

# 2009 Utah State Cross Country



2005, 2006, 2007, 2008 Western Athletic Conference Men's Champions



2006 & 2008 Western Athletic Conference Women's Champions

**Men's & Women's Cross Country Media Guide**

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**UNIVERSITY QUICK FACTS**

Location.....Logan, Utah  
 Founded.....1888  
 Enrollment.....23,925  
 President.....Stan Albrecht  
 Director of Athletics.....Scott Barnes  
 Conference.....Western Athletic (WAC)  
 Nickname.....Aggies  
 Colors.....Navy Blue and White

**TEAM QUICK FACTS**

**2008 WAC Champions**

Men's Cross Country Team..... 1st / 7  
 Women's Cross Country Team..... 1st / 8

**Returning Runners**

Nick Bolinder	Justine Baugh
Jason Holt	Jessie Chugg
Daniel Howell	Aimee Haertel
Eric Larson	Ruth Hilton
Chio Lopez	Alicia Holt
Brian McKenna	Brittini Hopkin
Hunter Nelson	Lexie Meyer
Casey Snider	Kim Quinn
Steve Strickland	Amber Rasmussen
	Erin Stratton

**COACHING QUICK FACTS**

**Head Coach**.....Gregg Gensel  
 .....Alma Mater: Utah State, '88  
 .....23rd Season at USU  
 .....2005, 2006, 2007 & 2008 Cross Country Men's Coach of the Year  
 .....2006 & 2008 WAC Cross Country Women's Coach of the Year  
**Distance Coach**.....Steve Reeder  
**Assistant Coach** ..... Caroline Berry



Seniors Jason Holt & Steve Strickland

**ON THE COVER**

**Men's Team - Front Row (L-R):** Steve Strickland, Devin Pierson, Kyle Moffet, Aaron Clements, Jason Holt.

**Back Row (L-R):** Morgan Empey, Brian McKenna, Chio Lopez, Nick Bolinder, Steven Atkinson.

**Women's Team - Front Row (L-R):** Alisa Sheffer, Jessi Baird, Jessie Chugg, Amber Rasmussen, Stephanie Burt, Marissa Floodman, Jessi Timothy.

**Middle Row (L-R):** Laura Hatch, Brittini Hopkin, Kaylee Campbell, Alicia Holt, Talina Nelson, Aimee Haertel.

**Back Row (L-R):** Alex Litzinger, Sarah Olson, Ruth Hilton, Justine Baugh, Erin Stratton, Julia Johnson.

**2009 SCHEDULE**

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Time</b>
Sept. 5	Utah State Open American West Heritage Center	Logan, Utah	9 a.m.
Sept. 19	Montana State Invitational	Bozeman, Mont.	9 a.m.
Oct. 03	Notre Dame Invitational	South Bend, Ind.	9 a.m.
Oct. 17	Pre-Nationals	Terre Haute, Ind.	9 a.m.
Oct. 31	WAC Championships	Las Cruces, N.M.	10 a.m.
Nov. 15	NCAA Mountain Regionals	Albuquerque, N.M.	9 a.m.
Nov. 24	NCAA Championships	Terre Haute, Ind.	9 a.m.



# 2009 USU CROSS COUNTRY

## 2009 MEN'S ROSTER

NAME	YEAR	EXP	HOMETOWN/HIGH SCHOOL
Dory Alleman	FR	HS	Bennington, Idaho / Bear Lake HS
Steven Atkinson	SO	1L	Malad, Idaho / Malad HS
Nick Bolinder	JR	2L	Boise, Idaho / Boise HS
Aaron Clements	SO	1L	Taylorsville, Utah / Taylorsville HS
Morgan Empey	FR	HS	Holladay, Utah / Skyline HS
Derek Hastings	JR	HS	Torrance, Calif. / Torrance HS
Jason Holt	SR	3L	Fort Collins, Colo. / Fort Collins HS
Daniel Howell	SO	1L	Manti, Utah / Manti HS
Devin Lang	FR	HS	Kaysville, Utah / Davis HS
Eric Larson	JR	1L	Missoula, Mont. / Big Sky HS
Chio Lopez	JR	2L	Pocatello, Idaho / Century HS
Brian McKenna	SO	1L	Farmington, Utah / Viewmont HS
Kyle Moffet	FR	HS	Sandy, Utah / Alta HS
Hunter Nelson	JR	2L	Lolo, Mont. / Big Sky HS
Briton Page	FR	HS	Centerville, Utah / Viewmont HS
Devin Pierson	FR	HS	North Logan, Utah / Sky View HS
Drew Povey	FR	HS	Clifton, Idaho / West Side HS
Casey Snider	JR	1L	Liberty, Utah / Weber HS
Steve Strickland	SR	3L	Orem, Utah / Mountain View HS

