



Foot Locker®

CROSS COUNTRY CHAMPIONSHIPS

2006





Foot Locker

CROSS COUNTRY CHAMPIONSHIPS

Dear Runners:

Welcome to the 28th annual Foot Locker Cross Country Championships, the only true individual national championship in high school sports. Since the inception of this competition, thousands of determined, motivated, and talented young runners have crossed our finish line demonstrating true athleticism. To some it's about winning; to others, it's about the passion to compete in a race where their idols have run.

As you take part in this unique experience, we hope that you look at this race not only as an achievement in your running career, but in your personal life as well. The perseverance that you've exerted, along with the unconditional support of friends, family, and coaches have shaped you into who you are today. And, from this day moving forward, that effort and support will help you meet any goals both on and off the course.

Good luck to you all, enjoy the race and savor the memories. We wish you much success in all your future endeavors.

Sincerely,

Nick Grayston
President and CEO
Foot Locker, U.S.

Dear Runners:

Your long hours of training, dedication, and teamwork have paid off, and now you stand in the footsteps of some of our sport's greatest cross country athletes. Congratulations on your participation in the Foot Locker Cross Country Championships. Runners who have competed in this race before you include Olympians Meb Keflezighi, Alan Webb, Dathan Ritzenhein, Adam Goucher and Suzy Favor Hamilton. Just as they did, you will make your team, friends and family proud as you compete with some of the best runners in the nation.

Nike is dedicated to helping runners at all levels reach their goals. Through our support of high school track and field and cross country programs, and through the development of innovative products, we hope to help future Olympians succeed. Like the runners before you, each one of you has the potential to break records, win races and change the sport of running forever. We're proud to watch you make history.

Good luck, on race day and beyond.



John Capriotti
Global Director, Athletics Sports Marketing
Nike, Inc.



Northeast Regional

Van Cortlandt Park • Bronx, NY • November 25, 2006

Pre-Race Favorites

Boys

Mark Amirault	Xaverian HS, Sr	Westwood, MA
Matt Centrowitz	Broadneck HS, Sr	Annapolis, MD
Craig Forys	Colts Neck HS, Sr	Howell, NJ
Thomas Gruenewald	Fayetteville-Manlius HS, Sr	Manlius, NY
Andrew McCann	Fayetteville-Manlius HS, Sr	Manlius, NY
Steve Murdock	Shenendehowa HS, Sr	Clifton Park, NY
Brian Rhodes-Devey	Guilderland HS, Sr	Slingerlands, NY
Paul Springer	Unionville HS, Sr	Kennett Square, PA
Ayalew Taye	Cushing Academy, Jr	Ashburnham, MA
Sintayehu Taye	Cushing Academy, Soph	Ashburnham, MA

Girls

Hannah Davidson	Saratoga Springs HS, Jr	Saratoga Springs, NY
Elizabeth Deir	Honeoye Falls Lima HS, Sr	Lima, NY
Ashley Higginson	Colts Neck HS, Sr	Howell, NJ
Shelby Greany	Suffern HS, So	Suffern, NY
Briana Jackucevicz	Colts Neck HS, So	Howell, NJ
Caitlin Lane	Greenwich HS, Jr	Greenwich, NY
Kristy Longman	Sayville HS, Sr	Sayville, NY
Amanda Marino	Jackson, HS, Sr	Jackson, NJ
Allison Sawyer	Hilton HS, Sr	Hilton, NY
Danielle Tauro	Southern Regional HS, NJ, Sr	Manahawkin, NJ

States Competing in the Northeast Regional

Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont and Washington, DC

Regional Coordinator:

Phil Zodda

Assistant Coordinators:

Kathleen Haywood-Zodda, Hilda Charles

Race Day Schedule	
8:30am	Walk/Run
9:30am	Freshman Boys
10:00am	Freshman Girls
10:40am	Sophomore Boys
11:00am	Sophomore Girls
11:30am	Boys Staff
12:10pm	Sophomore Girls
12:20pm	Junior Boys
1:00pm	Junior Girls
1:30pm	Senior Boys
1:35pm	Senior Girls

2005 National Finalists

Boys

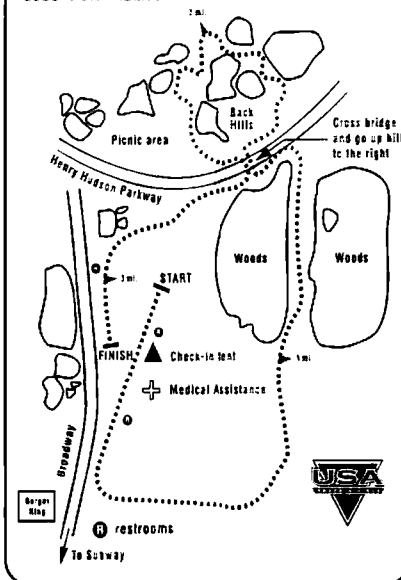
Ayalew Taye	Ashburnham, MA
Sintayehu Taye	Ashburnham, MA
Noel Bateman	Rochester, NY
Greg Kelsey	Saratoga Springs, NY
Tradelle Ward	Griswold, CT
Brian Rhodes-Devey	Slingerlands, NY
Jeffrey Perrella	Westfield, NJ
Jay Koloseus	Guilford, CT
Keith Capecci	New Hope, PA
Joshua Hibbs	Hatboro, PA

Girls

Nicole Blood	Gansevoort, NY
Aislinn Ryan	Bellvale, NY
Caitlin Lane	Ganesvoort, NY
Lindsey Ferguson	Greenfield Center, NY
Danielle Tauro	Manahawkin, NJ
Liz Costello	Wayne, PA
Briana Jackucevicz	Farmingdale, NY
Elisabeth Deir	Lima, NY
Hannah Davidson	Saratoga Springs, NY
Shelby Greany	Suffern, NY

Course Map

Van Cortlandt Park
Bronx, NY
5000 Meter Course



Northeast Regional Course Records:

Boys

Anthony Smith 15:14 (1982)

Girls

Cathy Schiro 16:46 (1984)



South Regional

McAlpine Creek Park • Charlotte, NC • November 25, 2006

Pre-Race Favorites

Boys		
Clay Adams	Brentwood Academy, Sr	Brentwood, TN
Travis Fort	Vista Ridge HS, Sr	Cedar Park, TX
Jay Heller	Walton HS, Sr	Marietta, GA
Ryan Hill	Hickory HS, Jr	Hickory, NC
Ben Hubers	McEachern HS, Sr	Marietta, GA
Brian Long	St. Louis, Sr	Louisville, KY
Colby Lowe	Southlake Carroll, HS, Jr	Southlake, TX
Duncan Phillips	A&M Consolidated HS, Sr	College Station, TX
Kevin Schwab	Mustang HS, Sr	Mustang, OK
Mike Spooner	West Springfield HS, Sr	West Springfield, VA

Girls		
Emily Borsare	McIntosh HS, Sr	Peachtree City, GA
Ashley Brasovan	Wellington HS, So	Wellington, FL
Jennifer Dunn	Decatur Austin HS, Sr	Austin, AL
Jackie Drouin	Collins Hills HS,	Lawrenceville, GA
Nicole Jones	Westfield HS, Sr	Houston, TX
Kathy Kroeger	Independence HS, So	Franklin, TN
Samantha Means	McKinney North HS, Sr	McKinney, TX
Emily Reese	Chamblee HS, Jr	Atlanta, GA
Aurora Scott	Oaktree Academy, Jr	Chesapeake, VA
Catherine White	Northside HS, Sr	Roanoke, VA

States Competing in the South Regional

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

Regional Coordinator

Max Mayo

Assistant Coordinators

Larry McAfee, Todd Mayo, Tami Manning, Richard Prince

Race Day Schedule

8:00 am	Girls 1000 Meter Race
8:00 am	Boys 1000 Meter Race
8:30 am	Boys 5000 Meter Race
8:30 am	Girls 1000 Meter Race
9:00 am	Girls 5000 Meter Race
9:00 am	Boys 5000 Meter Race
9:30 am	Girls 3000 Meter Race
9:30 am	Boys 3000 Meter Race
10:00 am	Boys 1000 Meter Race
10:00 am	Boys 1500 Meter Race
10:30 am	Boys and Girls 5000 and 1000 Meter
10:30 am	Girls 5000 and 1000 Meter
10:30 am	Girls 1500 Meter Race

