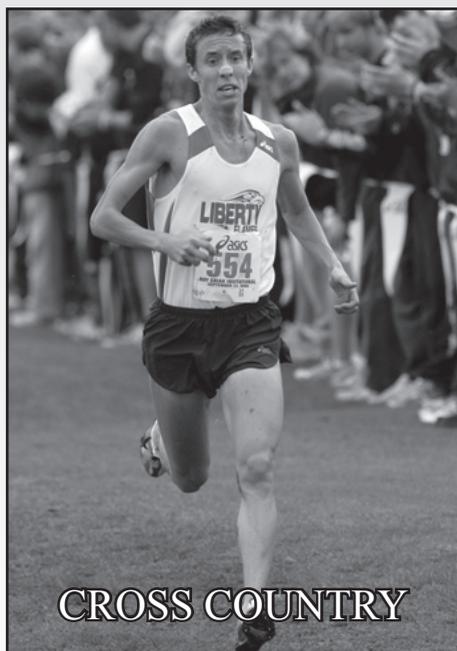


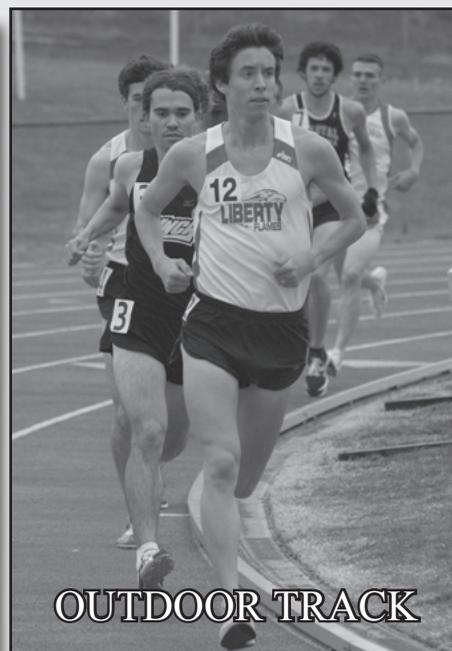
14-Time All-American Josh McDougal's Career Highlights



CROSS COUNTRY



INDOOR TRACK



OUTDOOR TRACK

All-America Honors (4)

- 2004:** 13th place
- 2005:** Fourth place
- 2006:** 27th place
- 2007:** 1st place

Big South Titles (4)

2004, 2005, 2006 & 2007

-- Became the first-ever three-time winner of the Big South Howard Bagwell Male Student-Athlete of the Year award (2005, 2006 & 2007)

-- Won 23-of-27 career cross country races

-- Broke 13 cross country course records during his career, including those belonging to Meb Keflezighi and Alan Webb

-- Became the 10th man in NCAA cross country history to win four consecutive conference titles

Personal Bests

8K - 22:56.4, 10K - 29:22.4

All-America Honors (7)

- 2005:** Fifth in 3K
- 2006:** Fourth in 5K, fifth in 3K
- 2007:** Third in 3K, eighth in 5K
- 2008:** Fifth in 5K, sixth in 3K

Big South Titles (7)

- 2005:** 3K
- 2006:** Mile, 3K
- 2007:** Mile, 3K
- 2008:** Mile, 3K

-- Won three IC4A titles (3K in 2005 & 2006, 5K in 2007)

-- Ran the fastest indoor 5K in the world for the 2006-07 season (13:37.32)

-- Ran the second-fastest indoor 5K in the world for the 2007-08 season (13:45.16)

-- Four-time Big South Men's Track & Field Athlete of the Year

Personal Bests

3K - 7:53.16, 5K - 13:37.32

All-America Honors (3)

- 2006:** Ninth in 5K
- 2007:** Third in 10K, fourth in 5K

Big South Titles (6)

- 2005:** 5K, 10K
- 2006:** 1,500
- 2007:** 1,500, 5K, 10K

-- Won four IC4A titles (10K in 2006, 1,500, 5K & 10K in 2007)

-- Only man in the 132-year history of the IC4A Championships to sweep the 1,500, 5K & 10K titles at the same meet, doing so in 2007.

-- Sixth-fastest collegiate 5K performer of all-time (13:20.43)

-- Broke the 4:00 mile on his home track on March 31, 2007.

Personal Bests

Mile - 3:57.46, 5K - 13:20.43, 10K - 28:27.65

Josh McDougal Races to 2007 NCAA National Cross Country Title

As reported on LibertyFlames.com

TERRE HAUTE, Ind. (11/19/07) – For Liberty senior Josh McDougal, the fourth time was the charm. Competing in the NCAA Division I National Cross Country Championships for the fourth-consecutive year, McDougal outkicked Oregon's Galen Rupp in a thrilling stretch run to capture his first-ever national title. His winning time was 29:22.4 for the 10K distance, Monday afternoon at the LaVern Gibson Championship Cross Country Course in Terre Haute, Ind.

