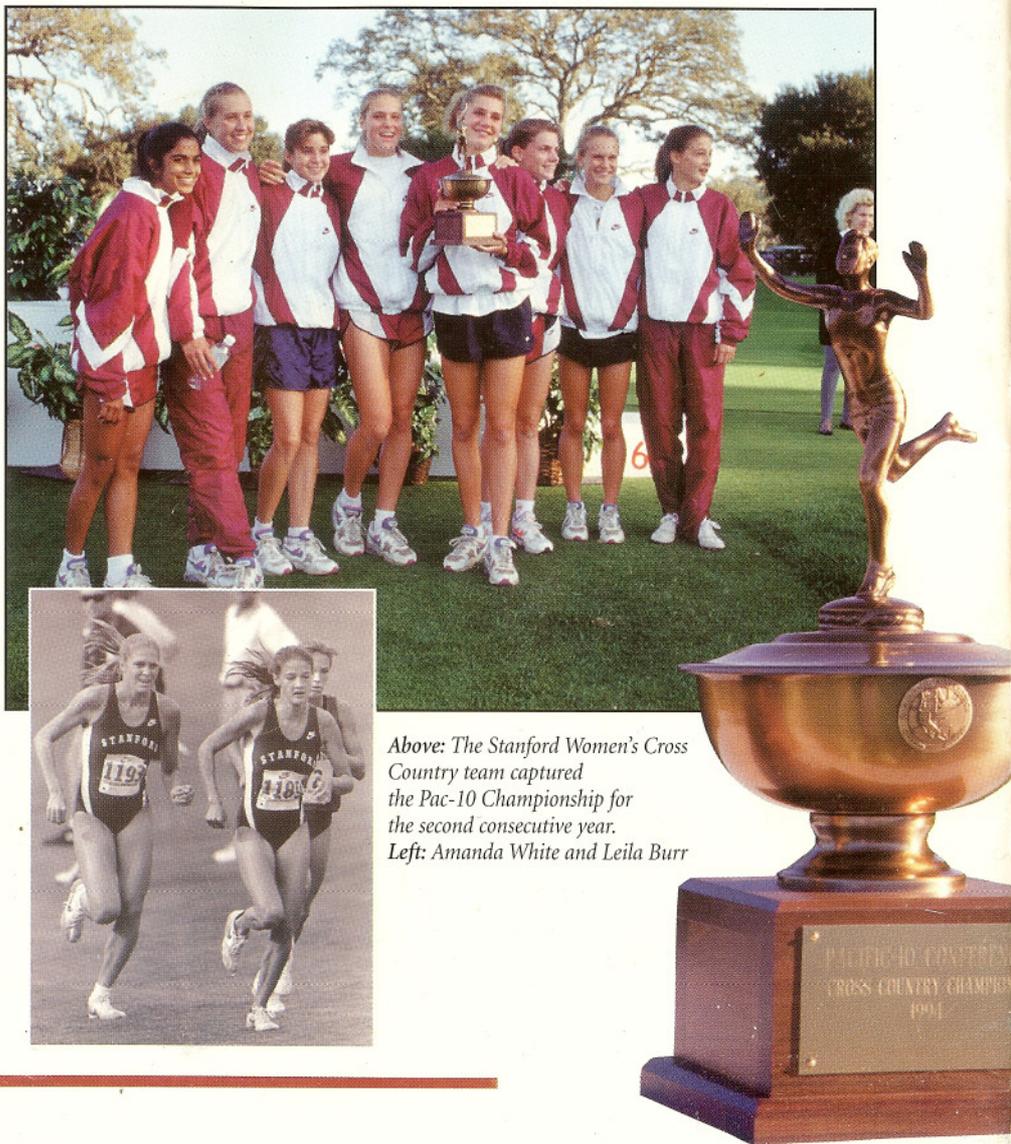


1995 Stanford Cross Country Schedule

Date	Event	Location
Sept. 2	vs UC Irvine	Mammoth Lakes, Ca
Sept. 23	at Fresno State Invitational (men)	Fresno, Ca
Sept. 23	at Washington Invitational (women)	Seattle, Wa
SEPT. 30	STANFORD INVITATIONAL	STANFORD, CA – 3:30 pm
Oct. 14	at Iowa State Classic	Ames, Ia
Oct. 14	at Cal Poly SLO Invitational	San Luis Obispo, Ca
Oct. 21	at Crystal Springs Challenge	Belmont, Ca
OCT. 28	PACIFIC-10 CHAMPIONSHIPS	STANFORD, CA – 3:30 p.m
Nov. 11	at District-8 Meet	Portland, Or
Nov. 20	at NCAA Championships	Ames, Ia
Dec. 3	at USAT&F Nationals	Boston, Ma

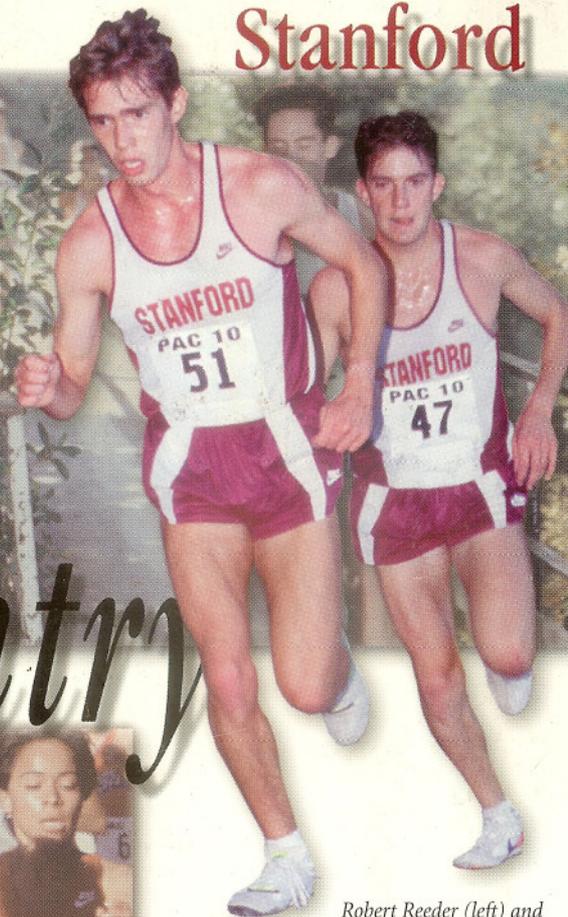


Above: The Stanford Women's Cross Country team captured the Pac-10 Championship for the second consecutive year.
Left: Amanda White and Leila Burr

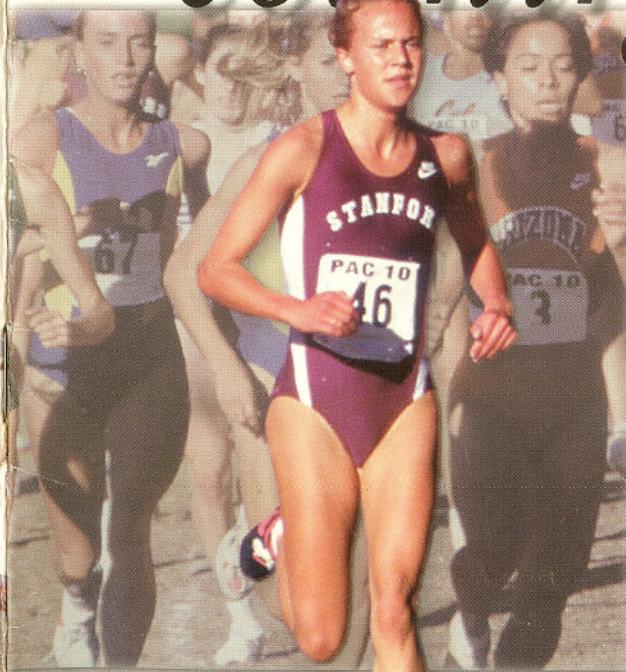


Stanford

CROSS COUNTRY



Robert Reeder (left) and Gregory Jimmerson



Kortney Dunscombe

1995



Vin Lananna

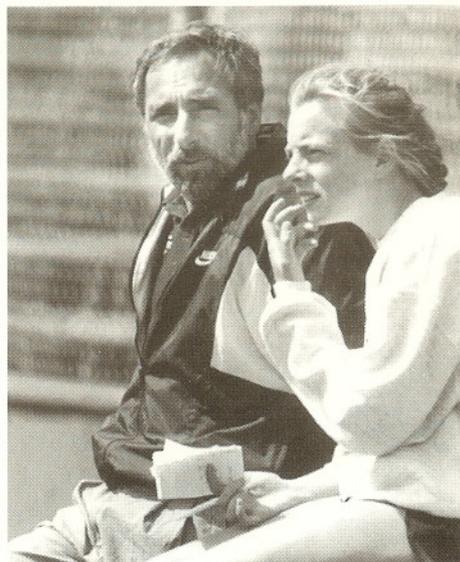
*Director of Cross Country/
Track & Field Coach*

Vin Lananna has distinguished himself in his three seasons as head coach of the cross country, and track & field program at Stanford.