## 2009 WOMEN'S ROSTER

NAME	YEAR	EXP	HOMETOWN/HIGH SCHOOL
Jessi Baird	FR	HS	Pleasant Grove, Utah / Pleasant Grove HS
Justine Baugh	JR	2L	Bear River, Utah / Box Elder HS
Stephanie Burt	FR	HS	Sandy, Utah / Jordan HS
Kaylee Campbell	FR	HS	Weston, Idaho / Preston HS
Jessie Chugg	SO	1L	Plain City, Utah / Fremont HS
Marissa Floodman	FR	HS	Sandy, Utah / Alta HS
Aimee Haertel	SO	1L	Sandy, Utah / Jordan HS
Laura Hatch	FR	HS	Wellsville, Utah / Mountain Crest HS
Ruth Hilton	SO	1L	St. George, Utah / Pine View HS
Alicia Holt	JR	2L	Fort Collins, Colo. / Fort Collins HS
Brittni Hopkin	RS FR	HS	Lewisville, Texas / Lewisville HS
Julia Johnson	FR	HS	Provo, Utah / Timpview HS
Alex Litzsinger	FR	HS	Pocatello, Idaho / Highland HS
Lexie Meyer	JR	2L	Plain City, Utah / Fremont HS
Talina Nelson	FR	HS	Nibley, Utah / Mountain Crest HS
Sarah Olson	FR	HS	Boise, Idaho / Boise HS
Kim Quinn	JR	2L	South Jordan, Utah / Bingham HS
Amber Rasmussen	FR	HS	Farmington, Utah / Viewmont HS
Hazel Richardson	FR	HS	Roseville, Calif. / Roseville HS
Alisa Sheffer	SO	HS	Riverton, Utah / Riverton HS
Erin Stratton	SR	3L	Aurora, Colo. / Smoky Hill HS
Jessi Timothy	FR	HS	Bennington, Idaho / Bear Lake HS

## COACHES

Gregg Gensel - Head Coach

Steve Reeder - Distance Coach

Caroline Berry - Graduate Assistant Coach

MEET THE AGGIE MEN



**Personal:** Full name is Dory John Alleman... One of seven children of John and Vickie Alleman... Undeclared on a college major.

**DORY ALLEMAN**  
FRESHMAN  
Bennington, Idaho  
(Bear Lake HS)



**Personal:** Full name is Aaron Jesse Clements... Oldest of three children of Cora and Chirs Clements... Returned from a two-year LDS church mission in Panama... Major is undecided

**AARON CLEMENTS**  
SOPHOMORE  
Taylorsville, Utah  
(Taylorsville HS)

**2007 (Fr): Did not compete**

**Personal:** Full name is Steven Kleal Atkinson... Son of Mike and Lisa Atkinson... Has four sibilings... Major is entrepreneuership.



**STEVE ATKINSON**  
SOPHOMORE  
Malad, Idaho  
(Malad HS)

**Personal:** Full name is Morgan Reese Empey... Son of Marshall and Debbie Empey... Brother Graham... Majoring in mathamatics.



**MORGAN EMPHEY**  
FRESHMAN  
(Holladay, Utah)  
Skyline HS



**2008 (So.):** Finished 37th at WAC Championships in 27:58.50.

**2007 (Fr.):** Earned first-team all-WAC honors... Finished fifth at WAC Championships in 23:47.44

**Personal:** Full name is Nicholas Reed Bolinder... Born on Oct. 15, 1988... Son of Clint and Jennifer Bolinder... Has two brothers and three sisters... Major is journalism and communication.

