



# CUSA

CROSS COUNTRY CHAMPIONSHIP

October 28, 2006 → Greenville, NC → Hosted by East Carolina

Tulsa

THE HERD  
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## Letter From the Commissioner

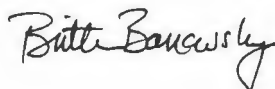
Welcome to Greenville, N.C. and the 2006 Conference USA Cross Country Championships.

With another season underway, Conference USA has renewed its commitment to excellence with the "Team C-USA: Dedicated to Excellence" campaign. The focus of this campaign is our dedication to excellence, integrity and leadership in athletics, academics and the community. Our team is made up of 12 outstanding institutions that share this unwavering commitment.

C-USA championship events are the highlight of every season - an opportunity to enjoy the outstanding talents and abilities of our athletic programs, as well as appreciate the competitive spirit of all of our student-athletes and coaches. Congratulations to all of the coaches and runners who will compete for the C-USA Cross Country Championships titles.

We would like to extend sincere thanks to East Carolina, who along with the championship committee, has worked hard in preparation for this event. The league also appreciates the support from our fans across the country. On behalf of everyone involved with Conference USA, I hope you have a wonderful time in Greenville.

Sincerely,



Britton Banowsky  
Commissioner



## Letter From the Director of Athletics

On behalf of East Carolina University and the City of Greenville, welcome fans and participants to the 2006 Conference USA Cross Country Championships.

This week student-athletes from 12 Conference USA institutions will compete for the title of Conference USA Cross Country Champion. It is our sincere hope that those involved give their very best effort whether as a competitor or spectator and display the ideals of good sportsmanship throughout the championships.

ECU's coaches, staff, volunteers and officials have been diligently working to ensure that the 2006 championships is a memorable experience for everyone involved. We are looking forward to an exciting day of competition.

We invite everyone in attendance this week to take advantage of area recreational opportunities, explore the ECU campus and the city of Greenville.

East Carolina University is proud to be the host of the 2006 Cross Country Championships. Best of luck to each participant and thanks to those who support them in both their athletic and academic endeavors. We hope you enjoy your stay with us.

Sincerely,



Terry Holland  
Director of Athletics



# 2006 Conference USA Cross Country Championships

## Championship Schedule

### Sat. Oct. 28

9 a.m.	Course Opens
10:30 a.m.	Women's 5K Race
11:30 a.m.	Men's 8K Race
12:15 p.m.	Awards Presentation

## Championship Event Staff

Event Coordinator .....	Charlie Justice
Hospitality Coordinator .....	Robin Taylor
Marketing Coordinator.....	Robin Taylor
Media Relations Coordinator.....	Brett Moldoff
Athletic Training Coordinator.....	Sue Raedeke
Graduate Assistant Trainer.....	Meghan Harvey
Facility Coordinators .....	Gary Overton Mike Cherry Jack Rollins (Lake Kristi)

Head Referee.....	Tony Wayne
Head Starter .....	Bob Tice
Finish Judge .....	Sharon Justice
Clerk of the Course .....	Paul Hronjack
Head Timer.....	James Orr

## Conference USA Staff

Commissioner .....	Britton Banowsky
Executive Associate Commissioner .....	Judy MacLeod
Director of Cross Country Championships .....	Donyale Canada
Associate Director of Media Relations .....	Debbie Davis

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The 2006 Conference USA Cross Country Championship program was written and designed by Brett Moldoff, staff assistant of athletic media relations at ECU. Special thanks to Debbie Davis of Conference USA and all of the cross country contacts from C-USA. Team photography courtesy of respective schools. Aerial cover photo courtesy of Kip Sloan.



October 28, 2006 → Greenville, NC → Hosted by East Carolina



Stephen Tausend



Aisha Bilal-Mack



**East Carolina Men's Cross Country Roster**

<b><u>Name</u></b>	<b><u>Yr.</u></b>	<b><u>Hometown (Last School)</u></b>
Michael Barnett	Fr.	Virginia Beach, Va. (First Colonial)
Chris Belfiore	So.	Jacksonville, N.C. (Jacksonville)
Will Collins	So.	LaGrange, N.C. (East Wayne)
Mike Cosolito	So.	Allentown, Pa. (Parkland)
Drew Jenkins	So.	Statesville, N.C. (West Iredell)
John Loehr	Sr.	Holtsville, N.Y. (Holtsville)
James McLellan	Sr.	Burke, Va. (Lake Braddock )
Andrew Nastasiak	So.	Point Pleasant, N.J. (Point Pleasant Boro)
Ryan Stalcup	Fr.	Eure, N.C. (Gates County Senior)
Bryan Snow	So.	Jacksonville, N.C. (Southwest)
Rich Spain IV	So.	Midlothian, Va. (James River)
Stephen Tausend	Sr.	Houston, Texas (Clear Lake)
Michael Wall	Fr.	Zebulon, N.C. (East Wake)
Kyle Yunaska	Sr.	Wrightsville Beach, N.C. (Laney)



**East Carolina Women's Cross Country Roster**

<b><u>Name</u></b>	<b><u>Yr.</u></b>	<b><u>Hometown (Last School)</u></b>
Aisha Bilal-Mack	Sr.	East Orange, N.J. (East Orange Campus)
Nicole Briggs	Fr.	Barrington, N.J. (Haddon Heights)
Hollie Brooks	So.	Laurinburg, N.C. (Scotland County)
Taylor Davis	Jr.	Wilmington, N.C. (John T. Hoggard)
Danielle Fetty	Fr.	Raleigh N.C. (Leesville Road)
Hayley Flynn	Jr.	Kings Mountain, N.C. (Kings Mountain)
Meghan Glassmacher	Sr.	Fairfax Station, Va. (Bishop Ireton)
Kerry Girona	Jr.	Servena, Md. (Servena Park)
Erinn Latta	So.	Port Matilda, Pa. (State College Area)
Samantha Lichtner	Fr.	Newark, Del. (Padua Academy)
Emily Morin	So.	Apex, N.C. (Apex Monroe)
Lindsey Nicastro	So.	Monroe, N.Y. (Monroe Woodbury)
Jessica Raphael	Jr.	Oakton, Va. (Oakton)
Jennifer White	Fr.	Virginia Beach, Va. (Frank W. Cox)