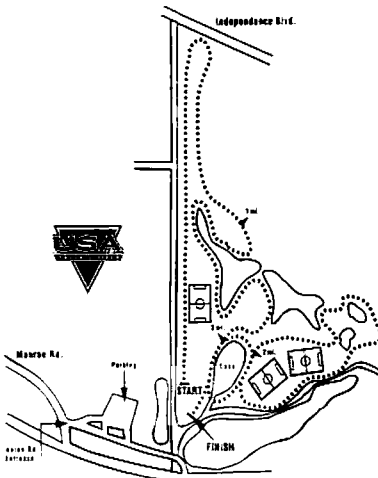
2005 National Finalists

Boys	
Michael Eaton	Bowling Green, KY
Daniel Gerber	The Woodlands, TX
Jack Bolas	Chapel Hill, NC
Ben Hubers	Marietta, GA
Duncan Phillips	College Station, TX
Brad Siragusa	Herndon, VA
Justin Harbor	Palm Coast, FL
Sandy Roberts	Raleigh, NC
Colby Lowe	Southlake, TX
Robert Sorrell	Memphis, TN

Girls	
Nichole Jones	Houston, TX
Kate Niehaus	Columbia, SC
Aurora Scott	Portsmouth, VA
Kathy Kroeger	Franklin, TN
Bona Jones	Fort Myers, FL
Catherine White	Roanoke, VA
Kelly Parrish	Ocala, FL
Emily Reese	Dunwoody, GA
Miranda Walker	Southlake, TX
Brooke Upshaw	Southlake, TX

Course Map

McAlpine Creek Park
Mecklenburg County
Charlotte, NC
5000 Meter Course



South Regional Course Records

Boys	
Alan Webb	14:43 (2000)
Girls	
Erin Keogh	16:45 (1986)



Midwest Regional

University of Wisconsin-Parkside • Kenosha, WI • November 25, 2006

Pre-Race Favorites

Boys

Rob Finnerty	Burnsville HS, Jr	Burnsville, MN
Nick Gallagher	Bedford HS, Sr	Bedford, IA
Elliott Heath	Winona HS, Sr	Winona, MN
Emil Heineking	Chardon HS, Sr	Chardon, OH
Evan Jager	Algonquin Jacobs HS, Sr	Algonquin, IL
TC Lumbar	Edina HS, Sr	Edia, MN
Joe Manlafasha	Denver North HS, So	Denver, CO
Hassan Mead	Minneapolis South HS, Sr	Minneapolis, MN
De'Sean Turner	Warren Central HS, Sr	Warren, IN
Andy Weatherford	Greencastle HS, Sr	Greencastle, IN

Girls

Lindsay Anderson	Lindsay Anderson, Jr	Leeds, ND
Alexandra Banfich	Culver Girls Academy, Sr	Plymouth, IN
Betsy Bies	Yankton HS, Sr	Yankton, SD
Allison Eckert	Sioux Falls Roosevelt HS, Sr	Sioux Falls, SD
Krista Eckert	Sioux Falls Roosevelt HS, Sr	Sioux Falls, SD
Cassandra Schenck	Mantua Crestwood HS, Sr	Hiram, OH
Emily Sisson	Marian HS, Fr	Omaha, NE
Rebekah Smeltzer	Monroe Jefferson HS, Sr	Monroe, MI
Katie Vanatta	Ralston Valley, So	Arvada, COJ
Molly Waterhouse	Vicksburg HS, So	Vicksburg, MI

States Competing in the Midwest Regional

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

Regional Coordinator:

Peter Henkes

Assistant Coordinators:

Ronn Blaha, Anne Henkes, John Pomeroy

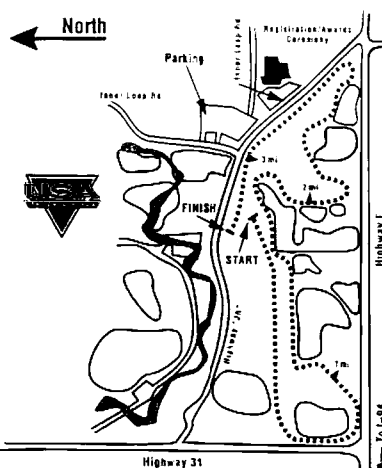
Race Day Schedule

10:00 am	Boys 5000 Meter
10:30 am	Boys 1 Mile
11:00 am	Boys 3200 Meter
11:30 am	Boys 1600 Meter
12:00 pm	Boys 800 Meter
12:30 pm	Boys 400 Meter
1:00 pm	Boys 200 Meter
1:30 pm	Boys 100 Meter
2:00 pm	Boys 50 Meter
2:30 pm	Boys 25 Meter



Course Map

University of Wisconsin-Parkside
Kenosha, WI
5000 Meter Course



2005 National Finalists

Boys

Mohamud Ige	Littleton, CO
Landon Peacock	Morley, MI
Brock Hagerman	Markleville, IN
Ryan Craven	Mt. Prospect, IL
Jeremy Stevens	Winnebago, IL
Daniel Roberts	Nicksburk, CO
Stephen Finley	Palatin, IL
Noah Shannon	Fort Collins, CO
Evan Jager	Algonquin, IL
De'Sean Turner	Indianapolis, IN

Girls

Keara Sammons	Aurora, CO
Betsy Bies	Yankton, SD
Hanna Grinaker	Detroit Lakes, MN
Bria Wetsch	Chaska, MN
Bridget Franek	Hiram, OH
Allison Eckert	Sioux Falls, SD
Lindsay Anderson	Leeds, ND
Alexandra Banfich	Plymouth, IN
Elizabeth Yetzer	Lakeville, MN
Meredith Snow	Wildwood, MO



Midwest Regional Course Records:

Boys

Dathan Ritzenheim 14:35 (2000)

Girls

Melody Fairchild 17:08 (1990)



West Regional

Mt. San Antonio College • Walnut, CA • December 2, 2006

Pre-Race Favorites

Boys

Joey Bywater	Lake Stevens HS, Jr	Lake Stevens, WA
Michael Cybulski	Royal HS, Jr	Simi Valley, CA
Matt Frerker	Skyline HS, Sr	Sammamish, WA
Chad Hall	Big Bear HS, Sr	Big Bear, CA
Spencer Knight	La Sierra HS, Sr	Riverside, CA
Dylan Knight	La Sierra HS, Sr	Riverside, CA
Max O'Donoghue-McDonald	Seattle Prep's HS, Sr	Seattle, WA
Matthew Tebo	Eldorado HS, Sr	Albuquerque, NM
Mikel Thomas	Clovis HS, Sr	Clovis, CA
Victor Zazueta	Desert View HS, Sr	Tucson, AZ

Girls

Christy Adamyk	Glendora HS, Sr	Claremont, CA
Katy Andrews	La Costa Canyon HS, Jr	Encinitas, CA
Christine Babcock	Woodbridge HS, Jr	Irvine, CA
Nicole Cochran	Ballarmino Prep, Jr	Tacoma, WA
Jordan Hasay	Mission Prep HS, So	San Luis Obispo, CA
Alex Kosinski	Oak Ridge HS, Sr	El Dorado Hills CA
Marie Lawrence	Reno HS, Sr	Reno, NV
Shannon Murakami	Saugus HS, Sr	Saugus, CA
Kauren Tarver	West Serrano HS, Jr	Wrightwood, CA
Lauren Saylor	Buchanan HS, Sr	Clovis, CA

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:

Doug Todd

Assistant Coordinators:

Mike Goff, Janet Todd

Race Day Schedule

7:00am	7:00am-7:30am	Girls Boys/Girls
7:20am	7:30am-8:00am	Senior/Parent/Student Race
7:30am	8:00am-8:30am	Junior Girls
7:40am	8:30am-9:00am	Freshman Boys
8:00am	9:00am-9:30am	Sophomore Girls
8:10am	9:30am-10:00am	Sophomore Boys
8:20am	10:00am-10:30am	Sophomore Boys/Girls
8:30am	10:30am-11:00am	Junior Girls
8:40am	11:00am-11:30am	Junior Boys
8:50am	11:30am-12:00pm	Junior Boys/Girls
9:00am	12:00pm-12:30pm	Senior Girls
9:10am	12:30pm-1:00pm	Senior Boys
9:20am	1:00pm-1:30pm	Girls Sacred
9:30am	1:30pm-2:00pm	Boys Sacred
9:40am	2:00pm-2:30pm	Girls Award Ceremony
9:50am	2:30pm-3:00pm	Boys Award Ceremony

2005 National Finalists

Boys

AJ Acosta	Oceanside, CA
Benjamin Sitler	Los Altos, CA
Matthew Tebo	Albuquerque, NM
Michael Coe	Lompoc, CA
Isaac Stoutenburgh	Central Point, OR
Danny Mercado	West Covina, CA
Diego Mercado	West Covina, CA
Jeffrey Helmer	Snohomish, WA
Kenny Klotz	Beaverton, OR
Taylor Nepon	Spokane, WA

