed 161 All-America honors since 1921). The Notre Dame women's track & field team has enjoyed at least one All-America performance each season since 1997 (nine-year streak) and 37 overall since 1994.

All-American (Two Sports) – Former Irish great Raghbir "Rocket" Ismail is part of an exclusive group of four student-athletes who have combined All-America honors in football and another sport during their Notre Dame careers. Ismail was a two-time consensus first-team All-American in football (1989, 1990) and also earned All-America honors on the track as a sprinter in 1991.

The other members of this elite club are: Edward "Moose" Krause (football 1932; basketball 1932-34), Dick Arrington (football 1965; wrestling 1966) and Bob Golic (football 1977-78; wrestling 1978-79).

Recently-departed high jumper Emily Loomis narrowly missed becoming the first female student-athlete in school history to join this group. She earned her first track All-America citation with a tie for eighth place in the outdoor high jump at the 2006 NCAA Championship, in addition to earning honorable mention All-America laurels in volleyball following the 2003 campaign. Technically, Notre Dame has not considered honorable mention selections in its final count of All-Americans.

Aragon – Former Irish track and cross country standout Dr. Chuck Aragon was presented with the Spirit of Notre Dame Award during the Notre Dame-Michigan game in the fall of 1992. The award, sponsored by Maxwell House and General Foods, recognized Notre Dame athletes, past and present, who distinguished themselves in competition, demon-



Irish football flanker Tim Brown (above) held the Notre Dame 55-meter record until fellow gridiron star Raghbir Ismail broke the record in 1991. Brown won the Heisman Trophy for his football exploits in 1987.

strated the "Spirit of Notre Dame" and exhibited the ideals of the University. Aragon captained both the Notre Dame cross country and track teams during his career (1977-81) and was the first Irish sub-four-minute miler. An All-American and bronze medalist in the 1,500 meters at the Pan Am Games, he placed fourth in the 1984 Olympic Trials. Aragon, who completed his residency in anesthesiology, donated many hours to the Logan Center while at Notre Dame.

Back to the Bend – Although the Irish won their only cross country national championship in 1957, the bus ride home from East Lansing, Mich., was anything but a celebration. In 26-degree weather, the Irish upset heavily-favored Michigan State, but when coach Alex Wilson added up the team's score of 121 points, he felt the score was extremely high to contend for the title. As a result, he and his team packed up and took the bus back to South Bend. About halfway home the stunning news came over the bus radio, Notre Dame had defeated Michigan State by six points.

Coaching Tree – Although one of Notre Dame's oldest varsity programs (dating back to 1890), the Irish track and field team didn't bring on its first coach until 1916, when Knute Rockne took the job. He held that position until 1927, starting a trend of stability among Irish track coaches.

Current Notre Dame track & field coach Joe Piane is perhaps the best example of this, as he is in his 32nd year at the helm of the Irish. Piane is the longest-tenured coach among active mentors at Notre Dame, with men's swimming coach Tim Welsh next in line with his 21st season on tap in 2006-07.

Notre Dame Track and Field Coaches Through The Years (1890-present)

No coach - 1890-1916
 Knute Rockne - 1916-1927
 John P. Nicholson - 1927-1940
 William P. Mahoney - 1940-1942
 E.R. "Doc" Handy - 1942-1950
 Alex Wilson - 1950-1972
 Don Faley - 1972-1974
Joe Piane - 1974-present

Deeter – JoAnna Deeter ended her career as one of the best women’s cross country and track and field runners in Irish history. A native of Glen Ellyn, Ill., Deeter earned All-America status twice for cross country in 1996 and 1998 and three times in track & field, all in 1999. Included in her accomplishments are two school records - the indoor and outdoor 3,000 and 10,000.

Fifth – One-fifth of a mile (approx. 320 meters) is the length of the Meyo Track, the largest collegiate indoor surface in the country and the home track for the Irish indoor teams. First opened in 1988, the track was named for Ray and Marie Meyo of Brecksville, Ohio, and is made of the Mondo track surface featuring six 42-inch lanes.

The Meyo Track has established itself as one of the fastest surfaces in the nation and welcomes a number of high-class athletes in a “last chance” meet (the Alex Wilson Invitational) who are attempting to qualify for the NCAA Indoor Championship. The Meyo Invitational, which features the “Meyo Mile” (a special race that features many of the top milers in the nation) and the Alex Wilson Invitational are fixtures on the Notre Dame indoor track & field schedule each season.