**East Carolina Quick Facts**

Location .....	Greenville, N.C.
Founded.....	1907
Enrollment.....	23,164
Nickname .....	Pirates
Colors.....	Purple and Gold
Chancellor.....	Dr. Steve Ballard
Director of Athletics.....	Terry Holland
SWA .....	Rosie Thompson
NCAA Faculty Rep.....	Dr. David Dossier
Website.....	ECUPirates.com
Head Coach.....	Curt Kraft
	(Minot State University/1984)
SID.....	Brett Moldoff
Office.....	(252) 737-4520
E-mail.....	moldoffb@ecu.edu



Paul Goodwin



Eva Madrid

**Houston Cross Country Men's Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Gregory Caridi	Fr.	Klein, Texas (Klein)
Paul Goodwin	Jr.	Humble, Texas (Humble)
Ahmed Harb	Fr.	Clear Lake, Texas (Clear Lake)
Kurtis Limmer	Fr.	Killeen, Texas (Killeen)
Michael Malain	Fr.	Humble, Texas (Humble)
Daniel Martinez	Fr.	Hayes, Texas (Hayes)
Andy Morris	Fr.	Spring, Texas (Jersey Village)
Calum Neff	Sr.	The Woodlands, Texas (Lord Beaverbrook/Arkansas-Little Rock)
Juston Perez	Fr.	Klein, Texas (Klein Forest)
Chris Pine	Fr.	Sugar Land, Texas (Kempner)
Adriain Slusher	So.	Clear Creek, Texas (Clear Creek)
Nathan Trimble	Fr.	Klein, Texas (Klein)
Chris White	So.	Pearland, Texas (Pearland)



**Houston Quick Facts**

Location .....	Houston, Texas
Founded.....	1927
Enrollment.....	35,400
Nickname .....	Cougars
Colors.....	Scarlet and White with Navy Trim
President.....	Dr. Jay Gogue
Director of Athletics.....	Dave Maggard
SWA .....	Diane Hall
NCAA Faculty Rep.....	Richard Scamell
Website.....	UHCougars.com
Head Coach.....	Theresa Fuqua (Houston/1989)
SID .....	Jamie Zarda
Office.....	(713) 743-9406
E-mail.....	jzarda05@yahoo.com

**Houston Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Jessica Cook	Fr.	Kingwood, Texas (Kingwood)
Leslie Crow	So.	Houston, Texas (Memorial/Tulane)
Adriane Guinn	Jr.	Houston, Texas (Westfield)
Oumama Hallal	Jr.	Winter Springs, Fla. (Winter Springs)
Erica Hannemann	Fr.	Dayton, Texas (Dayton)
Jennifer Harper	So.	Spring, Texas (Klein)
Kelcee Keenan	So.	Klein, Texas (Klein)
Eva Madrid	So.	Conroe, Texas (Caney Creek)
Amy Snodgrass	Fr.	Cedar Park, Ga. (Landmark)



Jon Nelson



Marian Brooks

**Marshall Men's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Steven Burr	So.	Gowanda, N.Y. (Gowanda)
John Davis	Jr.	Kenova, W.Va. (Spring Valley)
Darryl Dorsey, Jr.	Fr.	Charles Town, W.Va. (Jefferson)
Travis Epling	Jr.	Point Pleasant, W.Va. (Point Pleasant)
Josh Holley	Fr.	Lesage, W.Va (Cabell Midland)
Jon Nelson	Jr.	Barboursville, W.Va. (Cabell Midland)
Matt Null	So.	Hometown, W.Va. (Poca)
Andrew Ramell	Jr.	Mechanicsburg, Pa. (Cumberland Valley)
Straten Schemel	So.	Burnt House, W.Va. (Ritchie County)
Ryan Slone	Jr.	Chesapeake, Ohio (Chesapeake)



**Marshall Quick Facts**

Location .....	Huntington, W. Va.
Founded.....	1837
Enrollment.....	16,326
Nickname.....	Thundering Herd
Colors.....	Green and White
President.....	Dr. Stephen J. Kopp
Director of Athletics.....	Bob Marcum
SWA.....	Beatrice Crane Banford
NCAA Faculty Rep.....	Dr. Robert Bookwalter
Website.....	HerdZone.com
Head Coach.....	Jeff Small
Assistant Coach.....	Keith McBride
	Jason Pyles
	Rod Cowan
SID.....	Sarah Hauck
Office.....	(304) 696-5276
E-mail.....	hauck@marshall.edu

**Marshall Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Emily Bailey	Jr.	Kenova, W.Va. (Spring Valley)
Ernanda Bendtsen	Fr.	Waterford, Mich. (Notre Dame Prep)
Lauren Brooks	Fr.	Flat Top, W.Va. (Pikeview)
Marian Brooks	Jr.	Flat Top, W.Va. (Pikeview)
Rolanda Bruce	Fr.	East Orange, N.J. (East Orange)
Anna Chaney	So.	Huntington, W.Va. (Huntington)
Allison Cox	Fr.	Scott Depot, W.Va. (Winfield)
Breanna Jones	So.	Elgin, S.C. (Spring Valley)
Hannah Kovarik	Sr.	Hurricane, W.Va. (Winfield)
Rebecca Minardi	So.	Dayton, Ohio (Carroll)
Tarrin Scott	So.	Bellefontaine, Ohio (Bellefontaine)
Sarah Sturgill	So.	Hurricane, W.Va. (Calvary Baptist)
Terryn Webb	Jr.	Beckley, W.Va. (Woodrow Wilson)



Avi Shapsohnik



Emily Malinowski



**Memphis Men's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Juan Arboleda	So.	Franklin, Tenn. (Franklin)
Nick Bussey	Fr.	Memphis, Tenn. (Bartlett)
Geoff Standen	Fr.	Toronto, Ontario (Birchmount Park)
Vernon Stephen	So.	Toronto, Ontario
Avi Shaposhnik	Sr.	Jerusalem, Israel (Boit Hiuch)

