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<td>Ashley Jensen</td>
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<td>02/28/88</td>
<td>Freshman</td>
<td>Fountain Valley, Calif.</td>
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*redshirting this season

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**Head Coach • Tom Walsh**

Tom Walsh begins his 13th season as the USC women’s cross country coach and the middle and long distance coach for the track & field team.

In four of the last five seasons, Walsh has coached a Women of Troy runner who has qualified for the NCAA Cross Country Championships - Iryna Vashchuk (2003-04), Brooke Thomas (2002) and Sarah Ellis (2001).

During his tenure, the Women of Troy middle and long distance program has consistently been one of the best in the country. In fact, no other middle-distance program in the country in the last decade, except for USC’s under Walsh, has had a four-time All-American in both the 800m and 1,500m at the NCAA Championships.

During the last 10 years, USC middle distance runners have captured All-American honors 20 times, including an NCAA 800m championship by four-time All-American Brigita Langerholc in 2001. Langerholc also finished a surprising fourth in the 800m at the 2000 Olympics in Sydney, Australia, in a school-record time of 1:58:51. Another Walsh product was Grazyna Penc, a four-time All-American in the 1,500m. Penc finished third in 1996 and 1998, fourth in 1997 and was second in 1999 in the 1500m at the NCAAs. Emebet Shiferaw was a two-time All-American in the 3,000m in 1996-97. Her best NCAA finish was second place. She also was a cross country All-American in 1996. Anna Lopaciuch twice earned All-American honors in the 1,500m, finishing fifth in 1998 and third in 2000. In 2002, Aleksandra Deren placed seventh in the 800m at the NCAAs. In 2004, Julia Budnia became the first Women of Troy athlete to earn All-American honors in the 3,000m steeplechase as she finished sixth in the NCAAs. Vashchuk also earned All-American honors in 2004 and 2005, as she finished sixth and seventh respectively in the 1,500m at the NCAA Championships. Walsh also worked with 1500m runner Tomasz Babiszkiewicz, a four-time Pac-10 scorer and two-time NCAA championship qualifier.

Walsh graduated from USC in 1988 and served as a graduate assistant at his alma mater for three years in the late 1980s. He also served as a track and field consultant for ABC and NBC during the 1988 and 1992 U.S. Olympic Trials.
2006 USC Women’s Cross Country Team Outlook  
-- by USC head coach Tom Walsh --

It is pretty clear that our two leaders will be Ashley Jensen and Kristen Berglas. Ashley brings some good east coast cross country experience which I hope will rub off on the younger girls. We have so many freshmen that it is going to be in the hands of Ashley and Kristen, both seniors, to help bring them along. I’m really looking forward to Berglas returning to her sophomore form and for Jensen to continue being the solid runner she was at Providence College and maintaining that here at USC.

Following them, we have eight girls that will be battling for the third spot, and seven of those girls are freshmen. That group includes Kelsey Connor, Katherine Ellis, Chanel Fischetti, Daniela Gergley, Christine Greer, Bridget Helgerson, Alexis Nichols and Jennifer Wells, and all are freshmen except for Greer, a transfer from NYU. What impresses me so far is how hungry they are as a group and how much they want to get better as a team. These freshmen will eventually be the cornerstone of the team and I’m very optimistic about the future of this program. They are all pretty close to each other in time, so we will be a team that runs in packs and that should help push each other to achieve greater heights.

Not far behind that group of eight, we have senior Christina Eads, freshman Natalie Jarvey, junior Sara Fusco and sophomore Allison Spies. Eads and Fusco join Berglas as the only returning runners and will aid the team greatly with their experience and knowledge. One other member of the team is Taylor Carroll a transfer from Arizona State, who is redshirting this season.

We are going to have some ups and downs because we are so young, but I’m hoping as the season progresses, we will keep improving as we reach the end of the season and into the Pac-10 Championship.

