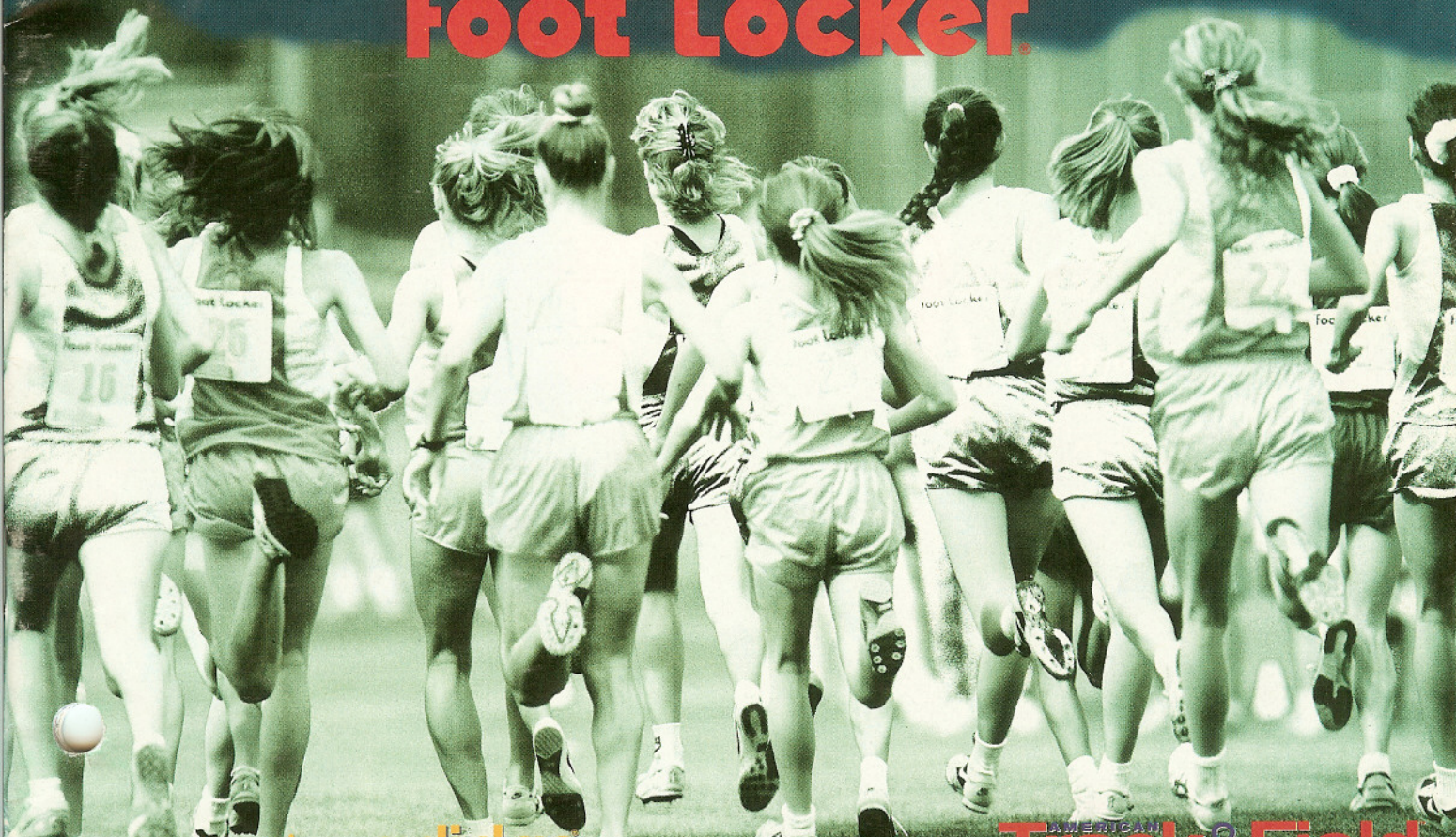


1997

# Cross Country Championships



# Foot Locker.



presented by adidas

AMERICAN Track & Field

The only

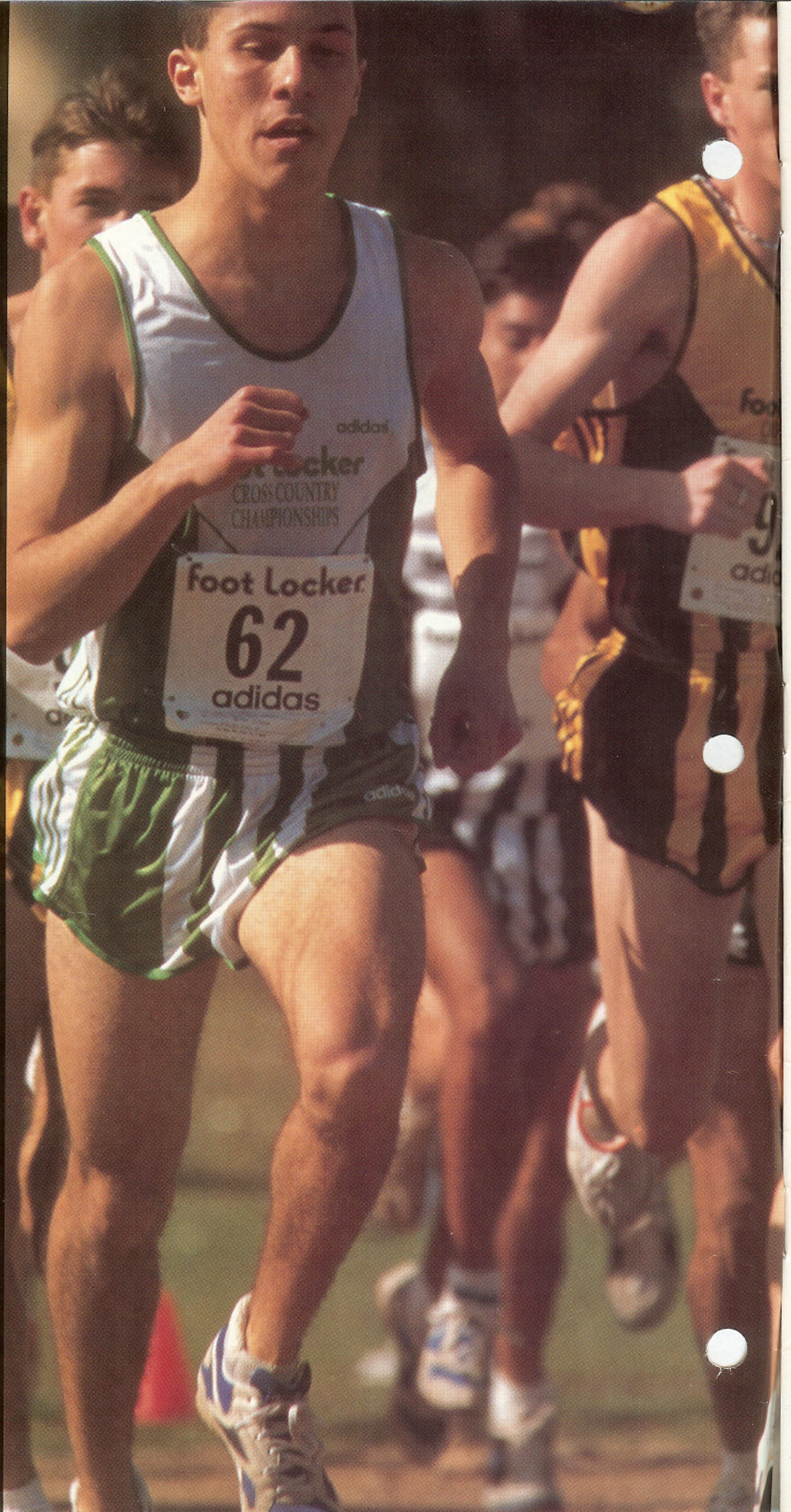
true

national

championship

in high school

sports.



**Foot Locker**



# Foot Locker®

## CROSS COUNTRY CHAMPIONSHIPS

Dear Spectator and Runner:

Welcome to the 19th annual Foot Locker Cross Country Championships! For nearly two decades, Foot Locker has brought the nation's top high school runners together for the opportunity to compete at the regional and national levels.

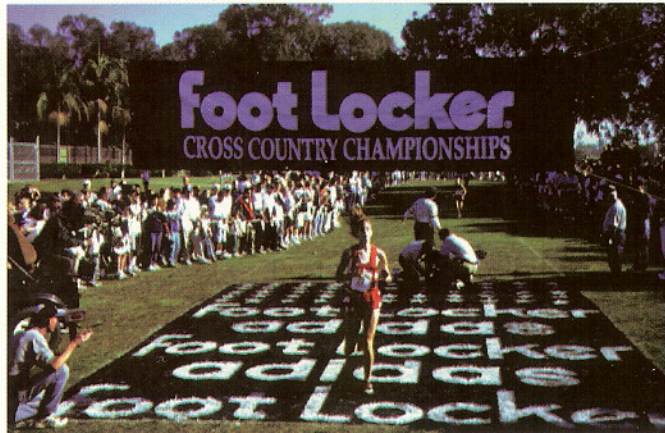
Over the years, we've witnessed first-hand the determination, dedication and passion of these young and talented athletes. Some of them may be joining us for the first time, while others may have been with us since they were freshmen. We know they are as committed to the sport of running as we are at Foot Locker.

It's important to Foot Locker to ensure that the Foot Locker Cross Country Championships is fun, yet challenging. And we are proud to maintain its heritage as the only true national championships in high school sports. Also, we're excited to announce that this year's Foot Locker Cross Country Championships National Finals is moving to Disney's Wide World of Sports Complex in Orlando, Florida.

So, to all the runners, good luck, do your best and most importantly, have fun!

Sincerely,

Jay Friedman  
President  
Foot Locker USA

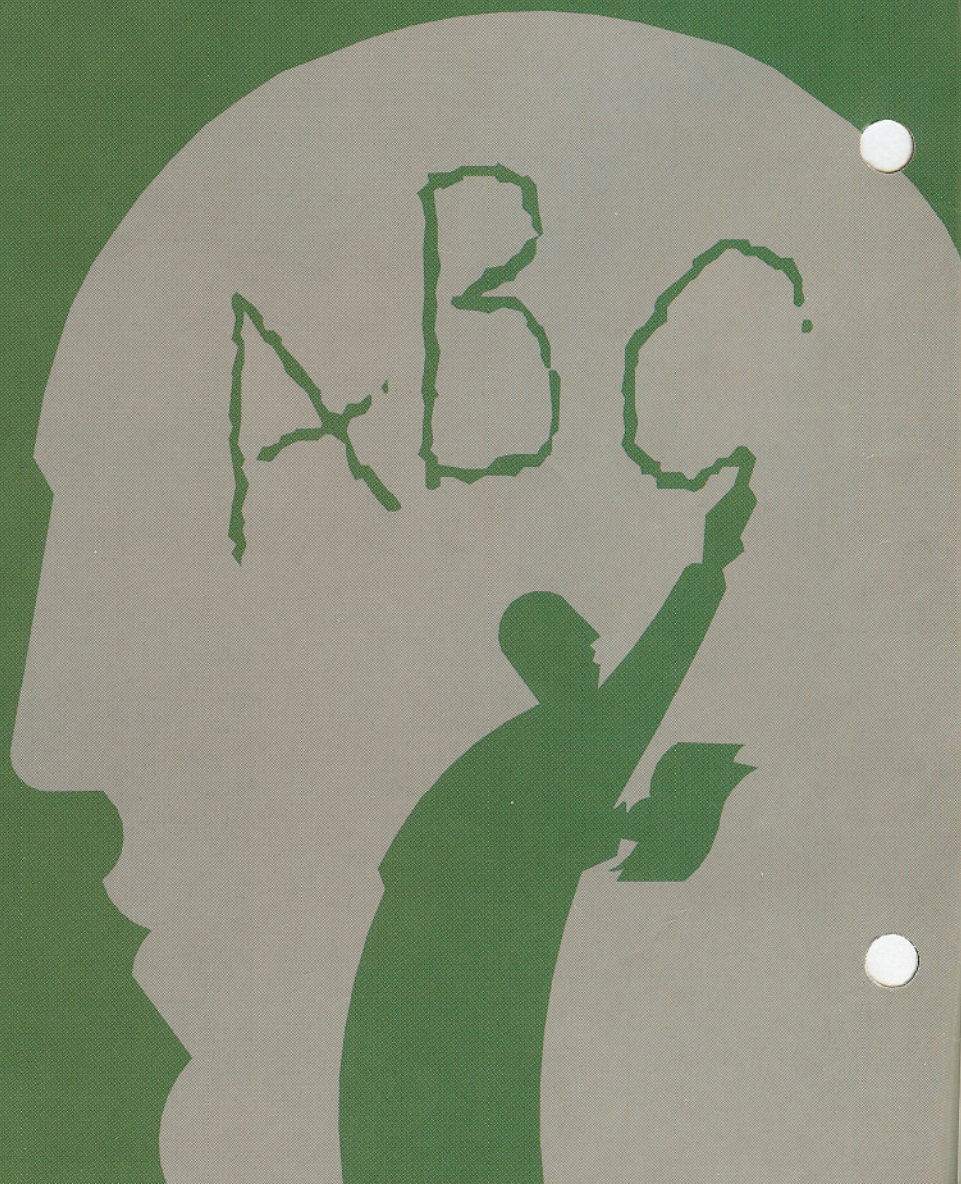


So you want to

# COMPETE IN COLLEGE...

## Your Guide to Evaluating Colleges and Programs

by Welch Suggs



O  
&  
ab  
sc  
A  
th

T  
thre  
cro  
ces  
car  
but  
der  
V  
plis  
rew  
run  
coll  
giat  
wo

are  
in  
Hat  
Un  
enj  
don  
hav  
mig  
por  
the  
tle

*One went to an Ivy League school and was the top 10,000 guy on his team. A second went to a tiny private college, ran all four years and had a great time. The third went to a good school which is also a track powerhouse, earned four All-America titles and made the semifinals of the Olympic Trials this summer.*

The three people described are the three top runners on my high school cross country team. They all had successful and fulfilling college running careers, suffering a few disappointments but finding college athletics to be a wonderful experience.