**Memphis Quick Facts**

Location ..... Memphis, Tenn.  
 Founded..... 1912  
 Enrollment..... 20,465  
 Nickname ..... Tigers  
 Colors..... Royal Blue and Gray  
 President.....Dr. Shirley Raines  
 Director of Athletics.....R.C. Johnson  
 SWA ..... Lynn Parkes  
 NCAA Faculty Rep.....Dr. Phillip Kolbe  
 Website..... GoTigersGo.com  
 Head Coach..... Kevin Robinson  
 (Memphis/1997)  
 SID ..... Ben Wright  
 Office.....(901) 678-5294  
 E-mail.....bnwrght1@memphis.edu



**Memphis Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Mary Claire Dake	Sr.	Knoxville, Tenn. (Farragut)
Emily Malinowski	So.	Slingerlands, N.Y. (Bethlehem Central)
Becca McMahon	Sr.	Londonderry, N.H. (Londonderry)
Kimberly Mcviegh	Sr.	Collierville, Tenn. (Houston)
Ashley Stewart	Jr.	Little Rock, Ark. (McClellan)



Pablo Solares



Marissa Daniels



**Rice Cross Country Men's Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
John Buck	Fr.	Katy, Texas (Cinco Ranch)
Simon Bucknell	Fr.	Auckland, New Zealand (Waitakere College)
Charles Hampton	Jr.	Scottsdale, Ariz. (Univ. of Texas)
Alex Hoeg	Jr.	Friendswood, Texas (Friendswood)
Matt Hoffman	Jr.	Omaha, Neb. (South Carolina)
Colby Keithan	Jr.	Katy, Texas (Cinco Ranch)
Justin Maxwell	So.	Houston, Texas (Westside)
Brad Morris	So.	Peachtree City, Ga. (Starr's Mill)
Brett Olson	Jr.	Flower Mound, Texas (Flower Mound)
Aaron Robson	Jr.	Edmonton, Canada (Harry Ainlay Composite)
Pablo Solares	Sr.	Richardson, Texas (Richardson)
Alex Solomon	So.	Little Falls, N.J. (Montclair)
Scott Zivick	Fr.	Humble, Texas (Humble)
Andrew Zukoski	So.	Urbana, Ill. (University Lab)



**Rice Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Brandi Armstrong	Sr.	Melfort, Canada (Melfort Unit and Comp.)
Susie Barrows	Jr.	Farmington Hills, Mich. (North Farmington)
Marissa Daniels	Jr.	Pearland, Texas (Pearland)
Kirsten Doyle	Jr.	Houston, Texas (Lamar)
Lea Garcia	So.	St. Louis, Mo. (Webster)
Laura Hudson	So.	St. Louis, Mo. (Visitation Academy)
Laura Kelley	Jr.	Leawood, Kan. (Blue Valley North)
Daniella Medina	So.	Houston, Texas (Bellaire)
Nicole Mericle	Fr.	Houston, Texas (John Cooper)
Amanda Reineck	Fr.	Atlanta, Ga. (Marist)
Claire Shorall	So.	Pittsburgh, Pa. (Quaker Valley)
Lennie Waite	Jr.	Austin, Texas (St. Stephen's Episcopal)
Vicki Walker	Fr.	College Station, Texas (A&M Consolidated)
Callie Wells	Jr.	The Woodlands, Texas (Univ. of Texas)
Britany Williams	Fr.	San Antonio, Texas (St. Mary's Hall)

**Rice Quick Facts**

Location .....	Houston, Texas
Founded.....	1891
Enrollment.....	4,785
Nickname .....	Owls
Colors.....	Blue and Gray
Chancellor.....	David W. Leebron
Director of Athletics.....	Chris Del Conte
NCAA Faculty Rep.....	James Castaneda
Men Head Coach.....	Jon Warren (Rice/1988)
Women Head Coach.....	Jim Bevan (Adams State/1984)
Website.....	RiceOwls.com
SID.....	Glen McMicken
Office.....	(713) 348-5776
E-mail.....	gmcmicken@rice.edu







Kerriann Langley



**Tulane Quick Facts**

Location ..... New Orleans, La.  
 Founded..... 1834  
 Enrollment..... 13,214  
 Nickname ..... Green Wave  
 Colors..... Olive Green and Sky Blue  
 President.....Dr. Scott Cowen  
 Director of Athletics..... Rick Dickson  
 SWA ..... Maria Ochoa Woods  
 NCAA Faculty Rep.....Gary Roberts  
 Head Coach..... Heather Van Norman  
 (LSU/1994)  
 Website.....TulaneGreenWave.com  
 SID ..... Roger Dunaway  
 Office..... (504) 862-8240  
 E-mail..... roger@tulane.edu

**Tulane Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Rachel Bryan	Jr.	Elk Grove, Calif. (Laguna Creek)
Cecelia Clarke	So.	Dunmore, Pa. (Dunmore)
Helen Kenworthy	Jr.	Aberdeen, N.C. (Pinecrest)
Arianne Larimer	So.	New Orleans, La. (Newman)
Savannah Moon	Jr.	Fort Lauderdale, Fla. (St. Thomas Aquinas)
Aubrey Phillips	Jr.	Baton Rouge, La. (Woodlawn)
Ashley Porter	Jr.	San Mateo, Calif. (Menlo School)
Jill Shriver	Jr.	Centralia, Wash. (Centralia)
Lauren Swenson	Sr.	Southlake, Texas (Carroll)



**Tulsa Men's Cross Country Team**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Andrew Beard	Sr.	Joplin, Mo. (Joplin)
Zach Chute	Fr.	Owasso, Okla. (Owasso)
Mark Davidson	Fr.	Toronto, Ontario, Canada (Birchmount Park)
Kyle Dekker	Fr.	Kichener, Ontario, Canada (Grand River)
Jonathan Gest	Fr.	Cypress, Texas (Cy-Fair)
Eric Harris	Fr.	Conway, Ark. (Conway)
Michael Hayes	Sr.	Tulsa, Okla. (St. Gregory's)
Edwin Henshaw	Jr.	Auckland, New Zealand (Northcote College)
Thibault Holcombe	Fr.	Alexandria, La. (Bolton)
Jordan Hughes	Jr.	Bartlesville, Okla. (Bartlesville)
Nolan Jenkins	Jr.	Holt, Mich. (Holt)
Jay Matlack	Jr.	Shawnee, Kan. (Mill Valley)
Patrick McConnell	Fr.	London, Ontario, Canada (Oakridge)
Mathew Musengezi	Sr.	Harare, Zimbabwe (Prince Edward)
Joel Stansloski	Jr.	Wooster, Ohio (Wooster)
Michael Thrasher	Fr.	Owasso, Okla. (Owasso)
Brett Turowski	Jr.	Bartlesville, Okla. (Bartlesville)