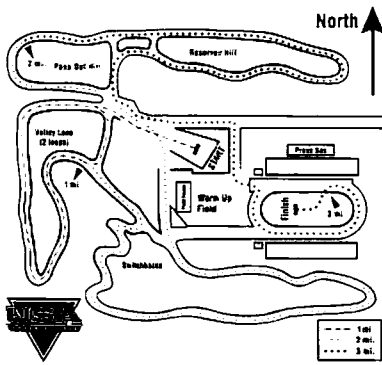
Girls

Jordan Hasay	Arroyo Grande, CA
Marie Lawrence	Reno, NV
Megan O'Reilly	Colbert, WA
Kauren Tarver	Wrightwood, CA
Crystal Reed	Fountain Valley, CA
Kari Hardt	Queen Creek, AZ
Christy Adamyk	Claremont, CA
Alexandra Kosinski	El Dorado Hills, CA
Anne St. Geme	Newport Beach, CA
Cassie Ricks	West Haven, UT



Course Map

Mt. Sac College
Walnut, CA
5000 Meter Course



West Regional Course Records:

Boys

Seth Watkins 15:21 (2000)

Girls

Amber Trotter 17:14 (2001)



National Finals

Morley Field,



2006 Race Day Schedule

9:15 a.m. Girls Race
10:00 a.m. Boys Race



Foot Locker National Finals Meet Officials

- ◆ **Meet Coordinator**
Max Mayo
- ◆ **Meet Director**
Mike Cummings
- ◆ **Assistant Meet Directors**
Jim Cerveny, Dennis McClanahan,
Mike Klepper, Dick Wilkins
- ◆ **Equipment Managers**
Jim Cerveny, Glen Recasner, Steve
Wavra
- ◆ **Director of Course Operations**
Dennis McClanahan
- ◆ **Jury of Appeals**
Jim Cerveny, Mike Cummings,
Max Mayo
- ◆ **Head Starter**
Dave Schultz
- ◆ **Announcer**
Tim O'Rourke
- ◆ **Meet Referee**
Dick Wilkins
- ◆ **Head Finish Judges**
Mike Klepper, Ian Cumming
- ◆ **Course Superintendents**
Jerry Downey, Dale Fleet, Dan
Geiger, Gary MacDonald, Jerid
Meek, Brent Thorne, Ed Ramos
- ◆ **Course Officials**
Craig Balsley, Randy Boozer, Mark
Embrey, Jim McCarthy, Ed Ramos,
Anthony Garcia
- ◆ **Course Design Coordinator**
Jim Cerveny
- ◆ **Course Graphics**
Mike Klepper, Gary MacDonald,
Dick Wilkins, Anthony Garcia
- ◆ **Starting Line Coordinator**
Dan Schaitel
- ◆ **Finish Line Coordinator**
Tim Latham
- ◆ **Split Timers**
Bill Cleaves, Pat Connolly, Pat King,
Tom Lux, Tim Hauck
- ◆ **Finish Recorders**
Tami Manning, Max Mayo
- ◆ **Results Coordinators**
Larry McAfee, Steve Wavra
- ◆ **Results Liaison**
Terry Dockery, Dave Yarbrough
- ◆ **Staging Area Clerks**
Tom Buck, Ryan Sharp
- ◆ **Post Race Interviewer**
Tim O'Rourke
- ◆ **Internet Dissemination**
Ronn Blaha
- ◆ **Television Producer**
Rich Jayne, Elite Racing
- ◆ **Editing**
Dave Camacho, Elite Racing
- ◆ **Broadcast Partner**
FOX Sports
Airdate: December 21, 2006
- ◆ **Photographer**
Victah Sailer, Photo Run
- ◆ **Meet Trainers**
Poway Unified and Valley Center
Athletic Trainers



Balboa Park • San Diego, CA • December 9, 2006



◆ **Color Guard**
Morse High School Jr. ROTC

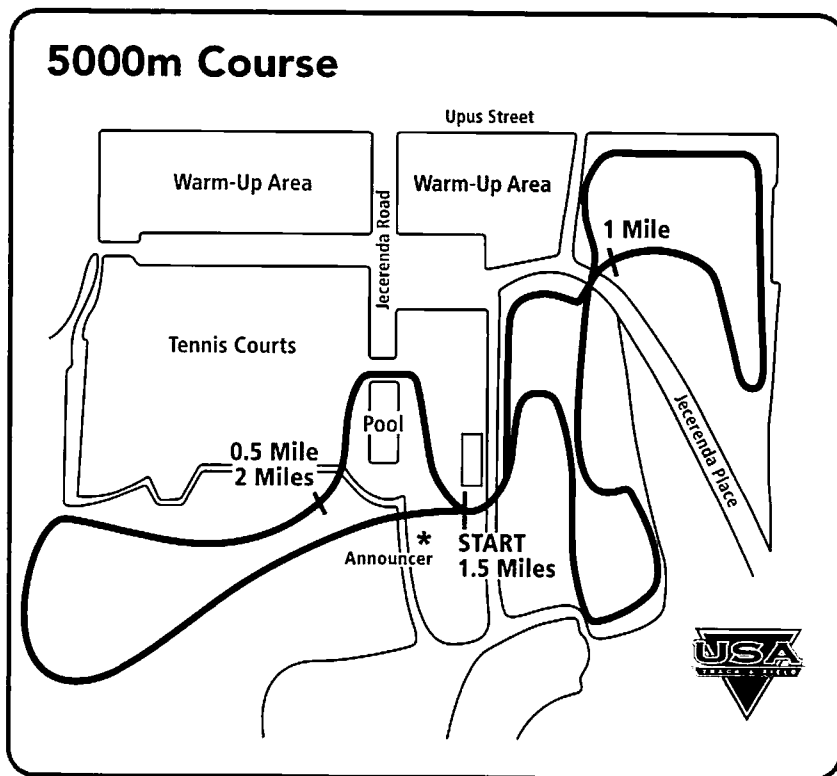
◆ **Assisting Schools**
Cathedral Catholic, Escondido, El Capitan, Granite Hills, Mission Hills, Morse, Mt. Carmel, Orange Glen, Otay Ranch, Bonita Vista, Poway, Ramona, Rancho Bernardo, St. Augustine, San Diego, San Pasqual, Sweetwater, University City, Torrey Pines, Valley Center, West Hills

◆ **Media Contacts**
Lori Anne Kober 212.720.4169
Gabiella Citrin 212.720.3752

◆ **San Diego Sports Council**
Christian Dempster, Joe Moeller

◆ **San Diego Visitor and Conventions Bureau**
Steve Schell

◆ **City of San Diego, Parks and Recreation**
Kathleen S. Hasenaur, Rose Vieira, Vicky Hara



Foot Locker Cross Country National Course Records

Orlando, FL

Boys: 1999

Dathan Ritzenhein	Rockford HS	Rockford, MI	14:29.8
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Girls: 2001

Amber Trotter	Ukiah HS	Ukiah, CA	16:24.0
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San Diego, CA

