## Women’s Cross Country Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Ht.</th>
<th>Hometown/High School (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Danielle Aitken</td>
<td>Fr.</td>
<td>5-4</td>
<td>Jacksonville, Fla./Mandarin HS</td>
</tr>
<tr>
<td>Kati Albright</td>
<td>Fr.</td>
<td>5-6</td>
<td>Wake Forest, N.C./Home School</td>
</tr>
<tr>
<td>Dacia Bushman</td>
<td>Fr.</td>
<td>5-6</td>
<td>Castalia, Iowa/Home School</td>
</tr>
<tr>
<td>Rod’Esther Castor</td>
<td>Fr.</td>
<td>5-6</td>
<td>Hamilton, N.J./Steinert HS</td>
</tr>
<tr>
<td>Blakely Harris</td>
<td>Fr.</td>
<td>5-8</td>
<td>Shelby, N.C./Grace International School</td>
</tr>
<tr>
<td>Carol Jefferson</td>
<td>Sr.</td>
<td>5-7</td>
<td>Schwenksville, Pa./Perkiomen Valley HS</td>
</tr>
<tr>
<td>Melissa Martens*</td>
<td>So.</td>
<td>5-2</td>
<td>Baraboo, Wis./Sank Prairie HS (Wisconsin-Whitewater)</td>
</tr>
<tr>
<td>Nicole Miglis</td>
<td>Fr.</td>
<td>5-11</td>
<td>Plainfield, N.J./South Plainfield HS</td>
</tr>
<tr>
<td>Piper Newby</td>
<td>Sr.</td>
<td>5-5</td>
<td>Hayden Lake, Idaho/Coeur d’Alene HS</td>
</tr>
<tr>
<td>Ashley Osborne</td>
<td>Jr.</td>
<td>5-2</td>
<td>Bristol, Va./John S. Battle HS</td>
</tr>
<tr>
<td>Leah Ramey</td>
<td>So.</td>
<td>5-4</td>
<td>Marengo, Ohio/Highland HS</td>
</tr>
<tr>
<td>Rebekah Ricksecker</td>
<td>Jr.</td>
<td>5-7</td>
<td>Laurel, Del./Sussex Technical</td>
</tr>
<tr>
<td>Sarah Roberts</td>
<td>Sr.</td>
<td>5-6</td>
<td>Zeiglerville, Pa./Perkiomen Valley HS</td>
</tr>
<tr>
<td>Rachel Valliere</td>
<td>Sr.</td>
<td>5-5</td>
<td>San Luis Obispo, Calif./San Luis Obispo HS (Cal Poly)</td>
</tr>
<tr>
<td>Jaime Watson</td>
<td>R-So.</td>
<td>5-4</td>
<td>Ravenah, Mich./Allendale HS</td>
</tr>
<tr>
<td>Jo Welch</td>
<td>Sr.</td>
<td>5-1</td>
<td>Castro Valley, Calif./Redwood Christian HS (California Baptist)</td>
</tr>
</tbody>
</table>

## Men’s Cross Country Roster

<table>
<thead>
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<th>Name</th>
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<th>Ht.</th>
<th>Hometown/High School (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sam Chelanga*</td>
<td>So.</td>
<td>5-7</td>
<td>Nairobi, Kenya/Bartolimo HS (Fairleigh Dickinson)</td>
</tr>
<tr>
<td>Kyle Davidson</td>
<td>Fr.</td>
<td>6-0</td>
<td>Charlotte, N.C./Providence HS</td>
</tr>
<tr>
<td>James Doak</td>
<td>Jr.</td>
<td>5-11</td>
<td>Kintnersville, Pa./Palisades HS</td>
</tr>
<tr>
<td>Josh Edmonds</td>
<td>So.</td>
<td>5-11</td>
<td>Cooperstown, N.Y./Cooperstown Central HS</td>
</tr>
<tr>
<td>Dan Hibbs</td>
<td>Fr.</td>
<td>6-1</td>
<td>Hatboro, Pa./Hatboro-Horsham HS</td>
</tr>
<tr>
<td>Clint Jackson</td>
<td>R-Jr.</td>
<td>6-3</td>
<td>Cascade, Colo./Colorado Springs Christian HS</td>
</tr>
<tr>
<td>Jarvis Jelen</td>
<td>Sr.</td>
<td>5-8</td>
<td>Sioux Falls, S.D./Lincoln HS (Augustana)</td>
</tr>
<tr>
<td>Jordan McDougal</td>
<td>R-Jr.</td>
<td>5-9</td>
<td>Peru, N.Y./Home School</td>
</tr>
<tr>
<td>Josh McDougal</td>
<td>Sr.</td>
<td>6-0</td>
<td>Peru, N.Y./Home School</td>
</tr>
<tr>
<td>Cory Reed</td>
<td>Fr.</td>
<td>5-7</td>
<td>Eldred, N.Y./James I. O’Neill HS</td>
</tr>
<tr>
<td>Emmanuel Theart</td>
<td>Fr.</td>
<td>5-8</td>
<td>Sunrise, Fla./Plantation HS</td>
</tr>
<tr>
<td>Jordan Whitlock</td>
<td>R-Fr.</td>
<td>5-9</td>
<td>Elmhurst, Ill./York HS</td>
</tr>
<tr>
<td>Kalib Wilkinson</td>
<td>Sr.</td>
<td>6-0</td>
<td>Silverdale, Wash./North Mecklenburg HS (Air Force)</td>
</tr>
</tbody>
</table>