McDougal, now a 12-time All-American, becomes Liberty's second NCAA Division I national champion. Liberty assistant cross country/track & field coach Heather (Sagan) Zealand won the mile race at the 2002 NCAA Division I National Indoor Track & Field Championships. McDougal's time also eclipsed his own Liberty and Big South Conference records for the 10K distance.

After finishing a disappointing 27th at the 2006 national cross country meet, McDougal entered Monday's race having won all four of his competitions this season. His seasonal resume included a course record-breaking win at Pre-Nationals, held at the same course in Terre Haute. McDougal also captured the third Southeast Regional title of his career.



Josh McDougal and Galen Rupp battle it out down the stretch.
(Photo courtesy Kirby Lee/Image of Sport)



Josh McDougal crosses the finish line as NCAA national cross country champion.
(Photo courtesy AP/Wide World Photos)

Weather conditions were nearly perfect for Monday's race, as the temperature hovered in the 50s under an overcast sky. Additionally, the course was almost completely dry, a stark contrast to the muddy track runners slogged through in 2006.

The pace went out conservatively for the first half of the race, as the lead pack went through the one-mile mark in 4:39 and passed through 5K in 15:08. McDougal hung with the leaders through the early stages, staying out of traffic.

Shortly after the halfway pole, the pace quickened. By the four-mile mark, only eight runners remained in contention. Less than a mile later, McDougal and Rupp had broken clear of the field, turning the last 2K into a two-man race between a pair of runners seeking their first national titles.

McDougal started a long drive to the finish line just over 1,000 meters out and was able to open a 10-15 meter lead on Rupp, the American collegiate 10K record holder on the track. However, Rupp was not finished. The Oregon junior summoned a final kick of his own and reclaimed the lead within the final 400 meters.

With the runners side-by-side down the final straightaway, McDougal pulled ahead slightly in the last 50 meters and held on for the one-second win and a long sought-after national title. The Liberty senior flung open his arms and looked skyward as he crossed the finish line, celebrating the Flames' first-ever individual national cross country title.

Meanwhile, Rupp gained a measure of consolation from the fact that his Oregon team won its first national title since 1977, outdistancing Iona, 85-113.

McDougal's best national finishes, prior to Monday, had been a pair of third-place efforts on the track. He placed third at 3,000 meters indoors and at 5,000 meters outdoors in 2007. His previous highest cross country national placing was a fourth-place effort, during his sophomore year of 2005.

Men's 10K Championship

Top Five Individual Finishers

- 1) Josh McDougal, 29:22.4 (Liberty and Big South Conference Record)
- 2) Galen Rupp, Oregon, 29:23.4
- 3) Lopez Lomong, Northern Arizona, 29:45.5
- 4) Bobby Curtis, Villanova, 29:46.3
- 5) Brent Vaughn, Colorado, 29:47.4

Top Five Teams

- 1) Oregon, 85
- 2) Iona, 113
- 3) Oklahoma State, 180
- 4) Northern Arizona, 190
- 5) Wisconsin, 239





McDougal's National Title Highlights Liberty's Best-Ever Cross Country Season

Senior Josh McDougal capped off his brilliant cross country career in style, capturing the 2007 NCAA Division I National Championship on Nov. 19 in Terre Haute, Ind. His first national title wrapped up both an undefeated campaign for McDougal and the best-ever cross country season for the Liberty men's and women's cross country programs.

In addition to McDougal's individual accomplishments, the Flames and Lady Flames swept the Big South team titles for the second year in a row. Both teams also notched their highest-ever finishes at the NCAA Southeast Regional Championship, as the men's squad placed fifth and the women's team came in seventh.

Women's Team

With most of the Lady Flames' top runners either sitting out or running unattached during the season-opening Virginia Tech Invitational on Sept. 8, junior Rebekah Ricksecker took advantage of her chance to shine. She placed second out of 29 runners in the 4K race, earning the Big South Women's Cross Country Runner of the Week award and successfully kicking off her breakthrough season.

Liberty ran a partial squad once again the following weekend, at the Longwood Invitational. However, the Lady Flames were able to capture the team title, edging Campbell, 34-35. Junior Ashley Osborne and seniors Piper Newby and Jo Welch led the way, finishing second, third and fourth, respectively.

The full Lady Flames contingent was in action for the first time, Sept. 28 at the Notre Dame Cross Country Invitational. Running in the gold race, Liberty placed second out of 27 teams on the afternoon. Newby posted a sixth-place finish, and freshman Dacia Bushman made a solid collegiate debut, crossing the line in the 20th position.