Whatever your high school accomplishments may be, you can have a rewarding and fulfilling experience running (or throwing or jumping) in college. While competing at the collegiate level requires many hours of hard work and many sacrifices, it all pays off.

College is the best time of your life, and I have had an outstanding time both in school and in running," says Steve Hatzenbeler, who just graduated from the University of Washington. "You must enjoy what you are doing. If you are not, don't compete at the collegiate level! You have to be willing to accept that you might have been the big fish in the little pond at the high school level, but up in the college ranks, you are just another little fish all over again for awhile at least."

If you're considering running in col-

lege, whether it be for the top teams in the country or for the smallest school in your state, then you'll find the following information and suggestions useful. Choosing a school and a team can be a difficult process, and making the right choice can mean all the difference in your college experience.

#### Definitions

There are four divisions to which colleges and universities belong. The National Collegiate Athletic Association (NCAA) has three of them, Divisions I, II and III. The fourth is the National Association of Intercollegiate Athletics (NAIA), which has only one division for track and cross country. Junior colleges belong to the National Junior College Athletic Association (NJCAA), and several junior colleges throughout the country have excellent track and field programs. (Editor's Note: California community colleges have their own association (COA) and are not part of the NJCAA. They field approximately 101 track & field and cross

country programs for men and women at 105 campuses. Only two of these schools offer athletic scholarships.)

You can't tell that much about a school from its division. There are many small schools with mediocre track programs in Division I, and there are many NAIA and Division II and III teams which are among the best in the country.

Division I schools compete at the highest level, committing the most resources to the development of their athletic programs. Division I schools must have at least 14 intercollegiate athletic teams. They may offer as many as 12.6 scholarships for men's track and cross country and 18 for women's track and cross country, although many schools do not fund the maximum number of scholarships.

Division II schools are usually more regional in recruiting and competition focus, often (but not always) committing fewer resources to athletic programs. They must have at least eight intercollegiate teams and may offer 12.6 scholarships each to men and women.

NAIA schools and junior colleges have fewer restrictions on granting scholarships, but at the same time, they often have fewer resources to devote to athletics. Junior colleges may offer as many as 30 scholarships each for their men's and women's teams, while NAIA schools can award up to 10 for schools offering both track and cross country. There are no age restrictions on athletes at NAIA schools and junior colleges. In the NCAA, athletes competing in any organized competition after the age of 21 lose some or all college eligibility.

Division III colleges and universities offer no scholarships strictly for athletics. However, all offer need-based financial aid (made up of grants and loans) and several offer academic scholarships to qualified students. Many Division III schools have a strong focus on acad-

### Number of Schools with Teams:

DIVISION	MEN'S		WOMEN'S	
	Track	XC	Track	XC
NCAA I	250	289	255	295
NCAA II	128	186	125	191
NCAA III	210	261	213	261
NAIA	154	195	156	212
NJCAA	81	97	67	78

**Notes:** NCAA figures are for 1995-96 academic year. NAIA/NJCAA figures are for 1996-97 academic year.

mics, and many are among the top schools in the country. Proponents of the Division III philosophy say that since athletes are no different than other students at Division III schools, they are able to have a fuller educational experience. Others feel that the level of competition in Division III is not high enough to allow athletes to maximize their talents.

Like Division III schools, most Division I and II schools offer a wide range of scholarships not related to athletics. In addition to general financial need-based scholarships, there are many other scholarships offered by civic, cultural and professional organizations, as well as businesses. Don't overlook these sources of college money.

If you're interested in competing in Divisions I or II of the NCAA, you need to register with the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will certify that you are academically eligible to compete in intercollegiate athletics as a freshman. You can get the forms to register with the Clearinghouse from your guidance counselor or from the Clearinghouse itself at (319) 337-1492.

### Starting Your Search

There are all sorts of factors going into your choice of colleges. What kind of academic program are you interested in? With what size of a school do you think you'd be comfortable? What kind of a social scene do you want? With costs skyrocketing, where can you afford to go?

All of these factors are the same for anyone trying to decide where to go to college, but as an athlete, you have a few other things to keep in mind. At what level do you see yourself competing? In what events do you plan to specialize? What qualities in a coach and teammates are you looking for?

"I was pretty clueless about the whole recruiting process, mainly because I wasn't really good enough to think about running collegiately until my junior year (in high school)," says former Rice team captain Riva Rahl. "I think you need to sit down before the crazy coaches start calling and you start dealing with all the applications and decisions and trips, to prioritize exactly what you want in a school — i.e. big or small, liberal arts or strong sciences, national reputation or regional, very good team or you can be their no. 1 runner — so that when you start looking at specific schools, you can sort of place them in some semblance of ranking based on this."

Make your decisions about the type of school you want in conjunction with your athletic goals. You don't have to compete for the greatest team or the biggest school in order to meet your goals, but you do need to find an environment that will enable you to do your best, both in competition and in the classroom.

**...you do need to find an environment that will enable you to do your best, both in competition and in the classroom.**

"If you are serious about your development as an athlete, find a great coach," says Iowa high-school coach David Andersen. "Look for coaches who have a history of improving their athletes, not just recruiting great ones to start with. This takes research.

"Ask to see the records — most coaches should keep detailed season summaries; if they don't, red flag — and trace some of the seniors and juniors back to their freshman years. Did they improve? Don't be afraid to ask coaches about how well their athletes have improved, and how many injuries occur each year. Of course there will always be injuries, but you shouldn't lose 10 to 20 percent of the team each year!"

"I'd look for a coach that took time with everyone on the team, not just the top varsity guys," recommends Williams College runner Geoff Hutchison, along with "a team that came together as friends as well as teammates, and a team in which the top seniors (national champions, All-Americans, etc.) ran with the freshmen and other teammates at least sometimes and treat them as equals."

Steven Mesler, who started the University of Florida, says that "When I looked at the coaches, first of all I looked for someone who I got along with well and at the same time was very knowledgeable in my event [the decathlon], which means an overall great knowledge of track and field.

"In looking into my school, I also looked at what conference they were in to determine the type of competition I would be facing," Mesler contin-

ued. "The SEC is one of the top decathlon conferences in the country."

Keep in mind, though, that your college experience will not be limited to athletics. If it is, then you're cutting yourself out of a lot of opportunities. College gives you the chance to expand your horizons, and if you allow yourself to shrink your horizons to the track, the runway or the throwing ring, then you'll always regret it. And if you're miserable at your school, then you probably won't be able to fulfill your potential in athletics. Make sure the schools in which you're interested have the academic programs which you're thinking about following.

One great resource you have already is your high school coach. Coaches can be tremendously helpful as you begin to form relationships with college coaches, and their experience with past athletes competing in college can help steer you in the right direction.

"As a coach, I have my athletes prepare a running resume which they send out to all the colleges which they think they might possibly be interested in. I instill in the athlete that it is their responsibility to sell themselves and that most colleges do not have the ability/funds to find them," says Peter Ryder, coach at Taylor High in Katy, Texas. "I also make many, many contacts for my athletes. Typically, I would phone 8-10 college coaches regarding one athlete."

Perhaps the most important part of your college search is being able to visit as many of the schools in which you're interested as possible.

### Pay A Visit

You may be good enough already to have numerous offers of expense-paid trips to visit colleges. However, many good schools can't afford to bring many recruits in. The NCAA limits member schools to one official, expense-paid visit for a recruit. Also, in Divisions I and II, you may make official visits to no more than five schools.

While you're visiting a school, make sure you see as much of the school as possible: take a tour, sit in on a class, talk to professors who teach in the departments you're interested in, stay overnight in a residence hall. And, of course, meet with the coaching staff and as many athletes as possible.

"The kid should talk to athletes at the school," says Roe. "Ask questions: what percentage of athletes improve on their personal bests each year? How many ath-

letes stay with the program for all of the years they attend the school? Is the program enjoyable to be in? Is there pressure to run every week? What is the injury rate for (a particular) event go?

"I would certainly talk to athletes, and try to get them when you aren't on a recruiting visit," Andersen says. "Get their phone numbers and call them some other time (than a recruiting trip). Call the freshmen after their first season and see how they feel about everything."

Of course, make sure you get a chance to see the rest of the school, too. Try to notice whether athletes get along with the rest of the student body, and think about whether the residence halls are places you'll want to live. Ask the right questions: does the school have academic programs in which you'll be interested? Are classes conducted in small seminar rooms, or in huge lecture halls? Do students feel comfortable talking to professors outside class?

### Finances

The cost of attending most colleges and universities has skyrocketed in recent years, creating dilemmas for students and their families. Even at in-state schools, many students have to finance their education through loans and work-study jobs.

While you may or may not be able to get an athletic scholarship, Wheeling (West Virginia) Jesuit coach Mark Swiger recommends going through the full financial aid process for all student athletes.

"I would advise serious candidates for scholarships to apply for financial aid with the general population of students at the institutions they are choosing," Swiger said. "If something were to happen during their athletic career, then they have other financial aid to assist them."

Financial aid will probably play a major part in determining where you go to school; at most schools, a substantial number of students receive some form of aid, regardless of their parents' income. However, if you're willing to do some research on the different types of aid available, you can broaden considerably the range of schools to which you can afford to go.

"I would try not to place such an emphasis on price when it comes to education or happiness in college," said one student-athlete at a Division I school in the Northeast. "College years are supposed to be the happiest time of your

life. I myself am miserable due to the fact that my school has inadequate coaches and below-average educational requirements. The coach cares for nothing but winning races and championships. Although I agree that is important, I think that the athletes, who make the championships, should come before thinking of a trophy."

### Parting Thoughts

I had a great experience running in college: I was the second of the three athletes mentioned at the beginning. Even though I never got to run at Nationals, I had a great career and learned a lot from my teammates. I was also able to participate in a lot of activities at my college and did well in my studies. Most importantly, I found out that intercollegiate athletics offers an experience which is tremendously valuable, but only when taken in balance with the rest of college life. ▲

*Welch Suggs is in graduate school at the University of Missouri. He competed for Division III Rhodes College in Memphis, earning seven letters, six team conference titles and four individual titles in track and cross country.*

**Author's Note:** *Special thanks to Dr. Chris Favazza, Derrick Gragg and Jeff Pigg for help with this article, as well as Brian Kavanaugh, Bill Roe, Riva Rabl, Doug Lynch, David Andersen, Steven Mesler, Becky Ryder, Geoff Hutchinson, Marissa Defrees, Steve Hatzenbeler and Mark Swiger for contributing their input.*

## F Y I

For answers to more specific questions, you need to get a copy of the NCAA's *Guide for the Prospective Student Athlete*. They are available through all NCAA colleges and universities or from the NCAA directly. You may contact them at:

6201 College Boulevard  
Overland Park, Kansas 66211-2422  
(913) 339-1906  
1 (800) 638-3731



## Foot Locker

Please forward any questions or comments to:

Foot Locker  
Cross Country Championships  
233 Broadway, Fourth Floor  
New York, NY 10279

*This publication was produced for Foot Locker by:*

## Shooting Star Media, Inc.

**program design team:**  
Two Fish Design Group

**program photographers:**

Bill Daniels  
Bruce Widders  
Photo Run:  
Victah Sailer  
Brian J. Myers

**publisher:**  
Larry Eder

Copyright 1997 by Shooting Star Media, Inc. The 1997 Foot Locker Cross Country Championships program is an AT&F special project, managed by Shooting Star Media, Inc. Christine Johnson, president, Larry Eder, vice-president. 583 D'Onofrio Drive, Suite 203, Madison, WI 53719 phone:608.827.0806 fax:608.827.0811. All rights reserved. As with all health, nutrition and fitness advice, please consult your physician and coach before adding anything new to your fitness regimen.