**NICK BOLINDER**  
JUNIOR  
Boise, Idaho  
(Boise HS)

## 2009 USU CROSS COUNTRY

**Personal:** Full name is Derek Layne Hastings... Son of Layne and Janice Hastings... Has two brothers and one sister... Majoring in business with a minor in Spanish.



**DEREK HASTINGS**  
JUNIOR  
Torrance, Calif.  
(Torrance HS)

**2008 (Fr.):** Placed 16th at WAC Championships in 26:53.80.

**Personal:** Full name is Daniel A. Howell... Born June 19, 1990... Undeclared on a college major.



**DANIEL HOWELL**  
SOPHOMORE  
Manti, Utah  
(Manti HS)



**JASON HOLT**  
SENIOR  
Fort Collins, Colo.  
(Fort Collins HS)

**2008 (Jr.):** Was named the WAC Athlete of the Year after winning the WAC Championships in 25:34.80... Was the first or second finisher for the Aggies in five races.

**2007 (So.):** Earned second-team all-WAC honors... Finished ninth at WAC Championships in 24:09.76.

**2004 (Fr.):** Finished 33rd at the Big West Championships in 25:30.

**Personal:** Full name is Jason Scott Holt... Born June 23, 1986... Son of Scott and Lorelee Holt... Has three sisters, Lori, Alicia and Heather... Sister, Alicia, runs on the women's cross country team for Utah State... Served an LDS Church Mission to the West Indies from 2005-2007... Majoring in business administration and hopes to become a hospital administrator.



**DEVIN LANG**  
FRESHMAN  
Kaysville, Utah  
(Davis HS)

**Personal:** Full name is Devin Patrick Lang... Son of Wesley and Holly Lang... Has four siblings... Major is biology.



Senior Jason Holt  
2008 WAC Athlete of the Year

**2008 (So.):** Did not compete

**2007 (Fr.):** Finished 21st at WAC Championships with a time of 24:56.99.

**Personal:** Full name is Eric Brian Larson... Born March 8, 1989... Son of Richard and Emily Larson... Has one sister... Majoring in biology... Hobbies include snowboarding, swimming and hunting.



**ERIC LARSON**  
JUNIOR  
Missoula, Mont.  
(Big Sky HS)

# 2009 USU CROSS COUNTRY



**2008 (So.):** Finished 33rd at WAC Championships in 27:53.50.

**2007 (Fr.):** Earned first-team all-WAC honors... Named WAC Freshman of the Year... Finished fourth at WAC Championships with a time of 23:39.29... Had two other top 20 finishes.

**Personal:** Full name is Cesario Phileman Lopez... Born on Dec. 15, 1988... Son of Richard and Guadalupe Lopez... Has three sisters, Jessica, Donna and Felicia... Major is exercise science.

**CHIO LOPEZ**  
JUNIOR  
Pocatello, Idaho  
(Century HS)

**2008 (RS-Fr.):** Finished 20th at WAC Championships in 27:09.30... Earned academic all-WAC honors.

**Personal:** Full name is Brian Albert McKenna... Son of Richard and Wendy McKenna... Has five siblings... Undeclared on a college major.



**BRIAN MCKENNA**  
SOPHOMORE  
Farmington, Utah  
(Viewmont HS)



Sophomore Brian McKenna



**Personal:** Full name is Kyle Alan Moffet... Has one younger brother and sister... Majoring in biology.

**KYLE MOFFET**  
FRESHMAN  
Sandy, Utah  
(Alta HS)

**2008 (Sr.):** Earned second-team all-WAC honors... Finished 10th at WAC Championships with a time of 24:10.41.

**2007 (Fr.):** Finished 10th at the WAC Championships finishing in 24:10.41, earning second-team all-WAC honors.

**Personal:** Full name is Hunter Glenn Nelson... Born Aug. 28, 1988... Son of Glenn and Becky Nelson... Majoring in engineering.



**HUNTER NELSON**  
JUNIOR  
Lolo, Mont.  
(Big Sky HS)



**Personal:** Full name is Briton James Page... Son of Thomas and Marlene Page... Has five siblings... Undeclared on a college major.