The Pac-10 overall is one of the top conferences in the country. This year the league could have as many as five schools in the top 25 in the nation. The competition will be strong, but USC’s runners appear ready to challenge themselves and grow as a team.
Kristen Berglas

Ht. - 5-7
Class - Senior
Best 5K time - 18:27, UC Riverside Invitational (10/02/04)

At USC:
Kristen Berglas enters her fourth season in the USC cross country program...Has competed in the 2003-05 Pac-10 Cross Country Championships...A member of USC’s 2004 team that participated in the NCAA West Regional Championships...Placed fifth at the 2005 Pepperdine Invitational with a time of 18:53...Led the Trojans at the 2005 Pac-10 Cross Country Championships with a time of 23:13 to finish 58th on the 6K course...Also runs the 1500m, 3000m and 3000m steeplechase in track...Moved into USC’s top 10 in 2005 in the 3000m (8th) and 3000m SC (2nd)...Had 2005-06 season bests of 4:45.09 in the 1500m, 11:20.72 in the 3000m and 11:30.33 in the 3000m Steeplechase.

High School:
Berglas is a 2003 graduate of Woodbridge (Calif.) High...A four-year letter-winner in cross country and track and one year in soccer...Helped lead her team to the title in the 1999 California Cross Country State Championships...A four-time (1999-2003) cross country first-team member selection by the Orange County Register and Los Angeles Times...A four-time qualifier for the California Cross Country State Championship meet...A two-time (1999-2000) member of the Sea-View League Championship team...The 2003 CIF Division I Champion in the 3200m...A 2003 California State Meet qualifier in the 1600m.

Personal:
Her grandfather, John Berglas, and grandmother, Janey Rifken, are 1945 graduates of USC...Her cousin, Allison Berglas, also attended USC...She lists playing tennis and surfing as favorite pastimes...An undeclared major.

Taylor Carroll

Ht. - 5-8
Class - Junior
Best 5K time - 18:51, UC Riverside Invitational (10/02/04)

At USC:
Taylor Carroll will redshirt this season after transferring from ASU...The 2007 season will be her first eligible season as a cross country runner at USC.

College:
2004: As a freshman at Pepperdine, she led the Waves to a 21st-place finish at the NCAA West Regional at Woodward Park in Fresno, Calif...She clocked a 23:04 time in the 6K race to lead all Waves’ runners...Placed 24th at the West Coast Conference championship with a time of 19:26, second of the Pepperdine runners...Was the top Waves’ finisher at the Cal Poly Invitational with a time of 19:22...Ran a season-best 18:51.10 at the UC Riverside Invitational to place 31st.
2005: Transferred to Arizona State as a sophomore...The Sun Devils had a strong team which placed second at the Pac-10 and NCAA West Regional and fourth at the NCAA Championship in Terre Haute, Ind.

High School:
Carroll is a 2004 graduate of Santa Margarita (Calif.) High...Helped lead her high school team to the 2003 CIF team title...Santa Margarita also won the Sierra League title in 2002 and placed second in 2003.

Personal:
Despite stops at other schools en route to USC, has always dreamed of running for USC...Her grandfather, father and mother all graduated from USC.
KELSEY CONNOR

Ht. - 5-4     Birthdate - 05/18/88
Class - Freshman     Hometown - Oak Park, Calif.
Best 5K time - 18:38 (high school best)

At USC:
Kelsey Connor begins her first season as a cross country runner at USC.

High School:
Connor is a 2006 graduate of Oak Park High in Oak Park, Calif....Was a four-year letter winner in cross country at Oak Park High, was All-Ventura County and All Tri-Valley League all four seasons and was All-State her senior year....Helped lead her team to the Nike Team Nationals in 2005...Has personal bests of 18:38 in the 5k, 2:14.8 in the 800m and 5:16 in the 1600m...Was named the Outstanding Female Graduate at Oak Park High and was a Gold Honor Roll member.

Personal:
Likes going to Hawaii with her family and going back to Montana to visit family and to go wakeboarding and tubing on the lake....Enjoys going to the beach....Lists Michael Jordan as her biggest sports hero, for being the classiest player and for his ability to dominate his sport...Also a fan of the great runner Steve Prefontaine...Says USC has been her dream school since the 7th grade....Is an undecided major at USC.

CHRISTINA EADS

Ht. - 5-6     Birthdate - 12/18/84
Class - Senior     Hometown - Fallbrook, Calif.
Best 5K time - 19:32, UC Riverside Invitational (09/22/03)

At USC:
Christina Eads enters her fourth season in the USC cross country program...Her best cross country 5k is 19:32 and her best 6k is 24:24...Competed in the 2004 and 2005 Pac-10 Cross Country Championships and the 2004 NCAA Cross Country West Coast Regionals...Was the top Trojan finisher at the Cal State Fullerton Jammin Invitational on Sept. 3, 2005 with a time of 20:13...Came in 10th at the 2005 Pepperdine Invitational with a time of 19:58...Was second among USC runners at the 2005 Pac-10 Championships...She also runs the 3000m and 5000m in track as well, with 2006 season bests of 10:28.81 in the 3000m and 19:58.69 in the 5000m.