Track coach from 1927-1940, John P. Nicholson became an innovator in coaching technique purely by accident.

Football Players – The Notre Dame football and track & field programs are two of the oldest varsity sports on the Irish campus. There have been a number of football stars who have crossed over to the track, or the field, and left an impression on the track and field program. Just a glance at the Notre Dame track and field record book shows the effect that football players have had on it. Raghieb “Rocket” Ismail, who finished second in the Heisman Trophy balloting in 1990, holds the school record for the indoor 55 meters and finished as an All-American in 1991.

Former Irish defensive back Allen Rossum (now a standout return specialist with the NFL’s Atlanta Falcons) currently holds the school record in the indoor 60 meters (6.68), former running back Randy Kinder set the indoor 200-meter record in 21.11 and former receiver Ryan Postel owns the indoor 400-meter record (47.01).

Some football players who also earned monograms on the track include 1987 Heisman Trophy winner Tim Brown, Jack Elder, Edward

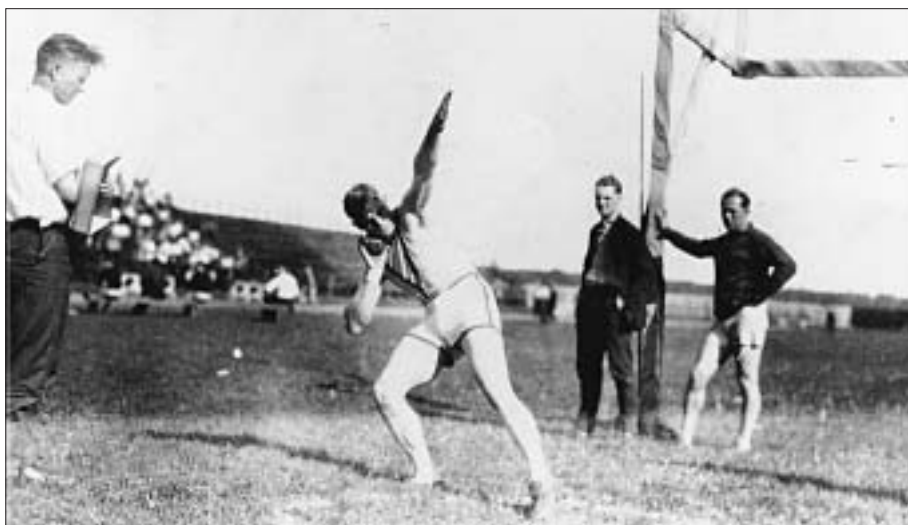
“Moose” Krause, Elmer Layden, Dean Lytle, Ryan Mihalko (the school-record holder in the javelin), Creighton Miller and Knute Rockne.

Ghana – The impact of Notre Dame track can be felt around the world as evidenced by William P. Mahoney, an Irish alumnus who served as the U.S. ambassador to Ghana under the Kennedy Administration. A sprinter for coach John Nicholson, Mahoney took over the coaching duties when Nicholson died in 1940. Mahoney guided the team to an unofficial victory in the Drake Relays before he entered the Navy in 1942.