**BRITON PAGE**  
FRESHMAN  
Centerview, Utah  
(Viewmont HS)

## 2009 USU CROSS COUNTRY



**Personal:** Full name is Devin Barry Pierson... Son of Traci and Barry Pierson... Has five siblings... Father Barry played tennis at Utah State.

**DEVIN PIERSON**  
FRESHMAN  
North Logan, Utah  
(Sky View HS)

**Personal:** Full name is Drew John Povey... Son of Brad and Leiza Povey... Has five siblings... Majoring in business.



**DREW POVEY**  
FRESHMAN  
Clifton, Idaho  
(West Side HS)



**2008 (So):** Finished 25th at the Utah State Open in 22:31.8... Earned academic all-WAC honors.

**2007 (Fr.):** Was a member of the team but did not compete in any meets.

**Personal:** Full name is Casey David Snider... Born Nov. 26, 1985... Son of Earl and Tami Snider... Has one sister, Chantel... Served an LDS Church Mission to Yekaterinburg, Russia... Majoring in law and constitutions and restoration ecology with a minor in Russian... Plans on being a lawyer... Hobbies include biking, hiking,

**CASEY SNIDER**  
JUNIOR  
Pleasant View, Utah  
(Weber HS)

**2008 (Jr.):** Named first-team all-WAC after finishing seventh at WAC Championships in 26:13.80... Earned academic all-WAC honors.

**2007 (So.):** Earned CoSIDA academic second-team all-District VIII honors... Earned first-team all-WAC honors as he finished third at WAC Championships with a time of 23:34.78... Earned academic all-WAC honors.

**2004 (Fr.):** Finished 23rd at the Big West Championships in 25:07.00.

**Personal:** Full name is Steven Pratt Strickland... Born July 4, 1985... Son of Jerry and Marilyn Strickland... Has six sisters and three brothers... Sister Bridgette played tennis for Utah State... Served an LDS Church Mission to Louisville, Ky., from 2005-2007... Majoring in Spanish and hopes to attend medical school... Enjoys horse racing and demolition derbies.



**STEVE STRICKLAND**  
SENIOR  
Orem, Utah  
(Mountain View HS)



Senior Steve Strickland

MEET THE AGGIE WOMEN



**Personal:** Full name is Jessica Lynn Baird... Daughter of Martin and Lori Baird... Has three siblings... Majoring in nursing.

**JESSI BAIRD**  
FRESHMAN  
Pleasant Grove, Utah  
(Pleasant Grove HS)

**2008 (So.):** Finished 20th at the Utah State Open in 18:53.2... Earned academic all-WAC honors.

**2007 (Fr.):** Did not compete.

**Personal:** One of five daughters of Brent and Barbara Baugh... Major is elementary education.



**JUSTINE BAUGH**  
JUNIOR  
Bear River, Utah  
(Box Elder HS)



**Personal:** Full name is Stephanie Burt... Daughter of Dan and ValJean Burt... Has eight siblings... Undeclared on a college major.

**STEPHANIE BURT**  
FRESHMAN  
Sandy, Utah  
(Jordan HS)

**Personal:** Daughter of Paul and Shelly Campbell... Youngest of seven children... Undeclared on a college major.



**KAYLEE CAMPBELL**  
FRESHMAN  
Weston, Idaho  
(Preston HS)

**2008 (Fr):** Finished 22nd at WAC Championships in 19:18.00... Earned academic all-WAC honors.

**Personal:** Born Jessie Geniel Chugg on February 13, 1990... One of six girls of John and Molly Chugg... Majoring in nutrition science.



**JESSIE CHUGG**  
SOPHOMORE  
Plain City, Utah  
(Fremont HS)



Sophomore Jessie Chugg

## 2009 USU CROSS COUNTRY



**MARISSA FLOODMAN**  
FRESHMAN  
Sandy, Utah  
(Alta HS)

**Personal:** Full name is Marissa Lou Floodman... Daughter of Peter and Dawn Floodman... Youngest of three children... Majoring in exercise science.