Brett Turowski



Lise Olivier



**Tulsa Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Alex Becker	So.	Guelph, Ontario, Canada (Lourdes)
Kelli Denny	Jr.	Lee's Summit, Mo. (Lee's Summit)
Amanda Emmett	Fr.	St. Louis, Mo. (Corette)
Shantel Girtley	Sr.	Rancho Cucamonga, Calif. (Etwanda)
Sarah Grasser	Fr.	St. Louis, Mo. (Corette)
Lana Kelley	Fr.	Edmond, Okla. (Edmond)
Kelli Kickham	Fr.	Tulsa, Okla. (Hale)
Petrina Lamb	So.	Guthrie, Okla. (Guthrie)
Julia Monda	Fr.	St. Louis, Mo. (Corette)
April Montgomery	So.	Broken Arrow, Okla. (Broken Arrow)
Dawn Nagazina	Fr.	Edmonton, Alberta, Canada (Bellrose)
Lise Olivier	Sr.	Pretoria, South Africa (U. of Pretoria)
Jessica Parker	Fr.	Bixby, Okla. (Bixby)
Taylor Rigby	Fr.	Tulsa, Okla. (Metro Christian)
Marrisa Saunders	So.	Douglas, Wyo. (Douglas)
Heather Stroeder	Fr.	Hanover, Ontario, Canada (Sacred Heart)

**Tulsa Quick Facts**

Location .....	Tulsa, Okla.
Founded.....	1894
Enrollment.....	4,100
Nickname .....	Golden Hurricane
Colors.....	Old Gold, Royal Blue and Crimson
President.....	Dr. Steadman Upham
Dir. of Athletics.....	Bubba Cunningham
SWA .....	Crista Troester
NCAA Faculty Rep.....	Tom Holland
Head Coach.....	Steve Gulley (Northeastern State/1983)
Assistant Coach:.....	Jim Garnham
.....	Andrew Maloney
.....	Sherri Smith
Website.....	TulsaHurricane.com
SID .....	Matt Thomas
Office.....	(918) 631-3720
E-mail.....	mrthomas@utulsa.edu



Elizabeth Ambrus



**UAB Women's Cross Country Team**

<b>UAB Quick Facts</b>	
Location .....	Birmingham, Ala.
Founded.....	1969
Enrollment.....	16,357
Nickname .....	Blazers
Colors .....	Forest Green and Old Gold
President.....	Dr. Carol Garrison
Interim. Dir. of Athletics .....	Richard Margison
SWA .....	Rosalind Ervin
NCAA Faculty Rep.....	Dr. Johnny Scott
Head Coach.....	Ray Stanfield
	(Mid-America Bible College/1978)
Assistant Coach.....	John David Harris
Website.....	UABsports.com
SID .....	Norm Reilly
Office.....	(205) 934-0722
E-mail.....	nreilly@uab.edu

<b><u>Name</u></b>	<b><u>Yr.</u></b>	<b><u>Hometown (Last School)</u></b>
Elizabeth Ambrus	Sr.	Arlington Heights, Ill. (Rolling Meadows)
Christina Chambers	Fr.	Cullman, Ala. (Cullman)
Kate Clark	Fr.	Huntsville, Ala. (Randolph)
Genoah Collins	Jr.	Huntsville, Ala. (J.O. Johnson)
Kelsey Devereaux	Fr.	Jackson, Mich. (Northwest)
Ryanne Fortney	Sr.	Central City, Ky. (Muhlenberg)
Tara Gruber	Fr.	Flower Mound, Texas (Flower Mound Marcus)
Elizabeth Hillgoss	Jr.	Houston, Texas (Stratford)
Kendel Hood	Fr.	Spring, Texas (Klein Collins)
Katie Horton	Fr.	Jasper, Ala. (Walker)
Whitney Mays	Jr.	Bloomington, Ill. (Bloomington)
Kristina Olsen	Fr.	Jackson, Mich. (Jackson)
Tracy Rowan	So.	Birmingham, Ala. (Clay-Chalkville)
Abby Speights	Fr.	Ruston, La. (Ruston)
Katie Stepp	So.	Allentown, Pa. (Parkland)
Jennifer Thompson	Sr.	Arab, Ala. (Arab)
Jakia Williams	So.	Ruston, La. (Ruston)
Thela Woodring	Fr.	Anderson, S.C. (T.L. Hanna)



Dustin Hicks



Jenny Clausen



**UCF Men's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Matt Clements	Jr.	Oviedo, Fla. (Tampa)
Daniel Conn	So.	Ocala, Fla. (Trinity Catholic)
Paul Fitzpatrick	Jr.	Ocala, Fla. (Vanguard)
Dustin Hicks	Jr.	Oviedo, Fla. (Oviedo)
John Horst	Fr.	Christiansburg, Va. (Christiansburg)
Paul Nielsen	Jr.	Oviedo, Fla. (Oviedo)
Brent White	Sr.	Boynton Beach, Fla. (Santaluces)
Ryan White	Sr.	Boynton Beach, Fla. (Santaluces)