* Completing a year in residence at Liberty

## Roster Notes

- Last season, the Liberty men’s and women’s cross country rosters did not include a single senior. This year, eight seniors dot the rosters, five on the women’s team and three on the men’s side.
- 17 different home states are represented by the 29 total athletes on the Liberty men’s and women’s rosters. Interestingly, only one runner (Ashley Osborne) hails from Virginia. Four Flames call New York their home state.
- 10 of Liberty’s runners (five women and five men) have combined to earn 16 All-Big South honors in cross country. Josh McDougal and Sarah Roberts have garnered three all-conference distinctions apiece.
2007 CROSS COUNTRY

Kati ALBRIGHT
5-6 Freshman
Wake Forest, N.C.
Cross Country Best: 5K - 17:51
Track Bests: 1,500 - 4:39, 2-Mile - 11:09

Prep: Home schooled … posted personal-best times of 4:39 for 1,500 meters and 17:51 for the 5K … won the freshman/sophomore race at the 2002 Foot Locker South Regional Cross Country Championships by more than 40 seconds … placed eighth in the two-mile at the 2003 Nike Indoor Championships, in 11:09.

Dacia BUSHMAN
5-6 Freshman
Castalia, Iowa
Cross Country Best: 4K - 14:43
Track Bests: 1,500 - 4:51, 3,000 - 10:23

Prep: Home schooled … led Valley Community team to 1A state cross country titles in 2003, 2004 and 2006 … individually, placed second at the Iowa state cross country meet in 2003 and 2006 and third in both 2004 and 2005 … received Elite All-State recognition, as her time at the 2006 state cross country meet (14:42.85 for 4K) ranked fourth in all divisions in Iowa … finished third at 1,500 meters at the state track & field championships in 2006 and 2007.

Carol JEFFERSON
5-7 Senior
Schwenksville, Pa.
Track Bests: 5K - 16:50, 10K - 34:37

2006 (Jr.): Captured five All-Big South honors (cross country, two indoor track, two outdoor track) … won three Big South individual championships, bringing career total to six … fifth at the Big South Cross Country Championships in a personal-best 18:14 for 5K … Liberty’s No. 2 runner (46th overall) at NCAA Southeast Regional Championships, in a personal-best 6K time of 21:59 … defended Big South indoor 5K title and placed second in the 3K … also swept the Big South outdoor 5K and 10K championships for second year in a row … Penn Relays college 10K runner-up … ran the 10K at the NCAA National Outdoor Track & Field Championships … set indoor 5K (17:03.23) and outdoor 10K (34:37.27) school records … 2005 (So.): Five-time Big South all-conference performer (cross country, two indoor track, two outdoor track) … Big South Women's Cross Country Runner of the Week on 9/21 … finished ninth at the Big South Cross Country Championships … won the VMI Invitational … the top Liberty finisher at the NCAA Southeast Regional Championships, placing 59th … won the 5,000 meters at the Big South Indoor Track & Field Championships … was victorious in the 5,000 meters and the 10,000 meters at the Big South Outdoor Track & Field Championships … 2004 (Fr.): Finished 15th at the Big South Cross Country Championships … Prep: Graduated from Perkiomen Valley High School … attended high school with fellow Lady Flame Sarah Roberts … finished sixth at the Pennsylvania Indoor Track and Field State Meet in the mile.
THE LADY FLAMES

Piper NEWBY
5-5 Senior
Hayden Lake, Idaho
Cross Country Bests: 5K - 17:55, 6K - 21:31
Track Bests: Steeplechase - 10:35, 5K - 17:08