Last year, he coached Stanford's women's cross country team to its second consecutive Pacific-10 title, captured top honors at the NCAA District-8 Regionals and then placed seventh at the NCAA Championships. In nine races that Stanford competed in, the Cardinal placed first in six races, and second place in two races. For his efforts, he was named 1994 Pacific-10 Conference Women's Cross Country Coach of the Year. Kortney Dunscombe and Monal Chokshi, a pair of talented runners, helped lead Stanford to victory. The Stanford men's cross country team also emerged as one of the best teams in the nation in 1994. After a strong second place showing at the NCAA District-8 meet, the Cardinal placed sixth at the NCAA Championship. In nine races, Stanford finished first in two races, and second place in four races. Greg Jimmerson, a sophomore in 1994, emerged as one of the top cross country runners in the nation. At the NCAA's, he finished sixth and earned All-America honors as the second American in the race. He was also the 1994 U.S. Junior Cross Country champion.

In 1993, Lananna coached Stanford's women's cross country team to the Pacific-10 title, breaking Oregon's three-year hold of the conference crown. The women's team then finished second at the NCAA District-8 meet, and thus qualified for the NCAA Championships. This was Stanford's first appearance at the national meet since 1984. Stanford finished eleventh, but was ranked as high as sixth during the course of the 1993 season. In eight meets that the Stanford women competed in, Stanford finished first three times, and second in four races. For his efforts, Lananna was named Pac-10 Women's Cross Country Coach of the Year. The Cardinal men, in 1993, also showed vast improvement. Stanford won three meets (Aztec Invitational, UC Davis Invitational, Santa Clara Invitational) and placed second at the Stanford Invitational and the Michigan Invitational.

Three years ago, he coached the men's and women's team to victories at the Fresno Pacific Invitational. He coached the men to a fourth place finish at the Pac-10 Championships and a fourth place finish at the District-8 Championships. He coached the women to a similar finish at the Pac-10 and District-8 Championships. Additionally, he added Gary Stolz' name to a long list of All-American athletes at Stanford by virtue of Stolz' second place NCAA performance at the NCAA Cross Country Championships in 1992. Additionally, Louise Watson captured the NCAA District-8 title in 1992.



Vin Lananna and All-American Louise Watson.

Lananna, the Assistant Athletic Director for Cross Country and Track for Men & Women at Dartmouth College (Hanover, NH), was named Director of Track & Field/Cross Country at Stanford University on July 28, 1992. During his tenure at Dartmouth, his success was resounding. His team's success included eight consecutive Heptagonal cross country titles (1984-91), five Heptagonal track & field championships (1987-91), four IC4A cross country titles (1986-89), twelve straight appearances at the NCAA cross country championships, including two second place finishes (1986-87), and selection of more than 50 All-Americans in cross country and track & field. His personal honors have included National Cross Country Coach of the Year (1986), District Cross Country Coach of the Year (1983-87, 89-90) and District Track & Field Coach of the Year (1985, 87-88, 91). He also coached the 1995 U.S. team for the World Junior Cross Country Championships in London. He similarly coached the U.S. Junior World Team in 1990. Lananna is currently President of the NCAA Cross Country Coaches Association.

Born June 17, 1953, Lananna obtained his Bachelor of Arts Degree in History and Psychology from C.W. Post College and a Masters degree in Education from Long Island University. During his undergraduate days at C.W. Post (1971-75), Lananna ran cross country and track, and was captain of the 1974 cross country team which finished fourth at the NCAA Division II Championship.

Vin, his wife Elizabeth, and two sons, Brian and Scott, reside at Stanford.



Beth Alford-Sullivan

*Assistant Coach/Coordinator of
Women's Track & Field*

Beth Alford-Sullivan begins her first year as assistant cross country, and track & field coach at Stanford University having been head coach for women's cross country and track & field at Mankato State University for the past two years. She brings to Stanford a wealth of experience as an athlete, international and national coach, and as a sound technician in all running events. She will assist in all aspects of conducting a men's and women's combined cross country and track & field program. She will oversee the conduct of women's running events including cross country.

She has won numerous coaching awards, including the 1995 United States Track Coaches Association Indoor Regional Coach of the Year, and the 1995 North Central Conference Indoor Coach of the Year. In 1992, she was named Coach of the Year by the Missouri Track & Cross Country Coaches Association and Ohio Valley Conference Cross Country Coach of the Year. Her coaching success has earned her national prominence as she was named the 1994 head coach of a United States women's distance running team, which competed at the Beijing International Women's Ekiden. Her team finished fourth out of 20 nations competing. During the summer of 1995, she also served as an assistant track & field coach at the United States Olympic Festival for the North team in Colorado Springs, Co.

During her tenure at Mankato State, four of her athletes gained All-America honors. As a team Mankato State finished 20th at the NCAAs in 1995 and 24th in '94.

Prior to Mankato State, she was the head coach for men's and women's cross country, and assistant track & field coach for men and women at SE Missouri State from 1991-93. From 1989-91, she was the assistant track & field and cross country coach at Southern Illinois University.

She is currently a committee member of the NCAA Men's and Women's Track & Field Committee, a subcommittee member of USA Track & Field Women's Cross Country, and an executive member of the USA Track & Field Women's Track Coaches Association. In 1994, she was a NCAA subcommittee member for the Student Welfare, Access, and Equity Committee, representing the Division II Track Coaches Association.

Alford-Sullivan received her B.S. degree in Youth Studies in 1989 from the Univ. of Minnesota and her M.S. degree in Sport Management in 1993 from Southern Illinois. During her undergraduate days at Minnesota, she was a standout runner on the cross country and track & field teams. She served as team captain from 1986-88.

She is married to Jim Sullivan, a professor of Exercise Physiology at Mankato State.



Andrew Gerard

Assistant Coach

Andrew Gerard is in his third year on the Stanford staff after serving two years as an assistant cross country track & field coach at Dartmouth College. In his third year on The Farm, Gerard's assistance as a recruiting coordinator and coach has been invaluable.

Gerard works with both the men's and women's middle and long distance runners and helps coordinate the Cardinal recruiting efforts in those areas. He will also play a role in the fall conditioning program for the track & field program this year. In his first year, he helped guide the women's team to their first Pac-10 title and an NCAA appearance, their first since 1984, where they placed 11th. He also helped the men's team to a fifth place showing in the Pac-10 and NCAA District-8 meets in 1993. Last year, he played an expanded role in the women's cross country program, helping guide them to their second straight Pac-10 crown, a victory at NCAA District-8's and seventh place at the NCAA's. He also helped the men's team to a second place finish at the NCAA District-8 meet and a sixth place finish at the NCAA's. During the track and field seasons, he worked primarily with the women's distance runners, who scored multiple places in the 3,000, 5,000 and 10,000 meters at the Pac-10 championships and went on to garner several All-America awards at the NCAA Championships. While at Dartmouth, Gerard held similar duties, guiding the men's cross country team to the 1991 Heptagonal title and an appearance at the NCAA Championships. He has also earned his USA Track & Field Level I coaching certification.

A 1990 graduate of Colgate University, Gerard was a member of the cross country and track & field teams throughout his undergraduate years. In his senior year, as a team captain, he helped lead the Red Raiders to the New York State Collegiate Track & Field Association (NYSCT&FA) indoor title by winning the 1,500 and 3,000 meter races. Later that year, he added the NYSCT&FA outdoor steeplechase crown, his second consecutive title in that event. He still holds the Colgate indoor record in the 1,500.

A native of Lebanon, NH, Gerard graduated from Lebanon High School in 1986.

Track Phone Numbers

- Vin Lananna (415) 723-2736
Director of Track & Field/Cross Country
- Beth Alford-Sullivan, Assistant Coach 725-0761
- Andy Gerard, Assistant Coach 723-2736
- Mike Reilly, Administrative Associate 723-2736
- Bob Vazquez, Media Relations Director .. 723-4418

Stanford Poised to Run for Top Honors in '95



Bill Leung, Jr./Geek Media

Strong field returns after Top-10 NCAA finishes for both men & women in '94



Monal Chokshi was the 1995 Pacific-10 Conference champion in the 3,000.

STANFORD - Cardinal head coach VIN LANANNA and his staff have earned high marks for their ability to recruit talented cross country runners to Stanford.

Since his arrival three years ago, he has molded the Cardinal women's and men's program into one of the strongest in the nation. In addition, both teams were selected to receive Academic All-American honors from the U.S. Cross Country Coaches Association.