**UCF Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Shantile Blackburn	So.	Brooklyn, N.Y. (Bishop Loughlin)
Jenny Clausen	Fr.	Jackson, N.J. (Jackson Memorial)
Carly Dart	Fr.	Whitby, Ontario (Father Leo J. Austin)
Kellie Dwyer	Fr.	Ventnor, N.J. (Atlantic City)
Lauren Iseman	Fr.	Palm Beach, Fla. (Cardinal Newman)
Jaclyn Johnson	Fr.	Valrico, Fla. (Bloomingdale)
Christina Jones	Sr.	Coral Springs, Fla. (Coral Springs)
Shannon Kelly	Fr.	Tampa, Fla. (Sickles)
Karen Kozub	Jr.	JR Alden, N.Y. (Alden)
Annie Lolagne	Jr.	Orlando, Fla. (University)
Kelly McNeill	So.	Coral Springs, Fla. (Taravella)
Elizabeth Miller	Jr.	Orlando, Fla. (Timber Creek)
Amanda Monde	Fr.	Jupiter, Fla. (Jupiter)
Allison Palmer	Jr.	Oviedo, Fla. (Oviedo)
Jamie Rzepecki	So.	East Aurora, N.Y. (East Aurora)
Mary Schaefer	So.	Tampa, Fla. (Plant)
Erica Weitz	Fr.	Morganville, N.J. (Marlboro)
Kristen Zieminski	Jr.	Sarasota, Fla. (Riverview)

**UCF Quick Facts**

Location .....	Orlando, Fla.
Founded.....	1963
Enrollment.....	47,000
Nickname.....	Golden Knights
Colors.....	Black and Gold
President.....	Dr. John C. Hitt
Director of Athletics.....	Keith R. Tribble
SWA .....	Jessica Reo
NCAA Faculty Rep.....	Dr. Cynthia Young
Head Coach.....	Marcia Mansur-Wentworth (South Carolina/1982)
Assistant Coach.....	Dr. Peter Ormsby
Website.....	UCFathletics.com
SID .....	Cheryl Flesch
Office.....	(407) 823-2464
E-mail.....	cflesch@mail.ucf.edu



Fatimoh Muhammed



Stephen Samoei



**UTEP Men's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Elias Koech	So.	Iten, Kenya (St. Patrick's)
Patrick Mutai	So.	Eldoret, Kenya (Saos)
Nicodemus Ng'etich	Fr.	Kapsabet, Kenya (Kaptel)
Japheth Ng'ojoy	So.	Eldoret, Kenya (Kaptumo Boys)
Stephen Samoei	Jr.	Eldoret, Kenya (Nakruru)
Dominic Kiprono Tanu	So.	Kapsabet, Kenya (Mother of Apostles Seminary)



**UTEP Women's Cross Country Roster**

<u>Name</u>	<u>Yr.</u>	<u>Hometown (Last School)</u>
Kersta Caliz	Sr.	Los Angeles, Calif. (University)
Delia Cesar	So.	El Paso, Texas (Eastwood)
Megan Chojnacki	So.	Waukesha, Wis. (Waukesha South)
Vanessa De La Rosa	So.	El Paso, Texas (Americas)
Crystal Garcia	Jr.	El Paso, Texas (Silva Magnet/El Paso C.C.)
Myndi Luevano	Fr.	El Paso, Texas (Franklin)
Fatimoh Muhammed	Sr.	Ayetoro, Nigeria (Ebenezer Grammar/Gardner-Webb)
Perla Retana	Jr.	El Paso, Texas (El Paso C.C.)
Kelly Young	Jr.	Lisavow, Australia (Lisavow/Univ. of Hawaii)

**UTEP Quick Facts**

Location .....	El Paso, Texas
Founded.....	1914
Enrollment.....	20,000
Nickname .....	Miners
Colors.....	Dark Blue, Orange, Silver Accent
President.....	Dr. Diana Natalicio
Director of Athletics.....	Bob Stull
SWA .....	Lisa Campos
NCAA Faculty Rep.....	Trisha Ainsa
Head Coach.....	Paul Ereng (Virginia/1993)
Website.....	UTEPathletics.com
SID .....	Charles Staniszewski
Office.....	(915) 747-6653
E-mail.....	stanca@utep.edu

**Cross Country Championship Results - Oct. 29, 2005**  
**Disney's Wide World of Sports, Lake Buena Vista, Fla.**



**Individual Men Standings – Top 20 Finishers**

<u>Place</u>	<u>Athlete, School</u>	<u>Time</u>
1	Patrick Mutai, UTEP	23:35
2	Marcel Hewamudalige, Rice	23:37
3	Japheth Ng'ojoy, UTEP	23:41
4	Stephen Samoei, UTEP	23:42
5	Mircea Bogdan, UTEP	24:23
6	Sesar Figueroa, Houston	24:28
7	Charles Hampton, Rice	24:33
8	Brett Turowski, Tulsa	24:50
9	Edwin Henshaw, Tulsa	24:58
10	Joe Munoz, UTEP	25:01
11	Joel Stansloski, Tulsa	25:05
12	David Axel, Rice	25:07
13	Chris Mullaney, UCF	25:12
14	Andrew Beard, Tulsa	25:15
15	Colby Keithan, Rice	25:16
16	Jason Schwietzer, Tulsa	25:29
17	Paul Goodwin, Houston	25:35
18	Pablo Solares, Rice	25:40
19	John Nelson, Marshall	25:44
20	Ryan White, UCF	25:47

**Team Men Standings**

**Course Distance: 8,000 meters**

<u>Place</u>	<u>School</u>	<u>Total</u>
1	UTEP	23
2	Rice	54
3	Tulsa	58
4	UCF	115
5	Houston	142
6	Marshall	151
7	East Carolina	163
8	Memphis	252

**Individual Women Standings – Top 20 Finishers**

<u>Place</u>	<u>Athlete, School</u>	<u>Time</u>
1	Elizabeth Ambrus, UAB	17:02
2	Kate Gorry, Rice	17:04
3	Callie Wells, Rice	17:14
4	Rachael Forish, SMU	17:18
5	Marissa Daniels, Rice	17:22
6	Danielle Riendeau, Memphis	17:30
7	Jessica Jackson, SMU	17:39
8	Fatimoh Muhammed, UTEP	17:42
9	Lise Olivier, Tulsa	17:50
10	Elizabeth Hilligoss, UAB	17:55
11	Breanna Chipney, Tulsa	17:57
12	Jessica Collins, East Carolina	17:58
13	Jakia Williams, UAB	18:02
14	Naomi Kiprotich, Southern Miss	18:04
15	Whitney Mays, UAB	18:04
16	Emily Malinowski, Memphis	18:12
17	Anna Reeve, Rice	18:14
18	Jennifer Thompson, UAB	18:15
19	Sarah Yoder, Rice	18:16
20	Lea Garcia, Rice	18:18