2006 (Jr.): Earned five All-Big South honors (cross country, two indoor track, two outdoor track) ... part of the Big South All-Academic Team for cross country ... Big South Presidential Honor Roll ... included on USTFCCCA Women’s Division All-Academic Track & Field team ... Big South Women’s Cross Country Runner of the Week on 9/13 after placing 11th at Lou Onesty Invitational ... Lady Flames’ top finisher in all six meets ... broke the 6K school record with a 21:31 effort at Pre-Nationals ... finished third at the Big South Cross Country Championships ... ended her season with a 29th-place finish at the NCAA Southeast Regional Championships ... won the Big South steeplechase title ... clocked a school-record 10:35.19 in the steeplechase at the NCAA East Regional Championships ... 2005 (So.): All-Big South performer in outdoor track ... Big South Presidential Honor Roll ... placed 20th at the Big South Cross Country Championships ... best effort in the steeplechase was an 11:10 at the Big South Outdoor Track & Field Championships, good for third place ... 2004 (Fr.): Crossed the line 33rd at the Big South Cross Country Championships ... Prep: Attended Coeur d’Alene High School ... twice advanced to the Idaho State Track & Field Meet in the pole vault.

Ashley OSBORNE
5-2 Junior
Bristol, Va.
Track Bests: 5K - 16:42, 10K - 37:37

2006 (So.): Garnered a quartet of All-Big South distinctions (cross country, indoor track, two outdoor track) ... Big South Presidential Honor Roll ... included on USTFCCCA Women’s Division All-Academic Track & Field team ... broke through at the Big South Cross Country championships for a significant personal-best time of 18:26 and an eighth-place finish ... became the first Lady Flame ever to dip under 17 minutes in the 5K and did so twice, including school-record 16:42.79 effort at the Penn Relays ... 2005 (Fr.): Big South Presidential Honor Roll ... was 22nd at the Big South Championships ... Prep: Attended John S. Battle High School ... won state Single-A title in the 3,200 meters and was second in the 1,600 meters.

Rebekah RICKSECKER
5-7 Junior
Laurel, Del.
Track Bests: 800 - 2:11, 1,500 - 4:33

2006 (So.): Four-time All-Big South performer (cross country, indoor track, two outdoor track) ... Big South Presidential Honor Roll ... Big South Women’s Track Athlete of the Week on 5/9 ... mid-distance specialist, was consistently Liberty’s No. 4 cross country runner ... ended the season with consecutive personal bests ... seventh
2007 CROSSTOUNTRY

at Big South Cross Country Championships in 5K personal best of 18:26 ... No. 3 LU finisher (76th overall) at NCAA Southeast Regional Championships, posting a 6K best of 22:28 ... Big South mile runner-up indoors ... 1,500-meter champion at Big South Outdoor Track & Field Championships ... 2005 (Fr.): Big South Presidential Honor Roll ... bounced back from a knee injury to place 16th at the Big South Championships ... Prep: Attended Sussex Technical High School ... Delaware state champion in the 800 meters, state runner-up in the 1600 meters in 2004 ... placed fourth at state cross country meet.

Sarah ROBERTS

5-6 Senior
Zeiglerville, Pa.
Cross Country Bests: 5K - 18:03, 6K - 21:54
Track Bests: 800 - 2:15, 1,500 - 4:40

2006 (Jr.): All-Big South in cross country for third time in her career ... Big South Presidential Honor Roll ... Liberty’s No. 3 runner most of the season ... sixth at Big South Cross Country Championships ... 2005 (So.): Two-time Big South all-conference performer (cross country, outdoor track) ... Big South Presidential Honor Roll ...

Rachel VALLIERE

5-5 Senior
San Luis Obispo, Calif.
Cross Country Best: 5K - 18:10
Track Best: 5K - 17:34

Previous School: Ran three years for Cal Poly, serving as the team’s No. 1 distance runner much of the time ...
Prep: Did not run cross country until her senior year at San Luis Obispo High School ... placed 15th at the state cross country meet that year ... named top female athlete at the school ... also played tennis and ran track.

Jo WELCH

5-1 Senior
Castro Valley, Calif.
Cross Country Bests: 5K - 19:00, 6K - 22:49
Track Bests: 3K - 10:21, 5K - 18:01

Previous School: Attended Redwood Christian High School.

Prep: Attended Ran three years for Cal Poly, serving as the team’s No. 1 distance runner much of the time ...