High School:
Eads is a 2003 graduate of Fallbrook High (Calif.)....Was a four-year letterwinner in cross country and swimming and a two-year letterwinner in track...Named to the 2001 All-Avocado League First-Team in cross country...Honored as the San Diego Union-Tribune Student-Athlete of the Year in 2002 and 2003...Qualified for the California State Championships in 2001 and 2002.

Personal:
Is a member of Campus Crusade for Christ...Leads a bible study off-campus...Lists the Bahamas and Italy as places she would like to visit...Says the Ironman Triathlon is a goal she would like to accomplish...Is a biochemistry major.
KATHERINE ELLIS

Ht. - 5-4  Birthdate - 07/13/88  
Class - Freshman  Hometown - Vancouver, Wash.  
Best 5K time - 18:53, (high school best)

**At USC:**
Katherine Ellis begins her first season as a cross country runner at USC.

**High School:**
Ellis is a 2006 graduate of Columbia River High in Vancouver, Wash... Ran cross country and track and field at Columbia River High where her team won the 3A District 4 cross country championship twice...She was the 3A District 4 3200m champion four times and won the 1600m championship once...Her best cross country time as a senior was 18:53, her best 3200m time was 11:23 and best 1600m time was 5:20...Was a national merit scholar in high school.

**Personal:**
Lists listening to music as a favorite pastime...Says Steve Prefontaine is her biggest sports hero because he was fast, had guts and a cool mustache...Chose USC for its great academics and the friendly people...Is an engineering major at USC.

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CHANEL FISCHETTI

Ht. - 5-5  Birthdate - 03/07/88  
Class - Freshman  Hometown - Laguna Niguel, Calif.  
Best 5K time - 18:28, (high school best)

**At USC:**
Chanel Fischetti begins her first season as a cross country runner at USC.

**High School:**
Fischetti is a 2006 graduate of Dana Hills (Calif.) High... She ran cross country and track at Dana Hills in the South Coast League...Had a personal-best time of 18:28 in cross country, 2:17 in the 800m, 5:07 in the 1600m and 11:30 in the 3200m...Was a class officer at Dana Hills High and was the school’s valedictorian.

**Personal:**
Is known for having a great sense of humor...Her interests include food, going to the beach and hanging out with friends...Her biggest sports hero is Steve Prefontaine...Is a biology (pre-med) major at USC.
**SARA FUSCO**

**Ht.** - 5-4  
**Birthdate** - 09/16/86  
**Class** - Junior  
**Hometown** - Margate, N.J.  
**Best 5K time** - 21:05, CSUF Invitational (10/23/04)

**At USC:**

Sara Fusco enters her third season in the USC cross country program...Had a time of 21:05 at the Cal State Fullerton Invitational on Oct. 23, 2004...Placed 27th at the 2005 Pepperdine Invitational with a time of 21:52...Ran a 2005 season-best 21:41 at Cal State Fullerton...Competed at the 2005 Pac-10 Championships and placed fifth among Trojan runners, running a 27:46 6K.

**High School:**

Fusco is a 2004 graduate of The Peddie School in Hightstown, N.J...Was a three-year letterwinner in rowing...Honored with the Caspersen Crew Award for sportsmanship in 2004...Placed first in the Philadelphia City Championships in 2003...Achieved High Honors in her sophomore through senior years.

**Personal:**

Is a member of the board of the Fashion Industry Association...Is a volunteer at the Joint Education Project House...Lists traveling to Brazil, Fiji and Tahiti as places she would like to visit...Her favorite movies are “Vanilla Sky,” “Jawbreaker” and “Armageddon”...Is a political science major and law and society minor who would like to attend law school after graduation.

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**DANIELA GERGLEY**

**Ht.** - 5-4  
**Birthdate** - 08/22/88  
**Class** - Freshman  
**Hometown** - San Ramon, Calif.  
**Best 5K time** - 17:38, (high school best)

**At USC:**

Daniela Gergley begins her first season of running cross country for USC.

