2008 WAKE FOREST CROSS COUNTRY

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Assistant Coach ..................... David Duggan
Phone ........................................... 336-758-4872
E-mail ........................................ duggand@wfu.edu

Quick Facts
School ............................................. Wake Forest University
Location ........................................... Winston-Salem, N.C.
Founded ........................................ 1834 in Wake Forest, N.C.
Enrollment ........................................ 4,412 (undergraduate)
Nickname ......................................... Demon Deacons
School Colors .................................. Old Gold and Black
Fight Song ....................................... “O Here’s to Wake Forest”
Conference ...................................... Atlantic Coast
President ....................................... Dr. Nathan O. Hatch
Athletic Director ................................. Ron Wellman
Senior Assoc. AD/SAW ....................... Barbara Walker

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Credits
The 2008 Wake Forest cross country media guide is a publication of the WFU Athletic Media Relations Department. Written and designed by Lynn Enterline. Cover design by Summit Athletics. Editorial assistance by Scott Wortman, Chad Crunk, Katy Hamlett, Gary Petit, Emily Richey and Steve Shutt. Photography by Ken Bennett, Brian Westerholt and the WFU Archives.

On the Cover
Front (L-R): Jeremy Fisico, Allie Kieffer, Keaton Morgan, Merry Placer.
Back (L-R): Marcus Dillon, Kim Vos, Whitney Curry.

2008 Schedule

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<th>Date</th>
<th>Race</th>
<th>Location</th>
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<td>Aug. 29</td>
<td>Wake Forest Relays</td>
<td>Winston-Salem, N.C.</td>
</tr>
<tr>
<td>Sept. 13</td>
<td>UNC Invitational</td>
<td>Chapel Hill, N.C.</td>
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<td>Sept. 27</td>
<td>UNC Asheville Invitational</td>
<td>Asheville, N.C.</td>
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<tr>
<td>Oct. 3</td>
<td>Lehigh Invitational</td>
<td>Bethlehem, Pa.</td>
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<tr>
<td>Oct. 4</td>
<td>Bill Dellinger Invitational (w)</td>
<td>Eugene, Ore.</td>
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<tr>
<td>Oct. 17</td>
<td>Penn State Invitational</td>
<td>University Park, Pa.</td>
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<tr>
<td>Nov. 1</td>
<td>ACC Championships</td>
<td>Chapel Hill, N.C.</td>
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<tr>
<td>Nov. 15</td>
<td>NCAA Southeast Regionals</td>
<td>Winston-Salem, N.C.</td>
</tr>
<tr>
<td>Nov. 24</td>
<td>NCAA Championships</td>
<td>Terre Haute, Ind.</td>
</tr>
</tbody>
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w - denotes women’s team only

2007 Results

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<tr>
<th>Date</th>
<th>Race</th>
<th>Location</th>
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<tr>
<td>Aug. 31</td>
<td>Wake Forest Relays</td>
<td>Winston-Salem, N.C.</td>
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<tr>
<td>Sept. 8</td>
<td>Lou Onesty Invitational</td>
<td>Charlottesville, Va.</td>
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<td>Sept. 14</td>
<td>Raleigh Invitational</td>
<td>Cary, N.C.</td>
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<td>Sept. 29</td>
<td>Greater Louisville Classic</td>
<td>Louisville, Ky.</td>
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<td>Sept. 29</td>
<td>Bill Dellinger Invitational</td>
<td>Springfield, Ore.</td>
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<td>Oct. 12</td>
<td>Penn State Invitational</td>
<td>University Park, Pa.</td>
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<td>Oct. 27</td>
<td>ACC Championships</td>
<td>Charlottesville, Va.</td>
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<td>Nov. 10</td>
<td>NCAA Southeast Regionals</td>
<td>Louisville, Ky.</td>
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<th>Women</th>
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<td>9th of 29</td>
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Wake Forest University was founded in 1834 in Wake Forest, N.C. It re-located to Winston-Salem in 1956. The University offers a private, co-educational liberal arts curriculum.

With an undergraduate enrollment of 4,412 students, Wake Forest is the third-smallest school in the country to field teams in Division I-A athletics and the smallest among BCS schools.

Wake Forest’s low student-to-faculty ratio of 10:1 encourages personal attention and one-on-one interaction between teachers and students.

All undergraduates receive an IBM ThinkPad laptop and a printer upon enrollment. The computers are upgraded after two years and become the student’s property upon graduation.

“Pro Humanitate,” for the good of humanity, is the motto of Wake Forest University. Students are encouraged to use their knowledge in service to others and most participate in some kind of volunteer activity during their time here.

Wake Forest hosted presidential debates in 1988 and 2000, when George W. Bush debated then-Vice President Al Gore in Wait Chapel.

Recent commencement speakers have included Arnold Palmer, Colin Powell, Barbara Bush and New York City Mayor Michael Bloomberg.
Wake Forest boasts 18 men’s and women’s intercollegiate athletic teams combined.

The Demon Deacons compete in the Atlantic Coast Conference, a 12-member league stretching from Massachusetts to Florida.

Wake Forest finished 23rd in the nation in the 2006-07 NACDA Director’s Cup standings, the highest finish in Deacon history. The Director’s Cup measures an athletic department’s success across the board in up to 20 sports.

MEN’S SPORTS
- Baseball
- Basketball
- Cross Country
- Football
- Golf
- Soccer
- Tennis
- Track & Field

WOMEN’S SPORTS
- Basketball
- Cross Country
- Field Hockey
- Golf
- Soccer
- Tennis
- Track & Field
- Volleyball

WAKE FOREST’S NATIONAL CHAMPIONSHIPS
- Men’s Soccer 2007
- Field Hockey 2004
- Field Hockey 2003
- Field Hockey 2002
- Men’s Golf 1986
- Men’s Golf 1975
- Men’s Golf 1974
- Baseball 1955

NOTABLE ATHLETICS ALUMNI
- Ernie Accorsi (football)
- Laura Diaz (golf)
- Tim Duncan (basketball)
- Josh Howard (basketball)
- Billy Packer (basketball)
- Arnold Palmer (golf)
- Chris Paul (basketball)
- Brian Piccolo (football)
- Curtis Strange (golf)
- Lanny Wadkins (golf)
- Pat Williams (basketball)
THE TRADITION
Consistency. It is the mark of true excellence in any endeavor.
However, in today’s intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.
Yet the Atlantic Coast Conference has defied the odds. Now in its 56th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture; the numbers support it.
Since the league’s inception in 1953, ACC schools have captured 108 national championships, including 57 in women’s competition and 51 in men’s. In addition, NCAA individual titles have gone to ACC student-athletes 143 times in men’s competition and 91 times in women’s action.

