

THE LAMBERT ACRES COURSE

For the 12th year in a row, the Lambert Acres Golf Club in Maryville, Tenn., will serve as one of the nation's most scenic courses for the Tennessee Lady Volunteer cross country team. A 27-hole golf course, Lambert Acres is nestled in the foothills of the breathtaking Great Smoky Mountains and boasts 9,525 yards of rolling hills with sloping grades throughout the entire layout.

The Lady Vols have hosted 12 meets at Lambert Acres in the previous 11 years they have competed there. In addition to playing host to the Tennessee Invitational nine times and the NCAA South Regional in 2002, 2006 and 2008, the Orange and White also welcomed the rest of the Southeastern Conference for the 1998 SEC Championships. It was at that meet that Amy Yoder of Arkansas set the 5K course record with a 16:52.22 pace en route to victory. Auburn's Hollie Knight posted the 6K standard of 20:29.67 at the 2008 NCAA South Regional, while Lady Vol Sarah Bowman was the runner-up in 20:50.29 for the No. 2 mark.

In 2009, the Lady Vols will make one appearance on the picturesque Blount County course, as they run at home in the Tennessee Invitational on Sept. 19.

This year's Tennessee Invitational will feature the 8K men's race at 8:30 a.m., followed by the women's 5K event at 9:15. The 2009 Tennessee Invite will be the 10th edition of the meet.

The Big Orange women captured the Tennessee Invitational in 1998, 2002, 2004, 2005, 2006 and 2008, and tied for the title in 1999. Maureen Ferris (1998), Sharon Dickie (2000, 2002) and Brooke Novak (2004) each legged out individual titles for the Lady Vols during their respective careers, and most recent UT standout Sarah Bowman began hers with one in 2005 and closed it with another in 2008. In addition to the downgrading of the Tennessee Invitational in 2007 to a time trial, no meet was held in 2001. That season, the tragic events of Sept. 11 brought about the cancellation of the Sept. 14-scheduled event.



A year ago at the Tennessee Invitational on Sept. 19, the Big Orange women scored 19 points to roll past runner-up Chattanooga (40) and third-place Georgia Tech (75). Bowman set the tone for UT, winning by more than a minute with a 17:21 clocking that was the seventh-best 5K effort ever registered on the course.

The Big Orange's hosting of the NCAA South Regional last season was the school's third in the past seven years. UT began a spree of four straight regional titles by triumphing at Lambert Acres in 2002. The Lady Vols were third on their home course in 2006 and 2008 and placed fourth in Gainesville, Fla., in 2007 in their last three South meets.

Lambert Acres All-Time Top 10 5K Performances

1.	Amy Yoder	Arkansas	16:52.22	10/31/98 SEC Champs.
2.	Jessica Koch	Arkansas	16:54.72	10/31/98 SEC Champs.
3.	Tracey Robertson	Arkansas	16:56.28	10/31/98 SEC Champs.
4.	Kristin Price	N.C. State	17:15.68	09/12/03 UT/adidas Inv.
5.	Brooke Novak	Tennessee	17:16.96	10/01/04 Tenn. Inv.
6.	Catherine Berry	East Tenn. St.	17:19.19	09/17/99 UT Inv.
7.	Sarah Bowman	Tennessee	17:2109/19/08 Tenn. Inv.	
8.	Shannon Wommack	Chattanooga	17:28.95	10/01/04 Tenn. Inv.
9.	Ashley LaBudde	Alabama	17:32.50	10/31/98 SEC Champs.
10.	Karen Bockel	Arkansas	17:33.60	10/31/98 SEC Champs.

Lambert Acres All-Time Top 10 6K Performances

1.	Hollie Knight	Auburn	20:29.67	11/15/08 NCAA South Reg.
2.	Sarah Bowman	Tennessee	20:50.29	11/15/08 NCAA South Reg.
3.	Susan Kuijken	Florida State	20:54.1	11/11/06 NCAA South Reg.
4.	Vicky Gill	Florida State	21:03.87	11/16/02 NCAA South Reg.
5.	Susan Kuijken	Florida State	21:05.74	11/15/08 NCAA South Reg.
6.	Pilar McShine	Florida State	21:06.06	11/15/08 NCAA South Reg.
7.	Genevieve LaCaze	Florida	21:06.89	11/15/08 NCAA South Reg.
8.	Jacy Kruzel	Florida	21:08.18	11/15/08 NCAA South Reg.
9.	Sara Vaughn	Alabama	21:09.38	11/15/08 NCAA South Reg.
10.	Linzi Snow	Florida State	21:11.75	11/15/08 NCAA South Reg.