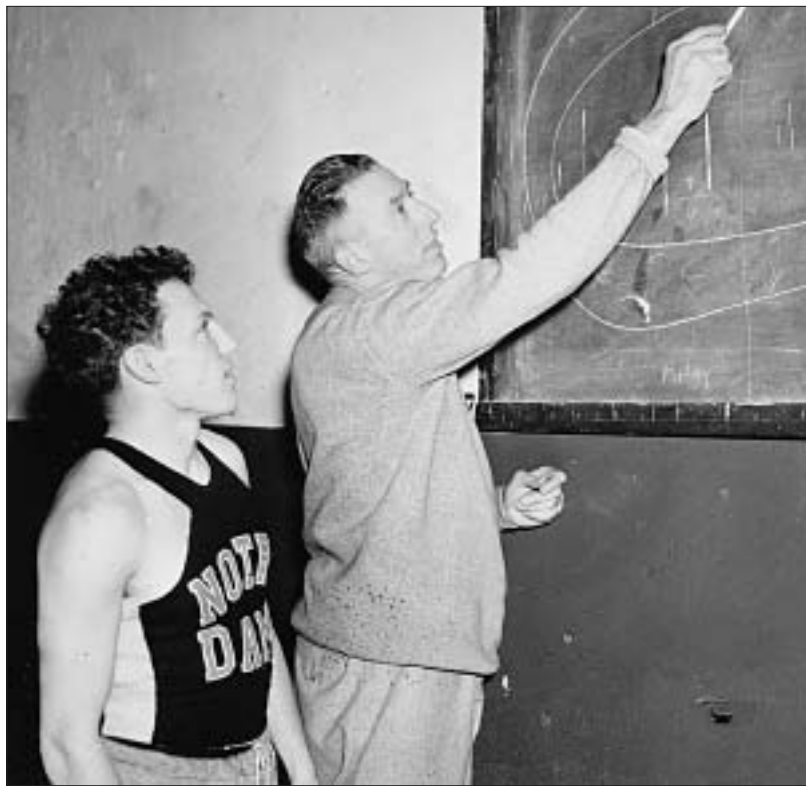
Golden Anniversary – The 2005 season marked the 50th running of the Notre Dame Invitational cross country meet, one of the nation’s oldest and largest intercollegiate races. The invitational was started by former Irish head coach Alex Wilson in 1956 as a four-mile race, extended to five miles in 1968, and a women’s competition added in 1987. Notre Dame has won the men’s event 15 times (most recently in 2003) and the women’s race on six occasions (also last doing so in 2003).

Heisman – Achieving success on both the track and the football field was the trademark of former Irish runners Tim Brown and Raghieb “Rocket” Ismail. Brown won the 1987 Heisman Trophy in addition to running with the track team during the offseason. Brown owned the school record in the 55 meters until 1990 when ‘90 Heisman runner-up Ismail ran 6.07 in the event, and eventually went on to earn track All-America honors by finishing second in the 1991 NCAA indoor 55 meters.

Hurd – Dr. Bill Hurd was honored in 2002 at the annual Notre Dame Monogram Club dinner with the Moose Krause Distinguished Service Award, the highest honor presented by the Monogram Club. A world-class sprinter and 1969 Notre Dame graduate with a degree in electrical engineering, Hurd now is a noted eye surgeon – with an ophthalmology practice in



Two-time NCAA champion ('23 and '24) Tom Lieb introduced the spinning throw delivery in the shot put, which is still in use today.



John P. Nicholson was one of track and field's greatest innovators in the late 20's and early 30's. Here he is pictured with Irish distance great Greg Rice, plotting out the All-American's next race.

Memphis that specializes in cataract, glaucoma and diabetic treatment and keratorefractive surgery.

Hurd annually spends 2-3 weeks providing voluntary eye surgery to the poor in Africa, Mexico and Brazil. On the most recent trip to Madagascar, he and two other doctors saw 1,100 patients in 10 days and he performed 35 eye surgeries – with Hurd and his colleagues increasingly in demand as their reputation grows.

Hurd's days of distinction as a collegian included being named Notre Dame's "athlete of the year" for 1967-68 and establishing the American indoor record in the 300-yard dash (29.8). He set eight Notre Dame records and totaled five All-America finishes at the 1968 and '69 NCAA meets (only two Notre Dame student-athletes ever have totaled more All-America honors).

He also was a finalist (top eight) at the Olympic Trials in the 100 and 200 meters, finishing fifth in the 100 to just miss a spot on the Olympic squad (his competitors included the likes of Jim Hines, John Carlos, Tommy Smith and Mel Gray).

Hurd – who added graduate degrees from Massachusetts Institute of Technology (master's in management science) and Meharry Medical School in Nashville – was a Rhodes Scholarship regional finalist and received Notre Dame's Harvey Foster Award in 1992 (recognizing alumni for distinguished civic activity) and the NCAA's prestigious Silver Anniversary Award in 1994 (recognizing career success and community service). He holds two

U.S./foreign patents for optical devices, including a slit-lamp, mountable intraocular biometer.

Also an accomplished jazz musician, Hurd recently completed work on his fourth CD, in which he plays the saxophone and flute.

Hurd and his wife Rhynette, an attorney, have sent both of their sons to Notre Dame. One of his sons, Ryan, was a four-year monogram winner on the Irish track & field team from 2001-04.