2007-08 IN REVIEW
The 2007-08 academic year saw league teams capture three national team titles and nine individual NCAA crowns. Wake Forest won the men’s soccer national championship, while Boston College claimed the national title in ice hockey and North Carolina did the same in field hockey. In all, the ACC has won 42 national team titles over the last 12 years. The ACC has won two or more NCAA titles in 26 of the past 28 years.
A total of 140 ACC teams placed in NCAA postseason competition in 2007-08. League teams compiled a 119-69 (.633) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 151 student-athletes earn first team All-America honors this past year. Overall, the league had 255 first, second or third team All-Americans. In addition, the ACC produced 10 national Players of the Year and four national Coach of the Year honorees.

THE CHAMPIONSHIPS
The conference will conduct championship competition in 25 sports during the 2008-09 academic year - 12 for men and 13 for women. The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing, while volleyball determines its champion in regular season play.

A HISTORY
The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws. The conference will conduct championship championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing, while volleyball determines its champion in regular season play.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.
Suggestions from fans for the name of the new conference appeared in the region’s newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.
Duke’s Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously.
On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league’s eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.
The ACC operated with seven members until April 3, 1978, when the Georgia Tech was admitted. The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.
The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Tech. On October 17, 2003, Boston College accepted an invitation to become the league’s 12th member starting July 1, 2005.
WINSTON-SALEM

- Winston-Salem, Greensboro and High Point make up an area known as the Piedmont Triad. The Triad, which is between the Blue Ridge Mountains and the Atlantic Ocean beaches, has a total population of more than 1.2 million, the 36th-largest metropolitan area in the U.S. The city of Winston-Salem boasts a population of 185,776.

- Winston-Salem has the lowest cost of living among North Carolina metro areas according to the ACCRA survey in 2000.

- Winston-Salem is the headquarters of BB&T and ranks among the largest banking centers in the U.S. The city is also the world headquarters for Krispy Kreme Doughnuts. Business Development Outlook ranks Winston-Salem among the top 20 nationally for its quality of life and entrepreneurial track record.

- An area known as Old Salem is one of America’s most authentic and well-documented colonial sites with 100 restored and reconstructed buildings. Visitors learn from costumed interpreters the household activities of European- and African-Americans who resided there through 1840.

- The Yadkin Valley, just west of Winston-Salem, is home to vineyards and wineries. Shelton Vineyards, with more than 200 acres, is the largest on the East Coast. Westbend Vineyards is described by the “Wine Advocate” as the best-kept secret in the Southeast.

- Tanglewood Park is the premier publicly-owned park in North Carolina. Tanglewood has two championship golf courses, walking, biking and horse trails and a Festival of Lights show every winter. In all, the Winston-Salem Parks and Recreation Department owns over 3,500 acres of park space.

- The Winston-Salem Warthogs, Single-A affiliate of the Chicago White Sox, call the city home. The Warthogs are building a new downtown ballpark in time for the 2009 season.

- World-renowned poet Maya Angelou, who was featured during the inauguration of President Bill Clinton, calls Winston-Salem home.
2008 WAKE FOREST CROSS COUNTRY TEAMS

WOMEN'S TEAM AND COACHES

MEN'S TEAM AND COACHES
DEACON COACHING STAFF

ANNIE BENNETT

HEAD COACH

10th Year
Texas, 1988

One of America’s top distance runners in the mid-1980s, Annie Bennett enters her 10th season as the head coach of the Wake Forest cross country team. Bennett, who served as the head women’s track and field coach at Wake Forest for two years, became the director of the Wake Forest track and field program following the 2001 season when the men’s and women’s programs merged.

In November 2003, Bennett was one of five former athletes and coaches inducted into the Women’s Athletics Hall of Honor at the University of Texas.

Last season, Bennett led the women’s cross country team to an eighth-place finish at the NCAA Southeast Regionals, while the men’s cross country team finished ninth. The Wake Forest men’s and women’s cross country squads also were named to the 2007 Division I U.S. Track & Field and Cross Country Coaches Association All-Academic list, with eight individual student-athletes making the All-ACC Academic list.

Bennett led the women to their seventh consecutive NCAA Championship appearance in 2006. The Deacons, who were ranked as high as No. 14 in the country, ran to a fifth-place finish at the Southeast Regionals to qualify for the NCAAs. Seniors Erin Franklin and Michelle Sikes each earned all-regional honors. The women placed 27th at the national championships, but Sikes garnered All-America honors with a 13th-place finish. Sikes was Wake’s lone All-ACC representative after finishing as runner-up with a time of 20:57.1 at the conference meet. Sikes, who was also named a Rhodes Scholar, placed second at the regional meet with a time of 20:22.95. Following her graduation, Sikes competed at the World Track & Field Championships in Osaka, Japan. The men’s team finished ninth at the ACC Championships and 10th at the Southeast Regionals. John Compton paced the Deacons at both the ACCs and the Regionals.

In 2005, the women qualified for the NCAA Championships for the sixth consecutive year. They placed 17th with a total of 426 points. All-American Annie Bersagel was the top individual Demon Deacon with a 17th-place finish. The women reached the NCAAs after a fourth-place showing at the NCAA Southeast Regionals, where Bersagel placed fourth. The men missed out on the NCAA Championships but did place seventh at the NCAA Southeast Regionals. Sean Stevens led the Deacons with a 24th-place showing. The men’s and women’s programs also each earned a pair of top-five finishes at the ACC Championships. Bersagel led the women’s charge to a third-place finish. This was the fourth straight year the Demon Deacons finished in the top five. She earned All-ACC honors with her fifth-place time of 19:31.9. Stevens paced the men’s effort with a time of 24:17.4 and an 11th-place finish. The men placed fourth, which marked their highest showing since earning second in 2001.

In 2004, Bennett led the men’s team to a sixth-place showing at the ACC Championships with junior Shane Alfers placing 19th. Alfers earned All-Southeastern Region honors. On the women’s side, the team captured the WFU Relays and the Iona Meet. The team also recorded a pair of fourth-place finishes at the ACC Championships and the NCAA East Regional. The team wrapped up the season with a 19th-place showing at the NCAA Championship. Hanna Bremler, Selina Sekulic and Michelle Sikes each earned All-Southeastern Region honors. Sekulic also earned All-ACC and All-America honors, and Sikes was named All-ACC.

Bennett coached the ACC Female Rookie of the Year, five All-Region athletes, three All-ACC selections and an All-American, en route to another stellar season in 2003. The men finished fifth at the ACC Championships and Stevens was an individual qualifier for the NCAA Championships. The women came in third at the ACC Championship, followed by a third-place finish at the NCAA Regionals and 21st overall at the NCAA Championships.