**High School:**

Gergley is a 2006 graduate of Monte Vista (Calif.) High...She ran both cross country and track in high school and qualified for the cross country state championships three times and in track once...She was All-Orange County as a sophomore, was All-Contra County first team and was named Orange County Register Athlete of the Week once...Had a personal-best time of 17:38 in cross country, 5:09 in the 1600m and 11:00 in the 3200m...She was an AP Scholar with Distinction, Contra Costa County’s Jr. Miss, Metro PCS Scholar, Nara Bank Scholar, Society of Women Engineers Scholar, Diablo Panhellenic Scholar, Italian Catholic Federation Scholar and Ligire Club Scholar.

**Personal:**

Lists her most thrilling moment in sports when her high school track team won the league championship for the first time in 20 years by one point over their longtime rivals...Lists favorite pastimes as singing karaoke and dancing...Chose USC for the great academics and school spirit and for the care the school gives to athletics...Is a biomedical engineering major at USC.
CHRISTINE GREER

At USC:
Christine Greer begins her first season of running cross country at USC, after transferring from New York University (NYU).

College:
Competed in 2005 as a freshman at NYU and scored in half of their meets...In her first race, NYU came in second at the Vassar College Invitational and Greer ran a 20:37.76 time to place 13th...Placed 40th with a time of 21:40 at the NYU Invitational in oppressive heat...Her team placed seventh at the NY State CTC Championships as she ran a time of 20:05.4 to finish 59th.

High School:
Greer is a 2005 graduate of Central Bucks South High in Warrington, Pa...She participated in cross country and track...Was named the cross country team MVP her senior season...her best 800m time was 2:27 and her best 5000m time was 19:27...Ranked in the top 10 percent scholastically in her school.

Personal:
Lists her biggest sports thrill as winning a cross country race...Likes to paint and go to concerts in her spare time...Is a chemistry major at USC.

BRIDGET HELGERSON

At USC:
Bridget Helgerson begins her first season as a cross country runner at USC.

High School:
Helgerson is a 2006 graduate of Jesuit High in Portland, Ore...She ran cross country and track in high school...Was third-team 2005 All-Metro in cross country...Ran the 3000m and 1500m races in track...Named the most improved on the women's track team in 2006...Had a personal-best time of 19:18 in cross country, a 4:56 time in the 1500m and 10:46 in the 3000m...Was on the honor roll all four years and was a member of the National Honor Society.

Personal:
List competing at Nike Team Nationals and running the last leg in the distance medley relay at the XO invite in Eugene, Ore. and coming in first place to help her high school team win the meet as her most thrilling moment in sports...Likes to hang out with friends and family and has a passion for eating...Would like to own a restaurant someday...Chose to attend USC because of the beautiful campus, the weather, location, reputation, community and to run cross country.
Natalie Jarvey

Ht. - 5-2  
Birthdate - 8/23/88  
Class - Freshman  
Hometown - Auburn, Wash.  
Best 5K time - 19:58, (high school best)

At USC:
Natalie Jarvey begins her first season of running cross country for USC.

High School:
Jarvey is a 2006 graduate of Thomas Jefferson High in Auburn, Wash...She ran cross country and the 1600m and 3200m in track while in high school...Was a state qualifier for three years in a row in cross country...Qualified in 2004 for the West Central District Meet in the 3200m...Had a personal-best time of 19:58 in cross country, a 5:32 time in the 1600m and 12:01 in the 3200m races in high school.

Personal:
Lists her biggest thrill in sports as having run in the Washington state cross country meet and watching a runner break the state 3200m record with the fastest time in the nation...Enjoys reading and spending time with friends...Chose to attend USC because of its excellent journalism program and academic reputation...Is a print journalism major at USC.

Ashley Jensen

Ht. - 5-7  
Birthdate - 06/05/84  
Class - Senior  
Hometown - Lincoln, R.I.  
Best 5K time - 18:37, UNH Invitational (09/03/05)

At USC:
Ashley Jensen begins her first season of running cross country for USC, after transferring from Providence College.

College:
Jensen ran three seasons at Providence College in Rhode Island where she was part of a very successful program...The Friars finished third twice and 16th once at the NCAA Championships in her three seasons there...Ran at the NCAA Cross Country Championships in 2003 (203rd, 22:49) and in 2005 (189th, 22:37)...Ran a personal-best time of 18.37 in cross country on Sept. 3, 2005...Also ran track at Providence...Ran a personal-best time of 17:51.94 on April 25, 2004 to win the 5000m race at the Brown Spring Invitational...Also ran indoor track and finished fourth with a time of 10:32.77 in the 3000m at the Boston University Three-Way Meet on Feb. 10, 2004...Had personal-best track times of 10:06 in the 3000m, 17:27 in the 5000m and 11:17 in the 3000m steeplechase.