**Team Women Standings**

**Course Distance: 5,000 meters**

<u>Place</u>	<u>School</u>	<u>Total</u>
1	Rice	46
2	UAB	57
3	SMU	86
4	Tulsa	101
5	Southern Miss	145
6	Memphis	152
7	UTEP	181
8	East Carolina	209
9	UCF	227
10	Houston	280
11	Marshall	284



# 2005 Awards and Individual Honors

## MEN

### All-CONFERENCE

Patrick Mutai	UTEP
Marcel Hewamudalige	Rice
Japheth Ng'ojoy	UTEP
Stephen Samoei	UTEP
Mircea Bogdan	UTEP
Sesar Figueroa	Houston
Charles Hampton	Rice
Brett Turowski	Tulsa
Edwin Henshaw	Tulsa
Joe Munoz	UTEP
Joel Stansloski	Tulsa
David Axel	Rice
Chris Mullaney	UCF
Andrew Beard	Tulsa

### ATHLETE OF THE YEAR

Stephen Samoei	UTEP
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### COACH OF THE YEAR

Paul Ereng	UTEP
------------	------

### FRESHMAN OF THE YEAR

Patrick Mutai	UTEP
---------------	------

### ATHLETE OF THE WEEK

Patrick Mutai	UTEP
Patrick Mutai	UTEP
Sesar Figueroa	Houston
Chris Mullaney	UCF
Chris Mullaney	UCF
Patrick Mutai	UTEP

### ALL AMERICAN

Stephen Samoei	UTEP
----------------	------

## WOMEN

### All-CONFERENCE

Elizabeth Ambrus	UAB
Kate Gorry	Rice
Callie Wells	Rice
Rachael Forish	SMU
Marissa Daniels	Rice
Danielle Riendeau	Memphis
Jessica Jackson	SMU
Fatimoh Muhammed	UTEP
Lise Olivier	Tulsa
Elizabeth Hilligoss	UAB
Breanna Chipney	Tulsa
Jessica Collins	East Carolina
Jakia Williams	UAB
Naomi Kiprotich	Southern Miss
Whitney Mays	UAB

### ATHLETE OF THE YEAR

Elizabeth Ambrus	UAB
------------------	-----

### COACH OF THE YEAR

Jim Bevan	Rice
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### FRESHMAN OF THE YEAR

Jakia Williams	UAB
----------------	-----

### ATHLETE OF THE WEEK

Elizabeth Ambrus	UAB
Lise Olivier	Tulsa
Rachael Forish	SMU
Marissa Daniels	Rice
Danielle Riendeau	Memphis
Marissa Daniels	Rice
Naomi Kiprotich	Southern Miss
Elizabeth Ambrus	UAB

## 2005 CONFERENCE USA COMMISSIONER'S HONOR ROLL

(3.0 GPA or above)

### EAST CAROLINA

*Men's*  
William Collins ^  
Michael Cosolito  
Matthew Dennish  
Jason Diehl  
Andrew Jenkins  
Kristian Jorgensen  
James McLellan ^  
Jarrett Newby ^  
Michael Scott  
Stephen Tausend ^  
Kyle Yunaska

### *Women's*

Jessica Ausbon  
Laura Clark  
Jessica Collins  
Tayleigh Davis  
Hayley Flynn ^  
Megan Glassmacher  
Erinn Latta  
Caitlin Littlefield ^  
Jennifer Perrino ^  
Jessica Raphael ^  
Megan Walling

### MARSHALL

*Men's*  
Steven Burr  
John Davis  
Travis Epling  
Jonathan Nelson  
Matthew Null  
Jason Pyles  
Andrew Rammell  
Straten Schemel  
Ryan Slone  
William Watson  
Juan Arboleda  
Jefferson Brant  
Elliot Montesi  
Brian Prackett  
Abraham Shaposhnik

### MEMPHIS

*Men's*  
Juan Arboleda  
Jefferson Brant ^  
Elliot Montesi ^  
Brian Prackett  
Abraham Shaposhnik

### *Women's*

Whitney Bolton ^  
Carrie Corbett ^  
Mary Claire Dake ^  
Sarah Janecek ^  
Emily Malinowski ^  
Rebecca McMahon  
Kimberly McVeigh  
Danielle Riendeau ^  
Meghan Shinkwin ^  
Heather Woolls ^

## RICE

*Men's*  
David Axel  
Charles Hampton  
Marcel Hewamudalige  
Gregory Scott Loftin  
Justin Maxwell  
John Morris ^  
Brett Olson ^  
Aaron Robson  
Alex Solomon  
Luke Stadel  
Zachary Thomas  
Andrew Zukoski

### *Women's*

Brandi Armstrong  
Susan Barrows ^  
Jessica Cox ^  
Marissa Daniels  
Kirstin Doyle-Cooney  
Malin Fuglesang ^  
Lea Garcia  
Elizabeth Glesson  
Katherine Gorry  
Laura Kelley  
Leah McKay ^  
Daniela Medina  
Janine Moreau  
Lauren Murphy  
Anna Reeve  
Megan Sandler  
Claire Shorall  
Callie Wells  
Sarah Yoder

## SMU

*Women's*  
Sierra Anderson  
Rachel Barber  
Rachel Collins  
Rachael Forish  
Anne Gustafson  
Jessica Jackson  
Magan Moore  
Jessa Simmons

## TULANE

*Women's*  
Brianna Darragh ^

## TULSA

*Men's*  
Robert Nichols ^  
Joel Stansloski  
Brett Turowski

### *Women's*

Alex Becker ^  
Kelli Denny  
Amanda Emnett  
Sarah Graesser ^  
Dreu Harris  
Lana Kelley ^  
Petrina Lamb  
Renine LeHeron  
Brittney McCormack  
Julie Monda  
April Montgomery ^