On Oct. 13, Liberty returned to the Hoosier State, previewing the NCAA national meet course in Terre Haute, Ind., at the Pre-Nationals. Squaring off with some of the nation's top runners, Newby starred once again. She passed 33 runners during the second half of the 6K race, clocking a school-record time of 21:22.5 for 63rd place. As a team, Liberty finished 23rd in the white race, a performance which boosted the

Lady Flames to a season-high No. 9 ranking in the USTFCCCA Southeast Regional poll.

For the second consecutive season, the Lady Flames defeated Coastal Carolina at the Big South Cross Country Championship by a small margin. Liberty edged the Chanticleers, 36-39, at the meet held Oct. 27 in Hendersonville, N.C. The Lady Flames put four runners in the top eight, headed by Newby's runner-up finish. Bushman nabbed sixth place, an effort which netted Big South Freshman of the Year honors. The top four Liberty finishers—Newby, Bushman, Ricksecker (7th place) and Katie Albright (8th place)—all recorded career-best 5K clockings.

Liberty closed its 2007 season with its best-ever placing at the NCAA Southeast Regional Championship. The Lady Flames' seventh-place effort on Nov. 10 in Louisville, Ky., was a five-place improvement from the 2006 regional meet. Newby earned her first career all-region certificate by virtue of a 17th-place finish and lowered her school 6K record to 21:07.7. Four teammates followed her across the finish line in the next 42 seconds, including Bushman, who set a Liberty freshman record at 21:39.3.

Men's Team

Like the Lady Flames, the Liberty men's team held out most of its top runners at the Sept. 8 Virginia Tech Invitational. In their absence, sophomore Josh Edmonds earned his first career cross country victory and broke Josh McDougal's 6K course record with an 18:32. For his efforts, he was named Big South Men's Cross Country Runner of the Week.

Senior Jarvis Jelen followed Edmonds as Big South Men's Cross Country Runner

of the Week, after rolling to a 34-second victory at the Longwood Invitational in his season debut. Jelen's winning 8K time was 25:30.

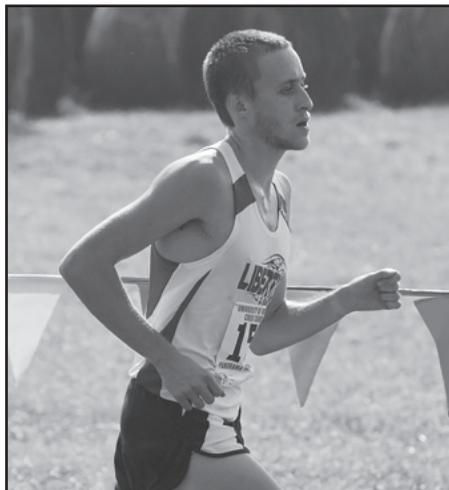
Fellow senior Josh McDougal garnered his first of two Big South Men's Cross Country Runner of the Week distinctions on Oct. 3. The award came as a result of his victorious season debut at the Notre Dame Invitational on Sept. 28. McDougal's five-mile time of 23:37 helped the Flames tie Illinois for ninth place in the blue race.

Just minutes after seeing his Pre-Nationals 8K course record shattered on Oct. 13, McDougal reclaimed the standard in the white race. He edged Eastern Kentucky's Jacob Korir for first place by running a school and conference-record time of 22:56.4. Brother Jordan McDougal (23:49.5) and Jelen (24:00.9) followed him across the finish stripe, making Liberty one of only four squads in the white race to have three runners come at or under 24:00. As a team, the Flames came in 17th of 40 entrants.

On Oct. 27, the Flames' McDougal brothers and Jelen swept the top three spots at the Big South Cross Country Championship, sparking a 31-point triumph in the team standings and bringing home Liberty's third straight conference crown. Josh McDougal won the race, becoming the first four-time individual cross country champion in conference history.

For the third time in his career, Josh McDougal raced to the NCAA Southeast Regional title, Nov. 10 in Louisville, Ky., earning a place on the starting line at the NCAA National Cross Country Championship. Brother Jordan McDougal nearly had the chance to join him, after his 16th-place regional finish. Jelen became the third Flames runner to capture all-region distinction at the meet, coming in 20th overall. As a team, Liberty placed fifth, behind a quartet of national qualifiers (N.C. State, Louisville, William & Mary and Virginia).

McDougal, Liberty's lone representative at the Nov. 19 NCAA National Cross Country Championship in Terre Haute, Ind., made it a day to remember. Already an 11-time All-American when the starting gun went off, the senior raced to his first career NCAA national title. McDougal emerged from a back-and-forth struggle with Oregon's Galen Rupp down the homestretch to break the tape in a Liberty and Big South-record 10K time of 29:22.4. For a detailed account of McDougal's run to the national title, see page 5.



Jarvis Jelen