The World's Fastest Man, Donovan Bailey, wears the adiStar Sprint. See our complete new line of track & field spikes at [www.adidas.com](http://www.adidas.com).





# Stanford

S t a n f o r d

hi  
na

an

Ken  
you  
the  
dist  
the  
Wh  
sch  
cou  
san  
true  
give  
cha

C  
cen  
the  
hav  
Loc  
bee  
fro  
rac  
rac  
the  
Loc  
tan  
left  
cou

ship  
the  
tear  
outs  
a hi  
and  
Cou  
look  
199

you  
fr  
the  
have  
Orla  
Spor

For nearly nineteen years now, the right of passage from good high school distance runner to elite high school distance runner has been the Foot Locker Cross Country Championships.

and their

# Foot Locker Connection

With names like Giusto, Hamilton, Kennedy, Williams, America's best young distance runners make it through the thousands of young, enthusiastic distance runners at the four regionals to the final 64—32 men and 32 women. When you think that over 320,000 high school athletes will participate in cross country in 1997, and nearly ten thousand compete in the four regionals, this true high school championship has given us, the cross country fans, a chance to see America's best.

At most of the past Foot Locker XC Championships, if one were to take a census, besides family, friends and press the largest number of serious watchers have been college coaches. The Foot Locker XC Championships has always been a great place to see how that kid from New Hampshire handles the big races, or to be surprised by the gutty race that the fourth place finisher from the Midwest Regional gave. The Foot Locker XC Championships gives the distance coach, with a scholarship or two left, a great place to find some of the countries young talent.

For the Foot Locker XC Championships program this year, I was assigned the task of finding out which college team has the most Foot Locker standouts in its present ranks. I will give you a hint: which school won both the men and women's NCAA Division 1 Cross Country Championships in 1996 and looks poised to do the same thing in 1997?

If you guessed Stanford University, you were right. In 1997, ten of the top fifteen male distance runners and six of the top fifteen women distance runners have made the trip to San Diego (now Orlando to the Disney's Wide World of Sports Complex).

Stanford has already shown its stuff,

so to speak, in winning both the men's and women's Pre-NCAA Invitational in mid October at Greenville, South Carolina.

Jason Balkman, the Stanford Junior who is one of the team leaders, won the Western Foot Locker Regional in 1995, but did not compete in the finals due to a prior commitment. Brad and Brent Hauser, juniors from Kingwood, Texas were three and two time Foot Locker finalists. Senior Jason Lunn, from Boulder, Colorado, took sixth in the Foot Locker nationals his senior year. David Abril, one of the sophomores to watch, made the 1994 Foot Locker All Western Regional Team.

In the eternal watch for the mile, following Michael Stember to Stanford are the two miling wonders of 1997—Jonathan Riley and Gabe Jennings—both Foot Locker finalists.

On the men's side, while it is true that Stanford lost JJ White, Greg Jimmerson and Rob Reeder, Coach Lananna has a young, inspired team that realizes the significance of their school's win in 1996 and are focused on keeping the 1997 trophy at Stanford.

On the women's side, coached by Beth Alford-Sullivan, Stanford has junior Mary Cobb, senior Kortney Dunscombe, sophomore Mary Huang, sophomore Sally Glynn and senior Sarna Renfro—all Foot Locker alums join senior Jessica Fry and outstanding freshman and Foot Locker stalwart Julia Stamps for an incredible 1997 cross country team.

Last year, at Tucson, the Stanford's men's team beat 21 other teams to take the men's title, the Stanford Women also defeated 21 teams to take their first national championship. How long had it been since the same college won both the men and women's cross country title? 1985 was the year and the

Wisconsin Badgers were the team.

Stanford's men's previous high was second in 1972 and the women's team had taken second in 1982, 1983 and 1984.

Vinn Lananna, quoted from his team media guide credited "good workouts and keeping focused on our goal" as the keys to his teams' success. Beth Alford-Sullivan and Assistant Coach Michael Reilly would agree with that understatement.

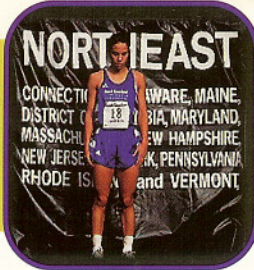
But do not underestimate the value of bringing the best distance runners in the country together for a great education and under great coaching—the real Stanford formula—and be prepared for Stanford to be a distance powerhouse for years to come.

In our estimation, that is not only good for Stanford, but good for American distance running. For years now, the general sports press has been bemoaning the fact that the future Frank Shorter's, Jim Ryun's and Billy Mills were few and far between. Frank Shorter always speaks of the support that distance runners would get training together—well, Vinn Lananna and Beth Alford-Sullivan have developed their own version of America's team.

Over the past fifteen years, the cross country titles have gone to teams that were supported by strong foreign contingents. Stanford, ironically, is fielded with American runners—many Foot Locker finalists.

Coach Lananna has not commented on his new moniker as the coach of America's team. His team's date with destiny is November 24 and the place is Greenville, South Carolina.

For the future of America's distance runners, and future runners at Stanford and Wisconsin, among other universities, the date with destiny is December 13 and the place is the Disney's Wide World of Sports Complex.



# NORTHEAST REGIONAL VAN CORTLANDT PARK

BRONX, NY-NOVEMBER 29, 1997

## Top Ten Potential Returnees

### Girls

Tara Chaplin	Montpelier, VT
Danielle Coon	Saratoga Springs, NY
Erin Donahue	Haddonfield, NJ
Jennifer Fazioli	Averill Park, NY
Laura Kerns	Saratoga Springs, NY
Kylene Kownurko	Newton, PA
Jillian Mastroianni	Sayville, NY
Erica Palmer	Gilsum, NH
Erin Sullivan	Jericho, VT
Laura Turner	Portsmouth, RI

### Boys

Jason Borbet	Smittstown, NJ
Murad Campbell	Overbrook, NJ
Dan Coval	Newton, PA
Brad Einboden	Ryken, MD
Ricky Gibson	Basking Ridge, NJ
Abdirizak Mohamud	Boston, MA
Steven Slattery	Flanders, NJ
Adam Wasileski	Manlius, NY
Ben Wessenyeleh	Boston, MA

## Last Year's Results (Seeded Race)

### Girls

1. Erin Davis	NY	18:24
2. Erica Palmer	NH	18:50
3. Rachel Hixson	PA	18:52
4. Jennifer Fazioli	NY	18:54
5. Erin Dromgoole	MA	18:58
6. Laura Turner	RI	18:58
7. Tara Chaplin	VT	18:58
8. Dana Satir	NJ	19:01

### Boys

1. Jonathon Riley	MA	15:47
2. Abdirizak Mohamud	MA	15:51
3. Michael Sanford	PA	16:09
4. Christopher Dugan	PA	16:11
5. Steven Slattery	NJ	16:13
6. Parker Pruett	ME	16:17
7. Matthew Elmuccio	NJ	16:18
8. Adam Daniels	NJ	16:18

## RACE DAY SCHEDULE

8:30am	Course Walk-Through
10:00am	Freshman/Sophomore Boys Race
10:25am	Freshman/Sophomore Girls Race
10:50am	Junior Boys Race
<b>11:15am</b>	<b>Seeded Girls Race</b>
<b>11:40am</b>	<b>Seeded Boys Race</b>
12:05pm	Senior Boys Race
12:30pm	Senior Girls Race
1:00pm	Awards Ceremony at Stage Area on Field

## FLCC Northeast Regional Course Records:

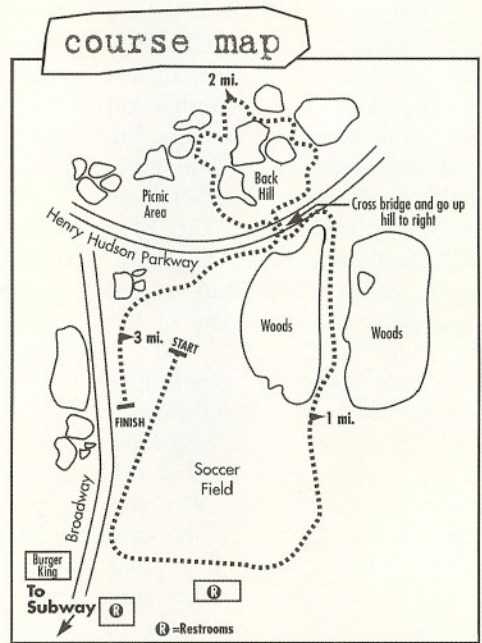
### Boys

Anthony Smith 15:14 (1982)

### Girls

Cathy Shiro 16:46 (1984)

**REGIONAL COORDINATOR: PHIL ZODDA**  
**ASSISTANT COORDINATOR: MARTY LEWIS**



Van Cortlandt Park  
Bronx, NY  
5000 Meter Course

## STATES COMPETING IN THE NORTHEAST REGIONAL

Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont



# SOUTH REGIONAL McALPINE GREENWAY PARK

CHARLOTTE, NC—NOVEMBER 29, 1997

## Top Ten Potential Returnees

### Girls

Caroline Annis	Tampa, FL
Liz Awtry	Burke, VA
Christy Baird	Knoxville, TN
Ashley Broussard	Willis, TX
Ana Monroe Fitzner	Rome, GA
Sarah Vance-Goodman	Asheville, NC
Melissa Gulli	Houston, TX
Laura Heiner	Clifton, VA
Jodie Hughes	The Woodlands, TX
Erin McIntee	Kingwood, TX

### Boys

Brett Baddorf	Germantown, TN
David Christian	Owensboro, KY
Pat Conway	Springfield, VA
Nate Hensley	Hardin, KY
Michael Olague	Conroe, TX
David Patterson	Raleigh, NC
Gary Skinner	Houston, TX
Wes Stockard	Knoxville, TN
Arnold Teklai	Potomac, VA
Jeff Wood	Kingwood, TX

## Last Year's Results (Seeded Race)

### Girls

1. Sarah Vance-Goodman	NC	17:23
2. Laura Heiner	VA	17:35
3. Jackie Kerr	VA	17:42
4. Liz Awtry	VA	17:44
5. Jodie Hughes	TX	17:47
6. Shannon Sarabyn	VA	17:49
7. Ana Monroe Fitzner	GA	18:01
8. Caroline Annis	FL	18:01

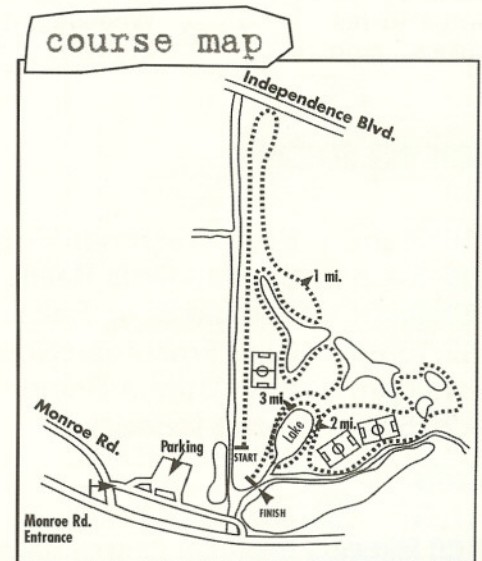
### Boys

1. Sharif Karie	VA	14:58
2. Ryan Travis	LA	15:00
3. Eric Kweder	VA	15:04
4. Jamey Gifford	GA	15:05
5. Josh Crowfoot	GA	15:06
6. Eric Post	VA	15:12
7. David Christian	KY	15:18
8. Wes Stockard	TN	15:19

## RACE DAY SCHEDULE

9:00am	RACE A	Coaches and Parents Race
9:30am	RACE B	Boys Freshman Race
10:00am	RACE C	Boys Sophomore Race
10:30am	RACE D	Girls Junior/Senior Race
<b>11:00am</b>	<b>RACE E</b>	<b>Seeded Girls Race</b>
<b>11:30am</b>	<b>RACE F</b>	<b>Seeded Boys Race</b>
12:00pm	RACE G	Girls Freshman/Sophomore Race
12:30pm	RACE H	Boys Senior Race
1:00pm	RACE I	Boys Junior Race

**Awards Ceremony will be 15 minutes after each race.**



McAlpine Greenway Park  
Mecklenburg County  
Charlotte, NC  
5000 Meter Course

## FLCC South Regional Course Records:

### Boys

Tony Mitchell	14:57 (1989)
Brian Jaeger	14:57 (1982)

### Girls

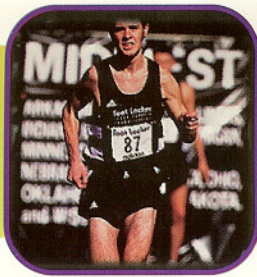
Erin Keogh	16:45 (1986)
------------	--------------

## STATES COMPETING IN THE NORTHEAST REGIONAL

Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, Texas, U.S. Virgin Islands and West Virginia