In her fourth season as head coach at Wake Forest, Bennett was named ACC Women’s Cross Country Coach of the Year as the Deacons shared their first-ever ACC Championship title with NC State in 2002. Bennett led the team to five first-place and two second-place finishes on the season and received NCAA Southeast Regional Coach of the Year honors, after winning the NCAA Regionals in Greenville, N.C. The Deacons placed ninth at the NCAA Championships. Bennett saw three of her student-athletes receive Academic All-America honors, including Bersagel who was also named All-ACC, All-Region and All-America after an outstanding sophomore season.

In 2001, Bennett directed a young cross country team to a seventh-place finish at the NCAA Regionals. True freshman Bersagel automatically qualified individually for the NCAA Championships under Bennett’s tutelage.

Bennett piloted the 2000 women’s cross country team to third-place finishes at both the ACC Championships and the NCAA Regional Championships, before placing 29th at the NCAA Championships. The following spring, the distance medley relay team broke the school record, won the ACC Championship and finished fourth at the NCAA Championships. Eight Demon Deacons earned All-ACC honors, three won ACC Championships and seven All-America certificates were captured. One of Bennett’s top students, Sara Day, followed up a second-place finish at the ACC Cross Country Championships with three All-America honors on the track, including a runner-up finish in the 10,000-meter at NCAA Championships.

In her first season at the helm of the Deacons, Bennett coached the cross country squad to a fourth-place finish at the ACC Championships and saw four different athletes earn all-conference honors, as well as Janelle Kraus and Jill Snyder earn All-America honors for both the indoor and outdoor seasons.

Prior to coming to Winston-Salem, Bennett was the head coach of the women’s track and cross country program at Stephen F. Austin State University for five years.

Bennett has also served as the head coach of the U.S. Junior Women’s Cross Country team. In March 2005, Bennett coached the U.S. Senior Women’s Cross Country team while they competed in France. Bennett led the team to the bronze medal.

Before moving to Stephen F. Austin, Bennett spent two years as the assistant coach for the women’s track and field program at the University of Texas. Her coaching stint at Texas followed a brilliant career with the Longhorns. A six-time All-American and NCAA Champion, Bennett was named to the Southwest Conference All-Decade Team for her individual and team achievements during the 1980s.

A native of Baton Rouge, La., Bennett earned a bachelor’s degree in economics from the University of Texas in 1988 and a master’s degree in interdisciplinary studies from Southwest Texas State University in 1995.

Bennett resides in Winston-Salem with her husband, Mike, their daughter, Carley, and their son, Michael.
Amber Larsen begins her fourth season with the Wake Forest cross country and track and field teams. She works predominantly with the sprinters, hurdlers and middle distance runners.

Under Larsen’s guidance, 12 athletes have broken school records at Wake Forest. In addition, 13 student-athletes have qualified for Regionals under her tutelage. Larsen coached Michelle Loyd to a sixth-place finish at the NCAA Regional Championships, which qualified Loyd for the NCAA Championships. Larsen also coached Jon Reid, the Canadian Junior National Champion in the 400-meter and a fourth-place finisher at the 2008 Canadian Olympic Trials, and Eric Dudley, an unattached runner, to a 10th-place finish at the U.S. Olympic Trials in the 400-meter hurdles.

Before coming to Wake Forest, Larsen spent two years as a volunteer with the University of Idaho women’s track and field team. With the Illini, Larsen gained experience coaching sprints, hurdles, jumps, multi-events and middle distance. In 2005, Illinois captured the Big Ten Conference Championship.

Larsen also spent two years at the University of Idaho as an assistant track and field and cross country coach. Larsen helped lead the Vandals to the Big West cross country crown in 2002 and to the 2003 track and field conference championship.

A 2001 graduate of Linfield College, Larsen ran varsity track for four seasons. Larsen was honored as the NCAA Woman of the Year in Oregon and was the NCAA Division III National Champion in the 400-meter hurdles. She was an All-American in 2000 after finishing third in the 400-meter hurdles and again in 2001 after finishing third in the 400-meter indoor competition.

Larsen’s other 2001 honors include the Western Regional Female Athlete of the Year, the Northwest Conference Female Athlete of the Year and the Linfield College Female Athlete of the Year.

Larsen graduated in 2001 with a B.A. in health education and a minor in Spanish. In 2003, she earned her M.S. in physical education at the University of Idaho where she majored in sports science with an emphasis in exercise physiology.

David Duggan is in his second year as assistant coach with the Wake Forest cross country and track and field teams after serving as volunteer assistant coach for four seasons. He works primarily with the distance runners.

After graduating from High Point University in 1998, Duggan stayed on to serve as a volunteer assistant coach for the Panthers for two years. While at High Point, he coached six conference champions. One also competed in the 2008 Summer Olympics in Beijing, China. He also recruited High Point’s first-ever NCAA cross country qualifier.

A native of Kilcross, Inistioge, County Kilkenny, Ireland, Duggan graduated from High Point University in 1998 with a bachelor’s of science degree in physical education. He ran cross country and track for the Panthers.

While running for High Point, Duggan won the CVAC cross country championship twice and was also the two-time conference Runner of the Year. Competing at the NCAA Regional Championships, Duggan placed fifth in 1995 and eighth in 1996.

He earned his master’s of science in sport studies from High Point in May of 2005.

Anne Bradley is in her fifth year at Wake Forest University. She works closely with the cross country and track and field programs.

A native of Taylors Falls, Minn., Bradley earned her master’s of science degree from the University of Oregon in June 2004. During her two years at Oregon, she was a graduate assistant athletic trainer for the athletic department. During her first year she worked with the women’s cross country and track and field programs, and the second year she worked with the Ducks’ football team.

She received her undergraduate degree in athletic training from Hope College in Holland, Mich., in 2002. Bradley is certified through the National Athletic Trainers Association and licensed by the North Carolina Athletic Trainers Association.

### 2008 ROSTER STATE-BY-STATE BREAKDOWN

**New York (4)**
- Suzie Clinchy
- Mary Alice Howard
- Allie Kieffer
- Mark Russell

**North Carolina (4)**
- Marley Burns
- Zach Hines
- Paul Loesser
- Hannah McArdle

**Virginia (4)**
- Cindy Adams
- Cate Berenato
- Casey Fowler
- Laura Rapp

**Massachusetts (3)**
- Molly Brender
- Ellen Huber
- Cristina Richard

**Connecticut (2)**
- Stephanie Bohannon
- Katherine Sinacore

**Tennessee (2)**
- Nick Deuschle
- Matt King

**Alabama (1)**
- Nicholas Lepley

**Arizona (1)**
- Merry Placer

**Illinois (1)**
- Chelsea Bolton

**Louisiana (1)**
- Whitney Curry

**Missouri (1)**
- Keaton Morgan

**New Jersey (1)**
- Kelly Polisin

**Oregon (1)**
- Ben Morrow

**Rhode Island (1)**
- Caitlin Crawford

**Other (7)**
- Greg Billington (England)
- Marcus Dillon (Canada)
- Jeremy Fisico (Canada)
- Tom Morrison (Canada)
- Anna Nosenko (Ukraine)
- Dina Nosenko (Ukraine)
- Kim Vos (Canada)
CINDY ADAMS
Freshman
Oakton, Va. 
Oakton