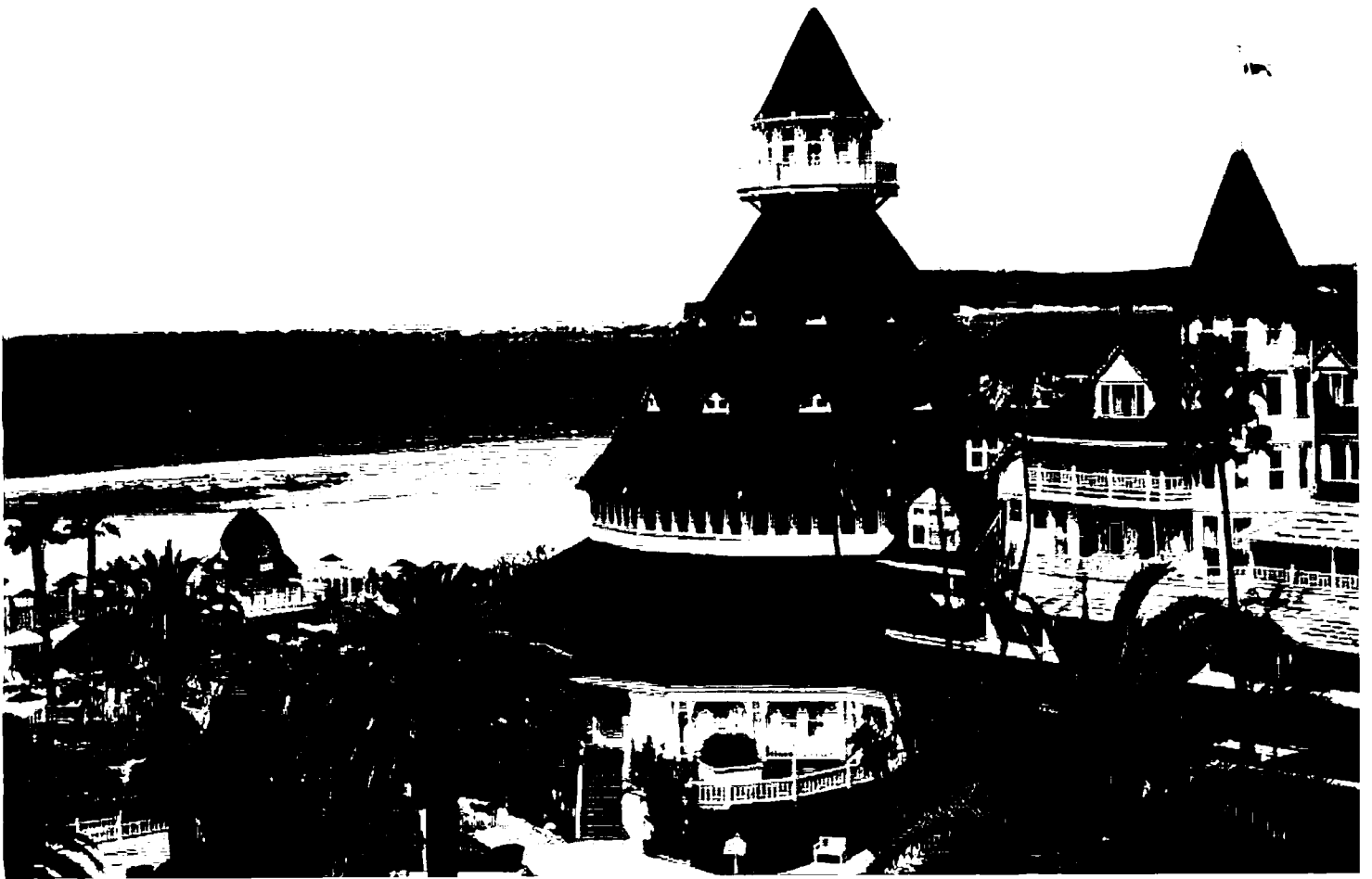
Boys: 1985

Reuben Reina	John Jay HS	San Antonio, TX	14:36.8
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Girls: 1990

Melody Fairchild	Boulder HS	Boulder, CO	16:39.8
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EVERY FAIRYTALE ENDING
NEEDS A BEGINNING.

 HOTEL DEL CORONADO

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THE KSL RESORTS COLLECTION • KSLRESORTS.COM



Past Champions

20th Annual

1998 Orlando, FL
December 12

The boys race was dominated by a tight group of runners until the two-mile mark where Jorge Torres broke away from the pack and went on to win the Championship, setting a new course record. In the 20-year history of the race, Torres became the first boys four-time National qualifier.

Boys 5000 Meters

1. Jorge Torres	Wheeling, IL	15:16
2. Louis Luchini	Ellsworth, ME	15:23
3. Adam Tenforde	Richland, WA	15:27
4. Jason Hartmann	Rockford, MI	15:32
5. Joshua Rohatinsky	Provo, UT	15:36
6. Eduardo Torres	Wheeling, IL	15:40
7. Ian Dobson	Klamath Falls, OR	15:46
8. Dathan Ritzenhein	Rockford, MI	15:46
9. Joe Barnes	Dayton, OH	15:46
10. Jonathan Fasulo	Whitehouse, NJ	15:47

In the girls race, a close group of runners set a hard and fast pace with the lead changing hands several times up until the 1.5-mile mark where Sullivan took the lead and captured her second consecutive National title.

Girls 5000 Meters

1. Erin Sullivan	Jericho, VT	17:35
2. Lauren Fleshman	Canyon Country, CA	17:42
3. Sara Bei	Santa Rosa, CA	17:43
4. Felicia Guliford	Gallup, NM	17:48
5. Katherine Hartmann	Woodstock, IL	18:03
6. Trina Cox	Santa Rosa, CA	18:05
7. Catherine Guiney	Red Bank, NJ	18:10
8. Marni Kruppa	Dublin, OH	18:16
9. Rebecca Mitchell	Geneva, IL	18:21
10. Abby Miller	Henderson, NV	18:23

1997 Orlando, FL
December 13

For only the third time in the 19-year history of the race, the National Finals were held in Orlando, FL. Despite the constant downpour of rain, Abdirizak Mohamud returned to defend his National title and become the first boys champion to win two consecutive titles.

Boys 5000 Meters

1. Abdirizak Mohamud	Boston, MA	15:22
2. Jorge Torres	Wheeling, IL	15:33
3. Isaiah Festa	Los Osos, CA	15:38
4. Steven Slattery	Flanders, NJ	15:46
5. Fasil Bizuneh	Indianapolis, IN	15:47
6. Eduardo Torres	Wheeling, IL	15:48
7. Ronnie Buchanan	Santa Maria, CA	15:50
8. Michael Altieri	Sacramento, CA	15:50
9. Murad Campbell	Lindenwood, NJ	15:52
10. Chris Seimers	Bensenville, IL	15:53

In a wide open and rain-soaked field, Erin Sullivan, a junior from Vermont, turned skeptics into believers by running hard out of the starting area and claiming the lead early on to become the '97 National champion.

Girls 5000 Meters

1. Erin Sullivan	Jericho, VT	17:22
2. Mariel Ettinger	La Grande, OR	17:51
3. Rebecca Mitchell	Geneva, IL	17:54
4. Christin Wurth	Bloomington, IL	18:02
5. Laura Heiner	Clifton, VA	18:13
6. Peggy Melonic	East Aurora, IL	18:19
7. Jennifer Modliszewski	Warrenton, VA	18:21
8. Jennifer Wollam	Alliance, OH	18:23
9. Tara Chaplin	Montpelier, VT	18:26
10. Sara Bei	Santa Rosa, CA	18:2

Past Highlights

2000 Orlando, FL December 9

In the boys race, defending champion Dathan Ritzenheim, a senior from Rockford High School, claimed the lead at the one-mile mark and held it for a victory finish of 14:35. His time was 20 seconds ahead of the second-place finisher, which was the largest margin win in the history of the National Finals.

Boys 5000 Meters

1. Dathan Ritzenheim	Rockford, MI	14:35
2. Alan Webb	Reston, VA	14:55
3. Ryan Hall	Big Bear Lake, CA	14:59
4. Charlie Millioen	Blue Point, NY	15:05
5. Erik Heinonen	Eugene, OR	15:07
6. Seth Pilkington	Roy, UT	15:09
7. Chandler Goodwin	Pleasant Grove, UT	15:13
8. Timothy Moore	Novi, MI	15:13
9. Seth Watkins	Kalispell, MT	15:16
10. Bobby Curtis	Louisville, KY	15:16

The girls race was dominated by a pack of runners from the West region, with Anita Siraki taking the lead halfway through. Sara Bei, a senior from Santa Rosa, CA, was in last place until the mile mark, where she turned up the heat on the other runners and caught up with Siraki. They went head-to-head in the final meters when Bei pushed into first place, finishing in 16:55 and breaking the course record by 10 seconds.

Girls 5000 Meters

1. Sara Bei	Santa Rosa, CA	16:55
2. Anita Siraki	Glendale, CA	16:58
3. Laura Zeigle	South Jordan, UT	17:21
4. Natasha Roetter	Lexington, MA	17:29
5. Kalin Toedebusch	Rockford, MI	17:32
6. Elizabeth Pasciuto	Murrieta, CA	17:35
7. Amber Trotter	Redwood Valley, CA	17:36
8. Julia Pudlin	Bryn Mawr, PA	17:37
9. Michelle Wale	Pine Bush, NY	17:37
10. Kathryn Boyles	Rochester Hills, MI	17:39

1999 Orlando, FL December 11

The boys race was dominated by a close, tight pack until Midwest Regional champion Dathan Ritzenheim, a junior at Rockford High School, broke away in the last half-mile to win the race in 14:29, breaking the course record by 47 seconds. In an unprecedented finish, the top 16 boys in the race beat the course record of 15:16.4 held by 1998 National champion Jorge Torres of Wheeling, IL.

Boys 5000 Meters

1. Dathan Ritzenheim	Rockford, MI	14:29
2. Donald Sage	Elmhurst, IL	14:33
3. Ian Dobson	Klamath Falls, OR	14:34
4. Josh Rohatinsky	Provo, UT	14:36
5. Matthew Tegenkamp	Lee's Summit, MO	14:47
6. Tim Keller	West Chicago, IL	14:50
7. Danny Coval	Holland, PA	14:56
8. Alan Webb	Reston, VA	15:05
9. Stephen Padgett	Cincinnati, OH	15:09
10. Golden Harper	Orem, UT	15:10

In the girls race, the competition was fierce with the lead changing hands several times throughout the race. Victoria Chang of Honolulu, HI claimed the lead with only 400 meters remaining and went on to win the race in 17:05, 17 seconds faster than the course record which was held by 1998 National champion Erin Sullivan of Jericho, VT.