**RUTH HILTON**  
SOPHOMORE  
St. George, Utah  
(Pine View HS)

**2008 (Fr.):** Named second-team all-WAC after finishing 11th at WAC Championships in 18:58.30... Earned academic all-WAC honors.

**Personal:** Born Ruth Elizabeth Hilton on February 6, 1990... Youngest of eight children of Allen and Randalin Hilton... Majoring in mechanical engineering.

**2008 (Fr.):** Finished 32nd at the Utah State Open clocking in at 20:26.6... Earned academic all-WAC honors.

**Personal:** Born Aimee Lynn Haertel on May 3, 1990... One of five children of Rob and Ann Haertel... Majoring in chemistry teaching... Sister Jennifer and brother-in-law Vance Twitchell both ran cross country and track for the Aggies.



**AIMEE HAERTEL**  
SOPHOMORE  
Sandy, Utah  
(Jordan HS)



**ALICIA HOLT**  
JUNIOR  
Fort Collins, Colo.  
(Fort Collins HS)

**2008 (So.):** Finished 15th at WAC Championships in 19:04.80.

**2007 (Fr.):** Named second-team all-WAC... Finished 14th at WAC Championships in 17:38.27 earning second-team all-WAC honors.

**Personal:** Full name is Alicia Jenae Holt... Born on July 28, 1989... Daughter of Scott and Loralee... Has two sisters and one brother... Brother Jason runs cross country for Utah State... Major is health education specialist.



**LAURA HATCH**  
FRESHMAN  
Wellsville, Utah  
(Mountain Crest HS)

**Personal:** Daughter of Rodger and Kristine Hatch... Has five siblings... Majoring in biology.

**2008 (Fr.):** Redshirt year.

**Personal:** Born Brittani Anne Hopkin on February 10, 1990... Oldest of six children of Rick and Stacey Hopkin... Majoring in physical education – coaching and minoring in photography.



**BRITTNI HOPKIN**  
RS FRESHMAN  
Lewisville, Texas  
(Lewisville HS)



**Personal:** Full name is Julia Anne Johnson... Daughter of Allen and Cheryl Johnson... Undeclared on a college major.

**JULIA JOHNSON**  
FRESHMAN  
Provo, Utah  
(Timpview HS)

**Personal:** Daughter of Brad and Tammy Nelson... Has four sibilings... Undeclared on a college major.



**TALINA NELSON**  
FRESHMAN  
Nibley, Utah  
(Mountian Crest HS)

**Personal:** Full name is Alexandra Mittlestedt Litzsinger... Daughter of Ralph and Liana Litzsinger... Has one older brother and one younger sister... Undeclared on a college major.



**ALEX LITZSINGER**  
FRESHMAN  
Pocatello, Idaho  
(Highland HS)



**Personal:** Full name is Sarah Ashley Olson... Daughter of Craig and Cathy Olson... Majoring in psychology.

**SARAH OLSON**  
FRESHMAN  
Boise, Idaho  
(Boise HS)



**2008 (So):** Finished 29th at the Utah State Open clocking in at 20:07.2.

**2007 (Fr.):** Finished 42nd at WAC Championships 18:40.37.

**Personal:** Born on Sept. 30, 1987... Daughter of Phil and Lorna Myer... Has one brother and two sisters... Majoring in speech pathology with a minor in psychology.

**LEXIE MEYER**  
JUNIOR  
Plain City, Utah  
(Fremont HS)

**2008 (So):** Earned second-team all-WAC honors after finishing ninth at WAC Championships in 18:55.30... Earened academic all-WAC honors.

**2007 (Fr.):** Finished 25th at the Utah State Open in 18:51.3... Named Joe E. and Elma Whitesides scholar-athlete award recipient.

**Personal:** Full name is Kimberly Tu Quinn... Born on Dec. 14, 1988... Daughter of Joel and Hoa Quinn... Has one brother... Majoring in environmental studies with a minor in political science.