BACKGROUND:
All-state selection in the 4x800-meter relay as senior … Also named all-region in the 4x400 relay and all-district in the 800-meter and 4x800 relay … Earned six letters at Oakton, three in cross country and three in track and field … Selected to all-district cross country team in 2007 … Also was selected all-state in the 4x800-meter relay and all-region in the 800-meter and 4x400 relay … Member of the 2007 district champion, state runner-up cross country team at Oakton … National Honor Society and German Honor Society member … High school teammates of Meredith Tighe (William & Mary), Kayley Byrne (William & Mary) and Suzanne Capenhat (College of Wooster) … Major is undecided … Coach was Phil Tiller … Born Sept. 19, 1989, in Fairfax, Va. ... Daughter of Bettina and Chris Adams.

STEPHANIE BOHANNON
Freshman
West Hartford, Conn. 
William H.Hall

BACKGROUND:
Selected All-Conference and All-Academic every year in high school … Windham Cross Country Invitational Champion … Wickham Summer Series Champion … Connecticut Cross Country State Open finalist … Broke records in outdoor track in the 1600-meter run, one-mile run, and the distance medley relay for William H. Hall, as well as in indoor track in the 1600-meter run, one-mile run, distance medley relay, 4x800-meter relay and the 4x1-mile relay … Placed first in the distance medley relay at the Yale Invitational … Finished second at the Irv Black Invitational in the 1600-meter run … Placed 10th at the Nike Nationals in the distance medley relay … Recipient of the CIAC Scholar Athlete Award in 2008 … Won the William H. Hall Social Studies Department Award … Received the John Philip Sousa Band Award … Member of the National Spanish Honor Society and National Honor Society … Coaches were Michael Mosca and Susan Curnias at William H. Hall High School … Major is undecided … Full name is Stephanie Jean Bohannon … Born July 11, 1990, in Hartford, Conn. ... Daughter of Richard and Lucie Bohannon.

CHELSEA BOLTON
Sophomore
Palatine, Ill. 
William Fremd

2007 (FRESHMAN):
Finished 63rd overall and eighth on the team at the Boston College Invitational with a final time of 18:47 … Came in 89th overall and seventh on the team at the Bill Delliger Invitational in Springfield, Ore., with a time of 22:25 … Finished with a time of 23:42.7 at the ACC Championships and came in 65th overall and sixth on the team … Finished the season with a time of 23:00.80 at the NCAA Southeast Regionals and placed 134th overall and sixth on the team.

BACKGROUND:
Two-time All-American … State champion in the 500-meter and the 1000-meter runs … Member of cross country and track state champion squads … Team won the 4x400-meter and 4x800-meter relays … Earned 10 letters in cross country and track at Blacksburg High School … Team captain and recipient of the Most Valuable Athlete and Senior Female Athlete awards … AP student and member of the National Honor Society … Major is undecided … Born Aug. 27, 1988, in Brunswick, Maine … Daughter of Ann and Dan Berenato.

MOLLY BINDER
Freshman
Sudbury, Mass. 
Lincoln-Sudbury

BACKGROUND:
Indoor and outdoor track and field All-America selection … Won the individual state championship in the 1,000-meter and 800-meter races … Three-time 4x400-meter relay state champion and a 4x800-meter relay state champion … Part of team that broke the Massachusetts state record in the 4x800-meter relay with a time of 9:05.11 … Broke school record in the 800-meter at 2:11.88 … Captain of the Lincoln-Sudbury women’s cross country and track teams both junior and senior years … Five-time Boston Globe All-Scholastic selection … Coach was Chris Tarello … President of the Lincoln-Sudbury Student Senate … Honor roll member … Daughter of Maureen Hynes and Jeffrey Binder.

CINDY ADAMS
Freshman
Oakton, Va. 
Oakton

BACKGROUND:
All-state selection in the 4x800-meter relay as senior … Also named all-region in the 4x400 relay and all-district in the 800-meter and 4x800 relay … Earned six letters at Oakton, three in cross country and three in track and field … Selected to all-district cross country team in 2007 … Also was selected all-state in the 4x800-meter relay and all-region in the 800-meter and 4x400 relay … Member of the 2007 district champion, state runner-up cross country team at Oakton … National Honor Society and German Honor Society member … High school teammates of Meredith Tighe (William & Mary), Kayley Byrne (William & Mary) and Suzanne Capenhat (College of Wooster) … Major is undecided … Coach was Phil Tiller … Born Sept. 19, 1989, in Fairfax, Va. ... Daughter of Bettina and Chris Adams.

STEPHANIE BOHANNON
Freshman
West Hartford, Conn. 
William H.Hall

BACKGROUND:
Selected All-Conference and All-Academic every year in high school … Windham Cross Country Invitational Champion … Wickham Summer Series Champion … Connecticut Cross Country State Open finalist … Broke records in outdoor track in the 1600-meter run, one-mile run, and the distance medley relay for William H. Hall, as well as in indoor track in the 1600-meter run, one-mile run, distance medley relay, 4x800-meter relay and the 4x1-mile relay … Placed first in the distance medley relay at the Yale Invitational … Finished second at the Irv Black Invitational in the 1600-meter run … Placed 10th at the Nike Nationals in the distance medley relay … Recipient of the CIAC Scholar Athlete Award in 2008 … Won the William H. Hall Social Studies Department Award … Received the John Philip Sousa Band Award … Member of the National Spanish Honor Society and National Honor Society … Coaches were Michael Mosca and Susan Curnias at William H. Hall High School … Major is undecided … Full name is Stephanie Jean Bohannon … Born July 11, 1990, in Hartford, Conn. ... Daughter of Richard and Lucie Bohannon.

CHELSEA BOLTON
Sophomore
Palatine, Ill. 
William Fremd

2007 (FRESHMAN):
Finished 63rd overall and eighth on the team at the Boston College Invitational with a final time of 18:47 … Came in 89th overall and seventh on the team at the Bill Delliger Invitational in Springfield, Ore., with a time of 22:25 … Finished with a time of 23:42.7 at the ACC Championships and came in 65th overall and sixth on the team … Finished the season with a time of 23:00.80 at the NCAA Southeast Regionals and placed 134th overall and sixth on the team.