In 1995, look for Stanford to firmly entrench itself as one of the top cross country programs in the nation.

The Cardinal women served notice of its talent in 1994, capturing the Pac-10 title for a second straight year, winning top honors at the NCAA District-8 meet and securing a seventh place finish at NCAAs.

Stanford returns all but one of its top runners from 1994. Add to that veteran group a talented group of national caliber high school distance runners and LANANNA is beaming with optimism.

"If we make normal improvement throughout the season, I think we'll move up quite a bit in the national rankings," said LANANNA, the 1994 Pac-10 Women's Cross Country Coach of the Year. "When it comes time for the NCAA's in November in Ames, Iowa, we'll be a team in the thick of the hunt."

KORTNEY DUNSCOMBE, MONAL CHOKSHI and SARNA RENFRO form the heart of this year's team. DUNSCOMBE, a sophomore, was Stanford's top runner in 1994. In seven cross country races last year, she placed in the top five six times. At the Pac-10 and NCAA District-8 meets, she placed fourth. At the NCAA's, she was the top American freshman, placing 18th overall to earn All-America recognition. At the 1994 U.S. Junior Cross Country Championships, she captured first place honors over 5,000 meters. She also

went on to win the U.S. Junior Women's World Cross Country Trials and represent the United States at the World Junior National Cross Country Championships where she placed 37th. She also was one of the top runners on the track team, finishing second in the 10,000 meters and fourth in the 5,000 meters at the conference meet. CHOKSHI gained valuable experience as a sophomore last year, placing eighth in a tough field at the NCAA District-8 Regionals and tenth at the conference meet. In the spring of 1995, she captured the Pac-10 track title in the 3,000 meters, defeating 1994 NCAA champion Karen Hecox in the final lap. RENFRO placed tenth at the 1994 Pac-10 Cross Country Championships, and later was the third American freshman at the NCAA's which garnered her All-America honors. At the 1994 U.S. Junior Cross Country Championships, she finished second behind DUNSCOMBE over 5,000 meters. She was also a talented runner in the 3,000 and 5,000 meters on the Cardinal track & field team in 1995. All three were also awarded All-America honors for their performances at the NCAA Championships in both the indoor and outdoor track seasons.

There is excellent depth with the return of LEILA BURR, AMANDA WHITE, AMY MACARTHUR, and redshirts ANN SHEEHY and STEFANIE JENSEN. BURR is a junior who has gained valuable experience the past two years running consistently at the conference, district and national levels. WHITE, like BURR, has gained experience running against the nation's best runners. MACARTHUR, SHEEHY and JENSEN have made excellent progress since arriving at Stanford, and are capable of providing steady and reliable performances during the 1995 season. Other talented veterans to watch include MELISSA FREEBERG, LAURA HAYWARD, SARA MOORE, RYAN THOMAS, TILLA TORRENS and GWEN WILLIAMS.

The incoming freshman class is among the top recruiting classes in the country. At the head of the list is MARY COBB from Massachusetts, who finished 21st at the 1994 Junior World Cross Country Championships. She was the fastest prep 1600-meter runner in the U.S. in 1994, clocking 4:41.93. Both she and CARA ALEY of New Hampshire were high school All-Americans last fall in cross country. ALEY was also the New Hampshire and New England Champion. Added to that are KRISTINA BETZOLD, the two-time Wisconsin state champion, LINN SCHULTESASSE, a third team All Midwest regional selection, and CYNTHIA MORMAN, the Alaska state runner-up.

"We have the makings of an outstanding nationally-ranked team," said LANANNA. "We should be ranked in the top eight in the pre-season."

The Stanford men's cross country team will be strong in 1995. The entire team returns from a squad that placed second at the NCAA District-8 Regionals and sixth at the NCAA's.

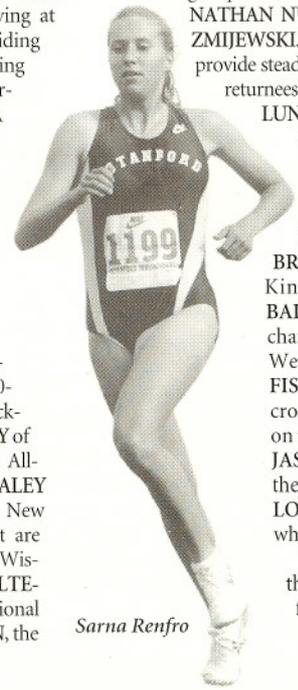
"In the past two years, youth has been our obstacle," said LANANNA. "This year, the team has physical maturity."

GREG JIMMERSON has emerged as one of the top cross country runners in the nation. Last year as a sophomore, JIMMERSON finished third at the NCAA District-8 Regionals. At the NCAA's, he finished a hard-charging sixth to earn All-America honors as the second American in the field. He capped off a brilliant year by racing to an impressive victory at the 1994 U.S. Junior Cross Country Championships. JIMMERSON has also amassed impressive track honors in only a short time at Stanford, highlighted by his performances at the 1994 U.S. Junior Track & Field Nationals where he captured top honors in the 5,000 and 10,000 meters.

J.J. WHITE and ROB REEDER coupled with JIMMERSON should provide a very solid up-front punch for the Cardinal as the team's top three runners in 1995. WHITE was Stanford's second runner at the NCAA District-8 and NCAA meets, while REEDER, a senior co-captain is a talented, consistent runner who made a big breakthrough last year at the conference meet. The remaining group of top seven runners should come from a large group of veterans, including MATTHEW FARLEY, NATHAN NUTTER, ANDY COWGILL, and BRYAN ZMIJEWSKI. All four runners will be looked to continue to provide steady and reliable performances in 1995. Other returnees to watch include MARK FADIL, CHRIS LUNDSTROM, RYAN MCCALMON, JASON PERSCHIED, MICHAEL PRINDIVILLE, GIL SERRANO, JONATHAN WELDON and ZAK WRIGHT.

Another outstanding freshman class has arrived at Stanford. The list includes BRAD and BRENT HAUSER, three-time Kinney finalists out of Texas, JASON BALKMAN, the California state high school champion in the two mile and a Footlocker West regional winner in 1994, and JEFF FISCHER, a California state runner-up in cross country with 9:10 two-mile credentials on the track. Two transfers also join the mix, JASON LUNN from Rice, a 1:48 runner in the 800 meters and 4:07 miler; and JAMES LONG, a transfer from Washington State, who has scored in the Pac-10's.

"I'm not sure if there is a deeper team in the United States," said LANANNA. "The focus of our team is to make the NCAA's. If we make it to the NCAA's, we will be a very strong team. It'll be an exciting year."



Sarna Renfro

Cross Country Heritage

Cross country has been a varsity sport at Stanford since 1916 for men and 1977 for women. The Stanford women's cross country program has become one of the nation's finest. The early 1980's saw Stanford emerge as a national powerhouse with such future Olympians, U.S. National champions, and NCAA champions as REGINA JACOBS, ALISON WILEY, PATTISUE PLUMER, and CECI (HOPP) ST. GEME. Outstanding athletes such as these led the Cardinal to NCAA runnerup team finishes in 1982, 1983, 1984 and a third place showing in 1981. In 1993, Stanford won its first Pac-10 Cross Country championship ever for the women and qualified for the NCAA championship meet for the first time since 1984. In 1994, Stanford proved to be the best team in the conference, defeating



J.J. White and Jason Perscheid

a strong field for its second straight league title. The Cardinal then raced to victory at the NCAA District-8 meet, and placed a respectable seventh at the NCAA's. SARNA RENFRO and KORTNEY DUNSCOMBE were both All-American last fall and, along with a tremendously strong supporting cast, have the potential to bring Stanford more success in 1995.

Over the years, the men's program has produced some of the nation's finest distance runners, including All-Americans HARRY McCALLA '65, GREG BROCK '70, BROOK THOMAS '70, DON KARDONG '71, MARC OLESEN '86 and GARY STOLZ '93. In 1992, STOLZ stunned the collegiate scene with a strong

second place finish at the NCAA Cross Country Championships, finishing second behind Indiana's BOB KENNEDY, a member of the United States Olympic team in the 5,000 meters. STOLZ' finish was the highest finish ever by a Stanford cross country runner. In 1972, the Cardinal finished second as a team in the NCAA Cross Country Championships and in 1979, the team won the Pacific-10 Southern Division Conference title. In 1985, the Stanford men won the Pac-10 Championship and went on to place 17th in the nation with MARC OLESEN placing fourth nationally. The Cardinal men's cross country team of 1994 etched its name as one of the best teams in Stanford history. In 1994, the Cardinal men placed second at the NCAA District-8 meet, and then placed sixth at the NCAA's. GREG JIMMERSON has proven that he's one of the top runners in the nation. Last year, JIMMERSON placed third at the NCAA District-8 meet and sixth at the NCAA's. His future is bright. Stanford has once again burst upon the national scene by developing some of the nation's best young distance runners. At the 1994 USA/Junior Cross Country Nationals, Stanford's men and women won both of the Junior National titles for students under 20 years of age. Additionally, Stanford has had at least one athlete on the U.S. Junior delegation to the IAAF Championships for each of the last three years.