High School:
Jensen is a 2002 graduate of Mount Saint Charles Academy in Lincoln, R.I....She ran cross country and track all four years and swimming one season...She was all-division in cross country and track all four years of high school...Earned all-state honors in 1999 and 2001 and was academic all-state all four years in both sports...Was team MVP in cross country and track...Was a National Honors Society and Excelsior Honor's Student.

Personal:
List competing at the 2004 NCAA cross country championships in Iowa with the temperature around 10 degrees below zero and her Providence team placing third as her most thrilling moment in sports...Likes to swim, ride horses and skate...Says her biggest sports hero is Michelle Kwan for being an extremely talented and graceful skater and for showing true sportsmanship by giving up her spot on the US Olympic team when she wasn’t at her best, to give someone else a chance...Lists her favorite movie as “The Notebook” and her favorite television shows as “Lost” and “Grey’s Anatomy”...Chose to become a Trojan because the Annenberg Communications School is one of if not the best in the country and USC offers a perfect blend of academics and athletics...Is working on her communications management master’s at USC.
**ALEXIS NICHOLS**

**Ht.** - 5-8  
**Birthdate** - 11/30/88  
**Class** - Freshman  
**Hometown** - Lawrenceville, Ga.  
**Best 5K time** - 18:48, (high school best)

**At USC:**  
Alexis (Lexi) Nichols begins her first season running cross country at USC.

**High School:**  
Nichols is a 2006 graduate of Collins Hill High in Lawrenceville, Ga... She ran both cross country and track at Collins Hill High with a personal-best time of 18:48 in cross country, 5:17 in the mile, 11:28 in the two-mile race and 2:23 in the 800m... Was All-State and All-County three years... Named Gwinnett Athlete of the Week twice.

**Personal:**  
Lists her most thrilling moment in sports as when she qualified for the Georgia state championship as a sophomore by passing the opposition in the last five meters... Cites the funniest thing that has happened to her while running as placing runner-up in her first race - the county freshman race - while wearing two different shoes which were two different sizes... Likes to picnic and play touch football with friends... Her biggest sports hero is Lance Armstrong due to his will and determination, fighting cancer and winning that battle as well as numerous Tour de France races... Chose USC because she wanted to open new doors, experience the other side of the country and to grow as a person... Was born in Bangkok, Thailand... Is an undeclared major at USC.

**ALLISON SPIES**

**Ht.** - 5-8  
**Birthdate** - 10/16/87  
**Class** - Sophomore  
**Hometown** - San Diego, Calif.  
**Best 5K time** - 20:30, (high school best)

**At USC:**  
Allison Spies (pronounced Speez) begins her first year of running cross country at USC.

**High School:**  
Spies is a 2005 graduate of Point Loma (Calif.) High.... She participated in cross country, track, soccer and badminton at Point Loma... Earned all-CIF honors as a runner and in soccer... Named All-Eastern League in cross country... Graduated in the top five percent of her class.

**Personal:**  
Says competing at the state meet in Fresno was the most thrilling moment in sports for her due to the atmosphere and the crowd at the event... Enjoys hanging out and laughing with friends and going to the beach... Chose USC for the academics and because her sister attended USC... Is a kinesiology major at USC.
JENNIFER WELLS

Ht. - 5-9  Birthdate - 02/28/88
Class - Freshman  Hometown - Fountain Valley, Calif.
Best 5K time - 17:58, (high school best)

At USC:
Jennifer Wells begins her first season running cross country at USC.

High School:
Wells is a 2006 graduate of Fountain Valley (Calif.) High...She ran cross country and the 400m, 800m and 4x400m relay in track...Was All-Sunset League and All-Senior Orange County...Was voted the most improved varsity runner...Had personal-best times of 17:58 in cross country, 2:17.1 in the 800m, 0:59 in the 400m and 19:01 in the 5000m.

Personal:
Lists her most thrilling moment in sports as her team winning the 2005 CIF cross country championship...Like to play other sports and hang out with friends in her spare time...Was born in St. Louis, Mo...Is an undecided major at USC.