BACKGROUND:
Two-time All-American … State champion in the 500-meter and the 1000-meter runs … Member of cross country and track state champion squads … Team won the 4x400-meter and 4x800-meter relays … Earned 10 letters in cross country and track at Blacksburg High School … Team captain and recipient of the Most Valuable Athlete and Senior Female Athlete awards … AP student and member of the National Honor Society … Major is undecided … Born Aug. 27, 1988, in Brunswick, Maine … Daughter of Ann and Dan Berenato.

MOLLY BINDER
Freshman
Sudbury, Mass. 
Lincoln-Sudbury

BACKGROUND:
Indoor and outdoor track and field All-America selection … Won the individual state championship in the 1,000-meter and 800-meter races … Three-time 4x400-meter relay state champion and a 4x800-meter relay state champion … Part of team that broke the Massachusetts state record in the 4x800-meter relay with a time of 9:05.11 … Broke school record in the 800-meter at 2:11.88 … Captain of the Lincoln-Sudbury women’s cross country and track teams both junior and senior years … Five-time Boston Globe All-Scholastic selection … Coach was Chris Tarello … President of the Lincoln-Sudbury Student Senate … Honor roll member … Daughter of Maureen Hynes and Jeffrey Binder.
SUZIE CLINCHY  
Sophomore  
Katonah, N.Y.  
Somers

**2007 (FRESHMAN)**  
Ran in two races on the season ... Finished 39th overall and 10th on the team with a time of 22:49 at the Wake Forest Relays ... Came in 66th overall and sixth on the team at the Lou Onesty Invitational with a final time of 22:24.50.

**BACKGROUND:**  
All-state selection in cross country, as well as all-league, all-section and all-county runner in track ... Captain and MVP of both cross country and track teams ... Played softball and field hockey, in addition to earning seven varsity letters in track and cross country at Somers High School ... Recipient of the President’s Excellence Academic Award, high honor roll and member of the National Honor Society ... Major is undeclared ... Born Aug. 1, 1989, in Mount Kisco, N.Y. ... Daughter of Paula and Richard Clinchy.

WHITNEY CURRY  
Redshirt Sophomore  
Greensburg, La.  
St. Thomas Aquinas

**2007 (FRESHMAN):**  
Ran in four consecutive races during the season ... Placed 62nd overall and seventh on the team at the Boston College Invitational with a final time of 19:35 ... Turned in a time of 23.02 at the Bill Dellinger Invitational, placing eighth on the team and 131st overall for the team ... Completed the season at the ACC Championships with a 24:09.3 time, placing 75th overall and seventh on the team.

**2006 (FRESHMAN):**  
Ran in one race on the year ... Turned in an 18:33 at the Wake Forest Relays, finishing 15th overall and fourth on the team.

**BACKGROUND:**  
Winner of 11 individual state championships and six team championships at St. Thomas Aquinas High School ... 1600-meter champion at the LHSAA Track & Field State Championships ... Two-time state champion in the 800-meter and 1,600-meter runs, as well as the individual cross country champion in 2004 and 2005 ... Four-time member of the Louisiana all-state cross-country team ... Two-time member of the Louisiana all-state track teams ... Four-time member of the Louisiana Sports Writers’ Composite Cross Country team ... Member of the Louisiana Sports Writers’ Composite Track team for the 3,200-meter in 2005 and 1,600-meter in 2006 ... Owned a personal best of 5:01 in the 1,600-meter run and 11:01 in the 3,200 ... Finished 11th at the National High School Scholastic Indoor Championships at New York in 2006 ... Placed second at the National AAU Track championships in the 3,000-meter run ... Majoring in health and exercise science ... Born Dec. 11, 1987 ... Daughter of Kyle and Sally Curry.

CAITLIN CRAWFORD  
Redshirt Freshman  
North Kingstown, R.I.  
North Kingstown

**2007 (FRESHMAN):**  
Redshirted the cross country season.

**BACKGROUND:**  
Two-time cross country state runner-up ... Four-time cross country and track all-state selection ... Led the team to three state cross country championships ... Four-time recipient of the cross country MVP award ... Three-time MVP for outdoor track and three-time MVP for indoor track ... Earned 12 varsity letters in cross country and track at North Kingstown High School ... Four-time honor roll student and member of the National and World Language Honor Societies ... Major is undeclared ... Born June 2, 1989 ... Daughter of Stephen and Nancy Crawford.

MARY ALICE HOWARD  
Redshirt Sophomore  
Katonah, N.Y.  
Somers

**2007 (FRESHMAN):**  
Redshirted the cross country season.

**BACKGROUND:**  
Broke six school records at Douglas S. Freeman HS ... Four-time all-state selection in Virginia ... Two-time team MVP on the women’s cross country team, as well as two-time MVP on the track and field team ... Three-time district champion in the Colonial District ... Cross country team won the Colonial District Championship, placed second in its region and placed third at the Virginia AAA state meet in 2006 ... Finalist for the Richmond Times Dispatch/Richmond Sports Backers Scholar Athlete of the Year ... Recipient of the Gordon Scholarship and Rehm Scholarship ... Member of the National Honor Society and Beta Honor Society ... Nine-time selection to the All-Academic Colonial District and Regional teams ... High school teammates who have or will be running collegiately include Christi Harsha (Duke), Lewis McPherson (NC State), Hillary Parsons (Virginia) and Michael Quash (Norfolk State) ... Full name is Casey Ricks Fowler ... Coach was Brian Reutinger ... Major is undeclared ... Born Jan. 17, 1990 ... Daughter of Susan and Woody Fowler.

CASEY FOWLER  
Freshman  
Richmond, Va.  
Douglas S. Freeman

**BACKGROUND:**  
Participated in four events on the season ... Posted an 18:37 at the Wake Forest Relays, placing 16th overall ... Ran a 19:20 at the Pre-ACC Invitational to place 23rd overall ... Finished with a time of 23:08.90 at the Oregon Invitational ... Completed the season with a 23:47.9 at the ACC Championships.

**2006: (FRESHMAN):**  
Redshirted the season.

**BACKGROUND:**  
Lettered in cross country, winter track and spring track all four years at Katonah High School ... Earned 10 individual and four team all-league honors ... Received seven individual and three team all-county honors ... Earned five individual and two team all-sectional honors ... Earned two individual all-state honors and two team All-America honors ... High honor roll standing all four years of high school ... Majoring in elementary education with a minor in Spanish ... Born June 16, 1988, in Pittsburgh, Pa. ... Daughter of Patrick and Lee Anne Howard.
ELLEN HUBER
Sophomore
Harvard, Mass.
Bromfield School

2007 (FRESHMAN):
Redshirted the season.

BACKGROUND:
Earned 18 varsity letters in cross country and track … Won three team cross country state championships … League and district cross country champions from 2002 to 2006 … Three-time two-mile district champion … Led her 4x100-meter relay team to 14th-place at the 2006 Indoor Nationals … Four-year honor roll student and member of the National Honor Society … Major is undecided … Born April 1, 1989, in Hyannis, Mass. … Daughter of Arthur and Kimberly McArdle.