Girls 5000 Meters

1. Victoria Chang	Honolulu, HI	17:05
2. Victoria Jackson	Lake Bluff, IL	17:14
3. Alicia Craig	Gillette, WY	17:19
4. Anita Siraki	Glendale, CA	17:23
5. Felicia Guliford	Gallup, NM	17:29
6. Michelle Lienthal	Iowa City, IA	17:31
7. Amanda Pape	Olathe, KS	17:34
8. Katherine Hartmann	Woodstock, IL	17:36
9. Michelle de la Vina	Valparaiso, IN	17:38
10. Kalin Toedebusch	Rockford, MI	17:39





Past

Highlights

2002 San Diego, CA December 14



2002 San Diego, CA December 14

A pack of runners from the Midwest led the boys' race until the two-mile mark, when Chris Solinsky made his move for a substantial lead. Solinsky, the Midwest Regional champion, set a personal record by winning the race in 14:41. He finished the race 20 seconds ahead of the second-place finisher, tying the greatest margin of victory for the boys race established by Dathan Ritzenhein in 2000.



Boys 5000 Meters

1. Chris Solinsky	Stevens Point, WI	14:41
2. Wesley Smith	Hudson, OH	15:01
3. Bobby Curtis	Louisville, KY	15:06
4. Neftalem Araia	Indianapolis, IN	15:07
5. Matt DeBole	Winston-Salem, NC	15:13
6. Garrett Heath	Winona, MN	15:15
7. Mohamed Trefah	Duarte, CA	15:15
8. Ahmed Haji	West Hartford, CT	15:16
9. Benjamin True	North Yarmouth, ME	15:16
10. Lauren Jespersen	Klamath Falls, OR	15:17



West Regional Champion Zoë Nelson dominated the girls race from the start, followed by a pack of runners from the Northeast Region. At the two-mile mark, she cemented her first place position with a five-second lead, continuing to break away from the field for a victory in 17:30.

Girls 5000 Meters

1. Zoë Nelson	Kalispell, MT	17:30
2. Kathleen Trotter	Little Silver, NJ	17:44
3. Caitlin McTague	Niskayuna, NY	17:47
4. Laura Cummings	Bay Shore, NY	17:48
5. Amber Smith	Ishpeming, MI	17:48
6. Heidi Magill	Orem, UT	17:51
7. Katelyn Kaltentbach	Aurora, CO	17:51
8. Meghan Owen	Danielson, CT	17:52
9. Nicole Blood	Ganesvoort, NY	17:52
10. Sunni Olding	Minster, OH	17:53



2001 Orlando, FL December 8

A tight pack of runners took control of the boys race, with the lead exchanging hands many times. In a close finish, Midwest Regional champion Timothy Moore was neck-and-neck with South Regional champion Bobby Lockhart until the final 10 meters when Moore stretched it out for the win in 14:50.

Boys 5000 Meters

1. Timothy Moore	Novi, MI	14:50
2. Bobby Lockhart	Winchester, VA	14:51
3. Chris Solinsky	Stevens Point, WI	14:52
4. Nurani Sheikh	Salt Lake City, UT	14:56
5. Tim Ross	Alto, MI	14:57
6. Milos Mitric	Asheville, NC	14:59
7. Yong-Sung Leal	San Leandro, CA	15:03
8. Peter Meindl	Orchard Park, NY	15:04
9. William Nelson	Bakersfield, CA	15:06
10. Jesse Fayant	Spokane, WA	15:07

West Regional champion Amber Trotter dominated the course from the start, setting a hard and fast pace. With a 40-second lead at the finish, Trotter won the race in 16:24, shattering the course record by 31 seconds.

Girls 5000 Meters

1. Amber Trotter	Redwood Valley, CA	16:24
2. Erika Odlaug	Bannockburn, IL	17:04
3. Natasha Roetter	Lexington, MA	17:05
4. Molly Huddle	Elmira, NY	17:19
5. Laura Stanley	Fletcher, NC	17:34
6. Felicia Guliford	Gallup, NM	17:35
7. Jackie Zeigle	South Jordan, UT	17:41
8. Valerie Lauver	Allen, TX	17:45
9. Amber Harper	Orem, UT	17:46
10. Heidi Lane	Great Falls, MT	17:46

2004 San Diego, CA December 11

There was no clear front runner in the boys race, with a large pack thundering together through much of the course. Towards the end of the race, Andrew Bumbalough and John McGuire moved to the front and were stride-for-stride, chased by the group. Then Ken Cormier appeared, seemingly out of nowhere, to become a player in the constant exchange for lead of this exciting race, that was determined in the final stretch.

Boys 5000 Meters

1. Kenneth Cormier	Douglas, AZ	15:22
2. Andrew Bumbalough	Brentwood, TN	15:24
3. Mark Matusak	Torrance, CA	15:26
4. John McGuire	Golden, CO	15:27
5. Chris Rombough	New London, WI	15:30
6. Christopher Barnicle	Newton, MA	15:34
7. Justin Switzer	Waterford, MI	15:35
8. Robbie Baranyi	Yakima, WA	15:35
9. AJ Acosta	Oceanside, CA	15:38
10. Levi Fox	Troy, OH	15:38

The girls course was dominated by a pack of about four runners who battled for the lead throughout the race. At the two-mile point, Aislinn Ryan pulled ahead to gain about a seven-to-eight meter lead over the group. Ryan, who had placed second in the Northeast Regionals, increased her position over the remainder of the course, stretching it out for the win in 17:31.

Girls 5000 Meters

1. Aislinn Ryan	Bellvale, NY	17:31
2. Marie Lawrence	Reno, NV	17:39
3. Ramsey Kavan	Yankton, SD	17:47
4. Whitney Anderson	Breckenridge, CO	17:49
5. Brittany Tinsley	Russells Point, OH	17:49
6. Brianna Feltnagle	Tacoma, WA	18:02
7. Elizabeth Yetzer	Lakeville, MN	18:04
8. Zoë Nelson	Kalispell, MT	18:09
9. Madeline McKeever	Littleton, CO	18:14
10. Jennifer Barringer	Oviedo, FL	18:16

2003 San Diego, CA December 13

The boys race began with an extremely fast pace, hitting 800 meters in 2:15. A pack of runners led the field, when around the two-mile point, Midwest Regional Champion Matthew Withrow made a huge move, flying from the tail of the pack to third place. Then, with only 300 meters remaining in the race, Withrow made another tremendous kick, claiming a five meter lead and placing first in 14:55.

Boys 5000 Meters

1. Matthew Withrow	Tinley Park, IL	14:55
2. Galen Rupp	Portland, OR	14:57
3. Shadrack Kiptoo	Albuquerque, NM	14:58
4. Joshua McDougal	Peru, NY	15:01
5. Benjamin True	North Yarmouth, ME	15:02
6. Ryan Deak	Aurora, CO	15:13
7. Christian Wagner	Columbus, IN	15:14
8. Stuart Eagon	Portland, OR	15:19
9. Victor Gras	Belmont, MA	15:21
10. Garrett Heath	Winona, MN	15:22

This exciting girls race also started with a fast pace, dominated by a pack of 8 runners. With a quarter-mile left in the race, Marie Lawrence of Reno High School, pulled ahead to claim the lead. At the last 100 meters, Midwest Regional Champion Katelyn Kaltenbach made her move forward until she and Lawrence were side-by-side. Lawrence then flew ahead to claim a 10-meter lead, until the final stretch, when Kaltenbach surged past her to claim the first place position in 17:24.

Girls 5000 Meters

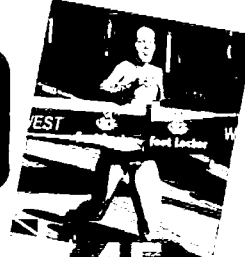
1. Katelyn Kaltenbach	Aurora, CO	17:24
2. Marie Lawrence	Reno, NV	17:25
3. Jennifer Barringer	Oviedo, FL	17:35
4. Katie Harrington	Carmel, IN	17:39
5. Sunni Olding	Minster, OH	17:42
6. Ramsey Kavan	Yankton, SD	17:47
7. Nicole Blood	Ganesvoort, NY	17:48
8. Zoë Nelson	Kalispell, MT	17:49
9. Frances Koons	Allentown, PA	17:52
10. Racheal Marchand	Valparaiso, IN	17:53





Foot Locker
CROSS COUNTRY CHAMPIONSHIPS

2006
West Regional Team



41



Jordan Hasay
ARROYO GRANDE, CA
MISSION COLLEGE PREP
SOPHOMORE

42



Marie Lawrence
RENO, NV
RENO HIGH SCHOOL
SENIOR

43



Jessica Tonn
SCOTTSDALE, AZ
XAVIER COLLEGE PREP
FRESHMAN

44



Nadya Bishton
GLENDALE, AZ
MOUNTAIN RIDGE H.S.
JUNIOR

45



Lauren Saylor
CLOVIS, CA
BUCHANAN HIGH SCHOOL
SENIOR

46



Elizabeth Coe
FOUNTAIN VALLEY, CA
FOUNTAIN VALLEY H.S.
JUNIOR

47



Alexandra Kosinski
EL DORADO HILLS, CA
OAK RIDGE HIGH SCHOOL
SENIOR

48



Kauren Tarver
WRIGHTWOOD, CA
SERRANO HIGH SCHOOL
JUNIOR

49



Sarah Cummings
NEWPORT, CA
CORONA DEL MAR H.S.
SENIOR

50



Shelby Buckley
NEWPORT, CA
CORONA DEL MAR H.S.
JUNIOR

81



Matt Tebo
ALBUQUERQUE, NM
ELDORADO HIGH SCHOOL
SENIOR

82



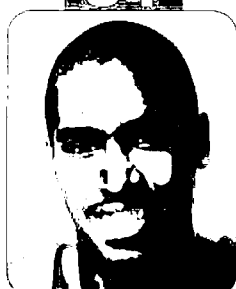
Chad Hall
BIG BEAR LAKE, CA
BIG BEAR HIGH SCHOOL
SENIOR