2006 (Jr.): Took 21st at Big South Cross Country Championships in 19:00 for the 5K ... Lady Flames’ No. 5 runner (95th overall) at the NCAA Southeast Regional Championships ... 2005 (So.): Finished 19th at the Big South Cross Country Championships ... Previous School: Attended California Baptist University ... recorded the 10th-best time in school history for the 5K (19:44) ... Prep: Attended Redwood Christian High School.
Sam CHELANGA
5-7 Sophomore
Nairobi, Kenya
Cross Country Bests: 8K - 24:01, 10K - 30:09
Track Bests: 5K - 13:46, 10K - 29:16

Previous School: Competed for Fairleigh Dickinson University, capturing a pair of All-America honors … top freshman finisher at the NCAA National Cross Country Championships, placing 16th overall and earning All-America status … won the NCAA Mid-Atlantic Regional and Northeast Conference individual titles … on the track, placed fourth at 5,000 meters at the NCAA Indoor Track & Field Championships, winning a second All-America distinction … placed second to Josh McDougal in the 5K at the IC4A Indoor Championships, running a personal-best 13:46.39 … outdoors, qualified for the NCAA Outdoor Track & Field Championships in the 5K … captured the Penn Relays 10K title …

Prep: Graduated from Bartolimo High School.

Parents: Haron & Ann Chelanga
Note: Brother Joshua is a world-class marathoner
Intended Major: Pre-law
Birthday: Feb. 23

Josh EDMONDS
5-11 Sophomore
Cooperstown, N.Y.
Track Bests: 5K - 14:50, 10K - 30:57

2006 (Fr.): Big South Men’s Freshman of the Year for indoor track … garnered a pair of All-Big South honors (cross country, indoor track 5K) … Big South Presidential Honor Roll … finished ninth at the Big South Cross Country Championships, third among freshmen … placed 42nd at NCAA Southeast Regional Cross Country Championship … second at 5,000 meters at the Big South Indoor Track & Field Championships … placed sixth at the USA Track & Field (USATF) Junior Cross Country Championships, earning the right to represent the U.S. at the World Junior Cross Country Championships in Kenya …

Prep: Attended Cooperstown Central School as a senior after being home schooled for 11 years … finished second at the New York Class D State Cross Country Meet.

Parents: Dr. Lee & Jean Edmonds
Major: Undecided
Birthday: Jan. 8

Clint JACKSON
6-3 Redshirt Junior
Cascade, Colo.
Track Bests: 3K - 8:38, 5K - 15:08

2006 (Jr.): Sidelined the entire season due to injury … Big South Presidential Honor Roll …
2005 (So.): Won All-Big South honors in cross country … Big South Presidential Honor Roll … placed 42nd at the Stanford Invitational with an 8K PR of 24:59 … finished fourth at the Big South Cross Country Championships … 2004 (Fr.): All-Big South performer in indoor 5K … Big South Presidential Honor Roll … took 11th at the Big South Cross Country Championships … third in the Big South indoor 5K …

Prep: Attended Colorado Springs Christian High School … was Colorado state 2A runner-up in cross country … league and regional champion in cross country, the 1,600 meters and the 3,200 meters.

Parents: Dave & Lynda Bjorklund
Major: Business
Birthday: March 22
2007 CROSS COUNTRY

Jarvis JELEN
5-8 Senior
Sioux Falls, S.D.
Track Bests: Mile - 4:12, 5K - 14:49

2006 (Jr.): All-Big South performer in cross country ... finished as runner-up at Big South Cross Country Championships ... took 54th at Pre-Nationals, clocking a personal-best 24:30 for the 8K distance ... 2005 (So.): Twice a Big South all-conference performer (cross country, indoor track)

Jarvis JELEN
5-8 Senior
Sioux Falls, S.D.
Track Bests: Mile - 4:12, 5K - 14:49

2006 (Jr.): All-Big South performer in cross country ... finished as runner-up at Big South Cross Country Championships ... took 54th at Pre-Nationals, clocking a personal-best 24:30 for the 8K distance ... 2005 (So.): Twice a Big South all-conference performer (cross country, indoor track)

Jordan McDOUGAL
5-9 Redshirt Junior
Peru, N.Y.
Cross Country Bests: 8K - 23:46, 10K - 31:51
Track Bests: 5K- 14:00, 10K - 29:36