Jinx – Although Irish great Greg Rice is widely regarded as one of the best distance runners of all time, his coach only saw him race once during his Notre Dame career. Coach John Nicholson felt he superstitiously jinxed Rice during races and therefore stayed in South Bend while Rice traveled to meets. The only race Nicholson saw was perhaps one of Rice's finest as he outdueled Taisto Maki and Don Lash to win a three-mile race in 13:52.2. Unfortunately, the race would also be Nicholson's last as the coach died two days later from complications of a heart attack that he suffered just hours before the competition.

Krause Stadium – The outdoor home of the Irish track team, the 5,000-seat Krause Stadium is located behind the Joyce Center. The Monogram Track features eight 48-inch lanes on the curves and nine lanes on the front stretch. Consisting of Mondo track material, the Monogram Track features the same surface used in the 1992 Summer Olympics in Barcelona, Spain.

Lieb – Tom Lieb, an Irish shot put thrower in the early 20's, is credited with introducing the spin-style delivery to the sport, a style which is still used today. Lieb won the NCAA title in the event during the 1923 and 1924 seasons.

Loftus Center/Guglielmino Athletics Complex – Notre Dame first utilized the Loftus Center in October of 1987 and is enjoying its 20th full season of use in 2006-07. The indoor facility is highlighted by Meyo Field, a Prestige Turf surface installed in 2003 that is shared with several Irish field sport teams, including the football and lacrosse programs. The Loftus Center is connected to the recently-completed Guglielmino Athletics Complex, which features the 25,000-square foot Haggar Fitness Center, a facility holding more than 250 pieces of weight training equipment, six plasma televisions and a state-of-the-art sound system. It also houses the 150-seat Isban Auditorium as well as plentiful meeting space.

Meyo Invitational – Four minutes, one mile. For years it was the unbreakable barrier, and it remains among the most celebrated feats in all of sport. Folks that know the sport of track and field will tell you that 3:40 in the 1,500 or 7:55 in the 3,000 are just as impressive, but to the casual fan there is something about the simplicity of it; four laps, four minutes, one mile.

In February 2007, the 20th annual Meyo Invitational will return to the Loftus Sports Center on Notre Dame's campus with the marquee event at the meet being the Meyo Mile. In the past four seasons, 13 runners have broken



Notre Dame senior Luke Watson pulled ahead in the final 30 meters and won a heartstopping Meyo Mile in 2003, hitting the tape in a school-record time of 3:57.83.

the magical four-minute mark, highlighted by two of the most exciting races at Notre Dame in recent memory.

In 2003, Notre Dame senior Luke Watson won the race in school record time (3:57.83), moving into the lead a mere 30 meters from the finish line. After the dust had settled, the top five in the race were each in under four minutes, each within a half second of the others, and each owned one of the five fastest times in the world that year.

The 2005 race turned out to be just as thrilling, with four runners breaking the four-minute barrier, including a pair of Notre Dame athletes (Watson, running unattached, and sophomore Kurt Benninger). All four sub-four minute runners earned automatic qualification to the NCAA Indoor Championship and Benninger's time of 3:58.75 put him less than a second off Watson's school-record mark of two years earlier.

The Invitational, as well as the Meyo Mile, are the brainchild of Irish head track & field coach Joe Piane. When the Loftus Center was built, Notre Dame installed a track that was oversized (one-fifth of a mile, or approximately 320 meters) and topped with a Mondo surface, which produced a rare and very fast combination.

Piane recounted the invention of the Invitational, "We put the meet together because it was a huge track and it was attractive to just give it a try. The name comes from Ray Meyo, who donated everything, and we decided to highlight the mile because even the average person knows that a sub-four-minute mile is very good, so we put together a 'four minute challenge' knowing that if the race did go under four minutes, everyone was going to say, 'Wow! This is really something.'"

The Meyo Mile, however will not be the only great event on the weekend. The Meyo Invitational is always packed with outstanding performances from start to finish. In 2006, the meet saw 76 automatic or provisional qualifications for the NCAA Championship, and through the years, numerous track and school records have been shattered. In fact, seven meet records, three track marks and three Notre Dame standards went by the boards during the 2006 meet alone.

National Champions – Fifteen Irish athletes have won 16 national track titles during the program's history, in addition to the two individual crowns and one team championship in cross country. The most recent track champion was Ryan Shay, who ran away with the 10,000 meters at the 2001 NCAA Championships in Eugene, Ore.