Stanford Golf Course

The beautiful Stanford University Golf Course is home to the Cardinal men's and women's cross country teams. A shady site covered with more than 300 oak trees, the course is both picturesque and challenging. Just as rich as the scenery is the tradition of top flight cross country competition. Home of the NCAA District-8 Championships for six seasons and the Pac-10 Championships every year since 1972, the course has challenged some of the finest distance runners in the world.

Stanford Invitational

The Stanford Invitational Cross Country Meet will be held for the 22nd time in 1995 and will once again feature some of the nation's strongest men's and women's cross country teams. Some 60 squads with athletes numbering over 3,000 will be at the start on September 30 at the Stanford Golf Course.

Pacific-10 Championships

Stanford will again host the Pac-10 Cross Country Championships (October 28) at the Stanford Golf Course. This prestigious event, which Stanford has hosted for numerous years, brings together the #1 distance conference in the nation. The distance will be 8,000 meters for men, and 5,000 meters for women. Stanford's women's team is the two-time defending Pac-10 champion. Admission will be free to the public.

1995 Stanford Men's Cross Country Roster

Name	Class	Hometown (High School)
Wes Arnett	Freshman	Seattle, Wa (Shorewood)
Jason Balkman	Freshman	Saratoga, Ca (Lynbrook)
Andrew Cowgill	Junior	St. Paul, Mn (St. Paul Academy)
David Dyer	Junior	Fairbanks, Ak (Lathrop)
Mark Fadil	Senior	Liverpool, NY (Liverpool)
Matthew Farley	Sophomore	Sacramento, Ca (Jesuit)
Jose Fierro	Sophomore	Martinez, Ca (Singapore American School)
Jeff Fischer	Freshman	Thousand Oaks, Ca (Thousand Oaks)
Nicholas Gonzalez	Soph/Freshman (ath)	San Antonio, Tx (Central Catholic)
Jorn Grimsley	Freshman	Billings, Mt (Skyview)
Brad Hauser	Freshman	Kingwood, Tx (Kingwood)
Brent Hauser	Freshman	Kingwood, Tx (Kingwood)
Gregory Jimmerson	Sophomore	Rapid City, SD (Stevens)
James Long	Junior	Redmond, Wa (Redmond)
Chris Lundstrom	Soph/ Freshman (ath)	Northfield, Mn (Northfield)
Jason Lunn	Sophomore	Boulder, Co (Dulles)
Ryan McCalmon	Soph/Freshman (ath)	Portland, Me (Cheverus)
Daniel McGinn	Senior	Chicago, Il (University)
Brandon Morris	Soph/Freshman (ath)	Helena, Mt (Capital)
Nathan Nutter	Sophomore	Tempe, Az (Corona Del Sol)
Jason Perscheid	Junior	Sacramento, Ca (Jesuit)
Michael Prindiville	Junior/Sophomore (ath)	Antioch, Ca (DeLaSalle)
Robert Reeder	Senior	Allendale, NJ (Northern Highlands)
James Senechal	Sophomore	Niceville, Fl (Niceville)
Gilbert Serrano	Junior	Oceanside, Ca (Pt. Loma)
Alex Teekell	Freshman	Oakland, Ca (Bishop O'Dowd)
Jonathan Weldon	Sophomore	Thomasville, NC (Thomasville)
J.J. White	Junior	Dublin, Oh (Dublin)
Zak Wright	Soph/ Freshman (ath)	Jaffrey, NH (Conant)
Bryan Zmijewski	Junior	Matthews, NC (Sun Valley)

1995 Stanford Women's Cross Country Roster

Name	Class	Hometown (High School)
Jessica Alexander	Soph/Freshman (ath)	Plymouth, Mn (Plymouth)
Cara Aley	Freshman	Hanover, NH (Hanover)
Aviva Alyeshmerni	Sophomore	Minneapolis, Mn (Blake School)
Kristina Betzold	Freshman	Eau Claire, Wi (North)
Leila Burr	Junior	New York, NY (Friend's Seminary)
Monal Chokshi	Junior	Bridgewater, NJ (Bridgewater Raritan)
Mary Cobb	Freshman	Santa Barbara, Ca (Pittsfield)
Kortney Dunscombe	Sophomore	Sunriver, Or (Bend Senior)
Sara Foster	Junior	Delavan, Wi (Delavan Darien)
Melissa Freeberg	Senior	San Ramon, Ca (California)
Stephanie Goodrich	Sophomore	Evanston, Il (Evanston Township)
Laura Hayward	Senior	Agoura Hills, Ca (Agoura)
Stephanie Jensen	Senior	Clayton, Ca (South Tahoe)
Amy MacArthur	Junior	Tucson, Az (University)
Sara Moore	Sophomore	Richland, Wa (Richland)
Cynthia Morman	Freshman	Chugiak, Ak (Chugiak)
Sarna Renfro	Sophomore	Federal Way, Wa (Bellarmine Prep)
Ann Sheehy	Senior/Junior (ath)	Middleton, Wi (Middleton)
Linn Schulte-Sasse	Freshman	Minneapolis, Mn (Southwest)
Ryan Thomas	Sophomore	St. Louis, Mo (John Burroughs)
Tilla Torrens	Junior/Sophomore (ath)	Los Altos, Ca (St. Francis)
Alison White	Freshman	Dalton, Ma (Mt. Greylock)
Amanda White	Junior	Cockeysville, Md (Delaney)
Gwen Williams	Sophomore	Leawood, Ks (Principia Upper School)



Andrew Cowgill

Junior, St. Paul, MN

An outstanding competitor ... Projects to be an impact runner for the Cardinal cross country team in 1995 ... Helped lead the Cardinal to a second place finish at the 1994 NCAA District-8 meet and sixth place at the NCAA's ... One of Stanford's top seven runners in 1994 ... Finished 17th at the NCAA District-8 meet ... Best finish in 1994 was a second place finish at the Stanford Invitational ... Best finish during the 1993 cross country season was eleventh at the Aztec Invitational in San Diego ... Also gained valuable experience competing at the Pac-10 and the NCAA District-8 meets in 1993 ... A veteran runner on the Cardinal track & field team ... Ran the 10,000 meters during the 1995 campaign, where he ran a season-best 30:42.82 at the Stanford Track & Field Festival ... Placed 10th in the 10,000 meters at the 1995 Pac-10 Track & Field Championships ... Ran 30:48 for 10,000 meters in 1994 before suffering a season ending injury and redshirting the 1994 track season ... An All Pac-10 academic selection in cross country and track in 1994 ... The Minnesota state champion in the mile and two-mile from St. Paul Academy ... He also finished seventh at the Kinney Cross Country Nationals ... Earth Sciences/Latin American Studies major ... Born October 19, 1974.



Mark Fadil

Senior, Liverpool, NY

A solid runner, who will add depth to the Cardinal varsity in 1995 ... Best finish of 1994 was fifth at the USF Invitational ... Redshirted during the 1993 cross country season ... A transfer from Dartmouth College ... Was sidelined most of the 1994 track season with an injury ... In 1995, he qualified for the Pac-10 Track & Field Championships in the 3,000 meter steeplechase with a time of 9:02.47, where he finished second ... Enjoyed athletic and academic success at Liverpool High School in Liverpool, NY where he won the New York State 3,200 meter title ... International Studies major ... Comes from a family of outstanding runners, including older brother Mike, who ran a 8:28.0 in the 3,000 meter steeplechase at Dartmouth ... Born February 20, 1973.



Matthew Farley

Sophomore, Sacramento, CA

Will be one of Stanford's top runners in 1995 ... Best finishes in 1994 included ninth place at the NCAA District-8 Regionals ... At the 1994 U.S. Junior Cross Country Championships, he finished fifth in a time of 25:33 over 8,000 meters, thus qualifying for the U.S.

Junior World team that competed in Durham, England, in March ... A standout runner for coach Walt Lange at Jesuit High School ... A California state champion, national finalist and All-American in cross country ... Finished second to Nathan Nutter in the two-mile (9:03) at the 1994 Golden West Invitational ... English major ... Born August 1, 1976.