ALLIE KIEFFER
Redshirt Junior
West Islip, N.Y.

2007 (JUNIOR):
Redshirted the season.

2006 (SOPHOMORE):
Participated in every race for the Demon Deacons … Finished sixth overall at the Pre-ACC Invitational with a time of 18:25 … Placed 33rd at the Oregon Invitational with a time of 21:41.31 … Turned in a time of 22:14 at the Pre-NCAA Invitational … Ran a 23:02.5 at the ACC Championships, placing 47th overall … Also finished in the top 50 at the NCAA Southeast Regionals, placing 41st with a time of 21:55.80 … Wrapped up the season with a time of 22:59.8 at the NCAA Championships.

BACKGROUND:
Four-time all-state selection … Earned three varsity letters in cross country, four indoor track letters and three outdoor track letters at West Islip High School … High school All-America selection … Chose Wake Forest over Villanova … Majoring in psychology … Born Sept. 16, 1987 … Daughter of Bruce and Barbara Hettinger.

HANNAH MCARDLE
Sophomore
Asheville, N.C.
T.C. Roberson

2007 (FRESHMAN):
Competed at one meet during the season … Finished fourth on the team and 60th overall at the Lou Onesty Invitational with a time of 21:43:10.

BACKGROUND:
All-state selection and two-time team captain … Earned eight varsity letters in cross country and track at T.C. Roberson High School … Won three cross country team state championships … Recipient of the 2007 Skyland Fire Depart-

ANNA NOSENKO
Freshman
Dnipropetrovsk, Ukraine
Lycum of Inform. Technologies

BACKGROUND:
Won the 1,500-meter and 3,000-meter races at the Ukrainian National Junior Championships … Placed third at the National Cross Country Championship … Member of the Ukrainian Junior National Team that earned a third-place overall finish at the European Cross Country Championship in Toro, Spain … Finished fourth overall and was the champion of the youth category at the National Olympic Trials … Competed for coaches Volodymyr and Alexandr Ohrimenko … Major is undecided … Given name is Ganna Nosenko … Twin sister of fellow Deacon freshman Dina Nosenko … Born Oct. 1, 1988, in Kherson, Ukraine … Daughter of Volodymyr and Olena Nosenko.

DINA NOSENKO
Freshman
Dnipropetrovsk, Ukraine
Lycum of Inform. Technologies

BACKGROUND:
Placed second in the 800-meter and third in the 1,500-meter runs at the Ukrainian National Junior Championships … Finished third in the 1,500-meter run at the National Youth Championship … Earned fifth at the National Cross Country Championship … Competed for coaches Volodymyr and Alexandr Ohrimenko … Major is undecided … Twin sister of fellow Deacon freshman Anna Nosenko … Born Oct. 1, 1988, in Kherson, Ukraine … Daughter of Volodymyr and Olena Nosenko.

MERRY PLACER
Redshirt Senior
Flagstaff, Ariz.

2007 (REDSHIRT JUNIOR):
Competed in six of seven races during the season … Finished seventh overall and third on the team at the Wake Forest Relays with a final time of 17:48 … Posted an 18:42 at the Boston College Invitational with a fifth-place finish on the team and 40th overall … Placed fifth on the team and 57th overall at the Bill Dellinger Invitational with a time of 21:34 … Posted a 22:17 time at the Penn State Invitational and placed 49th overall and fifth on the team … Finished fifth on the team and 57th overall with a time of 22:37.2 at the ACC Championships … Completed the season at the NCAA Southeast Regionals with a final time of 21:37.4, placing second on the team and 41st overall … Academic All-ACC selection.

2006 (REDSHIRT SOPHOMORE):
Run in five meets on the year … Began the season with a time of 18:28 at the Wake Forest Relays, finishing 13th overall and third on the team … Finished 29th overall at the Pre-ACC Invitational with a time of 19:47 … Ran a 22:40.77 at the Oregon Invitational … Posted a time of 22:45 at the Pre-NCAA Invitational … Wrapped up the season at the NCAA Championships with a time of 23:46.2.

2005 (REDSHIRT FRESHMAN):
Participated in three events … Best finish was a seventh-place at the Raleigh Invitational with a time of 19:59 … Finished 14th and 172nd at the Wake Forest Relays and Notre Dame Invitational respectively.

2004 (TRUE FRESHMAN):
Redshirted the season.

BACKGROUND:
Placed third in the Arizona 4A cross country championships … Finished third in the 4A 800-meter, 1,600-meter and 3,200-meter runs … Part of the team that captured three state titles and broke the 4x800-meter relay state record … Three-year letterwinner in cross country at Flagstaff High School … Member of the National Honor Society and honor roll student … Majored in French and sociology … Currently earning a master’s degree in liberal studies at Wake Forest … Born June 8, 1986 … Daughter of John and Carol Placer.
KELLY POLISIN

Redshirt Sophomore
Summit, N.J.
Oak Knoll

2007 (REDSHIRT FRESHMAN):
Redshirted the season.

2006 (TRUE FRESHMAN):
Participated in three events on the year ... Finished the NCAA Southeast Regionals with a time of 22:50.80 ... Ran an even 24:00 at the NCAA Championships.

BACKGROUND:
2006 Oak Knoll High School Athlete of the Year ... Named team Most Valuable Player in 2005 ... Twice named all-county first team ... Also two-time all-state sectional selection in the 1,600-meter race ... Earned 11 total letters over high school career, including four in cross country at Oak Knoll High School ... Plans on majoring in studio art and health and exercise ... Born Nov. 3, 1987 ... Daughter of Michael and Nancy Polisin.

LAURA RAPP

Freshman
Lynchburg, Va.
Heritage

BACKGROUND:
All-America selection in 2008 for indoor 800-meter run and in 2007 for Outdoor Emerging Elite Mile ... Won 15 district titles and 10 region titles in cross country, indoor and outdoor track ... Three-time individual state champion at the 2008 indoor 1000-meter run, the 2008 outdoor 800-meter run and the 2007 Virginia Cross Country meet ... Named the District Cross Country Runner of the Year for 2006 and 2007 ... Earned 14 total letters at Heritage High School, including four in cross country, four in soccer, three in indoor track and three in outdoor track ... Outdoor track team was Region 3 Champion in 2008 and District Champion in 2007 ... Named all-district and all-region for soccer in 2007 and 2008 ... Wendy Drumheller Memorial Award winner ... Graduated from the Central Virginia Governor’s School for Science and Technology and Heritage High School ... Co-vedicctorian with a GPA of 4.55 ... Recipient of the Harvard Book Award, Wellesley Book Award, National Audubon Society Biology Award and the 2008 History Award ... National Honor Society member ... Full name is Laura Gray Rapp ... Daughter of Christie and Chip Rapp.