**REGIONAL COORDINATOR:** MAX MAYO

**ASSISTANT COORDINATOR:** LARRY McAFEE,  
RICHARD PRINCE



# MIDWEST REGIONAL UNIVERSITY OF WISCONSIN-PARKSIDE

KENOSHA, WI-NOVEMBER 29, 1997

## Top Ten Potential Returnees

### Girls

Amanda Blackwelder	Cincinnati, OH
Paige Brown	Omaha, NE
Holly Fearing	Palatine, IL
Julie Ham	Carmel, IN
Allison Medlin	Carthage, MO
Rebecca Mitchell	Geneva, IL
Tera Moody	St. Charles, IL
Kelly Travis	Livonia, MI
Sharon Van Tuyl	Portage, MI
Christin Wurth	Bloomington, IL

### Boys

Joe Barnes	Dayton, OH
Kevin Connolly	Oklahoma City, OK
Johathon Huie	Colorado Springs, CO
Sean Kelly	Wickliffe, OH
Ben Lake	Sapulpa, OH
Chris Siemers	Bensenville, IL
Ben Sigle	Riley, KS
Edwardo Torres	Wheeling, IL
Jorge Torres	Wheeling, IL
Luke Watson	Stillwater, MN

## Last Year's Results (Seeded Race)

### Girls

1. Katy Radkewich	OH	18:03
2. Amy Wiseman	MO	18:36
3. Rebecca Michell	IL	18:37
4. Allison Medlin	MO	18:45
5. Sharon Van Tuyl	MI	18:45
6. Katie Sabino	OH	18:50
7. Sarah Gray	IA	18:53
8. Christin Wurth	IL	18:54

### Boys

1. Gabe Jennings	WI	15:47
2. Mark Thompson	OK	15:53
3. Jesse Barnes	IL	15:55
4. Aaron Blondeau	CO	15:58
5. Edwardo Torres	IL	15:58
6. Jorge Torres	IL	16:01
7. Christian Dullock	MI	16:01
8. Ernest Ziegler	OH	16:02

## RACE DAY SCHEDULE

10:00am	Boys Freshman/Sophomore Race
10:45am	<b>Seeded Girls Race</b>
11:30am	<b>Seeded Boys Race</b>
12:15pm	Girls Freshman/Sophomore Race
1:00pm	Boys Junior/Senior Race
2:15pm	<b>Awards Ceremony</b>

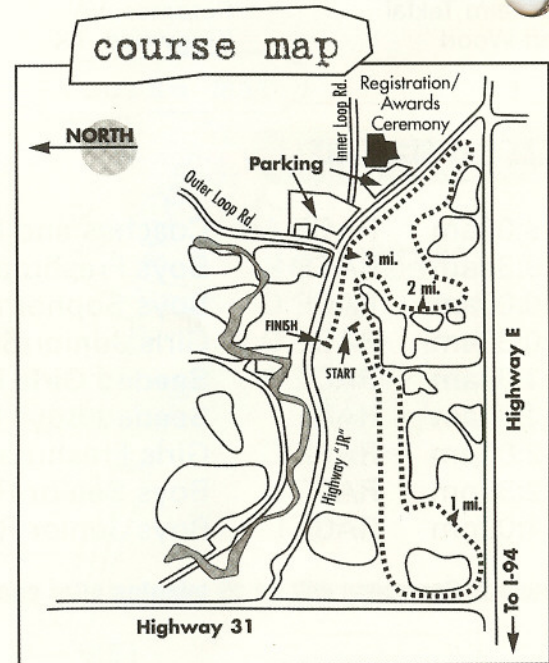
## FLCC Midwest Regional Course Records:

### Boys

Tim Broe	15:12 (1994)
Todd Williams	15:12 (1986)

### Girls

Melody Fairchild	17:08 (1990)
------------------	--------------



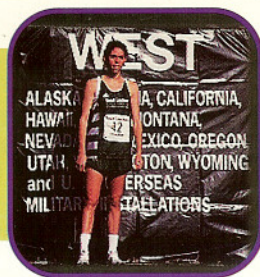
U. of Wisconsin/Parkside  
Kenosha, WI  
5000 Meter Course

## STATES COMPETING IN THE MIDWEST REGIONAL

Arkansas, Colorado, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Oklahoma, South Dakota and Wisconsin

**REGIONAL COORDINATOR:** PETER HENKES

**ASSISTANT COORDINATOR:** RONN BLAHA



# WEST REGIONAL WOODWARD PARK

FRESNO, CA—DECEMBER 6, 1997

## Top Ten Potential Returnees

### Girls

Erin Belger	Albuquerque, NM
Katie Bradshaw	Issaquash, WA
Jennifer Burris	Chino Hills, CA
Lauren Fleshman	Canyon Country, CA
Yvonne Liebig	Sacramento, CA
Abby Miller	Henderson, NV
Amber Tubb	AM Fork, UT
Kimi Welsh	Calimesa, CA
Susan Werner	Boise, ID
Lisa Whiting	Orem, UT

### Boys

Joel Atwater	Hooper, UT
Mike Baskin	San Diego, CA
Ronnie Buchanan	Santa Maria, CA
Isaiah Festa	Los Osos, CA
Mark Gledson	Mission View, CA
Dusty Herman	Ojia, CA
Nick McCombs	Salt Lake, UT
Josh Rohatinsky	Provo, UT
Joseph Urbanski	Tucson, AZ
Louie White	Montara, CA

## Last Year's Results (Seeded Race)

### Girls

1. Kristen Gordon	CA	17:01
2. Abby Miller	NV	17:08
3. Julia Stamps	CA	17:15
4. Jen Schindler	CA	17:47
5. Katie Nuanes	CA	17:55
6. Sarah Gardiner	UT	17:57
7. Lisa Whiting	UT	18:05
8. Ann Ramsey	WA	18:06

### Boys

1. Ryan Andrus	UT	15:00
2. Rhy Reynolds	OR	15:12
3. David Lopez	CA	15:16
4. Isaac Hawkins	WA	15:17
5. David Rodriguez	CA	15:19
6. Geoffrey Fleming	CA	15:22
7. Michael Kasahun	CA	15:24
8. Chris Sorenson	NM	15:25

## RACE DAY SCHEDULE

8:00am	#1	Coach/Parent Race (men & women)
8:30am	#2	Freshman Girls Race
9:00am	#3	Freshman Boys Race
9:25am	#4	Sophomore Girls Race
9:55am	#5	Sophomore Boys Race/Odd Race #'s
10:20am	#6	Sophomore Boys Race/Even Race #'s
10:45am	#7	Junior Girls Race
11:15am	#8	Junior Boys Race/Odd Race #'s
11:40am	#9	Junior Boys Race/Even Race #'s
12:05pm	#10	Senior Girls Race
12:35pm	#11	Senior Boys Race/Odd Race #'s
1:00pm	#12	Senior Boys Race/Even Race #'s
1:45pm	#13	Seeded Girls Race
2:30pm	#14	Seeded Boys Race
3:00pm		Awards Ceremony

## Northeast Regional Course Records:

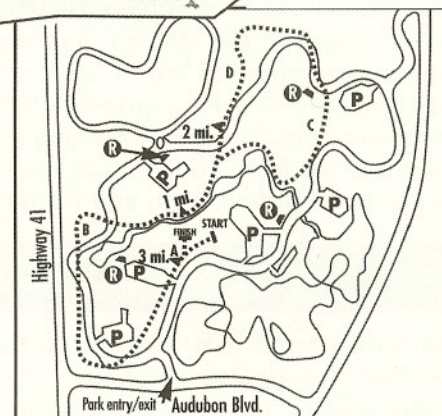
### Boys

Marc Davis 14:38 (1986)

### Girls

Julia Stamps 16:45 (1994, 1995)

## course map



Woodward Park  
Fresno, CA  
5000 Meter Course

P=Parking  
R=Restrooms

Course Travels  
From:  
A B C D B A

## STATES COMPETING IN THE WEST REGIONAL:

Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming and U.S. Overseas Military Installations

REGIONAL COORDINATOR: BILL COCKERHAM

ASSISTANT COORDINATOR: JUDY COCKERHAM



# Foot Locker

## CROSS COUNTRY CHAMPIONSHIPS

# NATIONAL FINALS

OAKS TRAIL COURSE @ SHADES OF GREEN  
ORLANDO, FL—DECEMBER 13, 1997

### Directions to Parking:

#### From Orlando

Take I-4 West  
Exit 25B (US 192) West towards US27  
Follow Signs to the Magic Kingdom (turning you onto World Drive)  
Continue straight on World Dr. for approximately 4 miles  
Approach the Magic Kingdom Toll Plaza  
Make sure you have your Parking Permit in the left front window!  
Follow signs from Toll Plaza to the Daisy Parking lot.  
Buses will shuttle you to and from the lot to the cross country course.

#### From Tampa

Take I-4 East  
Exit 25B (US 192) West towards US27  
Follow Signs to the Magic Kingdom (turning you onto World Drive)  
Continue straight on World Dr. for approximately 4 miles  
Approach the Magic Kingdom Toll Plaza  
Make sure you have your Parking Permit in the left front window!  
Follow signs from Toll Plaza to the Daisy Parking lot.  
Buses will shuttle you to and from the lot to the cross country course.

#### From Turnpike

Exit onto I-4 and head west  
Exit 25B (US 192) West towards US27  
Follow Signs to the Magic Kingdom (turning you onto World Drive)  
Continue straight on World Dr. for approximately 4 miles  
Approach the Magic Kingdom Toll Plaza  
Make sure you have your Parking Permit in the left front window!  
Follow signs from Toll Plaza to the Daisy Parking lot.  
Buses will shuttle you to and from the lot to the cross country course.

### RACE DAY SCHEDULE

10:00am Girls Race  
10:40am Boys Race

### Foot Locker National Records:

#### Boys

Eric Reynolds Somis, CA  
14:35.7 Orlando, FL (1982)

#### Girls

Melody Fairchild Boulder, CO  
16:39.3 San Diego, CA (1989)

### FOOT LOCKER NATIONAL FINALS MEET OFFICIALS

#### NATIONAL MEET COORDINATOR: Max Mayo

Assistant Meet Director: Mike Shewchuck  
Communications/Equipment: Mal Harpel, John Hemmer, Bill Stamper  
Head Starter: John Stephens  
Course Superintendents: Ted Benz, Rocky Clark, Jim Cervany, Charlie Harris, Jay Getty, Tom Hammontree, Mike Hill  
Meet Announcer/Spotter: Skip Sasse, Rusty Buchman  
Coordinator for Volunteer Support: Marsha Wentworth  
Course Graphics: Mike Kleeper, Dick Wilkins, Barry Weinhold, Jeff Wentworth  
Computer Scoring and Results: Larry McAfee, Jeff Wentworth, Ted Matson  
Meet Doctors and Emergency Vehicle: Disney's Wide World of Sports Complex  
Press Information:  
Contact: Lori Anne Kober  
Foot Locker Hospitality Suite  
Disney Resort-Beach Club (407/934-8000)  
or call 212/720-4169

#### NATIONAL MEET DIRECTOR: Ken Brauman

Director Of Course Operations: Jeff Wentworth  
Officials Coordinator: Paul Burdine  
Assistant Meet Directors: Fred Finke, Mike Brown, Jim Berkelie, Janice Berkelie, Lionel Bonck, Alice Brutscher, John Brutscher, Marilyn Burdine, Murray Sanford  
Head Timer: Mike Gibson  
Course Monitors: Robert Carver, Karl Leach, Hardie McHaney, Carolyn Merrick, Don Merrick, Ralph Miller, Chris Montecarlo, Gerry Mulligan, John Murphy, Brian Nevins, Greg Nelson, Al Orr, Bart Ross, Dick Seebers, Loretta Purish, Stacy Fett  
Starters: Scott Casco, John Rhoades  
Assisting Schools: Poinciana High School, UCF Cross Country  
Finish Judges/Recorder: Paul Burdine, Dick Wilkins, Max Mayo, Murray Sanford  
Manual Timing Systems: Jim Lowenstein, David Boutin, Kevin Whittaker  
Course TV/Media Assistance: Fred Finke