2006 (R-So.): Five-time All-Big South performer (cross country, two indoor track, two outdoor track) ... Big South third-place finisher in cross country ... Liberty’s second finisher (32nd overall) at the NCAA Southeast Regional Championships ... defended Big South indoor 5K title and finished as 3K runner-up ... 1,500-meter and 10K runner-up at Big South outdoor meet ... 2005 (R-Fr.): Won five All-Big South honors

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Cory REED
5-7 Freshman
Eldred, N.Y.
Cross Country Best: 5K - 15:02
Track Bests: 1,600 - 4:18, 3,200 - 9:17

Cory REED
5-7 Freshman
Eldred, N.Y.
Cross Country Best: 5K - 15:02
Track Bests: 1,600 - 4:18, 3,200 - 9:17

Prep: New York Class B state cross country champion as a senior at James I. O’Neill High School ... four-time cross country state qualifier ... took 10th in the 3,200 at the 2007 Nike Indoor Nationals ... placed third at the outdoor state track meet in the 1,600 and fifth in the 3,200 in 2007 ... honor roll student.
Josh McDougals
6-0 Senior
Peru, N.Y.

Cross Country Bests: 8K - 23:12, 10K - 29:32

2006 (Jr.): Captured five All-America awards (cross country, two indoor track, two outdoor track), increasing his career total to 11 ... again won Big South Howard Bagwell Male Student-Athlete of the Year award ... Big South Men's Cross Country Runner of the Year ... Big South Men's Track & Field Athlete of the Year ... Big South Men's Indoor Track Performer of the Year ... 10-time Big South Male Athlete of the Week ... and four IC4A individual crowns (indoor track, three outdoor track) ... placed 27th at NCAA National Cross Country Championships ... won Big South championship for third-straight time ... has now won 17 of 21 career competitions ... set course records at the Lou Onesty Invitational and the Greater Louisville Classic, increasing his total of cross country course records set to 11 ... placed third at NCAA National Indoor Track & Field Championships at 3K distance, eighth in the 5K ... won the IC4A indoor 5K crown in 13:37.32, the best indoor 5K time in the world ... ran to a third-place finish in the 5K and a fourth-place finish in the 10K at the NCAA National Outdoor Track & Field Championships ... became the fifth-fastest collegiate 5K performer of all-time with his 13:20.43 clocking at the Mt. SAC Relays ... broke the prestigious 4:00 mile, running a 3:57.46 on his home track ... became the first athlete in the 131-year history of the IC4A Championships to accomplish the distance triple at the same meet ... 2005 (So.): Became first Liberty athlete to earn NCAA Division I All-American honors in cross country, indoor track & field and outdoor track & field in the same academic year ... won four All-America honors ... Big South Howard Bagwell Male Student-Athlete of the Year ... Big South Men's Cross Country Runner of the Year ... Big South Men's Indoor Track Performer of the Year ... Big South Men's Track & Field Athlete of the Year ... USA Track & Field (USATF) Men's Cross Country Runner of the Year ... placed fourth at national cross country meet ... won individual crown at NCAA Southeast Regional Championships for second-straight year ... Big South champion for second-consecutive season ... finished fourth at NCAA National Indoor Track & Field Championships in the 5K and was fifth in the 3K ... placed ninth in the 5,000 meters at the NCAA National Outdoor Track & Field Championships ... 2004 (Fr.): Earned a pair of All-America honors ... Big South Men's Cross Country Runner of the Year ... Big South Men's Rookie of the Year after becoming first freshman to win the conference's individual cross country title ... undefeated in cross country until 13th-place finish at national meet ... broke Olympian Alan Webb's course record at Winthrop ... placed fourth at the U.S. World Cross Country Team Trials ... finished fifth in the 3,000 meters at the NCAA National Indoor Track & Field Championships ... Prep: Finished fourth at the Foot Locker National Cross Country meet ... earned USATF Athlete of the Week honors ... qualified for the U.S. team at the World Junior Cross Country Championships ... three-time high school All-American.

Kalib Wilkinson
6-0 Senior
Silverdale, Wash.

Previous School: Ran for Air Force for three years (2002-04), where he twice (2003-04) ran at the NCAA National Cross Country Championships ... in 2003, the Air Force cross country team won its first-ever Mountain West Conference title and finished eighth in the nation ... Prep: Attended North Mecklenburg High School ... helped his team capture North Carolina 4-A state cross country titles in 2000 and 2001 ... placed 10th at the state cross country meet in 1999, eighth in 2000 and fourth in 2001 ... state 4-A runner-up at 3,200 meters in 2000 and 2001.