Cristina Richard

Sophomore
Winchester, Mass.
Winchester

2007 (FRESHMAN):
Competed in two races on the year ... Placed second on the team and 50th overall at the Lou Onesty Invitational with a final time of 20:56 ... Posted a 24:40 at the Bill Dellinger Invitational, placing 141st overall and 10th on the team.

BACKGROUND:
Captain of two-time undefeated league champion cross country team ... Competitor in the state pentathlon ... Two-time Middlesex League all-star selection ... Earned 10 varsity letters in cross country and track at Winchester High School ... Four-time state qualifier in the high jump ... Member of the National Honor Society and the Italian Honor Society ... Considering a major in business ... Born Oct. 25, 1988, in Boston, Mass. ... Daughter of Jack and Franca Richard.

KATHERINE SINACORE

Sophomore
Darien, Conn.
Darien

BACKGROUND:
All-state honors in track and cross country ... 2007 Most Valuable Player for indoor and outdoor track ... Broke Darien High School records in the 4x800-meter, SMR, DMR and 600-meter races ... Member of team that won the FCIAC Championships in 2007 ... National Honor Society member and honor roll student ... Recipient of the 2007 Citizenship Award ... Major is undeclared ... Born Dec. 27, 1988 ... Parents are Steve and Laurie Sinacore.

Kim Vos

Redshirt Sophomore
Edmonton, Alberta
Eastglen

2007 (REDSHIRT FRESHMAN):
Did not participate in any races during the season.

2006 (TRUE FRESHMAN):
Redshirted the season.

BACKGROUND:
Captured the 2006 Cross Country City Championship ... Named Eastglen High School’s Overall Athlete of the Year in 2006 ... Earned Eastglen’s Athlete of the Year in cross country and track ... 2005 Indoor Provincial Champion in the 400-meter, 800-meter and 1,500-meter runs ... Named Eastglen Athlete of the Year in soccer, track and cross country ... Majoring in health and exercise science ... Born Aug. 10, 1988 ... Daughter of Rob and Demars Vos.
GREG BILLINGTON

Sophomore
Six Mile Bottom, England

2007 (FRESHMAN):
Placed first on the team in three races ... Finished with a final time of 24:44.99 at the Greater Louisville Classic and placed second on the team and 28th overall ... Came in first on the team and 10th overall at the Penn State Invitational with a final time of 26:34 ... Posted a time of 24:57.7 at the ACC Championships, placing first on the team and 25th overall ... Completed the season with the top time for the Deacons and 31st overall with a 31:02.5 at the NCAA Southeast Regionals ... Academic All-ACC selection.

BACKGROUND:
Earned eight varsity letters in cross country and track at Lakenheath High School ... 2007 Canadian and U.S. Under-20 National Triathlon Champion ... Placed 12th at the 2007 World Junior Triathlon Championships in Hamburg, Germany ... 2006 U.S. Junior Olympic Cross Country Champion ... Two-time DoDDS European Cross Country Champion and record holder in the 3,000-meter run ... 2006 Under-20 World Aquathlon Champion ... Valedictorian of Lakenheath High School, Presidential Scholar, National Honors Society member and four-year honor roll student ... Major is undecided ... Born May 30, 1989, in Spokane, Wash. ... Son of Garrett and Karen Billington.

NICK DEUSCHLE

Sophomore
Knoxville, Tenn.
Knoxville Catholic

2007 (FRESHMAN):
Did not compete in any meets.

BACKGROUND:
Earned five varsity letters in cross country and track at Knoxville Catholic High School ... National Honor Society and Mu Alpha Theta member ... Plans on majoring in political science ... Born June 28, 1988, in Knoxville, Tenn. ... Son of Mark and Molly Deuschle.

JEREMY FISCO

Redshirt Junior
Windsor, Ontario
W.F. Herman

2007 (JUNIOR):
Finished second on the team and 13th overall at the Lou Onesty Invitational with a time of 25:35.6 ... Posted a 16:41 at the Raleigh Invitational, finishing third on the team and 13th overall ... Followed with an appearance at the Great Lakes Invitational with a first-place finish on the team and 14th overall with a time of 24:25.52 ... Final time at the ACC Championships was 25:47.2, finishing fifth on the team and 49th overall ... Completed the season with a 33:08.95 at the NCAA Southeast Regionals, placing sixth on the team and 123rd overall.

2006 (FRESHMAN):
Competed in four races on the year ... Ran his best time of the season at the Oregon Invitational, finishing 70th overall and third on the team with a time of 24:57 ... Turned in a 31:27.6 time at the Chile Pepper Festival 10K, placing 88th overall ... Recorded a 26:24.4 time at the ACC Championships to finish 63rd overall ... Wrapped up the year with a 32:14.35 at the NCAA Southeast Regionals, placing 54th overall and second on the team.

BACKGROUND:
A two-time cross country and two-time track team MVP at R. S. McLaughlin High School ... Earned academic honors for five consecutive years ... Majoring in biology ... Born Nov. 8, in Oshawa, Ontario ... Son of Kevin and Barbara Dillon.

MARCUS DILLON

Junior
Oshawa, Ontario
R.S. McLaughlin C.V.I.

2007 (SOPHOMORE):
Competed in six of the seven races on the year ... Placed first overall in the Wake Forest Relays with a final time of 22:06 ... Finished first on the team and third overall at the Lou Onesty Invitational ... Finished with a final time of 25:13.07, placing 55th overall and third on the team at the Greater Louisville Classic ... Followed up with a final time of 27:15 and a third-place finish on the team and 44th overall at the Penn State Invitational ... Placed fourth on the team and 43rd overall at the ACC Championships, posting a time of 25:34.9 ... Completed the season with a second-place finish on the team and 43rd overall at the NCAA Southeast Regionals with a final time of 31:24.90 ... Academic All-ACC selection.

2006 (FRESHMAN):
Competed in five meets ... Placed 16th, the second-highest Deacon, at the ACC Championships with a time of 24:27.7 ... Finished 38th at the NCAA Southeast Regionals with a time of 31:18.6.

BACKGROUND:
Ontario Federation of School Athletic Associations (OFSAA) 2004 Cross Country Champion at Ontario High School ... Placed sixth at the Canadian National Junior Cross Country Championships in 2004 ... Represented Canada at the World Cross Country Championships in France in March 2005, placing 89th overall ... Ran a personal record of 8:30.70 in the 3-kilometer run during the 2005 indoor season, which marked the best time by a high school athlete in Canada and the United States, according to Dyestat High School’s rankings ... Born March 13, 1986 ... Son of Mario and Susan Fisico.

ZACH HINES

Senior
Winston-Salem, N.C.
Mount Tabor

2007 (JUNIOR):
Did not compete in any meets.