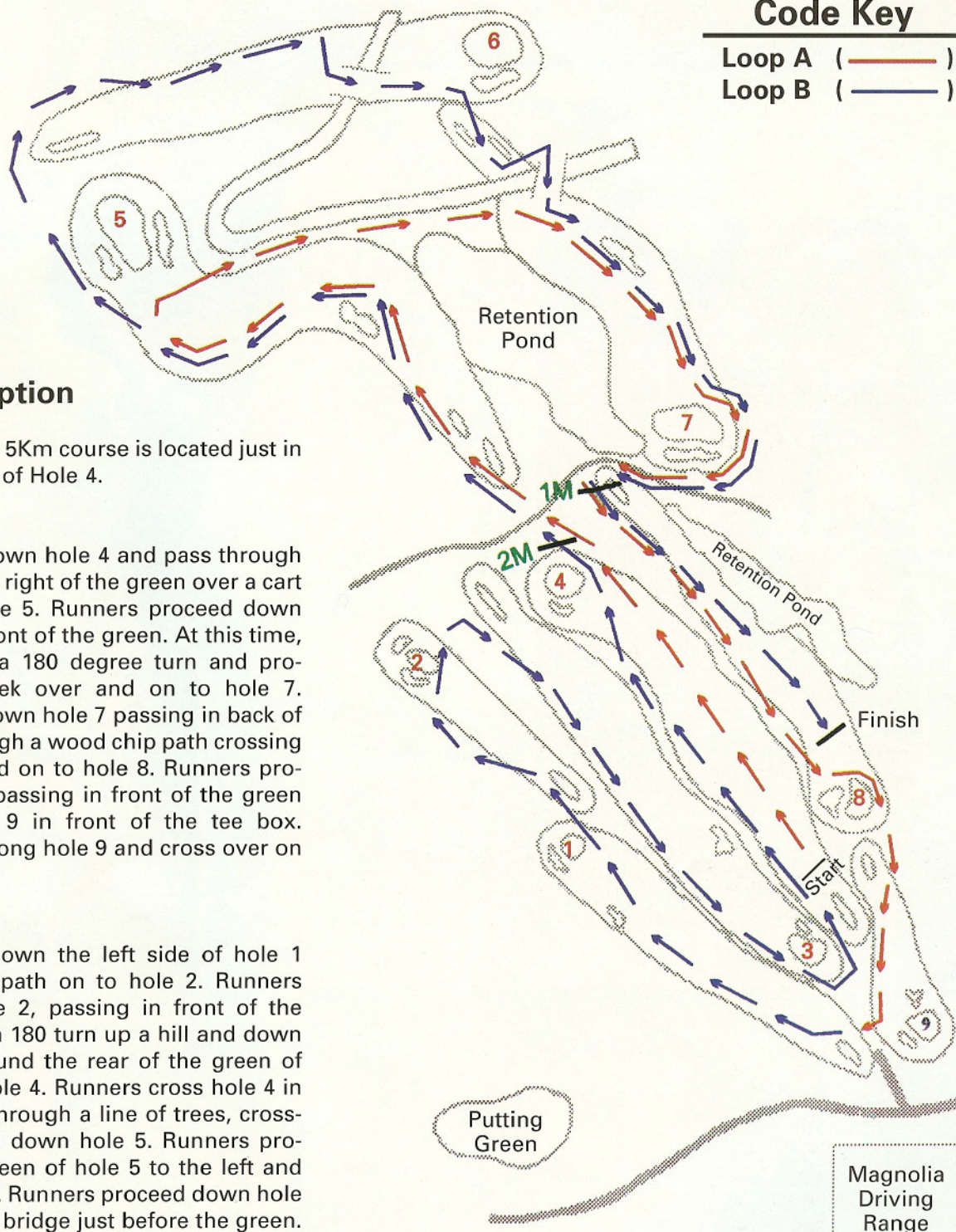
# Foot Locker

# 5,000m Course

## CROSS COUNTRY CHAMPIONSHIPS

### Code Key

- Loop A ( ——— )
- Loop B ( ——— )



### Course Description

Starting Line for the 5Km course is located just in front of the tee box of Hole 4.

#### Loop A

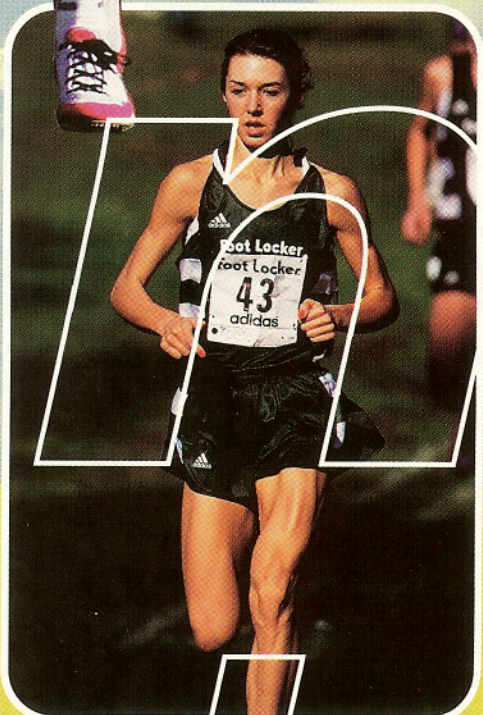
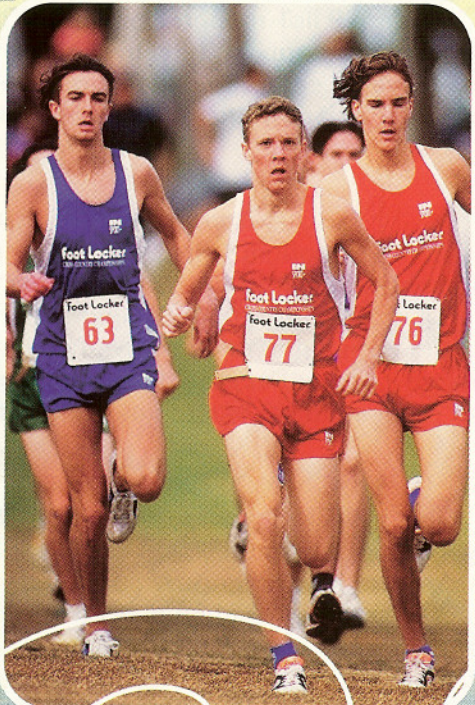
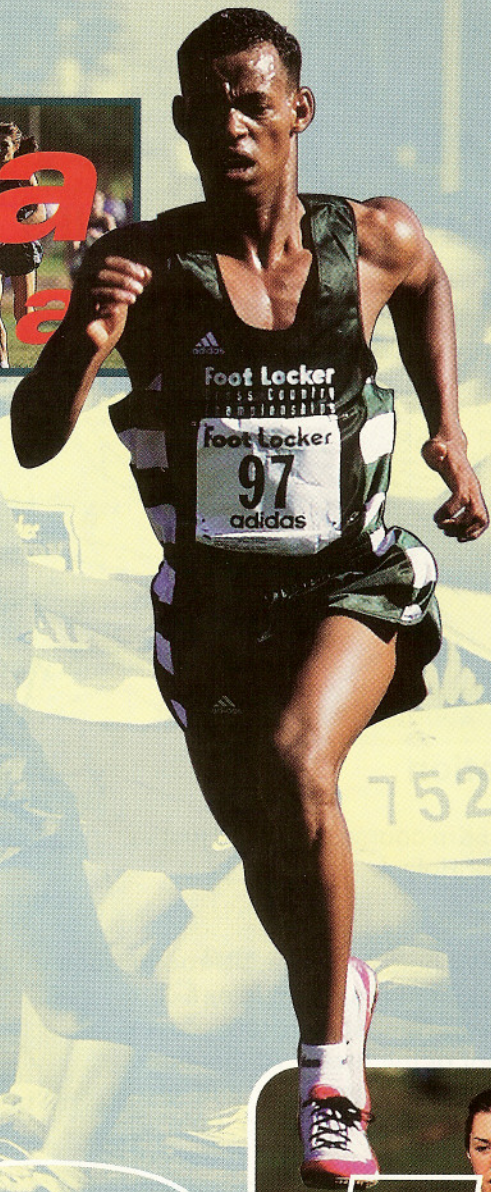
Runners proceed down hole 4 and pass through a line of trees to the right of the green over a cart path and on to hole 5. Runners proceed down hole 5 passing in front of the green. At this time, the course makes a 180 degree turn and proceeds along a creek over and on to hole 7. Runners proceed down hole 7 passing in back of the green and through a wood chip path crossing over a cart path and on to hole 8. Runners proceed down hole 8 passing in front of the green and crossing hole 9 in front of the tee box. Runners proceed along hole 9 and cross over on to hole 1.

#### Loop B

Runners proceed down the left side of hole 1 through a flagged path on to hole 2. Runners proceed down hole 2, passing in front of the green and making a 180 turn up a hill and down hole 3. Runners round the rear of the green of hole 3 and down hole 4. Runners cross hole 4 in front of the green through a line of trees, crossing a cart path and down hole 5. Runners proceed around the green of hole 5 to the left and cross over to hole 6. Runners proceed down hole 6 and cross a wood bridge just before the green. After the bridge, runners cross on to hole 7 and cross a second bridge just past the tee of hole 7. Runners proceed down hole 7 passing the green on the left on to a wood chipped path and across the cart path. At this time, the runners proceeding directly down hole 8 to the finish (approximately 300 yards).

e,  
r,  
y,  
o,  
r,  
n,

# camera athletics

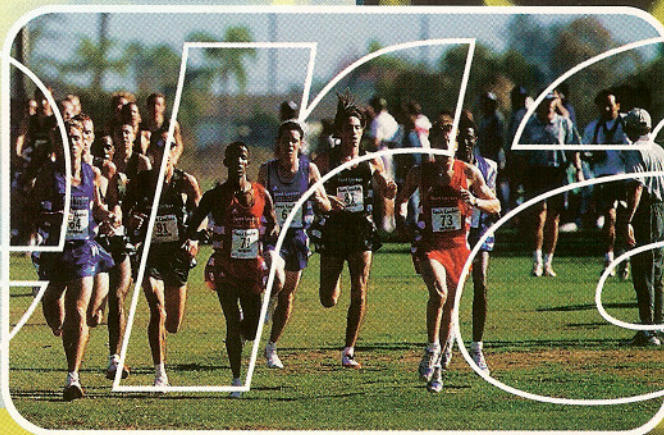
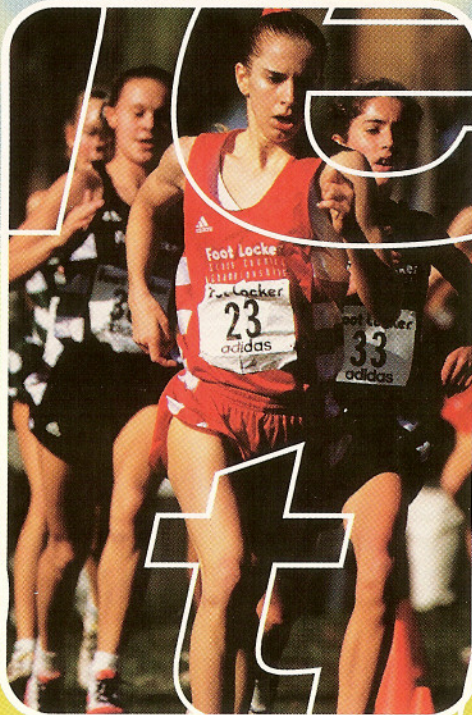
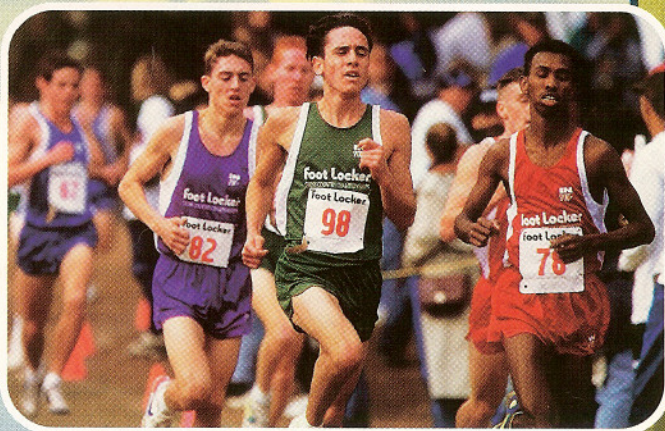


# athletics



# Foot Locker®

## CROSS COUNTRY CHAMPIONSHIPS



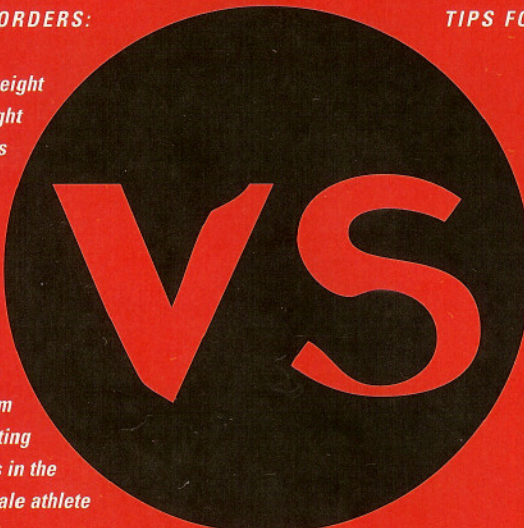
Atlanta

# Eating.

n u t r i t i o n

### TIP-OFF FOR EATING DISORDERS:

- Voiced concerns about being fat or over-weight
- Preoccupation with calories, fat and weight
  - Progressive weight loss
  - Persistent criticism of one's body
- Excessive exercise that is not part of the training regimen
- Avoiding situations in which the athlete can be observed eating
- Food restriction and/or drinking excessive fluids
  - Eating large meals, then disappearing into the bathroom
  - Laxative use or vomiting
- Lack, or decreased number of menstrual periods in the female athlete



### TIPS FOR OVERCOMING EATING DISORDERS:

If you or someone you know is struggling with any form of an eating disorder here are some helpful suggestions to learn more about it:

- Tell your coach or parent
- Consult a doctor
- Buy "Nancy Clark's Sports Nutrition Guidebook"
- Seek out an accredited organization that can help

s i d e r s

# Disorders

“  
 he  
 ing  
 ac  
 tho  
 mo  
 ma  
 by  
 “sh  
 wil  
 ma  
 The  
 hig  
 bas

fen  
 ing  
 ind  
 ing

T  
 pa  
 Inc

ex  
 un  
 Am  
 In  
 suf  
 der  
 suc  
 wit  
 nu  
 Bro  
 ack  
 eni

pet  
 we  
 bo  
 kn  
 res  
 sor  
 to  
 spo  
 rise  
 cen

app  
 cise  
 But  
 bel

# "Simply the Best"

Listen carefully. You can almost hear it. The sound of toes pitter-pattering through the hill and woods all across America. And you can also hear those silent whispers—whispers of self motivation and encouragement. But for many, these whispers are drowned out by others—whispers that echo the sighs "should I or shouldn't I eat." "If I do, will it effect my appearance, my performance—will I run that extra five miles?" These are the internal battles that many high school runners fight on a daily basis in their quest to be the best.