Before Shay's triumphant victory, Notre Dame's last track & field champion was Tom McMannon who won the 55-meter high hurdles in 1972. Greg Rice (1938) and Oliver Hunter (1942) were individual cross country champions, while coach Alex Wilson's 1957 squad won the NCAA cross country national championship.



Notre Dame's Greg Rice (second from left) is considered by many to be the greatest distance runner in U.S. history. The 1940 Sullivan Award winner, Rice went undefeated in 65 major indoor and outdoor races over a three-year span, setting 10 world records in six different events. He also was an All-American in the two-mile race, winning the NCAA title in 1937 and 1939 and finishing second in 1938.

Pioneer – Harry M. Jewett was the first recognized Notre Dame track and field athlete, making his debut in 1890 at a relay invitational in Ann Arbor, Mich. The school was next represented in 1898, and the Irish have competed in every year since then with the exception of 1906.

Rockne – The name that has become synonymous with Notre Dame football also was involved in the Irish track scene. After a difficult freshman year as a reserve on the varsity football team, Knute Rockne turned his attention to track where he earned a monogram and, as legend has it, once broke the world record in the indoor pole vault with his best effort of 12-4, but held it for such a brief period that he never received official recognition for it. Rockne became the University's first track coach in 1916 and the first cross country mentor in 1920. During his tenure, Rockne guided five Olympians and two Olympic medalists. The coach resigned his track responsibilities in 1928 to devote his energy to football until his death in 1931.

Roof Top Coaching – Injured by a wild discus throw, John P. Nicholson (Irish track coach from 1927-40) sat on the roof of a car and shouted instructions to his runners through a megaphone during training. The method proved so effective that Nicholson made the car a regular part of his training regimen.

Scholarships – Beginning with the 2004-05 season, all 26 varsity programs at the University of Notre Dame received the full NCAA complement of scholarships.

"Fully scholarshiping all our programs will help us realize our goals over the next five or six years of pushing Notre Dame's athletic program toward a top finish in the annual NACDA Directors' Cup standings," Director of Athletics Kevin White says.

"This eventually will put all of our programs in position to compete for national championships."

Notre Dame set a school record by placing sixth in the 2005-06 NACDA Directors' Cup standings. The Irish cross country and track & field squads more than contributed their fair share to that finish with a combined total of 166.5 points (out of 905.5 points). That doesn't count another 51.75 points that were discarded because the Cup rules only allow the higher point total from NCAA indoor or outdoor track & field competition to be used.

Starting Blocks – John P. Nicholson bestowed upon the track world perhaps his greatest innovation, the starting block. His starting block caught on in the late 1920s and was well-received by the track community.

"You have a device which will materially make short distance, hurdle and relay racing more popular with both the public and athletes," wrote former Illinois coach Harry Gill in a 1929 letter. "It appears to be a real help to track athletics."

John Griffith, former chairman of the NCAA track & field rules committee and commissioner of the Big Ten Conference, was equally impressed in a letter written the same year.

"I have studied the pictures of your new starting device with a great deal of interest, and am of the opinion that you have made a distinct contribution to track athletics."

Varsity – While the men's track & field and cross country teams are two of the oldest teams at Notre Dame, dating back to the 19th century, the women's program is only in its infancy. The women's cross country team is in its 20th year and owns seven conference titles, including three BIG EAST crowns, all won in the past four seasons. The women's cross country team also has finished among the top 10 at the past four NCAA Championships, including a third-place outing in 2002 and a fourth-place showing in 2004.

The women's track & field squad enters its 16th season of varsity competition this year and has won six league championships in that time (two in the BIG EAST) and advanced at least one runner to the NCAA Championship for the ninth consecutive year in 2006. Last season, the Irish also came within 10 points at the BIG EAST outdoor meet of becoming the first conference school since 1987-88 to win the BIG EAST women's "triple crown" of cross country, indoor track & field, and outdoor track & field.



J. Gregory Rice

*All-American 1937-39
Sullivan Award Winner*

Greg Rice, billed as the greatest distance runner the United States has ever produced, was presented with the 1940 Sullivan Trophy as the nation's top amateur athlete after he set a world three-mile record at the national championships. Named "the Little Man with a Big Finish," Rice smashed the world three-mile record with a time of 13:51. He earned All-America honors in the mile in 1937, and also received those honors in the two-mile as he won the event in 1937 and '39 and placed second in 1938.