Gregory Jimmerson

Junior, Rapid City, SD

Co-captain ... Expected to be one of the top runners in the nation in both track & cross country in 1995-96 ... A fierce competitor ... Stormed onto the national scene in 1994 in cross country ... Last year, he was Stanford's top runner ... Helped lead Stanford to a sixth place finish at the NCAA's and a second place finish at the NCAA District-8 Regionals ... At the NCAA's, he finished sixth earning All-America honors as the second American in the race ... He finished third at the NCAA District-8 meet and sixth at the Pac-10 meet ... Also during the 1994 cross country season, he placed fourth at the Michigan Invitational, and fifth at the Stanford Invitational ... He raced to victory at the 1994 U.S. Junior Cross Country Championships, running 25:14 over 8,000 meters ... Voted the Most Valuable Athlete on the 1994 cross country team ... Winner of the Block "S" outstanding male sophomore award presented to the most outstanding male athlete of the sophomore class at Stanford ... An academic first team All-American by the United States Cross Country Association in 1994 ... An all academic first team cross country selection by the Pacific-10 Conference in 1994 ... The top freshman runner in the Pac-10 two years ago ... During the 1993 cross country campaign, he enjoyed an excellent season ... He placed fifth at the Michigan Invitational, seventh at the Pac-10's and eleventh at the NCAA District-8 meet ... Competed for the United States team at the World Junior Cross Country Championships in 1993, where he finished 50th, the highest finish for a junior American in ten years ... Captured the 5,000 meters (14:39.00) and the 10,000 meters (30:33.14) at the 1994 U.S. Junior Track & Field Nationals ... By winning both races, he made the U.S. team which competed at the Junior World Championships in Lisbon, Portugal in July in 1994 ... During his first collegiate track & field season in 1995, he competed in the 5,000 meters and the 10,000 meters qualifying for the Pacific-10 conference championships at both distances ... Finished fourth in the 10,000 meters at the conference meet ... Redshirted during his freshman track season in 1994 ... While at Stevens High School in Rapid City, SD, he placed second at the Kinney Nationals ... He was the South Dakota state champion in cross country and track (two-mile) and won the Golden West championships in the two-mile in Sacramento ... Engineering major ... Born February 1, 1975.



Nathan Nutter

Sophomore, Tempe, AZ

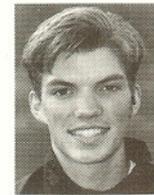
Last year, Nutter was one of the Cardinal's top freshman runners ... Now, he is a sophomore who will play major role in Stanford's success in 1995 ... At the 1994 U.S. Junior Cross Country Nationals, finished fourth over 8,000 meters in a time of 25:29, thus qualifying for the U.S. Junior World team that competed in Durham, England, in March of 1995 ... An integral member of Stanford's nationally-ranked cross country team as a freshman last year ... Showed tremendous poise and consistency as a freshman, running in Stanford's top five every meet ... Competed at the Pac-10's, NCAA District-8 and NCAA meets ... Finished fourth at the USF Invitational, 24th at the NCAA District-8 Regionals, and competed at the NCAA's ... Redshirted during the 1995 track & field season ... A talented runner from Tempe Corona Del Sol High School ... Has run the two-mile in 8:54 and was the 1994 Golden West Invitational champion in that event ... Engineering major ... Born February 13, 1976.



Robert Reeder

Senior, Allendale, NJ

A true veteran of the Cardinal cross country team, returning as co-captain of the 1995 squad ... Helped the team finish second at the NCAA District-8 meet and sixth place at the NCAA's in 1994 ... Finished third at the USF Invitational and 13th at the 1994 Pac-10 cross country meet ... A member of the 1993 World Junior Cross Country team ... As a freshman, finished second at the U.S. Junior Nationals, thus earned the honor of representing the United States at the World Junior Championships ... Has been among Stanford's top five runners since arriving at Stanford ... A Pac-10 second team all-academic choice in 1993 and 1994 ... A member of the Cardinal track & field team ... Competed in the 5,000 meters and the 10,000 meters in 1995 ... His time of 29:46.61 in the 10,000 meters was an NCAA provisional qualifying time in 1995 ... Placed fifth in the 10,000 meters at the 1995 Pac-10 meet ... Winner of the 1995 Alfred R. Masters Award, given to recognize high academic and athletic achievement ... Winner of the 1994 Margaret Storey-Garnett Young award given to the most improved runner on the track team ... Ran the 5,000 (14:32.24) and 10,000 meters (30:22.12) on the track in 1994 finishing third in the 10,000 meters and fourth in the 5,000 meters at the 1994 Pac-10 Track & Field Championships ... The 1993 Mountain Pacific Sports Federation indoor champion in the 5,000 meters ... A standout athlete and student at Northern Highlands High School in Allendale, NJ ... Computer Science major ... Born July 31, 1974.



J.J. White

Junior, Dublin, OH

Expected to be one of the top runners on the Cardinal varsity in 1995 ... His best races of 1994 in cross country included a sixth place finish at the NCAA District-8's ... Gained valuable experience competing at the Pac-10 and NCAA meets ... An All Pac-10 cross country academic selection in 1994 ... Also an outstanding runner on the Cardinal track & field team ... Was an NCAA qualifier indoors in the mile (4:04.17) and outdoors at 5,000 meters ... Ran the 800 meters (1:53.18), 1,500 meters (3:48.03) and the 5,000 meters (14:02.87) ... His times in the 1,500 meters and 5,000 meters were conference qualifying times, while his time in the 5,000 meters was an NCAA provisional time ... Finished a close second to Arizona's Martin Keino in the 5,000 meters at the 1995 Pac-10 Track & Field Championships ... While at Dublin High School, he won the Ohio State title in cross country and track (two-mile), and won the 1993 Midwest Meet of Championships in the two-mile ... Placed third at the Kinney Cross Country Nationals during his senior season ... Ran the second fastest 3,200 meters in the nation for a high school senior in 1993 ... Biology major ... Born December 17, 1994.



Bryan Zmijewski

Junior, Matthews, NC

A tough competitor ... Has made tremendous progress since his arrival at Stanford ... As a freshman, he was a junior varsity runner ... As a sophomore, he was an NCAA quality runner ... Top cross country finishes in 1994 were second place at the USF Invitational and seventh at the UC Irvine Invitational ... Also competed at the Pac-10s, the NCAA District-8s, and at the NCAA's ... A Pac-10 academic cross country team selection in 1994 ... His best finish during the 1993 cross country season was a seventh place showing at the Stanford Invitational ... Stanford's top 3,000 meter steeplechaser the past two years ... His time of 8:56.22 during the 1995 season was a conference and NCAA provisional time ... Placed eighth at the 1995 conference meet ... Finished ninth at the 1994 conference meter in the 3,000 meter steeplechase ... A standout student-athlete at Sun Valley High School ... Engineering/Product Design major ... Born October 15, 1974.

Others to Watch in '95

James Long*Junior, Redmond, WA*

Will be a valuable addition to the Cardinal varsity after a successful two years with the Cougars at Washington State ... At WSU during the 1994 cross country season, earned top five finishes in three races ... Consistently the Cougars' second runner ... Has run 30:27 for 10,000 meters, and 14:36 for 5,000 meters ... Has gained valuable experience running at the conference and NCAA District-8 meets ... A standout student-athlete at Redmond High School ... Finished second in his league, and third in the district in cross country in high school ... Bio-Chemistry major ... Born March 27, 1974.

Jason Lunn*Sophomore, Boulder, CO*

A great addition to the middle distance and cross country teams ... A transfer from Rice University, where he ran 1:49.6 in the 800 meters and 4:07 for the mile ... The SWC champion in the mile ... While a senior at Dulles High School, finished sixth in cross country at the Footlocker Nationals ... Engineering major ... Born September 19, 1974.

*Matthew Farley (left) and Nathan Nutter***Ryan McCalmon***Sophomore, Falmouth, ME*

A tough runner, who will add valuable depth to the cross country team in 1995 ... Redshirted during the 1994 cross country season, thus has four years of eligibility remaining ... During the 1995 track & field season, competed in the 800 meters and 1,500 meters ... His time of 3:49.78 in the 1,500 meters qualified for the Pac-10 championships, where he advanced to the finals ... Gained numerous athletic and academic honors at Cheverus High School ... Ran a 4:16 mile in high school ... The Maine state cross country and mile champion as a senior ... Competed at the Millrose Games in the mile as a senior ... Art History major ... Born December 4, 1975.

Jason Perscheid*Junior, Fair Oaks, CA*

Will provide valuable depth to the Cardinal cross country team in 1995 ... Also a key member of the Cardinal track team, where he has run 14:45 for 5,000 meters and 30:50 for 10,000 meters ... His top finish in 1994 was eighth place at the UC Irvine Invitational ... Gained valuable experience running at the conference meet ... A 1994 Pac-10 academic selection in cross country ... As a freshman in 1993, he ran his best races at the Stanford Invitational (ninth) and at the UC Davis Invitational (15th) ... Gained numerous athletic and academic honors at Jesuit High School in Sacramento, Ca, where he ran 9:14 for two-miles ... Human Biology major ... Born July 2, 1975.