CROSS COUNTRY SCORING

Team Competition:
A cross country team may consist of 12 runners, or more if otherwise agreed upon by the teams competing.

Team Scoring:
All runners who finish a race shall be given an overall finish place. However, only the first seven runners on any one team may be used in scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team. Those teams not finishing at least five runners likewise shall not be included in the order of team finish.

The score shall be determined by totaling the points of the first five runners of each team to finish. The team scoring the lower number of points shall be the winner. For example, a team with runners finishing 1, 5, 7, 24, 39 for a total of 76 would defeat a team with runners finishing 2, 3, 4, 48, 52 for a total of 109.

Although the sixth and seventh runners of a team to finish do not score points toward their team’s total, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents.

Ties in team scoring shall not be broken, except for advancement to the championship finals.
2005 Cross Country Recap

The 2005 USC cross country team struggled throughout the season, as the team’s depth was challenged due to a myriad of injuries to many of its top runners. In fact, for several meets, the Trojans struggled just to get five healthy women to enter the race.

The 2005 season culminated with a 10th-place finish at the Pac-10 Conference Championships held in Tucson, Ariz. The Trojans’s top finisher was junior Kristen Berglas who ran the 6K course in a time of 23:13 to finish in 58th place.

The USC squad placed fourth at the Pepperdine Invitational on Sept. 24 in Malibu, Calif., as Berglas finished fifth with a time of 18:53 and junior Christina Eads placed 10th with a time of 19:58.

The Trojans also took ninth place at the UC Irvine Invitational on Sept. 10 in Huntington Beach, Calif., led by senior captain Kate Neeper (23rd) and Berglas (27th).

Off the cross country course the Women of Troy excelled, as Neeper was named first-team Pac-10 All-Academic and Eads, Sara Fusco, Amber Oleson and Sarah Sisco were honorable mention on the All-Pac-10 Academic team.

Neeper, who graduated with a double major in international relations and Spanish, was later named co-salutatorian of the graduating 2006 USC class.
The Trojans’ history in cross country in the Pac-10 has been limited in team competition. The men competed in the Pac-10 from 1969 to 1972 and then again from 1985 to 1993. Their highest finish was fourth place in 1969 and 1971.

The women began fielding a cross country team in the Pac-10 in 1990. The Women of Troy had their highest league finish in 1996 and 1997, when they took sixth-place in the Pac-10 Cross Country Championships.

Tom Walsh took over as head coach in 1993 and was able to move the team out of the conference cellar after it had finished last in the conference the first five seasons. The Women of Troy’s fledgling program had finished between sixth and eighth place every season since 1995, prior to finishing 10th last season.

The 2004 USC cross country team finished in eighth place at the Pac-10s and were led by second-team All-Pac-10 runner Iryna Vashchuk. She finished 10th at the Pac-10 Championships with a time of 21:17. Vashchuk also made the all-conference second team in 2003.

In four of the last five seasons, the Trojans have qualified a runner for the NCAA Championships, with Sarah Ellis (2001), Brooke Thomas (2002) and Vashchuk (2003-04). Emebet Shiferaw, who finished 51st in 1995 and seventh in 1996 at the NCAAs, is the only Women of Troy cross country runner to be an All-American (1996). Her time of 17:53 in 1996 was second among all Pac-10 runners, as Arizona’s Amy Skieresz won the national title.

Since 1998, the Trojans have placed seven runners on the Pac-10 women’s cross country All-Academic first team, led by Kate Neeper, who was a first-team selection in each of the past three seasons.

### TROJAN CROSS COUNTRY RUNNERS QUALIFYING FOR THE NCAA CHAMPIONSHIPS

<table>
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<th>Year</th>
<th>Runner</th>
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<tr>
<td>1990</td>
<td>Amy Goodwin</td>
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<td>1995</td>
<td>Emebet Shiferaw</td>
</tr>
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<td>1996</td>
<td>Emebet Shiferaw (Cross Country All-American)</td>
</tr>
<tr>
<td>2001</td>
<td>Sarah Ellis</td>
</tr>
<tr>
<td>2002</td>
<td>Brooke Thomas</td>
</tr>
<tr>
<td>2003</td>
<td>Iryna Vashchuk</td>
</tr>
<tr>
<td>2004</td>
<td>Iryna Vashchuk</td>
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</tbody>
</table>

Emebet Shiferaw  
Brooke Thomas  
Iryna Vashchuk