Rice was undefeated in 65 major indoor and outdoor races in just over three years with 10 world records in six different events. Rice became the first-ever cross country national champion in 1938 when he ran the four-mile course in 20:12.9 to lead the Irish to a second-place team finish.

Born in 1916, Rice died in May of 1991.



Nicholas Sparks

Monogram Winner 1987-88

Best-selling author Nicholas Sparks graduated in 1988 and was a two-time monogram winner in track & field. At Notre Dame, Sparks was a member of the 4x800-meter relay team, which still holds the outdoor school record.

After pursuing a variety of jobs after graduation, he wrote his first published novel entitled "The Notebook," which was released in 1996. It became one of only five novels published in the past 35 years that spent more than a year on the *New York Times* hardcover best seller list, and was eventually made into a movie in 2004 starring Ryan Gosling and Rachel McAdams.

His second novel, "Message in a Bottle," was published in 1998 and remained a bestseller for 43 weeks. The film version, starring Kevin Costner, Paul Newman and Robin Wright Penn, opened at number one at the box office and grossed more than \$100 million.

His third novel, "A Walk to Remember," was published in October 1999 and turned into a movie in 2002 starring Mandy Moore.

In 2004, he was honored by Notre Dame with the first-ever Rev. Robert F. Griffin, C.S.C., Award, for establishing an initiative in the University's Creative Writing Program that includes fellowships, internships and an annual Sparks Prize to support a student writer-in-residence.

Nicholas Sparks has been married for 17 years and has five children. He lives in New Bern, N.C., and still runs nine miles a day.



Alex Wilson

*All-American 1930-32
Irish Track Coach 1950-72*

A middle-distance track star at Notre Dame, Alex Wilson is a perfect example of an outstanding athlete and legendary coach.

While at Notre Dame, Wilson was undefeated in the quarter- and half-mile events and set a national indoor record of 49.3 for the 440 in 1932. He set records in both the 440 and 880 races. Wilson also won the Amateur Athletic Union 600 and twice captured the Milrose 600.

In 1928 and 1932, he competed in the Olympics for his native Canada and won a silver in the 800-meter race and a bronze in the 400-meter run in 1932.

In 1950, after 18 years as a successful track and swimming coach at Loyola (Ill.), he returned to coach at Notre Dame. During his 23 years with the Irish, his teams finished in the national top 10 11 times. Wilson guided three track national champions, 28 track and eight cross country All-Americans and led the Irish to the cross country national championship in 1957. His teams appeared in the meet a total of 18 times.

He was voted into the Canadian Track Hall of Fame in 1954 and in 1967 he was elected to the Helms Athletic Foundation Hall of Fame for his contributions as a track coach in the United States.

Wilson was also honored as national coach of the year by the NCAA Cross Country Coaches Association in 1972, and an indoor track and field meet is held in his honor each year at Notre Dame.

Wilson died on Dec. 10, 1994, at the age of 87.



Rick Wohlhuter

*All-American 1969-70
U.S. Olympian
Sullivan Award Winner*

Rick Wohlhuter, a two-time Olympian and 1971 Notre Dame graduate, was selected to the Track and Field Hall of Fame in 1991. Winner of an Olympic bronze medal in the 800 meters in 1976, he holds the distinction of being the last man to qualify for the Games in both the 800- and 1,500-meter events. Wohlhuter won the IC4A 880-yard title in 1971 and qualified for the Olympics in 1972.

In addition to his appearance in the Games, Wohlhuter broke the U.S. 800-meter record twice and twice set world records for the 880-yard race. He also set the world record for the 1,000 meters in 1974 and won the event the next three indoor seasons. Wohlhuter also won national outdoor titles in 1973 and '74. In 1974 he earned the Sullivan Award as the nation's top amateur athlete.

A 1970 NCAA champion in the 600-yard event, the two-time All-American was also a member of Notre Dame's two-mile relay team which placed second in the nation in 1969.

Wohlhuter joined John Beatty, the first man to break the four-minute mile indoors, high jumper Charles Dumas, a 1956 gold medalist and first jumper to clear seven feet, and Doris Brown-Heritage, winner of 14 U.S. distance titles and five world cross country championships, as the 1991 Track and Field Hall of Fame inductees.



Liz Grow

*Four-time All-American
Four-time BIG EAST
Champion*

Liz Grow, a 2002 graduate, asserted herself as one of the best sprinters in Notre Dame history during her career. Grow was a four-time All-American, earning the honor twice in the indoor 400-meter dash, and twice outdoors (400-meter dash and 4x400-meter relay).