Today, about one third of collegiate female athletes have some type of eating disorder pattern, be it anorexia—self induced starvation or bulimia—binge eating followed by self induced starvation,

never too thin. Many have been influenced by their coaches, the media and their peers to think that thin is good and thinner is better.

How does one over come this? The answer doesn't come easy, but a good start is tackling the issue head on instead of denying it. Sometimes the denial extends to responsibility. For example, a coach can plant the seed simply with an inappropriate comment and be as much to blame as an observer. This is where parents must take responsibility and understand that some coaches tend to focus too heavily on winning. Coaches often are unaware of the enormous influences they wield, particularly over adolescents, who crave approval from the authoritative figures

self your favorite foods," comments Clark.

Another important factor to remember is that food and exercise go hand in hand. Most athletes love to eat and welcome the fact that the more they exercise, the more they can eat. But some athletes are overwhelmed by food obsessions and eating disorders. They worry constantly about what to eat, when to eat, how much to eat and how they are going to keep it from showing on their bodies. This form of eating disorder can be classified under the heading of "compulsive exercisers." People suffering from this symptom abuse their body rather than food. Many live in fear of getting fat. They constantly restrict their food in hopes of losing weight.

**Today, about one third of collegiate female athletes have some type of eating disorder pattern, be it anorexia—self induced starvation or bulimia—binge eating followed by self induced starvation, excessive exercise, crash diets or unhealthy weight loss practice.**

excessive exercise, crash diets or unhealthy weight loss practice. (1996 American College of Sports Medicine). In fact six in ten college female athletes, suffer from some form of eating disorder. With this problem escalating to such an enormous degree, we sat down with Nancy Clark, MS, RD, director of nutrition services at Sports Medicine Brookline Medicine to discuss how to acknowledge and overcome this threatening disease.

Runners often hear that to be competitive they must be of a certain weight. That remark, alone, can trigger bouts of eating disorders because as we know, our mind is an awesome resource. It's times like these, that a person's self esteem is shattered. According to Nancy, "eating disorders among sports-active people seem to be on the rise. Coaches commonly express concerns about some of their athletes, especially those in sports like cross country."

Many athletes maintain a trim appearance without effort. They exercise regularly and eat what they want. But others battle with weight and believe they will always be too fat,

in their lives.

The focus should be on fitness and nutrition with a concentration on performance rather than appearance. A healthy diet is a vital part of all training programs and results in successful athletic performance. Regular exercise places special nutritional demands on a body. However, during adolescent years, when the body experiences many changes in size, shape composition and rapid growth, special care needs to be taken to ensure that the body is getting the energy needed for optimal growth and development, as well as, peak athletic performance.

"High energy, low-caloric reducing programs are possible. You can lose weight while enjoying a balanced sports diet," suggests Clark. The trick is to wisely choose what to eat and when to eat it. Clark adds, "you need a game plan for good nutrition—diets don't work, your body has a set point or optimal weight and calories do count!" Weight control is based on a caloric budget, not only on a fat gram budget. Fat loss occurs when you burn off more calories than you eat. "Don't deny your-

Clark adds, "they live with chaotic eating patterns and body hatred."

Many athletes think or feel pressure to believe that by restricting their food intake to lose weight they will exercise better, look better and enhance their overall performances. According to Clark, "ironically, restricting food in an attempt to improve performance can actually result in depleted fuel stores, muscle depletion, fatigue, weakness and eventually impaired performance."

Eating disorders would fade if people could learn to love their bodies. To help, we must dispel the myth that thinness equals happiness and success. We must discourage the notion that the thinnest athlete is the best athlete and love our bodies for what they are rather than hate them for what they are not. Remember, the key is to be fit and healthy not slender and skinny.

May all of your silent whispers be simply the best, and may health always be your highest goal and your ultimate reward.

**GOOD LUCK IN YOUR ASPIRATIONS!**

# 1996

SAN DIEGO, CA-DECEMBER 14

In the boys race, the field was wide open with no clear cut favorite. A tight pack of runners ran together with the lead changing throughout the race. Abdirizak Mohamud took the lead with seventy-five meters remaining to become the first underclassman to win the boys race as he finished in 15:21.

### Boy's 5,000 Meters

1] Abdirizak Mohamud	Boston, MA	15:21
2] Sharif Karie	Burke, VA	15:23
3] Ryan Andrus	Orem, UT	15:30
4] Michael Kasahun	Fresno, CA	15:30
5] Jorge Torres	Wheeling, IL	15:38
6] Christopher Dugan	Scottsdale, PA	15:40
7] Mark Thompson	Edmond, OK	15:47
8] Jonathon Riley	Brookline, MA	15:47
9] Steven Slattery	Flanders, NJ	15:49
10] Jamey Gifford	Lookout Mtn., GA	15:55

In one of the most exciting finishes in the history of the race, Kristen Gordon passed 1994 Foot Locker Champion Julia Stamps when Stamps collapsed just fifteen meters from the finish line. Gordon, the Western Regional champion, chased down Stamps after her large lead diminished over the last half mile.

### Girls 5,000 Meters

1] Kristen Gordon	Alamo, CA	17:34
2] Katy Radkewich	Hudson, OH	17:37
3] Abby Miller	Henderson, NV	17:39
4] Sharon Van Tuyl	Portage, MI	18:05
5] Laura Heiner	Clifton, VA	18:07
6] Rebecca Mitchell	Geneva, IL	18:12
7] Erin Davis	Gansevoort, NY	18:15
8] Jen Schindler	Cameron Park, CA	18:16
9] Sarah Vance-Goodman	Asheville, NC	18:19
10] Erin Dromgoole	Millbury, MA	18:24

# 1995

SAN DIEGO, CA-DECEMBER 9

Upsets were the name of the game. In the boys race, pre-race favorite Sharif Karie was caught with 100 meters remaining by the strong finishing kick of Abdul Alzindani. Alzindani was overlooked heading to San Diego after finishing fourth in the Midwest Regional.

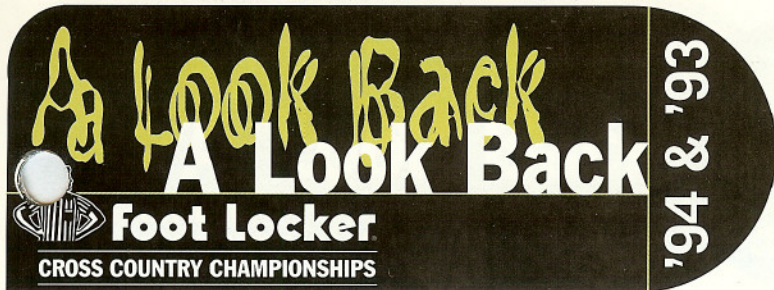
### Boy's 5,000 Meters

1] Abdul Alzindani	Dearborn, MI	15:12
2] Sharif Karie	Burke, Va	15:24
3] Jeffrey Hopkinson	South Jordan, UT	15:26
4] Matt Lane	Yarmouth, ME	15:26
5] Joseph Leo	Northville, MI	15:26
6] Billy Herman	Boise, ID	15:27
7] Gabriel Jennings	Madison, WI	15:29
8] Jamey Gifford	Lookout Mnt., GA	15:29
9] Eric Kweder	Alexandria, VA	15:31
10] Jonathon Riley	Brookline, MA	15:32

Defending champion Julia Stamps brought an unblemished record to Balboa Park, having never lost at the high school level. After equaling her course record in the West Regional, there didn't appear to be anybody to challenge for the title. Suffering from a head cold, Julia collapsed at the 2.5 mile mark and Kim Mortensen charged to the finish line to capture the national title.

### Girls 5,000 Meters

1] Kim Mortensen	Thousand Oaks, CA	17:12
2] Amy Yoder	Kendallville, IN	17:28
3] Katy Radkewich	Hudson, OH	17:33
4] Trish Nervo	Salem, VA	17:38
5] Amy Wiseman	Lee's Summit, MO	17:41
6] Nicole LaSelle	Dayton, OH	17:42
7] Kyla Barbour	Roswell, GA	17:47
8] Annie Ebner	West Covina, CA	17:51
9] Laura Hribik	Orchard Park, NY	17:54
10] Jennifer Fazioli	Averill Park, NY	18:00



# 1994

SAN DIEGO, CA-DECEMBER 11

After breaking away from the pack, the long time rivalry of best friends Matt Downin and John Mortimer climaxed on a glorious day at Balboa Park. The pair dueled toe to toe until the three mile mark, when Matt left no doubt that this course was to be his domain for the day with a strong finishing kick.

## Boys 5,000 Meters

1] Matt Downin	Hampstead, NH	14:58
2] John Mortimer	Londonderry, NH	15:03
3] Brandon Leslie	Church Rock, NM	15:06
4] Andrew Begley	Topeka, IN	15:08
5] Eleazar Hernandez	Camarillo, CA	15:09
6] Dean Fulmer	Cincinnati, OH	15:10
7] Antonio Arce	Palmdale, CA	15:11
8] Steve Schell	Dearborn, MI	15:12
9] Sharif Karie	Burke, VA	15:13
10] Tim Broe	East Peoria, IL	15:14

Right from the sound of the gun, sophomore sensation Julia Stamps showed the entire field that her course record at the west regional was no fluke and her top billing was worth every stride. Julia, with her shattering speed, left the pack far behind, but just missed the long-standing course record by a mere 2.6 seconds.

## Girls 5,000 Meters

1] Julia Stamps	Santa Rosa, CA	16:41
2] Sally Glynn	Rockville, MD	17:12
3] Mary Cobb	Pittsfield, MA	17:17
4] Erin Davis	Gansevoort, NY	17:18
5] Cassidy Wall	Palos Heights, IL	17:21
6] Gladys Ganiel	Harrington, ME	17:25
7] Katy Radkewich	Hudson, OH	17:26
8] Dana Olander	Ballston Lake, NY	17:30
9] Courtney Pugmire	Yorba Linda, CA	17:31
10] Donna Fidler	Norristown, PA	17:31

# 1993

SAN DIEGO, CA-DECEMBER 11

In the boys' race, Adam Goucher of Colorado Springs grabbed the national title in his third trip to San Diego. His time of 14:41.7 was just five seconds off the course record.

## Boys 5,000 Meters

1] Adam Goucher	Colo. Springs, CO	14:41
2] Mebrahtom Keflezighi	San Diego, CA	14:53
3] Matthew Davis	Mead, WA	15:08
4] Brad Hauser	Kingwood, TX	15:09
5] Bob Keino	Ridgewood, NJ	15:09
6] Brandon Leslie	Gallup, NM	15:11
7] Doug Bockenstette	Cincinnati, OH	15:17
8] Matthew Downin	Hampstead, NH	15:21
9] Matthew Farley	Sacramento, CA	15:23
10] Micah Davis	Mead, WA	15:24

Erin Davis became the first freshman champion in the 15 year history of the races, as she kicked past Melissa Lucas with 150 meters left. Previously, the youngest champion had been a junior.