**KIM QUINN**  
JUNIOR  
South Jordan, Utah  
(Bingham HS)

## 2009 USU CROSS COUNTRY



**AMBER RASMUSSEN**  
FRESHMAN  
Farmington, Utah  
(Viewmont HS)

**Personal:** Born Amber Lin Rasmussen on January 5, 1990... One of six children of Derk and Linda Rasmussen... Majoring in physical education, pre-physical therapy... Enjoys hiking, cliff-jumping, reading, art and snowboarding.



**ERIN STRATTON**  
SENIOR  
Aurora, Colo.  
(Smokey Hill HS)

**2008 (Jr.):** Finished 43rd at WAC Championships in 20:19.10... Earned academic all-WAC honors.

**2007 (So.):** Earned academic all-WAC honors... Finished 22nd at WAC Championships.

**2006 (Fr.):** Finished 60th at the WAC Championships in 21:44.1.

**Personal:** Born on Aug. 18, 1988... Daughter of Brad and Mary... Has one brother and one sister... Majoring in exercise science.

**Personal:** Full name is Hazel MaryAnn Richardson... Only daughter of Thomas and Bernadette Richardson... Has four brothers... Majoring in exercise science.

*No Photo*

**HAZEL RICHARDSON**  
FRESHMAN  
Roseville, Calif.  
(Roseville HS)



Senior Erin Stratton



**ALISA SHEFFER**  
SOPHOMORE  
Riverton, Utah  
(Riverton HS)

**Personal:** Daughter of Dean and Angeli Sheffer... Has seven siblings... Majoring in exercise science.

**Personal:** Full name is Jessica Lynn Timothy... One of nine children Daughter of Robert and Linda Timothy... Majoring in nutrition.



**JESSI TIMOTHY**  
FRESHMAN  
Bennington, Idaho  
(Bear Lake HS)



## GREGG GENSEL

### Head Coach

Gregg Gensel is in his 29th year of coaching track & field and cross country at Utah State. He is in his 22nd season as head coach of the men's program and his 17th year at the helm of the women's team.

Prior to being named head coach in 1988, the 53-year-old Gensel was an assistant coach for five years and a graduate assistant coach for one year. As an assistant, he worked with all field events and with the sprinters. Currently Gensel works specifically with cross country, distance athletes and high jumpers along with his head coaching responsibilities.

During his tenure at USU, Gensel has coached the Aggies to 28 conference championships in both men's and women's cross country and track & field, including both the men and women winning the 2006 & 2008 WAC Cross Country championships and the men winning the 2007 & 2009 WAC Outdoor Championship and the 2008 WAC Indoor Championship. The Aggie women have won eight of the last 17 track titles while the men have won 10 of the last 16 championships. He has coached 177 conference individual champions and 31 All-Americans.

In the 1998-99 school year, Gensel guided both the men's and women's track teams to Big West Conference Championships along with a first-ever women's crown in cross country.

Gensel has been named the Conference Coach of the Year 25 times during his career, including WAC Men's Cross Country each of the last four years.

He earned coach of the year honors in the Mountain Pacific Sports Federation after the men's team won the indoor title in 1993.

Athletes to earn NCAA All-America status under Gensel include: LaDonna Antoine (400), Shane Bingham (1,500, mile), Mark Calvin (pole vault), Craig Carter (hammer throw, 35-pound weight), Shae Bair (pole vault), John Kelly (javelin), Corey Murdock (400 outdoor hurdles, 400 indoor hurdles), James Parker (hammer throw, 35-pound weight, discus), Lance White (pole vault), Dave Hoffman (high jump), Brett Guyman (400 outdoor hurdles), Jane Durfey (400 hurdles), Krista Larson (hammer throw), Jennifer Twitchell (mile), John Strang (heptathlon), Clint Silcock (high jump), and Trevor Ball (cross country).

A native of Long Beach, Calif., Gensel attended Utah State and was a middle-distance runner for the Aggies, finishing sixth in the 1,500-meters at the Pacific Coast Athletic Association Championships in 1981 (now the Big West Conference).

Gensel earned a bachelor's degree in health in 1981 and earned a master's in physical education with an emphasis in sport psychology in 1988, both from USU. He has been certified as a Level II coach by USA Track & Field, the national track and field governing body, and is also a Level I certified instructor.

He and his wife, Kaye, have four children: Chelsey, Janaea, Morgan and Britton.