Dawn Nagazina ^  
Lisa Olivier  
Amy Reeves ^  
Shelby Riker

## UAB

*Women's*  
Ryenne Fortney  
Elizabeth Hilligoss  
Katherine Stepp  
Jennifer Thompson ^  
Jakia Williams

## UCF

*Men's*  
Daniel Conn  
Paul Fitzpatrick  
Chris Mullaney

### *Women's*

Shantile Blackburn  
Michelle Brouillet  
Kelly McNeil  
Elizabeth Miller  
Amanda Monde  
Alison Palmer  
Jennifer Rogers  
Mary Schaefer  
Shannon Staunton  
Krsiten Zieminski

## UTEP

*Men's*  
Japheth NG'Ojoy  
Stephen Samoei

### *Women's*

Kersta Caliz  
Delia Cesar  
Vanessa De La Rosa  
Fatimoh Muhammed  
Crystal Garcia  
Phanice Orora  
Amanda Walker  
Elizabeth Zubiate

^ indicates Academic Medal  
Winners (3.75 GPA or above)

## INSTITUTIONAL EXCELLENCE AWARD

Rice

## SPORTS ACADEMIC AWARD

Men's - Rice  
Women's - Tulsa

## C-USA POSTGRADUATE SCHOLARSHIP

Sarah Yoder, Rice

## MEN'S SCHOLAR ATHLETE AWARD

Men's Stephen Samoei, UTEP

## WOMEN'S SCHOLAR ATHLETE AWARD

Danielle Riendeau, Memphis

## **TEAM C-USA: DEDICATED TO EXCELLENCE**

Excellence every day. For Conference USA, dedication to excellence is a common thread in athletics, academics and in the community, and the guiding initiative for the league's promising future. Conference USA features 12 nationally prominent, tradition-rich members in East Carolina, Houston, Marshall, Memphis, Rice, SMU, Southern Miss, Tulane, Tulsa, UAB, UCF and UTEP. This combination enhances men's and women's programs that are steeped in athletic success and academic prowess. Together, we are dedicated to excellence, integrity and leadership in athletics, academics and in our communities. All C-USA institutions sponsor Division I-A football, along with several other men's and women's athletic programs, many of which compete regularly for NCAA Championships. C-USA sponsors competition in 19 sports nine for men (baseball, basketball, cross country, football, golf, soccer, tennis and indoor and outdoor track and field) and 10 for women (basketball, cross country, golf, softball, soccer, swimming and diving, tennis, indoor and outdoor track and field and volleyball). The league sponsors numerous academic awards, including the Commissioner's Honor Roll and the Commissioner's Academic Medal, indicative of outstanding achievement in the classroom. C-USA annually awards six postgraduate scholarships, along with the Sport Academic Award, Scholar Athletes of the Year and the Institutional Academic Excellence Award.

### **SUCCESS OFF THE FIELD**

C-USA institutions are among the nation's best academic performance among student-athletes, bolstered by the fact that student-athletes at league schools have a higher graduation rate than the general student population. Among C-USA's 5,000 student-athletes, there are champions off the playing field as well. In 11 years, 92 student-athletes earned national ESPN *The Magazine* Academic All-America honors, while 282 were named All-District. In addition, more than 11,000 student-athletes have been named to the Commissioner's Honor Roll or received the Commissioner's Academic Medal, indicative of outstanding achievement in the classroom.

### **C-USA IN THE COMMUNITY**

The conference's footprint is concentrated with 12 members in nine states and a combined area population of nearly 17 million. More than 1.1 million living alumni represent C-USA schools across the nation. With a renewed commitment to community involvement, the conference has begun development of several initiatives



to maintain strong ties in C-USA cities, as well as with fans and alumni across the country. C-USA schools also place a priority on giving back to their communities through volunteer service with local and national organizations.