Michael Prindiville*Sophomore, Antioch, CA*

Will give strength to the Cardinal varsity in 1995 ... Redshirted all of 1994 ... Had a very good year as a freshman in 1993 ... Won the Santa Clara Invitational and was eighth at the Stanford Invitational ... Graduated from DeLaSalle High School in Concord, Ca, where he was Division II mile champion, running 4:11 in his senior year ... Ran 9:13 for two miles in high school ... Engineering major ... Born March 23, 1975.

Zak Wright*Sophomore, Jaffrey, NH*

Redshirted during the 1994 cross country season ... Competed in the 800 and 1,500 meters during the 1995 track & field season ... A Pac-10 finalist in the 1,500 meters last year ... A standout runner in high school ... Ran a 4:09.8 for the 1,600 meters, placing third at the Golden West Invitational ... Also ran 2:27.2 in the 1,000 meters (indoors), to set a New England high school record ... A national finalist and All-American in cross country in high school ... A standout student-athlete at Conant High School ... English/Creative Writing major ... Born April 24, 1975.

**Leila Burr***Junior, New York, NY*

A talented cross country runner ... Has been among Stanford's top seven runners both of the past two years ... Enjoyed an outstanding cross country season in 1994 ... Helped the Cardinal to first place titles at the Pac-10 and NCAA District-8 Regionals, and seventh place at the NCAA's ... Her best finish was tenth at the UC Invitational ... A Pac-10 all academic selection in 1994 ... Best finish in 1993 was 12th at the Stanford Invitational and at the Pac-10 Championships ... Helped lead Stanford to the Pac-10 title, second place at the NCAA District-8 meet and eleventh at the NCAA's in 1993 ... One of Stanford's top young distance runners in track the past two years ... A tremendously versatile competitor for the Cardinal track and field squad ... Has competed in the 800, 1,500 and 3,000 meters ... Placed seventh at the 1995 conference championships in the 1,500 meters ... Placed seventh at the 1994 Pac-10 Track & Field Championships in the 3,000 meters ... Originally from Australia ... Attended the Friends Seminary in Riverdale, New York, and recorded the fifth fastest time (4:55.6) in the mile for high school girls in 1993 ... In 1992, she placed 13th at the Kinney meet ... English/Political Science major ... Born February 27, 1975.

**Monal Chokshi***Junior, Bridgewater, NJ*

Expected to be one of Stanford's top runners in 1995 ... A top runner in cross country and track ... Has been awarded All-American honors in track and field, both indoors and outdoors, and was the 1995 Pac-10 champion in the 3,000 meters ... Helped lead the nationally-ranked Stanford cross country team to a Pac-10 title, a first place finish at the NCAA District-8 Regionals, and a seventh place finish at the NCAA's in 1994 ... Her best finishes were eighth place at the NCAA District-8 Regionals, ninth at the UC Irvine Invitational and tenth at the Pac-10's ... A Pac-10 all academic selection in 1993 and 1994 ... Best finish of the 1993 cross country season was a 13th place showing at the NCAA District-8 cross country meet ... Competed at the NCAA's at Lehigh, an event where Stanford placed eleventh ... Enjoyed an outstanding track season in 1995 ... The 1995 Pac-10 champion in the 3,000 meters (9:38.16) ... Won the race in dramatic fashion, coming from 30 meters down on the defending NCAA champion to sweep past in the final meters of the last lap ... Placed eighth in the 3,000 meters at the NCAA's to earn All-America honors ... Competed in the 1,500 meters (4:31.88) and the 3,000 meters (9:31.06) in 1995 ... Co-winner of the Block "S" outstanding female freshman award ... In 1994, competed briefly in the 800 meters and 1,500 meters (4:31) for the Stanford track & field team before being injured and thus

redshirted ... At the 1994 NCAA Indoor Track & Field Championships, she was a member of the distance medley relay team which captured sixth to earn All-America honors ... A three-time finalist at the Kinney National Cross Country meet ... A three-time cross country state champion in New Jersey ... Hails from Bridgewater Raritan High School in Bridgewater, NJ ... Ran the ninth fastest high school 3,200 meter time during her senior season at 10:45.27 ... Symbolic Systems major ... Born May 29, 1975.

**Kortney Dunscombe***Sophomore, Sunriver, OR*

Emerged as one of the most exciting young cross country runners in the nation ... Was All-American both indoors, outdoors, and in cross country as only a freshman ... At the U.S. Junior Cross Country Championships, she captured first place honors over 5,000 meters in a time of 17:44, finishing just ahead of teammate Sarna Renfro ... Placed first at the U.S. Women's World Cross Country Trials in Birmingham, Alabama ... Stanford's top runner during the 1994 cross country season ... Helped lead Stanford to the 1994 Pac-10 Cross Country championship, a first place title at the NCAA District-8 crown and seventh place at the NCAA's as a team ... In seven cross country races, she placed in the top five six times ... Finished third at the UC Irvine and Michigan Invitationals ... Placed fourth at the Pac-10 and NCAA District-8 meets ... At the NCAA's, she was the top American freshman placing 18th overall to gain All-America recognition ... During the 1995 Cardinal track & field season, she ran the 3,000 meters (9:35.49), the 5,000 meters (16:17.12) and the 10,000 meters (36:08.50) ... Freshman school record holder at 5,000 meters ... At the 1995 Pac-10 Track & Field Championships, she placed second in the 10,000 meters and third in the 5,000 meters ... At the NCAA's, she placed tenth in the 5,000 meters to earn All-America honors ... At the 1994 NCAA Indoor Track & Field Championships, she placed seventh in the 5,000 meters to earn All-America honors ... From Bend H.S. where she was the 1994 Oregon state 1,500 meter (4:32) and 3,000 meter champion ... Co-winner, along with teammate Monal Chokshi, of the Block "S" outstanding female freshman award ... A Kinney national cross country finalist ... Engineering major ... Born August 8, 1976.

**Stefanie Jensen***Senior, Clayton, CA*

Redshirted during the entire 1994-95 cross country and track seasons ... However, during her past seasons at Stanford, she has made her talents known on the cross country and track teams ... Look for her to again be one of Stanford's top runners in 1995 ... Led Stanford run-

ners (eighth place) to help the Cardinal win the 1993 Pac-10 cross country title ... One of Stanford's top three runners in cross country in 1993 ... Has the ability to be among Stanford's top runners on a consistent basis ... Also competed among Stanford's top runners at the NCAA District-8 meet and at the NCAA's ... One of Stanford's top runners on the track & field team in 1994 ... Placed fourth in the 10,000 meters at the Pac-10 Track & Field Championships in 1994 ... Placed eighth in the 5,000 meters at the conference meet in 1994 ... Has competed in the 3,000 meters, 5,000 meters and 10,000 meters ... Transfer from Notre Dame where she competed for two seasons in the 3,000 and 5,000 meters ... Has run 16:42 for 5,000 meters and 9:39 for 3,000 meters ... Won the Nevada state high school championship in the 800 meters in 1989 ... Lettered in cross country and track four years at South Tahoe High School ... Psychology major ... Born January 17, 1973.



Amy MacArthur

Junior, Tucson, AZ

Has developed from a walk-on into a quality NCAA-level competitor... Will provide valuable depth for the nationally-ranked Cardinal in 1995 ... Competed at the 1994 NCAA District-8 meet and at the NCAA's ... A

Pac-10 academic cross country selection in 1994 ... Competed at the U.S. Junior World Cross Country Trials in the spring of 1994 ... Best cross country finish of 1993 was a fifth place showing at the Santa Clara Invitational ... A distance specialist who shows great promise at 5,000 and 10,000 meters in track ... Placed eighth in her first 10,000 meters ever at the 1995 Pac-10 Track & Field Championships ... Competed at the U.S. Junior National Cross Country trials in 1994, finishing 13th ... Graduated from University High School where she was the runner-up in the state cross country meet ... Political Science/Philosophy major ... Born September 11, 1975.