#### **AS MEN'S HEAD COACH:**

- \* WAC Indoor Track Coach of the Year (2008)
- \* WAC Indoor Champions (2008)
- \* WAC Outdoor Track Coach of the Year (2007 & 2009)
- \* WAC Outdoor Champions (2007 & 2009)
- \* WAC Cross Country Coach of the Year (2005, 2006, 2007, 2008)
- \* WAC Cross Country Champions (2005, 2006, 2007, 2008)
- \* Big West Conference Cross Country Coach of the Year (1992, 1993, 1994, 2002)
- \* Big West Conference Cross Country Champions (1992, 1993, 1994, 2002)
- \* Mountain Pacific Sports Federations Champions (1993)
- \* Mountain Pacific Sports Federation Indoor Track Coach of the Year (1993)
- \* Big West Conference Outdoor Track Coach of the Year (1994, 1995, 1996, 1998, 1999, 2002, 2003)
- \* Big West Conference Outdoor Track Champions (1994, 1995, 1996, 1998, 1999, 2002, 2003)
- \* 108 Individual Conference Champions
- \* 232 Academic all-Conference selections

#### **AS WOMEN'S HEAD COACH:**

- \* WAC Cross Country Coach of the Year (2006, 2008 & 2009)
- \* WAC Cross Country Champions (2006 & 2008)
- \* Big West Conference Cross Country Coach of the Year (1998)
- \* Big West Conference Cross Country Champions (1998)
- \* Big West Conference Outdoor Track Coach of the Year (1995, 1997, 1998, 1999)
- \* Big West Conference Outdoor Track Champions (1995, 1996, 1997, 1998, 1999)
- \* 55 Individual Conference Champions
- \* 278 Academic all-Conference selections

#### **TOTALS AS A HEAD COACH:**

- \* 25-time Conference Coach of the Year
- \* 28 Conference Championships
- \* 177 Conference Individual Champions
- \* 498 Academic All-Conference selections
- \* 31 All-Americans



**STEVE REEDER**

Distance Coach

Steve Reeder enters his 30th year as the Aggie distance coach. He coaches both the indoor and outdoor runners in the 800 and longer distances, as well as working with the cross country team.

Reeder was a long jumper at Box Elder High School before earning a bachelor's degree at Brigham Young University. He later earned a master's degree at Utah State.

While teaching English at Duchesne High School for one year, Reeder also coached basketball, wrestling and track. He then came to Logan and taught at the junior high level, coaching its track and wrestling teams for two years prior to becoming an assistant coach at Utah State.

Reeder carried the Olympic Torch as it passed through Logan on its way to the Opening Ceremonies in Salt Lake City for the 2002 Winter Olympic Games.

Reeder and his wife, Donna, have five children: Emily, Daisy, Marty, Isaac and Sadie.

**2008 CROSS COUNTRY RESULTS**

**Men's Cross Country Team**

Utah State Open .....	2nd/2
BYU Autumn Invitational .....	2nd/8
Montana State Invitational .....	2nd/11
Notre Dame Nationals.....	16th/25
NCAA Pre-Nationals .....	36th/41
WAC Championships .....	1st/7
NCAA Regionals .....	10th/15

**Women's Cross Country Team**

Utah State Open.....	1st/3
BYU Autumn Classic .....	1st/3
Montana State Invitational.....	22nd/13
Oregon Invitational .....	21st/23
NCAA Pre-Nationals .....	31st/41
WAC Championships .....	1st/9
NCAA Regionals.....	8th/18

**2007 CROSS COUNTRY RESULTS**

**Men's Cross Country Team**

Utah State Open.....	2nd/4
Montana State Invitational.....	3rd/11
Oregon Invitational .....	13th/15
NCAA Pre-Nationals.....	29th/38
WAC Championships .....	1st/7
NCAA Regionals.....	8th/15

**Women's Cross Country Team**

Utah State Open.....	4th/5
Montana State Invitational.....	1st/13
Oregon Invitational .....	14th/15
NCAA Pre-Nationals .....	27th/38
WAC Championships .....	3rd/9
NCAA Regionals.....	8th/17