83



Jake Riley
BELLINGHAM, WA
SEHOME HIGH SCHOOL
SENIOR

84



Mikel Thomas
CLOVIS, CA
CLOVIS HIGH SCHOOL
SENIOR

85



Russell Taylor Farnsworth
POCATELLO, ID
HIGHLAND HIGH SCHOOL
SENIOR

86



Maxwell O'Donoghue-McDonald
SEATTLE, WA
SEATTLE PREP
SENIOR

87



Kent Morikawa
TORRANCE, CA
TORRANCE HIGH SCHOOL
SENIOR

88



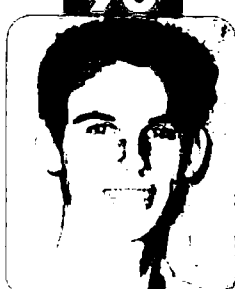
Jared Ward
KAYSVILLE, UT
DAVIS HIGH SCHOOL
SENIOR

89



Benjamin Johnson
ALBUQUERQUE, NM
ACADEMY HIGH SCHOOL
JUNIOR

90



Michael Cybulski
SIMI VALLEY, CA
ROYAL HIGH SCHOOL
SENIOR



31



Emily Sisson
OMAHA, NE
OMAHA MORIAN H.S.
FRESHMAN

32



Kaitlyn Vanatta
ARVADA, CO
RALSTON VALLEY H.S.
SOPHOMORE

33



Emily Infeld
UNIVERSITY HEIGHTS, OH
BEAUMONT HIGH SCHOOL
JUNIOR

34



Alex Gits
EDINA, MN
EDINA HIGH SCHOOL
SENIOR

35



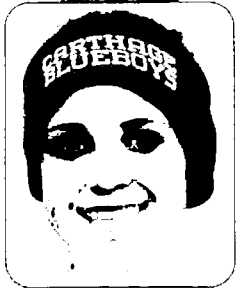
Kristen McGlynn
BAILEY, CO
HOME-SCHOOLED
SENIOR

36



Allison Eckert
SIOUX FALLS, SD
ROOSEVELT HIGH SCHOOL
SENIOR

37



Katelyn Bastert
CARTHAGE, IL
CARTHAGE HIGH SCHOOL
SENIOR

38



Betsy Bies
YANKTON, SD
YANKTON HIGH SCHOOL
SENIOR

39



Marissa Treece
MAPLE CITY, MI
GLENLAKE HIGH SCHOOL
SENIOR

40



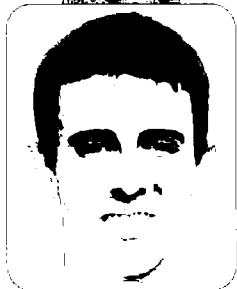
Alex Banfich
PLYMOUTH, IN
CULVER ACADEMIES
JUNIOR

71



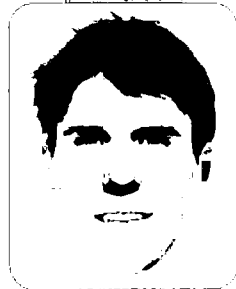
Hassan Mead
MINNEAPOLIS, MN
SOUTH MINNEAPOLIS H.S.
SENIOR

72



Anguel Tolev
THORNTON, CO
THORNTON HIGH SCHOOL
SENIOR

73



Elliott Heath
WINONA, MN
WINONA SENIOR H.S.
SENIOR

74



Emil Heineking
CHARDON, OH
CHARDON HIGH SCHOOL
SENIOR

75



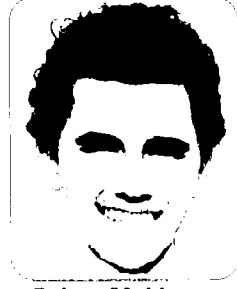
Evan Appel
LITTLETON, CO
DAKOTA RIDGE H.S.
SOPHOMORE

76



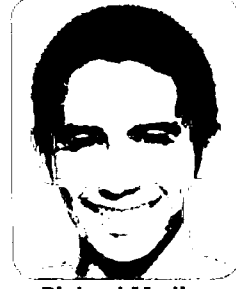
Joseph Manlafasha
DENVER, CO
DENVER NORTH H.S.
SOPHOMORE

77



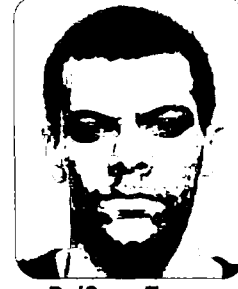
Robert Moldovan
FORT WAYNE, IN
NORTHROP HIGH SCHOOL
SENIOR

78



Richard Medina
GRAND JUNCTION, CO
GRAND JUNCTION H.S.
SENIOR

79



De'Sean Turner
INDIANAPOLIS, IN
WARREN CENTRAL H.S.
SENIOR

80



Dan Chenoweth
GENESCO, IL
GENESCO HIGH SCHOOL
SENIOR



Foot Locker

CROSS COUNTRY CHAMPIONSHIPS

2006

South Regional Team



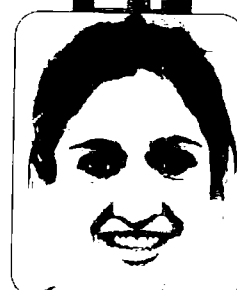
Aurora Scott
PORTSMOUTH, VA
HOME-SCHOOLED
JUNIOR