Sarna Renfro

Sophomore, Federal Way, WA

Last year as a freshman was a major contributor to the success of Stanford's nationally-ranked cross country team ... An NCAA All-American in cross country and indoor and outdoor track ... In 1994, she helped lead Stanford to

first place titles at the Pac-10 and NCAA District-8 meets, and seventh place at the NCAA's ... Top cross country finishes in 1994 included third place at the Stanford Invitational, fourth at the UC Irvine Invitational, and seventh at the Michigan Invitational ... Placed tenth at the Pac-10 meet and was the third American freshman at the NCAA's which garnered her All-America honors ... At the 1994 U.S. Junior Cross Country Championships, she

finished second behind teammate Kortney Dunscombe over 5,000 meters in a time of 17:55 ... Competed at the 1995 U.S. World Women's Cross Country Trials in Birmingham, Alabama ... During the 1995 Stanford track & field season, she had conference qualifying times in the 1,500 meters (4:37.28), 3,000 meters (9:36.03) and the 5,000 meters (17:08.33) ... At the 1995 Pac-10 Track & Field Championships, she placed sixth in the 3,000 meters and the 5,000 meters ... At the NCAA Track & Field Championships, she placed eleventh in the 3,000 meters to earn All-America honors ... At the 1994 NCAA Indoor's, she was a member of the distance medley relay team which placed sixth to earn All-America honors ... At Bellarmine Prep in Tacoma, Wa, she was the U.S. high school leader in the mile (4:46) and was also ranked third nationally in the 3,000 meters (9:28) taking second at the USAT&F Junior Nationals ... Represented the United States at the World Junior Championships in the 3,000 meters in Lisbon during the summer of 1994 ... Was also a cross country All-American, placing third at the 1993 Footlocker Championships ... She was the Washington state mile and two-mile champion in 1994 ... Human Biology major ... Born September 19, 1976.



Ann Sheehy

Junior, Middleton, WI

Captain of the 1994 and '95 Stanford cross country teams ... Redshirted during the 1994 cross country season ... A walk-on who developed into a team leader with a great attitude ... Expected to be one of

Stanford's top three or four runners ... In 1993, placed 14th at the Pac-10's and 18th at the NCAA District-8 Regionals, and also competed at the NCAA's ... Pac-10 honorable mention academic selection in cross country ... At the 1995 conference championship meet, she placed tenth in the 5,000 meters ... During the 1994 track & field season, she placed sixth in the 3,000 meters and seventh in the 5,000 meters at the conference meet ... Human Biology major ... Born February 19, 1974.



Ryan Thomas

Sophomore, St. Louis, MO

Has made tremendous strides in cross country and track ... A relative novice to high level competition, but emerged as a quality varsity runner in 1994 ... Has the potential to develop into a consistent, NCAA-level

competitor ... Will add valuable depth to the already strong Cardinal cross country team in 1995 ... Took third place honors at the Stanford Invitational in 1994 ... The 1993 Missouri state cross country champion and won the state titles at multiple distances in track for

John Burroughs High School ... Art History major ... Born April 16, 1976.



Amanda White

Junior, Cockeysville, MD

Dedicated her summer to being an improved runner in 1995 ... Has the talent to compete at the national level ... Helped lead the Cardinal to the 1994 Pac-10 cross country title, a first place showing at the NCAA Dis-

trict-8 meet, and a seventh place showing at the NCAA's ... Placed 16th at the Pac-10's, 17th at the NCAA District-8 meet and competed at the NCAA's ... Her best finishes during the '95 cross country seasons were fourth at the USF Invitational and sixth at the UC Irvine Invitational ... Helped lead Stanford to the 1993 Pac-10 title and a second place finish at the NCAA District-8 Regionals ... A 1994 Pac-10 all academic selection ... Placed ninth in the 1,500 meters at the 1995 Pac-10 Track & Field Championships ... During the 1994 track & field season, she placed eighth in the 5,000 meters at the Pac-10 meet ... The 1992 Kinney National Cross Country champion ... Placed second the year before ... The Maryland state cross country champion during her senior season at Dulaney High School ... Also won the state track titles in the 800 meters, one mile and two-mile ... In 1993, she won the Penn Relays in the 3,000 meters, and recorded the second fastest 3,000 meters for high schools girls in 1993 ... She was second at the Junior Pan American Games in the 3,000 during the summer of 1993 ... She is a national caliber swimmer and also competes on Stanford's nationally-ranked women's swim team ... One of only a handful of three-sport female athletes ever to compete at Stanford, as she competes in swimming, track and cross country ... Her father, Stan, was an All-American linebacker at Ohio State, and later gained fame in the NFL with the Baltimore Colts ... Biology major ... Born June 8, 1975.

Others To Watch in '95

Melissa Freeberg

Senior, San Ramon, CA

Redshirted in 1994 ... A solid competitor who will provide depth for the Cardinal in 1995 ... Best finish of the 1993 cross country season was sixth place at the UC Davis Invitational ... A Pac-10 honorable mention all-academic cross country selection ... Graduate of California High School ... Human Biology major ... Born June 16, 1973.

Laura Hayward

Senior, Agoura Hills, CA

For the past three years, she has been one of Stanford's top runners ... Was a solid top-10 competitor for the

Cardinal in 1994 ... Her best finish during the 1993 cross country season was ninth at the Aztec Invitational in San Diego ... Helped lead Stanford to the Pac-10 title and an eleventh place finish at the NCAA's ... Competed in the 5,000 and 10,000 meters last year for the Cardinal track & field team ... Finished third in the 10,000 meters at the 1993 Pac-10 Track & Field Championships at Washington State ... Named second team all academic Pac-10 in 1992, 1993 and 1994 ... Winner of the Dorothy M. Fontes Academic Award, given to the woman on the track & field team with the highest GPA ... Graduated from Agoura High School where she gained numerous athletic and academic honors ... Biology major ... Born November 9, 1974.

Sara Moore

Sophomore, Richland, WA

Will give added strength to the Cardinal in 1995 ... Chose to run cross country for the first time as a freshman in 1994, competing well at the Stanford Invitational and the Cal Poly SLO Invitational ... A strong middle distance runner on the Cardinal track & field team ... Competed in the 800 meters (2:09.38) and the 1,500 meters (4:35.4) last year ... Both her times were Pac-10 qualifying times ... Finished third at the conference meet in the 800 meters (2:10.12) ... Winner of the 1995 Michael Antonacci Award, given to honor the most inspirational female track & field athlete ... Primarily a 400 and 800 meter runner who excelled at both at Richland High School ... Was the Washington State champion in the 800 meters (2:13.7) in 1993 and anchored the state runner-up 1,600 meter relay ... Also an excellent soccer player invited to compete on several regional all-star teams ... Human Biology major ... Born April 23, 1976.

Tilla Torrens

Junior, Los Altos, CA

Will provide depth to the Cardinal in 1995 ... Academically a junior, she redshirted her freshman year ... Had an excellent year as a sophomore ... One of the top prospects in Northern California during her senior year in both cross country and track ... Could have a big impact this year ... Graduated from St. Francis High School ... Biology major ... Born January 17, 1976.

Gwen Williams

Sophomore, Leawood, KS

A talented sophomore, who will add valuable depth to the Cardinal varsity in 1995 ... Best finishes of 1994 included a seventh place showing at the Stanford Invitational ... With Ryan Thomas, dominated the Missouri state distance events during her junior and senior seasons in high school, winning titles in the 800 and 1,600 meters for Principia Upper School ... Biology major ... Born May 2, 1976.

Sept. 10, 1994 – at USF Invitational

Men's Team Results – 1. Stanford 20 pts; 2. Sacramento State 43; 3. USF 82

Women's Team Results – 1. Stanford 24; 2. Reebok Impala 50; 3. Hawaii 107; 4. Tamalpa 112; 5. Nevada 128

Men's Individual Results (5,000 meters)

2. Bryan Zmijewski	15:27
3. Robert Reeder	15:34
4. Nathan Nutter	15:40
5. Mark Fadil	15:40
6. David Dyer	15:42
7. Brian McCaffrey	15:43

Women's Individual Results (5,000 meters)

2. Kortney Dunscombe	18:01
4. Amanda White	18:12
8. Aimee Langevin	18:29
12. Sarah Truitt	18:47
14. Amy McArthur	18:54
19. Laura Hayward	19:12

September 17, 1994 – at UC Irvine Invitational

Men's Team Results – 1. Northern Arizona 17; 2. Stanford 40; 3. UC Irvine 109; 4. Cal Poly Pomona 120

Women's Team Results – 1. Stanford 30; 2. Arkansas 39; 3. Northern Arizona 82; 4. UC Irvine 126

Men's Individual Results (8,000 meters)

4. J.J. White	24:28
7. Bryan Zmijewski	24:30
8. Jason Perschild	24:31
10. Nathan Nutter	24:37
11. Greg Jimmerson	24:47
13. Rob Reeder	24:58
15. Mark Fadil	25:04

Women's Results (3.25 miles)

3. Kortney Dunscombe	17:59
4. Sarna Renfro	18:00
6. Amanda White	18:15
8. Sarah Truitt	18:19
9. Monal Chokshi	18:21
10. Leila Burr	18:25
19. Laura Hayward	18:56

October 1, 1994 – Stanford Invitational

Men's Invitational – 1. Arizona 47; 2. Stanford "A" 57; 3. UCLA 135; 4. California 145; 5. BYU 163; plus 18 other teams.