## Girls 5,000 Meters

1] Erin Davis	Saratoga Springs, NY	17:11
2] Melissa Lucas	Portland, OR	17:14
3] Sarna Renfro	Tacoma, WA	17:36
4] Janelle Thomas	Bethlehem, PA	17:39
5] Carrie Tollefson	Dawson, MN	17:48
6] Kelly Smith	Petoskey, MI	17:54
7] Eileen Fleck	East Lansing, MI	17:59
8] Marie Davis	Portland, OR	18:01
9] Kara Wheeler	Duluth, MN	18:03
10] Rosanna Gardner	Salt Lake City, UT	18:04

# A Look Back

'92 & '91

**KINNEY  
CROSS COUNTRY**

**NATIONAL  
CHAMPIONSHIPS**

# 1992

SAN DIEGO, CA—DECEMBER 12

Brendan Heffernan held off a pack from the Midwest Region and state rival Bob Keino to become the first male champion from the Northeast Region. Two other landmarks of the race: it was the first time ESPN dedicated a full hour of coverage, and after 14 years, the sponsorship was transferred from Kinney to Foot Locker after the race.

## Boy's 5,000 Meters

1] Brendan Heffernan	Glen Gardner, NJ	15:13
2] Greg Jimmerson	Rapid City, SD	15:17
3] J.J. White	Dublin, Ohio	15:18
4] Bob Keino	Ridgewood, NJ	15:25
5] Josh Ritchie	Tallmadge, OH	15:33
6] Jason Lunn	Missouri City, TX	15:36
7] Andy Cowgill	St. Paul, MN	15:37
8] Brian Hesson	Elba, OH	15:38
9] Jason Rexing	Pickerington, OH	15:40
10] Jaime Martinez	Orange, CA	15:40

After previous finishes of third and second, Amanda White's goal of a national championship was challenged by local star Milena Glusac (Fallbrook High). The pair dueled step for step until the 2.5-mile mark, when White broke contact, opening a big enough lead to hold off a late surge from Glusac.

## Girls 5,000 Meters

1] Amanda White	Cockeysville, MD	17:34
2] Milena Glusac	Fallbrook, CA	17:38
3] Amy Skieresz	Westlake Village, CA	17:42
4] Danyelle Wood	Rochester, NH	17:54
5] Jenni Brown	Salem, OH	17:57
6] Kelly Smith	Patoskey, MI	17:54
7] Karen Godlock	Rutherfordton, NC	18:06
8] Marie Davis	Portand, OR	18:10
9] Carrie Tollefson	Dawson, MN	18:10
10] Becki Wells	Dickinson, ND	18:11

# 1991

SAN DIEGO, CA—DECEMBER 14

Pre-race pundits declared the boy's race a toss-up, but Corey Ihmels left no doubt who was the dominant runner on this day. Only the second North Dakotan qualifier in 13 years, Ihmels posted a 15-second victory, the second largest margin in the boy's finals.

## Boy's 5,000 Meters

1] Corey Ihmels	Williston, ND	15:03
2] Jeff Wilson	Newbury Park, CA	15:18
3] Brian Hesson	Elba, OH	15:21
4] Angel Martinez	Rosemead, CA	15:29
5] Margarito Casillas	Glendale, CA	15:30
6] Marc Davis	Spartanburg, SC	15:32
7] Daniel Das Neves	La Mesa, CA	15:33
8] Josh Ritchie	Tallmadge, OH	15:33
9] Louiz Prestes	Miami, FL	15:35
10] Brendan Heffernan	Glen Gardner, NJ	15:35

Liz Mueller and Amanda White pulled away from the pack after the first mile, jockeying the lead back and forth. Mueller opened up on the second hill, becoming the fifth junior to win since 1985. Northeast girls claimed four of the top five slots.

## Girls 5,000 Meters

1] Liz Mueller	Waterford, CT	17:21
2] Amanda White	Cockeysville, MD	17:43
3] Kate Landau	Neversink, NY	17:54
4] Heidi Van Borkulo	Seattle, WA	17:55
5] Jennifer Rhines	Liverpool, NY	17:55
6] Carrie Garritson	Fullerton, CA	18:02
7] Maribella Aparicio	Fillmore, CA	18:02
8] Lisa Brown	West Plains, MO	18:12
9] Molly Lori	Kentwood, MI	18:18
10] Katie White	Corinth, NY	18:19



# A Look Back

'68, '89, '90 & '06

**KINNEY  
CROSS COUNTRY**

**NATIONAL  
CHAMPIONSHIPS**

# 1990

SAN DIEGO, CA-DECEMBER 8

Louie Quintana refused to let the mid-80 degree temperatures affect him, as he became the third California runner to capture the boy's title in the last five years.

## Boy's 5,000 Meters

1] Louie Quintana	Nipomo, CA	15:07
2] Jason Casiano	Portage, IN	15:17
3] Dave Hartman	Canyon County, CA	15:20
4] Alan Culpepper	El Paso, TX	15:25
5] Kevin Hogan	Coran, NY	15:25
6] Chip Furman	Grahamsville, NY	15:26
7] Ricky Gallegos	Crystal City, TX	15:28
8] Eric Smoot	Gary, IN	15:29
9] James Menon	San Louis Obispo, CA	15:33
10] Ibrahim Aden	Fork Union, VA	15:34

Melody Fairchild put an authoritative stamp on one of the most impressive high school careers to date, surging to a new meet record and leaving the field 300 yards behind. Fairchild eclipsed the 9-year-old record by four seconds.

## Girls 5,000 Meters

1] Melody Fairchild	Boulder, CO	16:39
2] Jeannie Rothman	Westlake Village, CA	17:38
3] Amanda White	Cockeysville, MD	17:40
4] Leanne Burke	Randolph, MA	17:44
5] Veronica Barajas	Oxnard, CA	17:47
6] Deena Drossin	Agoura Hills, CA	17:53
7] Milena Glusac	Fallbrook, CA	17:59
8] Deresa Walters	Rochester, NY	18:03
9] Kathy Knabb	Pittsburg, PA	18:06
10] Monal Chokshi	Bridgewater, NJ	18:08

# 1989

SAN DIEGO, CA-DECEMBER 9

Bryan Dameworth, at 6'3", stood head and shoulders above the competition, heading into the race as a clear-cut favorite. Once the gun went off, however, it was no cakewalk; he was dogged by a persistent Andy Maris. Dameworth shifted gears with 1/4 mile remaining, sprinting to victory.

## Boy's 5,000 Meters

1] Bryan Dameworth	Calabasas, CA	14:49
2] Andrew Maris	Buckley, WA	15:00
3] Louie Quintana	Nipomo, CA	15:10
4] Michael McWilliams	Grove City, PA	15:10
5] Stuart Henderson	McDonald, OH	15:10
6] Martin Keino	Fork Union, VA	15:13
7] Stuart Burnham	Spokane, WA	15:15
8] Philip Castillo	Grants, NM	15:19
9] Teddy Mitchell	Longwood, FL	15:21
10] Kevin Hogan	East Moriches, NY	15:24

For the second consecutive year, the girls returning champion failed to retain her title, as Melody Fairchild charged to a big lead midway through the race.

## Girls 5,000 Meters

1] Melody Fairchild	Boulder, CO	17:05
2] Megan Thompson	Florissant, MO	17:12
3] Carole Zajac	Pittsburgh, PA	17:22
4] Sarah Schwald	Spokane, WA	17:35
5] Celeste Susnis	Wheatfield, IN	17:39
6] Megan Flowers	Ft. Worth, TX	17:47
7] Elizabeth Mueller	Waterford, CT	17:50
8] Cruz Zarco	Center, Co	17:51
9] Deresa Walters	Rochester, NY	17:57
10] Amy Rudolph	Kane, PA	18:02

# A Look Back A Look Back

**KINNEY  
CROSS COUNTRY**

**NATIONAL  
CHAMPIONSHIPS**

'88 & '87

# 1988

SAN DIEGO, CA-DECEMBER 10

In the boys' race, three New Jersey competitors finished in the top five, but Michigan's Brian Grosso stormed by Jason DiJoseph 2 1/2 miles into the race and never looked back.

## Boy's 5,000 Meters

1] Brian Grosso	Walled Lake, MI	15:03
2] Jason DiJoseph	Haddonfield, NJ	15:10
3] Mike Mykytok	Bound Brook, NJ	15:12
4] Bryan Dameworth	Calabasas, CA	15:15
5] John Coyle	Lincroft, NJ	15:15
6] Mike McWilliams	Grove City, PA	15:18
7] Francis O'Neill	Escondido, CA	15:19
8] Jimmy Rodriguez	Santa Ana, CA	15:23
9] J.T. Burke	Portland, CT	15:24
10] Scott Hempel	Walnut, CA	15:26

The races were highlighted by national network coverage, as NBC covered the event for the first time. Celeste Susnis proved her record-setting performance at the Midwest Regional was no fluke, as she upset hometown favorite Kira Jorgensen.

## Girls 5,000 Meters

1] Celeste Susnis	Wheatfield, IN	17:14
2] Melody Fairchild	Boulder, CO	17:18
3] Chrisi Constantin	Newton, NJ	17:18
4] Karen Hecox	West Covina, CA	17:30
5] Sarah Schwald	Colorado Springs, CO	17:39
6] Megan Thompson	Florissant, MO	17:40
7] Rayna Cervantes	Montebello, CA	17:52
8] Roberta Raszkowski	North East, PA	17:53
9] Carissa Seward	Goldendale, WA	17:57
10] Cheri Goddard	Saratoga Springs, NY	17:59

# 1987

SAN DIEGO, CA-DECEMBER 12

Bob Kennedy followed suit by charging out to an early lead and never allowing the pack to reel him in. Kennedy's racing success continued in college, as he captured the 1989 NCAA crown, becoming the first American frosh to do so.

## Boy's 5,000 Meters

1] Bob Kennedy	Westerville, OH	14:59
2] John Sence	Milford, OH	15:08
3] Harley Hanson	Rosholt, SD	15:12
4] Chip Smith	Albuquerque, NM	15:14
5] John Horkheimer	Pittsford, NY	15:15
6] Alexander Mendoza	Laredo, TX	15:15
7] Christopher Nelson	Florence, CO	15:15
8] Eric Morrison	Fort Collins, CO	15:17
9] Virgil Thomas	Gallup, NM	15:20
10] David Scudamore	Palos Verdes, CA	15:21

No surprises here. The vivacious Kira Jorgensen stole the spotlight. On the third of four trips to the Kinney Finals, Kira led from start to finish under sunny San Diego skies.

## Girls 5,000 Meters

1] Kira Jorgensen	Vista, CA	17:08
2] Susan Bliss	St. Charles, MO	17:16
3] Megan Thompson	Florissant, MO	17:27
4] Sarah Schwald	Colorado Springs, CO	17:27
5] Christi Constantin	Newton, NJ	17:34
6] Carissa Seward	Goldendale, WA	17:36
7] Tina Leigh Hall	Plano, TX	17:37
8] Katrina Price	Riverside, IL	17:44
9] Tara Flynn	Massapequa, NY	17:46
10] Mary Powell	Lawrence, KS	17:47

# A Look Back

**KINNEY  
CROSS COUNTRY**

**NATIONAL  
CHAMPIONSHIPS**

'86 & '85

# 1986

SAN DIEGO, CA—DECEMBER 13

San Diego's Marc Davis, relishing the role of "top dog" coming in, ripped through the Balboa Park course in 14:38, less than two seconds off the course record as he defeated future Olympians Todd Williams and Bob Kennedy.

## Boy's 5,000 Meters

1] Marc Davis	San Diego, CA	14:38
2] Todd Williams	Monroe, MI	14:49
3] Bob Kennedy	Westerville, OH	15:05
4] Paul Vandegrift	Gwynedd Valley, CA	15:08
5] Mason Myers	Vacaville, CA	15:08
6] Christopher Schurz	Scottsdale, AZ	15:12
7] Rob Heen	Williston, ND	15:14
8] Dan Middleman	Westbury, NY	15:15
9] Aaron Mascorro	Rosemead, CA	15:17
10] Carlos Martins	Newark, NJ	15:17

Erin Keogh carved her name in the annals of cross country history, dominating the field to become the first to capture two Kinney National Championships.

## Girls 5,000 Meters

1] Erin Keogh	McLean, VA	16:55
2] Kim Kauls	Forest Lake, MN	17:18
3] Wendy Neely	Fairfax Station, VA	17:19
4] Kira Jorgensen	Vista, CA	17:30
5] Elizabeth Brenden	Mamaroneck, NY	17:38
6] Brigid Freyne	Riverside, CA	17:39
7] Kara Parker	Olivia, MN	17:42
8] Denise Bushallow	Auburn, NY	17:45
9] Tracey Williams	El Monte, CA	17:48
10] Kristin Salt	Dearborn, MI	17:48

# 1985

SAN DIEGO, CA—DECEMBER 14

With first-time national coverage on ESPN, fast times were contagious. Reuben Reina journeyed in from the Lone Star State and stomped to a course record which still stands, smashing the former mark by more than 13 seconds. Nine boys broke the 15-minute barrier—only four others have ever done so on the 5K Morley Field course.