2006 (SOPHOMORE):
Competed in five meets ... Recorded a time of 25:59 at the Wake Forest Relays ... Recorded a 30:16 at the Pre-ACC Invitational ... Also participated in track and field for the Demon Deacons.

2005 (FRESHMAN):
Did not compete in any meets.

BACKGROUND:
Earned 11 varsity letters in cross country, track and lacrosse ... Two-time all-city and all-conference selection, as well as two-time recipient of the Mount Tabor Coaches’ Award ... Also participated in lacrosse ... Co-captained team that advanced to the state championship ... Helped scholastic team to second-place finishes in three state meets ... Member of the National Honor Society and National Spanish Honor Society ... Uncle, Mark Heilbrun, was a member of the Wake Forest men’s soccer team in 1981 ... Majoring in English and anthropology ... Born on Aug. 6, 1986 ... Son of Michael and Leigh Hines.

MATT KING

Freshman
Brentwood, Tenn.
Christ Presbyterian Academy

BACKGROUND:
Finished third in the state championships of the 3200-meter race in 2008 ... Finished fourth in the 1600-meter state championship ... Ran for coach Bill Delvaux at Christ Presbyterian Academy in Brentwood, Tenn. ... Member of the National Honor Society ... Named the Academic Athlete of the Year in 2008 and a one-time Athlete Scholar of the Month by the Williamson County Herald ... Father, Matt, played golf at Wake Forest ... Grandfather, Elywn Murray, ran track at Wake Forest ... Born June 15, 1989 ... Son of Matt and LlewAnn King.
**Nicholas Lepley**

Junior
Birmingham, Ala.
Mountain Brook

2007 (Sophomore):
Competed in the Wake Forest Relays with a final time of 24:26, placing sixth on the team and 31st overall.

2006 (Freshman):
Did not compete in any meets.

**Background:**
Four-time Nike Indoor All-American ... State champion in the indoor 1,600-meter run ... Anchored the national champion 4x800-meter relay team ... Earned nine varsity letters in cross country and track at Mountain Brook High School ... Helped lead team to state cross country title in 2003, as well as indoor track crowns in 2005 and 2006 ... Chose Wake Forest over several other offers, including ones from Clemson and Davidson ... Coached by Greg Echols ... Considering a major in either physics or English ... Born Sept. 10, 1987, in Birmingham, Ala. ... Son of Kim and Bob Lepley.

**Paul Loeser**

Freshman
Winston-Salem, N.C.
Mount Tabor

**Background:**
Earned All-Conference Central Piedmont 4-A for track and cross country in both 2007 and 2008 ... Four-time letterwinner in track and cross country ... Three-time letterwinner for the Mount Tabor soccer team ... Named All-Conference for soccer in 2006 and 2007 ... Recipient of the Josh Gray Memorial Scholarship ... Three-year National Honor Society member ... Presidential Scholar and AP Scholar ... Graduated from Mount Tabor in the top five percent of the class of 2008 ... Coached by Patrick Cromwell at Mount Tabor ... Mother, Cathie, played tennis at Marshall from 1975 to 1978 ... Sister, Perry, is a junior on the women’s tennis team at UNC-Greensboro ... Major is undeclared ... Born Aug. 22, 1989 ... Son of Richard and Cathie Loeser.

**Keaton Morgan**

Redshirt Sophomore
West Plains, Mo.
West Plains

2007 (Redshirt Freshman):
Finished second on the team and sixth overall in the Wake Forest Relays with a time of 23:06 ... Posted a 15:08 at the Raleigh Invitational, finishing first on the team and sixth overall ... Competed at the Greater Louisville Classic, placing sixth on the team and 79th overall ... Posted a 26:08.0 with a sixth-place finish on the team and 64th overall at the ACC Championships ... Completed the season with a fifth-place finish on the team and 101st overall at the NCAA Southeast Regionals with a final time of 32:38.75.

2006 (Freshman):
Competed for the Deacons in outdoor track and field.

**Background:**
Two-time all-state selection in cross country and track ... Wendy’s Heisman Trophy state finalist ... Member of the varsity cross country and track teams all four years of high school ... Earned nine letters at West Plains High School ... Member of the honor roll all four years ... Valedictorian of high school ... Majoring in biology ... Born Jan. 4, 1988, in Rapid City, S.D ... Son of Charles and Robin Morgan.

**Tom Morrison**

Freshman
Port Perry, Ontario
Port Perry

**Background:**
Competed in the 1,500-meter race at the 12th IAAF World Junior Championships in Bydgoszcz, Poland ... Also ran in the 1,500-meter at the fifth IAAF World Junior Championships in Ostrava, Czech Republic ... Won seven provincial medals at Port Perry High School in Ontario ... Earned the Gord Banks Award for athletic excellence in the Lake Ontario Secondary School Athletics (LOSSA) region ... Four-time letterwinner ... Coach was for Daryl Sweath ... Son of Bill and Mary Morrison.

**Ben Morrow**

Freshman
West Linn, Ore.
West Linn

**Background:**
Selected first-team Three Rivers League at the TRL District CC Meet ... Placed 49th at the OSAA Cross Country EA State Championships ... Placed fifth in the 3000-meter run at TRL District Track and Field Meet ... Earned eight total letters for West Linn High School, four in cross country and four in track ... Coaches were John Linman and Scott Spear ... Academic achievements include: Link Crew Academic Award of Excellence; French Honors Society; WLHS All-Star Award for Academic Excellence, Service, Leadership and Character; National Honors Society Officer; two-time Oregon Model United Nations Speaker Award Nominee; Oregon Invitational Mathemetic Tournament participant; and Associated Student Body Executive Council Officer ... Graduated with honors from West Linn ... Earned a 4.0 unweighted grade point average and a 4.2 weighted GPA in high school ... Major is undeclared ... Born June 28, 1990 ... Son of Terry Morrow and Peggy Eyrman.

**Mark Russell**

Senior
Lockport, N.Y.
Lockport

2007 (Junior):
Did not compete in any meets.

2006 (Sophomore):
Competed in two events ... Finished in the top 50 during first race of the year at the ACC Championships, placing third on the team with a time of 25:58.6 ... Finished the season with a 32:55.40 at the NCAA Southeast Regionals, placing 87th overall and fifth on the team.

**Background:**
Champion at the New Balance Games in New York City during the indoor season, qualifying for the prestigious high school invitational mile during the Millrose Games at Madison Square Gardens ... Placed fifth overall at the Millrose Games ... Ran the 1600-meter run in 4:15.53 and the 3200 in 9:19.00 ... Majoring in health and exercise science ... Born July 28, 1987 ... Son of Richard and Margaret Russell.
NCAA Championship Appearances

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<th>Year</th>
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ACC Championship Titles

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All-Americans

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All-ACC

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