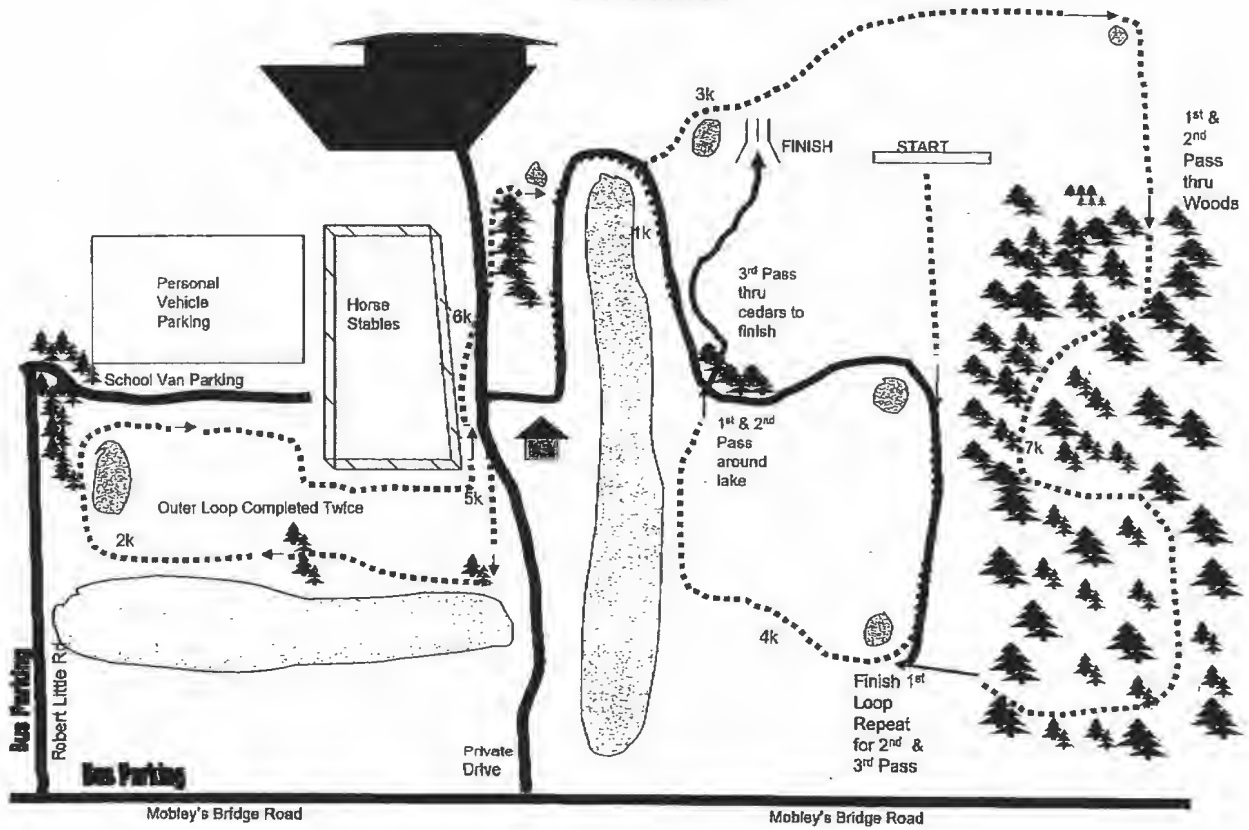
### **GOVERNANCE**

Along with the ACC, Big East, Big Ten, Big 12, Pac-10 and SEC, Conference USA is one of the seven conferences having significant representation in the NCAA governance structure. The Presidents of the member institutions serve as the league's Board of Directors. Dr. Carol Garrison of UAB began her first year as chair of the Board of Directors in 2005-06 and will serve in that capacity again in 2006-07.

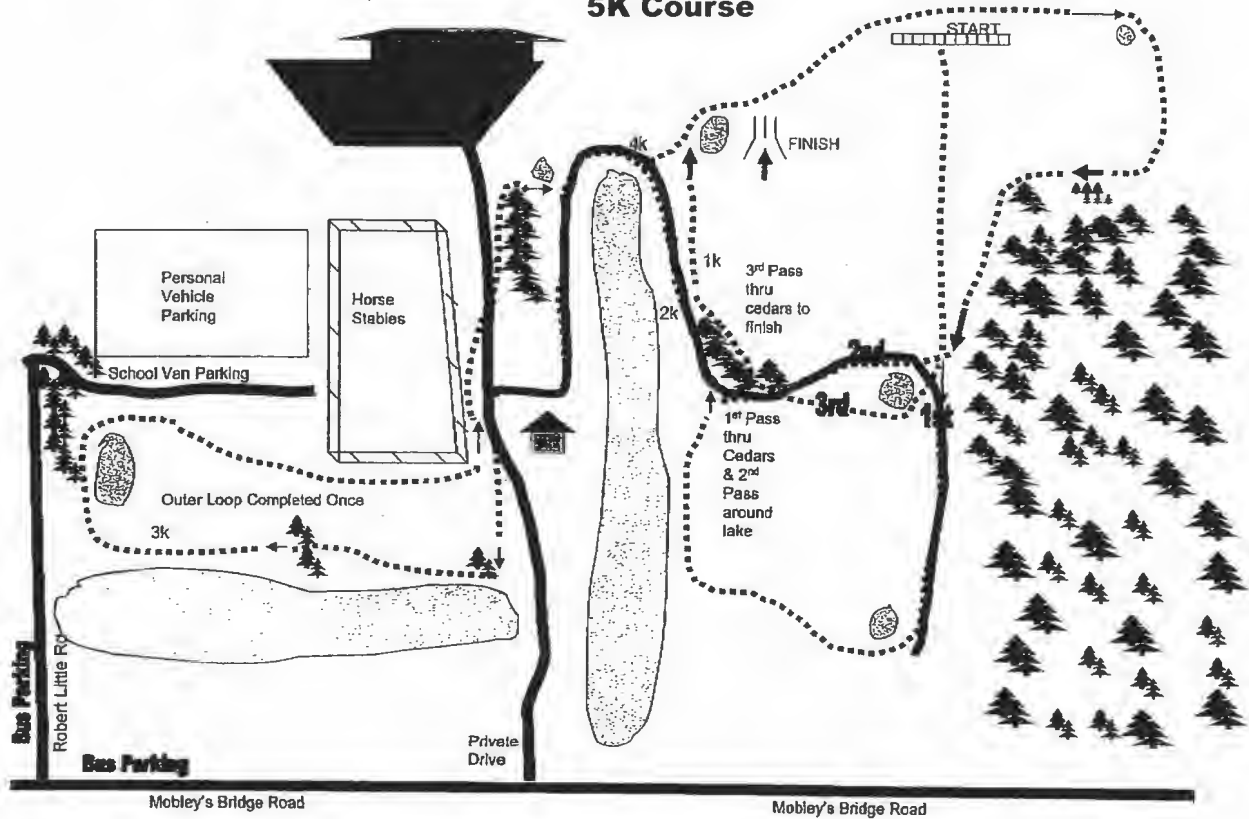
### **A PROUD HISTORY; A PROMISING FUTURE**

Conference USA was formed in 1995 and quickly emerged as one of the nation's top conferences. The conference unveiled its name, logo and commissioner on April 24, 1995 in Chicago. The league's charter members included Charlotte, Cincinnati, DePaul, Houston, Louisville, Marquette, Memphis, Saint Louis, Southern Miss, Tulane, UAB and USF. Eleven institutions began athletic participation in 1995, while Houston joined competition in the fall of 1996. The league's headquarters were established in Chicago and after nine years, relocated to the current office in Irving, Texas. Britton Banowsky was named Commissioner in October 2002, succeeding Mike Slive, the league's first commissioner. C-USA added East Carolina (September, 1996) and the United States Military Academy (March, 1997) as football members. ECU began league competition 1997; Army in 1998 and UAB began football play in 1999. The league added TCU and ECU (1999) for all sports and they began competition in 2001. USF started C-USA football in 2003. After celebrating its 10th Anniversary during the 2004-05 season, C-USA began a new chapter in 2005-06 when its current membership came together to form the new look of the league. Since its formation, C-USA has established a strong foundation, an identity and a history that reflects the league's national presence. Eleven years of remarkable history has reinforced the league's position in collegiate athletics, setting the course for the next decade and beyond.

## Lake Kristi, Greenville, NC 8K Course



## 5K Course



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