## Boy's 5,000 Meters

1] Reuben Reina	San Antonio, TX	14:36
2] Mark Mastalir	El Dorado Hills, CA	14:41
3] Mark Dani	El Cajon, CA	14:50
4] Jonathan Hume	Lakewood, CO	14:51
5] Robert Henes	Cuyahoga Falls, OH	14:52
6] Troy Maddux	Long Point, IL	14:53
7] Jon Hatley	West Plains, MO	14:53
8] Marc Davis	San Diego, CA	14:54
9] Eric Mastalir	El Dorado Hills, CA	14:56
10] Glenn Morgan	Albuquerque, NM	15:03

Erin Keogh held off a slew of talented runners, including future NCAA track champion Suzy Favor, finishing 1/10 of a second off the course record.

## Girls 5,000 Meters

1] Erin Keogh	McLean, VA	16:43
2] Suzy Favor	Stevens Point, WI	17:07
3] Carol Gray	LaPorte, IN	17:16
4] Aimee Harms	Annandale, VA	17:19
5] Susannah Beck	Yarmouth, ME	17:20
6] Melissa Sutton	Newberry Park, CA	17:20
7] Kim Kauls	Forest Lake, MN	17:21
8] Mary Hartzheim	Minocqua, WI	17:21
9] Laurie Chapman	San Jose, CA	17:22
10] Jodie Bilotta	Stanton, NJ	17:25

# A Look Back

'84 & '83

**KINNEY  
CROSS COUNTRY**

**NATIONAL  
CHAMPIONSHIPS**

# 1984

SAN DIEGO, CA—DECEMBER 8

Midwesterner Scott Fry handled the boys' field with relative ease—including twin brothers Eric and Marc Mastalir, both of whom were two-time qualifiers (naturally).

### Boy's 5,000 Meters

1] Scott Fry	Sandusky, OH	14:50
2] John Trautmann	Central Valley, NY	15:07
3] Brad Hudson	Eugene, OR	15:11
4] Troy Maddux	Long Point, IL	15:17
5] Bill Babcock	Annandale, NJ	15:18
6] Eric Mastalir	El Dorado Hills, CA	15:19
7] Jeff Wheeler	Fortville, IN	15:19
8] Greg Whiteley	Irvine, CA	15:24
9] Jeff Taylor	North Oak, MN	15:25
10] William Crowley	Seekonk, MA	15:30

No photo finishes on this day. The talented Cathy Schiro, who competed in the Olympic Marathon in 1988 and 1992, was the runaway winner on the girls' side.

### Girls 5,000 Meters

1] Cathy Schiro	Dover, NH	16:48
2] Rebecca Chamberlin	San Jose, CA	17:04
3] Stacia Prey	Rochester, NY	17:10
4] Donna Combs	Louisville, KY	17:21
5] Erin Keogh	McLean, VA	17:22
6] Mary Peruski	Dearborn, MI	17:34
7] Lize Brittin	Boulder, CO	17:39
8] Marnie Mason	Klamath Falls, OR	17:41
9] Michelle Sica	Cincinnati, OH	17:42
10] Carol Gray	LaPorte, IN	17:43

# 1983

SAN DIEGO, CA—DECEMBER 10

Matt Giusto, the third-place finisher in the Western Regional qualifier, ran away from skeptics and Tracy Garrison and Simon Gutierrez in soggy conditions to score a major upset in the boys' race.

### Boy's 5,000 Meters

1] Matt Giusto	Foster City, CA	14:54
2] Tracy Garrison	Klamath Falls, OR	15:04
3] Simon Gutierrez	Albuquerque, NM	15:05
4] David Halle	Rockford, IL	15:08
5] Chris Zinn	Portersville, MO	15:09
6] Rusty Korhonen	Grand Rapids, MI	15:10
7] Brad Hudson	Lebanon, NJ	15:12
8] Philip Schoenese	Center Line, MI	15:14
9] Barry Sirchis	Winchester, MA	15:18
10] Calvin Gaziano	Castro Valley, CA	15:18

It was here that Janet Smith put the finishing touches on her reputation as an attacking, aggressive runner, ripping off a course record (16:43.7) in the inaugural Kinney race on the current San Diego course.

### Girls 5,000 Meters

1] Janet Smith	Edison, NJ	16:43
2] Melissa Straza	Bloomington, IL	17:17
3] Cathy Schiro	Dover, NH	17:25
4] Kathleen Smith	San Antonio, TX	17:30
5] Kristen O'Hara	Palos Verdes, CA	17:30
6] Vanessa Thompson	New Haven, CT	17:45
7] Demarch Robertson	Richmond, VA	17:46
8] Renee Harbaugh	Lansdowne, PA	17:46
9] Brenda Moore	Amarillo, TX	17:47
10] Mary Beth Driscoll	Elmhurst, IL	17:48

# A Look Back

# A Look Back

'82 & '81

**KINNEY  
CROSS COUNTRY**

**NATIONAL  
CHAMPIONSHIPS**

# 1982

ORLANDO, FL—DECEMBER 11

Florida's flat, fast course provided a meet record—  
Californian Eric Reynolds raced over the sand and grass to  
win in 14:35.

### Boy's 5,000 Meters

1] Eric Reynolds	Somis, CA	14:35
2] Mike Connelly	Green Lake, PA	14:49
3] Steve Taylor	St. Mary's, WV	14:53
4] Michael Collins	Rye, NY	14:54
5] Anthony Smith	Port Chester, NY	14:54
6] Brian Jaeger	Winter Park, FL	14:56
7] Jesus Gutierrez	Sierra Madre, CA	14:56
8] Bob Mau	Rocky River, OH	15:00
9] Tracy Garrison	Klamath Falls, OR	15:01
10] Mark Junkerman	Los Alamitos, CA	15:01

Christine Curtin became the first non-senior to grab the  
title, as her 16:58 held off a field that included two other  
eventual champions. Curtin did not earn the chance to  
defend her crown, as she failed to qualify for the finals in  
1983.

### Girls 5,000 Meters

1] Christine Curtin	Bellmore, NY	16:58
2] Michelle Rowen	Turnersville, NJ	17:02
3] Cory Schubert	San Jose, CA	17:04
4] Andrea Volpe	Springfield, VA	17:06
5] Janet Smith	Edison, NJ	17:13
6] Laura Cattivera	Manhattan Beach, CA	17:22
7] Thayer Plante	Cambridge, MA	17:24
8] Susan Keeney	Middleton, WI	17:29
9] Michelle Kalikin	Olmstead Falls, OH	17:32
10] Cathy Schiro	Dover, NH	17:33

# 1981

ORLANDO, FL—DECEMBER 12

The Kinney Finals headed east! Orlando, Florida was the  
site of the third Kinney Finals. The boys' race saw the  
lead pack stay together until California's Harold Kuphaldt  
and Virginia's Charles Alexander surged with a half mile  
remaining, with Alexander sprinting away over the final  
150 yards.

### Boy's 5,000 Meters

1] Charles Alexander	Richmond, VA	14:51
2] Harold Kuphaldt	Fair Oaks, CA	14:55
3] Eric Reynolds	Somis, CA	14:58
4] Keith Morrison	Peoria, AZ	15:00
5] Mike Connelly	Green Lake, PA	15:01
6] Bryan Carroll	Carson City, NV	15:04
7] Steve Taylor	St. Mary's, WV	15:05
8] Brian Jaeger	Winter Park, FL	15:05
9] Mathew McGuirk	Eugene, OR	15:05
10] Gary Lewis	San Jose, CA	15:06

On the girls' side, Connie Jo Robinson and Lois Brommer  
separated from the pack early to make a two-person race.  
Robinson was the victor, covering the flat 5,000-meter  
course in a meet record of 16:40.

### Girls 5,000 Meters

1] Connie Jo Robinson	Cincinnati, OH	16:40
2] Lois Brommer	Mechanicsburg, PA	16:43
3] Lynne Strauss	State College, PA	16:59
4] Laura Craven	Columbus, OH	17:01
5] Janet Smith	Edison, NJ	17:11
6] Vickie Cook	Northridge, CA	17:17
7] Tania Fischer	Canoga Park, CA	17:21
8] Madlyn Morreale	Glen Ellyn, IL	17:23
9] Inga Thompson	Reno, NV	17:24
10] Kim Roth	Salem, OR	17:26

# A Look Back

**KINNEY  
CROSS COUNTRY** | **NATIONAL  
CHAMPIONSHIPS**

'80 & '79

# 1980

SAN DIEGO, CA—DECEMBER 12

A typical 70-degree day was to the liking of Californians Jay Marden and Jon Butler, who finished 1-2.

## Boy's 5,000 Meters

1] Jay Marden	Fremont, CA	14:53
2] Jon Butler	Huntington Bch., CA	14:57
3] Marty Beauchamp	Tupper Lk., NY	15:00
4] Tim Hacker	Menomonee Falls, WI	15:03
5] Tom Ansberry	Tucson, AZ	15:04
6] Mike McCollum	Palo Alto, CA	15:09
7] Dan Mazo	Eugene, OR	15:09
8] Kevin King	No. Stamford, CT	15:13
9] Scott Jenkins	Kenosha, WI	15:15
10] John Easker	Birnamwood, WI	15:19

Ceci Hopp, a future NCAA Champion, blasted to an early lead and was never challenged, covering the "old" Balboa Park 5K course in 17:12. For the KCCC's first two years, 35 runners from five regions qualified for the boys' and girls' races. Regional sites were New York, Georgia, Texas, Kansas and California.

## Girls 5,000 Meters

1] Ceci Hopp	Cos Cob, CT	17:12
2] Lynne Strauss	State College, PA	17:20
3] Vickie Cook	Northridge, CA	17:31
4] Sandy Forsythe	Memphis, TN	17:36
5] Millicent Anderson	Tucson, AZ	17:40
6] Maria Large	Bristol, VA	17:49
7] Mary Wazeter	Wilkes-Barre, PA	17:50
8] Stacy Bant	Racine, WI	17:55
9] Kathy Knowlton	Federal Way, WA	17:56
10] Kris Katterhagen	Tacoma, WA	17:58

# 1979

SAN DIEGO, CA—DECEMBER 6

The first Kinney Cross Country Championships National Finals was held before a relatively small crowd of curious onlookers in Balboa Park (by Laurel and Sixth Sts.). There was no uniformity for runners—competitors wore their own uniforms.

## Boy's 5,000 Meters

1] Brent Steiner	Overland Park, KS	15:05
2] Barasa Thomas	Santa Barbara, CA	15:10
3] Dwight Stephens	Alexandria, VA	15:18
4] Andy DiConti	La Canada, CA	15:27
5] Jim Smith	Haddonfield, NJ	15:27
6] Jay Marden	San Jose, CA	15:30
7] Basil Magee	Largo, FL	15:30
8] Jon Butler	Huntington Beach, CA	15:31
9] Tim Hacker	Menomonee Falls, WI	15:32
10] Todd Hews	Fairfield, ME	15:33

Regional races were scattered over the calendar: Houston and New York (October), Chicago (November) and San Francisco and Atlanta (December). Brent Steiner and Ellen Lyons were the inaugural Kinney champions.

## Girls 5,000 Meters

1] Ellen Lyons	Boise, ID	17:28
2] Lynne Strauss	State College, PA	17:42
3] Anne Gladue	Madison, NJ	17:51
4] Roxanne Bier	San Jose, CA	17:56
5] Susanne Girard	Johnston City, NY	17:56
6] Vickie Cook	Northridge, CA	18:04
7] Eliza Carney	Temple, AZ	18:11
8] Lesley Welch	Peabody, MA	18:20
9] Ginger Sullivan	Brentwood, TN	18:30
10] Nancy Rose	Bristol, VA	18:30

A while back, we received a phone call from a track coach who has coached since 1936 – that's probably before your grandparents were born. He tried to retire in 1970, but he drove his wife **CRAZY** in 3 months, so he started a track club.

We asked him,

**“WHY DO YOU COACH?”**

He told us that if we didn't know why, he sure couldn't explain it.

I guess it's just a track thing.

There are 37,553 head track and field coaches just as crazy as our friend from New Mexico, and we know that they all read the same magazine:

AMERICAN  
**Track & Field**<sup>™</sup>

JUST A COINCIDENCE? READ, THEN DECIDE FOR YOURSELF.

Check out our web sites at:

<http://www.american-trackandfield.com/atf>

# Work Hard. Play Hard.



## This is the place to do it.



At *Disney's Wide World of Sports*™ complex, your team will enjoy a once-in-a-lifetime team-building experience. Combining intense sports competition with the world's most desirable vacation destination gives athletes of all ages an unforgettable experience they will treasure for years to come. In addition to competing at world-class facilities, participants and their families also have the opportunity to enjoy the world-class fun offered by the **WALT DISNEY WORLD** Resort. That's the Disney difference! **To take your place in the *Disney's Wide World of Sports* lineup, call (407)828-FANS.**

**Disney's**  
**WIDE WORLD**  
**OF SPORTS**™  
COMPLEX  
*You gotta see this place.*