Men's Open – 1. Cal Poly Pomona 83; 2. Stanford "B" 95; 3. Chico State 129; 4. Westmont 139; 5. UC San Diego 144

Women's Invitational – 1. Stanford "A" 63; 2. UCLA 87; 3. BYU 91; 4. Arizona 96; 5. UC Santa Barbara 161; plus 18 other teams.

Women's Open – 1. Stanford "B" 40; 2. Yavapai 93; 3. Azusa Pacific 183; 4. Westmont 188; 5. UNLV 190

Men's Invitational Individual Results (8,100 meters)

5. Greg Jimmerson	25:04
10. J.J. White	25:23
11. Bryan Zmijewski	25:27
15. Matthew Farley	25:32
16. Nathan Nutter	25:33
25. Rob Reeder	25:52

Women's Invitational Individual Results (5,100 meters)

3. Sarna Renfro	17:39
5. Kortney Dunscombe	17:42
16. Leila Burr	18:23
19. Monal Chokshi	18:26
23. Sarah Truitt	18:38
28. Amanda White	18:47
30. Aimee Langevin	18:49

Men's Open Invitational Results (8,100 meters)

2. Andrew Cowgill	25:59
7. Jon Weldon	26:34
19. David Dyer	26:58
34. James Senechal	27:16
38. Gil Serrano	27:19

Women's Open Individual Results (5,100 meters)

3. Ryan Thomas	19:01
5. Andrea Garner	19:02
6. Tilla Torrens	19:10
7. Gwen Williams	19:18
21. Sara Moore	19:46
30. Gillian Reckler	19:55
36. Sara Foster	20:05

October 15, 1994 – at Cal Poly SLO Invitational

Men's Results – 1. Cal Poly SLO 47; 2. UC Santa Barbara 63; 3. Fresno State 64; 4. Stanford 138; 5. Cal St. Stanislaus 171

Women's Results – 1. Fresno State 47; 2. Stanford 85; 3. UC Santa Barbara 93; 4. California 95; 5. Cal Poly SLO 110

Men's Individual Results (8,000 meters)

9. Erik Spayde	26:14
11. Jon Weldon	26:23
27. Dave Dyer	26:51
44. Dan McGinn	27:22
48. James Senechal	27:26
49. Gil Serrano	27:27
57. Scott McGinnis	27:39

Women's Individual Results (5,000 meters)

10. Laura Hayward	18:15
11. Kay Luo	18:18
14. Tilla Torrens	18:22
24. Gillian Reckler	18:48
32. Gwen Williams	19:10
41. Sara Foster	19:28
44. Sara Moore	19:38

October 16, 1994 – at Michigan Invitational

Men's Results – 1. Stanford 69; 2. Michigan 75; 3. Arizona 87; 4. Tennessee 103; 5. Notre Dame 108; 6. Wake Forest 152; 7. Air Force 165; 8. Virginia Tech 195; 9. Western Kentucky 229; 10. Kansas State 272

Women's Results – 1. Michigan 43; 2. Stanford 61; 3. Arizona 118; 4. Washington 130; 5. Notre Dame 150; 6. Wake Forest 151; 7. Kansas State 203; 8. Boston College 207; 9. Clemson 218; 10. SMU 228

Men's Individual Results (8,000 meters)

4. Gregory Jimmerson	25:00.6
11. J.J. White	25:20.5
16. Matthew Farley	25:27.1
17. Nathan Nutter	25:28.2
21. Bryan Zmijewski	25:38.0
28. Brian McCaffrey	25:51.1
30. Rob Reeder	25:51.7

Women's Individual Results (5,000 meters)

3. Kortney Dunscombe	17:37.0
7. Sarna Renfro	17:56.9
16. Leila Burr	18:17.4
17. Sarah Truitt	18:18.4
18. Amanda White	18:19.2
23. Monal Chokshi	18:26.5
39. Amy MacArthur	18:50.1

October 29, 1994 – Pacific-10 Championships

Stanford University Golf Course

Men's Results – 1. Arizona 49; 2. Washington 58; 3. UCLA/Oregon 97; 5. Stanford 103; 6. California 146; 7. Washington State 151; 8. Arizona State 216

Women's Results – 1. Stanford 57; 2. Oregon 74; 3. Arizona 82; 4. Washington 83; 5. UCLA 84; 6. Washington State 141; 7. California 166; 8. Arizona State 230; 9. USC 261

Men's Individual Results (8,000 meters)

6. Gregory Jimmerson	24:51
13. Rob Reeder	25:10
26. Matthew Farley	25:37
28. J.J. White	25:40
30. Nathan Nutter	25:46
37. Bryan Zmijewski	26:17
41. Jason Perscheid	26:32

Women's Results (5,000 meters)

4. Kortney Dunscombe	17:12
10. Monal Chokshi	17:48
13. Sarna Renfro	17:57
14. Sarah Truitt	17:57
16. Amanda White	18:00
27. Leila Burr	18:26
28. Aimee Langevin	18:34

Nov. 12, 1994 – NCAA District-8 Championships

Hosted by the University of Arizona
Randolph Golf Course

Men's Results – 1. Arizona 46; 2. Stanford 58; 3.

Washington 91; 4. Oregon 115; UCLA 180; 6. Portland 183; 7. UC Irvine 193; 8. California 206; 9. UC Santa Barbara 220; 10. Cal Poly SLO 227; plus 10 other teams.

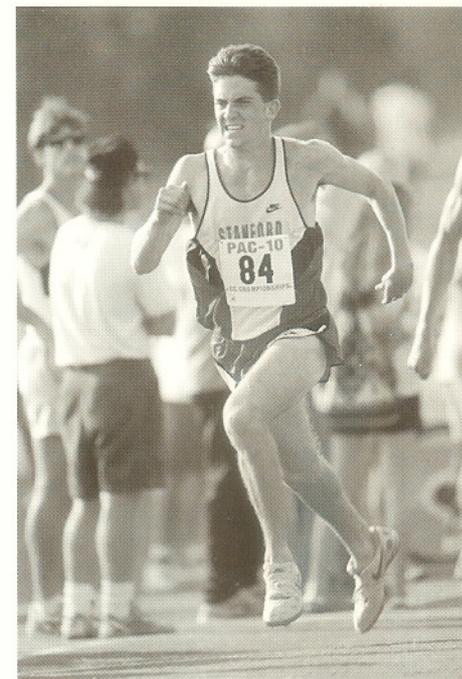
Women's Results – 1. Stanford 55; 2. Arizona 73; 3. Oregon 99; 4. Washington 107; 5. UCLA 117; 6. UC Santa Barbara 188; 7. Portland 197; 8. Washington State 204; 9. UC Irvine 263; 10. California 275; plus 10 other teams.

Men's Individual Results (10,000 meters)

3. Greg Jimmerson	31:14
6. J.J. White	31:25
9. Matthew Farley	31:38
17. Andy Cowgill	32:07
24. Nathan Nutter	32:22
26. Rob Reeder	32:31
28. Bryan Zmijewski	32:34

Women's Individual Results (5,000 meters)

4. Kortney Dunscombe	17:44.0
8. Monal Chokshi	18:05.0
10. Sarna Renfro	18:07.0
17. Amanda White	18:24.0
18. Leila Burr	18:24.0
21. Sarah Truitt	18:36.0
42. Amy MacArthur	18:58.0



Gregory Jimmerson paced Stanford with a sixth-place finish at the 1994 NCAA Championships.

Nov. 21, 1994 – NCAA Championships

Hosted by the University of Arkansas

Men's Results – 1. Iowa State 65; 2. Colorado 88; 3. Arizona 172; 4. Northern Arizona 181; 5. Wisconsin 185; 6. Stanford 208; 7. Michigan 222; 8. Penn State 250; 9. Villanova 263; 10. Arkansas 266; plus 12 other teams.

Women's Results – 1. Villanova 75; 2. Michigan 108; 3. Arkansas 110; 4. Colorado 126; 5. Providence 154; 6. Georgetown 195; 7. Stanford 198; 8. Wisconsin 233; 9. Penn State 250; 10. Arizona 273; plus 12 other teams.

Men's Individual Results (10,000 meters)

6. Greg Jimmerson	31:13.3
50. Matthew Farley	31:34.5
64. J.J. White	31:48.4
73. Bryan Zmijewski	32:02.1
79. Andy Cowgill	32:05.4
111. Rob Reeder	32:27.1
124. Nathan Nutter	32:38.2

Women's Individual Results (5,000 meters)

18. Kortney Dunscombe	17:25.2
43. Sarna Renfro	17:54.2
55. Monal Chokshi	18:02.8
63. Sarah Truitt	18:07.1
91. Leila Burr	18:24.2
100. Amanda White	18:28.9
134. Amy MacArthur	18:50.3

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