Kathy Kroeger
FRANKLIN, TN
INDEPENDENCE H.S.
SOPHOMORE



Emilie Amaro
COOPER CITY, FL
CYPRESS BAY HIGH SCHOOL
JUNIOR



Jillian Rosen
DALLAS, TX
RICHARDSON HIGH SCHOOL
SENIOR



Cory McGee
PASS CHRISTIAN, MS
PASS CHRISTIAN H.S.
FRESHMAN



Kayla Hale
INDIALANTIC, FL
HOLY TRINITY EPISCOPAL ACADEMY
SOPHOMORE



Samantha Means
MCKINNEY, TX
MCKINNEY NORTH H.S.
SENIOR



Rita Jorgensen
MEMPHIS, TN
WHITE STATION H.S.
SENIOR



Virginia Hine
MEMPHIS, TN
WHITE STATION H.S.
JUNIOR



Kinsey Farren
DALLAS, TX
BISHOP LYNCH H.S.
SENIOR



Ryan Hill
HICKORY, NC
HICKORY HIGH SCHOOL
JUNIOR



Ben Hubers
MARIETTA, GA
MCEACHERN HIGH SCHOOL
SENIOR



Griff Graves
ABINGDON, VA
ABINGDON HIGH SCHOOL
JUNIOR



Girma Mecheso
LAWRENCEVILLE, GA
BERKMAR HIGH SCHOOL
JUNIOR



Michael Spooner
SPRINGFIELD, VA
WEST SPRINGFIELD H.S.
SENIOR



Duncan Phillips
COLLEGE STATION, TX
A&M CONSOLIDATED
SENIOR



Colby Lowe
SOUTHLAKE, TX
SOUTHLAKE CARROLL H.S.
JUNIOR



Michael Anderson
WILLISTON, FL
P.K. YONGE DEVELOPMENTAL
RESEARCH SCHOOL
SENIOR



Luke Lovelace
CHAPIN, SC
CHAPIN HIGH SCHOOL
JUNIOR



Thomas Porter
FREDERICKSBURG, VA
MOUNTAINVIEW H.S.
SOPHOMORE



Foot Locker
CROSS COUNTRY CHAMPIONSHIPS

2006
Northeast Regional Team



11



Neely Spence
SHIPPENSBURG, PA
HOME-SCHOOLED
JUNIOR

12



Hannah Davidson
SARATOGA SPRINGS, NY
SARATOGA SPRINGS H.S.
JUNIOR

13



Carly Seymour
EBENSBURG, PA
CENTRAL CAMBRIA H.S.
JUNIOR

14



Ashley Higginson
MARLBORO, NJ
COLTS NECK HIGH SCHOOL
SENIOR

15



Alison Smith
COLUMBIA, MD
ATHOLTON HIGH SCHOOL
SENIOR

16



Shelby Greany
SUFFERN, NY
SUFFERN HIGH SCHOOL
SOPHOMORE

17



Elisabeth Deir
LIMA, NY
HONEYE FALLS-LIMA H.S.
SENIOR

18



Allison Sawyer
HILTON, NY
HILTON HIGH SCHOOL
SENIOR

19



Emily Jones
HARVARD, MA
BROMFIELD HIGH SCHOOL
SOPHOMORE

20



Caroline Schultz
HILTON, NY
HILTON HIGH SCHOOL
SENIOR

51



Craig Forsy
HOWELL, NJ
COLTS NECK HIGH SCHOOL
SENIOR

52



Sintayehu Taye
ASHBURNHAM, MA
CUSHING ACADEMY
JUNIOR

53



Tom Gruenewald
MANLIUS, NY
FAYETTEVILLE-MANLIUS H.S.
SENIOR

54



Steve Murdock
CLIFTON PARK, NY
SHENENDEHOWA H.S.
SENIOR

55



Matthew Centrowitz
ARNOLD, MD
BROADNECK HIGH SCHOOL
SENIOR

56



Donn Cabral
GLASTONBURY, CT
GLASTONBURY HIGH SCHOOL
JUNIOR

57



Brian Rhodes-Devey
SLINGERLANDS, NY
GUILDERLAND HIGH SCHOOL
SENIOR

58



Brandon Jarrett
HILLSBOROUGH, NJ
ST. BENEDICT'S PREP
JUNIOR

59



Paul Springer
KENNETT SQUARE, PA
UNIONVILLE HIGH SCHOOL
SENIOR

60



Ryan Collins
MANSFIELD, MA
MANSFIELD HIGH SCHOOL
SENIOR

2005

San Diego, CA • December 10

Boys

The boys' race started out fast and hard with a pack of five runners leading the field. AJ Acosta, a senior at El Camino High School, started to pull ahead with a small group at the 400-meter mark. The boys continued their fierce pace hitting the mile mark in 4:33, with Acosta in the lead until Michael Coe of Lompoc, Calif., moved into second place behind Acosta at the half-way point. Ryan Craven, a senior at Prospect High School in Mount Prospect, Ill., came out of nowhere surging ahead of the chase pack to get behind Coe and Acosta. With 300 meters remaining in the race, Coe started his last kick towards the finish line closing the small gap between him and Acosta. Acosta, cheered on by his hometown crowd, made his final push to take home the Championship title in 15:02, with Coe just behind him. Ryan Craven finished third with a time of 15:12.

Boys 5000 Meters

1. AJ Acosta	Oceanside, CA	15:02
2. Michael Coe	Lompoc, CA	15:02
3. Ryan Craven	Mount Prospect, IL	15:12
4. Kenny Klotz	Beaverton, OR	15:13
5. Landon Peacock	Morley, MI	15:15
6. Jack Bolas	Chapel Hill, NC	15:15
7. Benjamin Sitler	Los Altos, CA	15:16
8. Danny Mercado	West Covinas, CA	15:17
9. Evan Jager	Algonquin, IL	15:18
10. Mohamud Ige	Littleton, CO	15:21



Girls

The girls' race started with a fast pace set by 2004 FLCCC National Champion Aislinn Ryan attempting to defend her title by taking an early lead ahead of the field. West Regional runner-up Marie Lawrence of Reno, Nev., led the chase pack of girls behind Ryan, who maintained her lead until West Regional Champion Jordan Hasay and three-time FLCCC National Qualifier Lawrence caught up with her at the 1.5-mile mark. Hasay, a freshman at Mission College Prep., broke away from the pack taking the lead as she approached the two-mile mark in 11:03. Hasay held tight, never relinquishing her lead and went on to become the second female freshman in the race's history to take home the FLCCC National title. Hasay finished in 17:05, an amazing 14 seconds ahead of the second place finisher Lawrence, who finished in 17:19. Ryan finished third with a time of 17:36.

Girls 5000 Meters

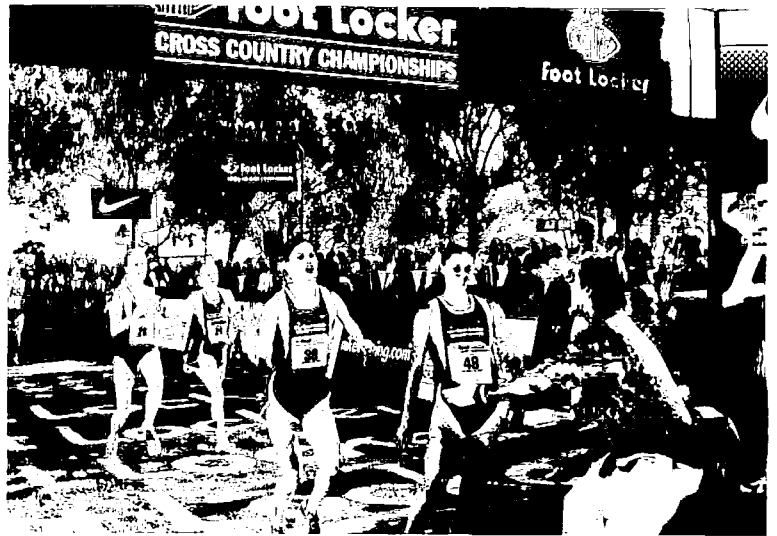
1. Jordan Hasay	Arroyo Grande, CA	17:05
2. Marie Lawrence	Reno, NV	17:19
3. Aislinn Ryan	Bellvale, NY	17:34
4. Megan O'Reilly	Colbert, WA	17:36
5. Kauren Tarver	Wrightwood, CA	17:41
6. Danielle Tauro	Manahawkin, NJ	17:41
7. Hanna Grinaker	Detroit Lakes, MN	17:46
8. Bria Wetsch	Chaska, MN	17:46
9. Aurora Scott	Portsmouth, VA	17:49
10. Betsy Bies	Yankton, SD	17:50



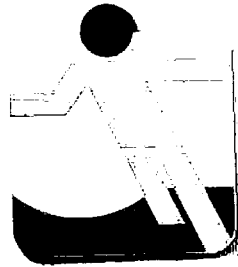
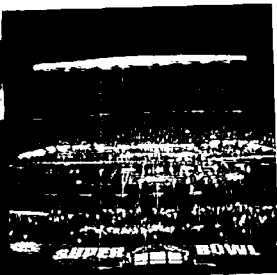
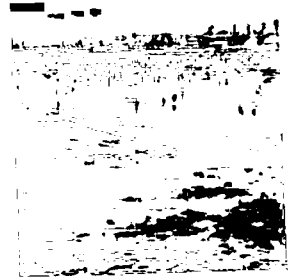


Foot Locker

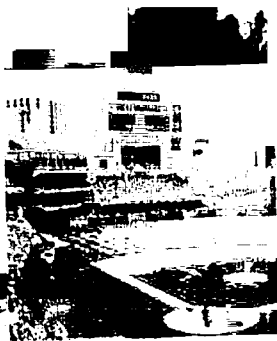
CROSS COUNTRY CHAMPIONSHIPS



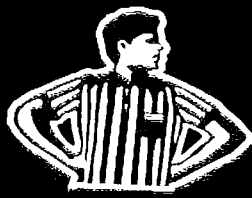
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CROSS COUNTRY CHAMPIONSHIPS



**THE COURSE IS 3.1 MILES,
BUT HOW FAR YOU GO
AFTER THAT IS UP TO YOU.**

WEST REGIONAL
DECEMBER 2, 2006
MT. SAM ANTONIO COLLEGE
WALNUT, CA
AR, AZ, CA, HI, ID, MT, NM,
NV, OR, UT, WA, WY,
US OVERSEAS MILITARY
INSTALLATIONS

NORTHEAST REGIONAL
NOVEMBER 25, 2006
VAN CORTLANDT PARK
BRONX, NY
CT, DE, MA, ME, MD, NH,
NJ, NY, PA, RI, VT, WA, D.C.



Foot Locker

CROSS COUNTRY CHAMPIONSHIPS

MIDWEST REGIONAL
NOVEMBER 25, 2006
UNIVERSITY OF WISCONSIN - PARKSIDE
KENOSHA, WI
CO, IA, IL, IN, KS, MI, MN,
MO, NE, ND, OH, SD, WI

NATIONAL FINALS
DECEMBER 9, 2006
BALBOA PARK/MORLEY FIELD
SAN DIEGO, CA

SOUTH REGIONAL
NOVEMBER 25, 2006
MCALPINE GREENWAY PARK
CHARLOTTE, NC
AL, AR, FL, GA, KY, LA, MS, NC, OK,
PUERTO RICO, SC, TN, TX,
US VIRGIN ISLANDS, VA, WV



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Foot Locker Cross Country National

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 75 meters remaining to become the first underclassman to win the coveted National title.