Lambert Acres All-Time UT Top 10 5K Performances/Performers

1	1	17:16.96	Brooke Novak	10/01/04	Tenn. Invite
2	2	17:21h	Sarah Bowman	09/19/08	Tenn. Invite
3	1	17:39.20	Brooke Novak	09/12/03	Tenn./adidas Inv.
4	3	17:41.65	Sharon Dickie	10/31/98	SEC Champs.
5		17:50h	Sarah Bowman	09/16/05	Tenn. Invite
6	4	17:53.13	Maureen Ferris	10/31/98	SEC Champs.
7		17:54.59	Sharon Dickie	09/15/00	UT Invite
8		17:56.60	Sharon Dickie	09/13/02	Tenn. Invite
9		17:59.55	Maureen Ferris	09/18/98	UT Invite
10	5	17:59.67	Angie Pothier	09/17/99	UT Invite
		18:03.81	Angie Pothier	09/18/98	UT Invite
	6	18:04.08	Carly Matthews	09/12/03	Tenn./adidas Inv.
	7	18:04.99	Megan Cauble	09/12/03	Tenn./adidas Inv.
	8	18:06.11	Kristen Ritter	09/18/98	UT Invite
		18:06.73	Sharon Dickie	09/18/98	UT Invite
	9	18:09h	Katie Flaute	09/16/05	UT Invite
		18:10.22	Kristen Ritter	10/31/98	SEC
	10	18:13h	Felicia Gulford	09/15/06	Tenn. Invite

Current Lady Vols in bold/h = hand time

Lambert Acres All-Time UT Top 10 6K Performances/Performers

1	1	20:50.29	Sarah Bowman	11/15/08	NCAA South Reg.
2	2	21:15.52	Jackie Areson	11/15/08	NCAA South Reg.
3	3	21:33.0	Katie Van Horn	11/11/06	NCAA South Reg.
4		21:35.4	Jackie Areson	11/11/06	NCAA South Reg.
5	4	21:42.7	Katie Flaute	11/11/06	NCAA South Reg.
6	5	21:42.91	Brittany Sheffey	11/15/08	NCAA South Reg.
7	6	21:43	Sharon Dickie	11/16/02	NCAA South Reg.
8	7	22:02	Brooke Novak	11/16/02	NCAA South Reg.
9		22:06.4	Sarah Bowman	11/11/06	NCAA South Reg.
10	8	22:10.1	Felicia Gulford	11/11/06	NCAA South Reg.
11	9	22:12.6	Rose-Anne Galligan	11/11/06	NCAA South Reg.
12	10	22:19.39	Rolanda Bell	11/15/08	NCAA South Reg.
13	11	22:25.16	Phoebe Wright	11/15/08	NCAA South Reg.
14		22:34	Felicia Gulford	11/16/02	NCAA South Reg.
15	12	22:38.6	Leah Soro	11/11/06	NCAA South Reg.
16	13	22:44	Megan Cauble	11/16/02	NCAA South Reg.
17	14	22:58.45	Ally Colvin	11/15/08	NCAA South Reg.
18	15	23:21	Jessica Southers	11/16/02	NCAA South Reg.

Current Lady Vols in bold

Directions to Lambert Acres From University of Tennessee Campus

Take Cumberland Avenue west to Alcoa Highway/129 South. Follow 129 South for 11 miles to TN 35, which is about one mile past McGhee-Tyson Airport. Merge left onto TN 35 and travel approximately five miles before bearing left onto 321 North. Stay on 321 North for five miles until you come to Tuckaleechee Pike. Looking for landmarks, you will see a gas station on the left and a Lambert Acres Golf Club sign on the right just as you approach Tuckaleechee. Make the right-hand turn onto Tuckaleechee Pike, and Lambert Acres will be a half-mile up the road on the left.