Grow was a four-time BIG EAST champion, and helped lead the 2002 women's track & field team to its first-ever BIG EAST title, earning the conference's Outstanding Track Performer award on the way.

Grow's top individual finish in the NCAA Championship was fourth place in the 400 meters at the 2002 indoor meet, and her best finish in the 4x400 relay was fifth the same year at the outdoor meet. She owns the highest-ever finish for a Notre Dame women's sprinter at the NCAA Championship.

Perhaps the most telling statistics about the success she enjoyed at Notre Dame are her school records. At the time she graduated, Grow was a part of six different school records, and had set a seventh in her junior year, which was subsequently broken the next season.

Grow's school record résumé included the University's fastest times in the indoor and outdoor 400 meters, the indoor 500 meters, and the outdoor 4x100 and 4x400-meter relays.



Tameisha King

*Four-time All-American
Four-time BIG EAST
Champion*

Tameisha King graduated from Notre Dame in 2003, and left the University as its top female long jumper.

King owns both the indoor and outdoor school records for the long jump, in addition to running in the school record 4x100-meter relay.

She was a four-time All-American, with three of those honors coming during the outdoor season, and one during the indoor season. Each of her All-America honors came in the long jump.

King had five top-10 finishes in the NCAA Championship as well as four BIG EAST Championships to her credit.

King also has a very impressive résumé outside of the collegiate spectrum. In 2001, as a sophomore, she placed second in the long jump at National Junior Track & Field Championship, and went on to finish among the top 10 at the World Junior Championship in Santiago, Chile.

More recently, King won the 2004 USA Track & Field Indoor long jump title after finishing fourth in '03. She also ended up sixth at the 2004 U.S. Olympic Trials and was the top finisher from the United States at the 2003 Pan American Games.



Ryan Shay

*Nine-time All-American
2001 NCAA Champion
2003 USA Marathon
Champion*

A 2001 graduate, Ryan Shay became the USA Marathon Champion in 2003, continuing the championship ways of his collegiate years. Shay is the most decorated athlete in the history of Notre Dame track & field. A 2001 NCAA champion in the 10,000 meters, Shay was a nine-time All-American including two honors for cross country, two for indoor track and five for outdoor track. His nine honors are the most in school history.

In 2002, a fifth year of eligibility, Shay was named an Academic All-American, and had a second-place finish in the 10,000 meters at the NCAA Championship.

Shay was a nine-time BIG EAST champion in his years at Notre Dame, with one of those victories coming in cross country. He also had seven top-10 finishes at the NCAA Championships in various distance events including the 3,000, 5,000 and 10,000 meters.

In 2000, he competed for the right to represent the USA Track & Field Team at the Olympic Games, finishing 10th in the Olympic Trials.

Upon graduation, he held school records in the indoor 5,000 meters, the outdoor 5,000 meters and the 10,000 meters.

Shay's 2001 national championship was the first outdoor championship by a Notre Dame athlete since 1954.



Luke Watson

*Eight-time All-American
Six-time BIG EAST
Champion
Sub-Four Minute Mile*

Enjoying one of the best careers in the history of Notre Dame track and field, Luke Watson competed in one of the most exciting moments in the history of the track and field program.

In January of 2003, Watson broke one of the great barriers in sports, the four-minute mile, in front of one of the largest crowds to ever see a track meet at Notre Dame. Watson's mile of 3:57.83 was the fastest collegiate indoor mile in the country in '03 and was only the second sub-four-minute mile in school history.

In the '03 season, Watson's last with the Irish, he was honored as an All-American for the eighth time, including two for cross country, four for indoor track and two for outdoor track. He was also named an Academic All-American in both the '02 and '03 seasons.

Upon graduating, Watson had five top-10 finishes in the NCAA Track & Field Championship, and two top-10 finishes at the NCAA Championship for cross country. Additionally, Watson held six school records – the indoor and outdoor mile, the 3,000-meter steeplechase, the indoor 3,000 meters, outdoor 5,000 meters and the distance medley relay.

Watson was also a force to be reckoned with in the BIG EAST. During his career he was a six-time BIG EAST champion. He also led the 2003 Irish to BIG EAST Championships in both the indoor and outdoor seasons, the first time a Notre Dame team accomplished that feat.