Boys 5000 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 Mountain, GA	15:55

In one of the most exciting finishes in the history of the race, Kristen Gordon passed '94 Foot Locker National champion Julia Stamps when Stamps collapsed just 15 meters from the finish line. Gordon, the West Regional champion, chased down Stamps after her large lead diminished over the last half-mile.

Girls 5000 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 Orlando, FL 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.

Boys 5000 Meters

1. Abdul Alzindani	Dearborn, MI	15:12
2. Sharif Karie	Burke, VA	15:24
3. Jeffrey Hopkinson	South Jordan, UT	15:26
4. Mathew Cané	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 Mountain, GA	15:29
9. Eric Kweder	Alexandria, VA	15:31
10. Jonathon Riley	Brookline, MA	15:32

Wending 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 her for the National 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 5000 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	17:35
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





Past

West Regional Finals

**1994 San Diego, CA
December 11**

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

Boys 5000 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, missed the long-standing course record by a mere 2.6 seconds.

Girls 5000 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 Ostrander	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 5000 Meters

1. Adam Goucher	Colorado 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	Church Rock, 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 race, as she kicked past Melissa Lucas with 150 meters remaining. Previously, the youngest champion had been a junior.

Girls 5000 Meters

1. Erin Davis	Gansevoort, NY	17:11
2. Melissa Lucas	Portland, OR	17:14
3. Sarna Renfro	Federal Way, 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

Past

Highlights

1992-1993 FOOT LOCKER CROSS COUNTRY

1992 San Diego, CA December 12

Brendan Heffernan held off a pack from the Midwest Region and New Jersey 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.

Boys 5000 Meters

1. Brendan Heffernan	Glen Gardner, NJ	15:13
2. Greg Jimmerson	Rapid City, SD	15:17
3. J.J. White	Dublin, OH	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 finishers of third and second, Amanda White's goal of a national championship was challenged by local star Milena Glusac (Fallbrook High, CA). The pair dueled step-for-step until the 2.5-mile mark, when White broke contact and opened a big enough lead to hold off a late surge from Glusac.

Girls 5000 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	18:04
7. Karen Godlock	Rutherfordton, NC	18:06
8. Marie Davis	Portland, 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 boys race a toss-up, but Corey Ihmels left no doubt as to whom the dominant runner was on this day. Only the second North Dakota qualifier in 13 years, Ihmels posted a 15-second victory, the second largest margin in the boys finals.

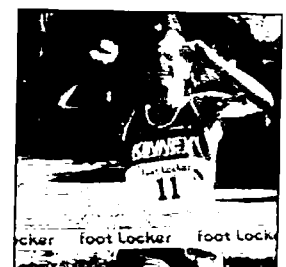
Boys 5000 Meters

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 5000 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	17:59
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

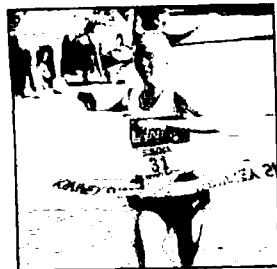




Past

1988

1988 San Diego, CA December 8



1990 San Diego, CA December 8

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

Boys 5000 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	Coram, 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	Fairfax, 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 5000 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	Pittsburgh, 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, he faced serious competition from Andy Maris. Dameworth shifted gears with 1/4 mile remaining, sprinting to victory.

Boys 5000 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 to capture her first National Championship.

Girls 5000 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

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 2.5 miles into the race and never looked back.

Boys 5000 Meters

1. Brian Grosso	Walled Lake, MI	15:03
2. Jason DiJoseph	Haddonfield, NJ	15:10
3. Mike Myktyok	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 5000 Meters

1. Celeste Susnis	Wheatfield, IN	17:14
2. Melody Fairchild	Boulder, CO	17:18
3. Christi 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 charged out to an early lead and never allowed the pack to reel him in. Kennedy's racing success continued in college, becoming the first American frosh to capture the NCAA crown (1989).

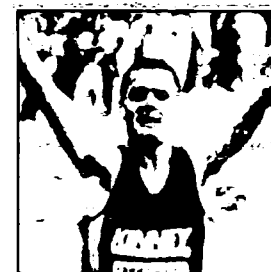
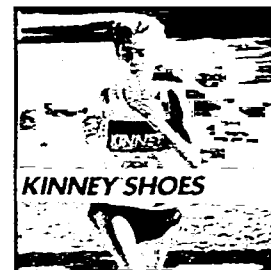
Boys 5000 Meters

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 her third of four trips to the Kinney Finals, Kira led from start to finish under sunny San Diego skies.

Girls 5000 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





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.

Boys 5000 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 5000 Meters

1. Erin Keogh	McLean, VA	16:55
2. Kimberly 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 had ever done so on the 5K Morley Field course.

Boys 5000 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 5000 Meters

1. Erin Keogh	McLean, VA	16:43
2. Suzy Favor	Stevens Point, WI	17:07
3. Carol Gray	La Porte, 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. Kimberly 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

Past

High School

1984-1985 1986-1987 1988-1989 1990-1991 1992-1993 1994-1995

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.

Boys 5000 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 went on to compete in the Olympic marathon in 1988 and 1992, was the runaway winner in the girls race.

Girls 5000 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 West Regional, ran away from Tracy Garrison and Simon Gutierrez in soggy conditions to score a major upset in the boys race.

Boys 5000 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 Schoenness	Center Line, MI	15:14
9. Barry Sirchis	Winchester, MA	15:18
10. Calvin Gaziano	Castro Valley, CA	15:187

It was here that Janet Smith put the finishing touches on her reputation as an attacking, aggressive runner, setting a course record at this time (16:43.7) on the San Diego course.

Girls 5000 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	17:34
5. Kristen O'Hara	Palos Verdes, CA	17:38
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





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.

Boys 5000 Meters

1. Eric Reynolds	Somis, CA	14:35
2. Mike Connelly	Green Lake, PA	14:49
3. Stephen Taylor	St. Mary's, WV	14:53
4. Michael Collins	Rye, NY	14:54
5. Anthony Smith	Port Chester, NY	14:54
6. Brian Jaegar	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.

Girls 5000 Meters

1. Christine Curtin	Bellmore, NY	16:58
2. Michelle Rowen	Turnersville, NJ	17:02
3. Corey 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, FL 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.

Boys 5000 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. Matthew 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 5000 meter course in a meet record of 16:40.

Girls 5000 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

Past

Highlights

1980 San Diego, CA December 12

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

Boys 5000 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	North Stamford, CT	15:13
9. Scott Jenkins	Kenosha, WI	15:15
10. John Easker	Birnamwood, WI	15:19

1979 San Diego, CA December 6

The first Kinney Cross Country Championships (KCCC) National Finals was held before a relatively small crowd of curious onlookers in Balboa Park. There was no uniformity for the runners; competitors wore their own uniforms.

Boys 5000 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 Bch, CA	15:31
9. Tim Hacker	Menomonee Falls, WI	15:32
10. Todd Hews	Fairfield, ME	15:33

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.

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 5000 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

Girls 5000 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	Johnson City, NY	17:56
6. Vickie Cook	Northridge, CA	18:04
7. Eliza Carney	Tempe, AZ	18:11
8. Lesley Welch	Peabody, MA	18:20
9. Ginger Sullivan	Brentwood, TN	18:30
10. Nancy Rose	Bristol, VA	18:30





You know how far you have to go.

1975 FEBRUARY 1975	March 1975	1975 MARCH 1975
(076) MONDAY, MARCH 17 (289)		

8	St. Patrick's Day	1
9	5 mile very easy run	2
10	(20)	3
11	hard 11 mile run pretty	4
12		5
EVENING		

(077) TUESDAY, MARCH 18 (288)		
8	7.5 Washington Park	1
9		2
10	5 mile morning run (2300)	3
11	21.0 2.5 mile run down	4
12		5
EVENING		

(078) WEDNESDAY, MARCH 19 (287)		
8	8.5 mile run Breakfast	1
9	3 mile town Cooper	2
10	9.10 ft	3
11	13.0 2.5 mile run hills	4
12		5
EVENING		

1975 APRIL 1975	March 1975	1975 MAY 1975
(079) THURSDAY, MARCH 20 (286)		

8	8.5 mile easy run	1
9	city of Redwood	2
10	(14.7) 4.5 mile run	3
11	6 mile good run down	4
12		5
EVENING		

(080) FRIDAY, MARCH 21 (285)		
8	1.5 jog	1
9	(21)	2
10		3
11	1.5 mile run	4
12		5
EVENING		

(081) SATURDAY, MARCH 22 (284)	(082) SUNDAY, MARCH 23 (283)
A.M. 4m clearance (20)	Palm Sunday A.M.
7.5 mile run (2300)	1.5 mile run
11.0 7 mile run	(130) 1.5 mile run
	Just do it. ✓
EVENING	