



**Katie ALBRIGHT**

5-6 Sophomore  
 Wake Forest, N.C./Home Schooled  
*Cross Country Bests:* 5K – 18:07, 6K – 21:49  
*Track Bests:* 800 – 2:15, Mile – 4:53  
**2007 All-Big South**

*Personal Information*  
**Parents:** Don & Cathi Albright  
**Major:** Missions  
**Birthday:** March 30

**2007 (Fr.):** Earned a trio of All-Big South honors as a freshman (one each in cross country, indoor track and outdoor track) ... finished eighth at the Big South Cross Country Championships ... placed 59th at the NCAA Southeast Regional Cross Country Championships, in a personal-best time of 21:49.2 ... won her collegiate cross country debut, running unattached, at the Virginia Tech Invitational ... indoor track season was highlighted by a second-place finish in the Big South mile run and a third-place effort in the ECAC mile ... clocked a personal-best 4:53.77 in the latter race, ranking No. 3

in program history ... also picked up a runner-up finish at the Big South Outdoor Track & Field Championships, in the 1,500-meter run ... anchored the Lady Flames' distance medley relay squad to a program-record 11:30.56 at the Penn Relays.

**Prep:** Home schooled ... 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 Sophomore  
 Castalia, Iowa/Home Schooled  
*Cross Country Bests:* 5K – 18:04, 6K – 21:39  
*Track Bests:* 5K – 17:40, 10K – 36:43  
**2007 Big South Freshman of the Year**

*Personal Information*  
**Parents:** Chuck & Maryls Bushman  
**Note:** One of nine children  
**Major:** Nursing  
**Birthday:** Sept. 16

**2007 (Fr.):** Won three All-Big South recognitions (one each in cross country, indoor track and outdoor track) ... Named Big South Freshman of the Year after placing sixth at the Big South Cross Country Championships meet ... ran a Liberty freshman 6K record time of 21:39.30, taking 44th at the NCAA Southeast Regional Championships ... served as Lady Flames' No. 2 runner for most of her rookie cross country season ... placed third in the 3,000-meter run at the Big South Indoor Track & Field Championships ... garnered a third-place finish at the 10,000-meter distance during the Big South Outdoor Track & Field Championships ... clocked a 36:43.19 10K at the ECAC Outdoor Track & Field Championships, placing eighth in the

race and moving up to No. 2 on Liberty's all-time performance list ... made the Big South Presidential Honor Roll.

**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.



**Rod'Esther CASTOR**

5-6 Sophomore  
 Hamilton, N.J./Steinert HS  
*Cross Country Best:* 5K – 19:53  
*Track Bests:* 800 – 2:20, 1,500 – 5:01

*Personal Information*  
**Parents:** Villate & Marie Castor  
**Major:** Kinesiology  
**Birthday:** Dec. 7

**2007 (Fr.):** Earned top 10 finishes in each of her first two collegiate cross country meets, ending up sixth at the Virginia Tech Invitational and seventh at the Longwood Invitational ... placed 35th at the Big South Cross Country Championships, in a personal-best 5K time of 19:53 ... closed her freshman track & field season with a seventh-place finish in the 800 at the Liberty Twilight Qualifier.

**Prep:** Attended Steinert High School ... her best times included 2:18.3 for 800 meters and 5:12.3 for 1,600 meters.



**Jennifer KLUGH**

5-8 Freshman

Centerburg, Ohio/Highland HS

*Cross Country Best:* 5K – 18:41

*Track Bests:* 1,600 – 5:02, 3,200 – 11:24

*Personal Information*  
**Parents:** Robert & Amy Klugh  
**Intended Major:** Mathematics with teacher licensure  
**Birthday:** Aug. 25

**Prep:** Five-time All-Ohio performer at Highland High School (three cross country, two track & field) ... qualified for the Ohio Division II State Cross Country Championship all four years, placing 19th as a sophomore, fourth as a junior and seventh as a senior ... recorded a personal-best 5K time of 18:41 in her final high school cross country

race ... at the 2007 Ohio Division II State Track & Field Championship, she placed second with a 5:02 in the 1,600 meters and took third with an 11:24 in the 3,200 meters ... valedictorian of her high school class.



**Melissa MARTENS**

5-2 R-Sophomore

Baraboo, Wisc./Sauk Prairie HS  
 (Wisconsin-Whitewater)

*Cross Country Best:* 4K – 15:27

*Track Bests:* 800 – 2:25, 1,600 – 5:24

*Personal Information*  
**Parents:** Vince & Sherri Martens  
**Major:** Kinesiology  
**Birthday:** Oct. 21

**2007 (So.):** Competed unattached in a number of cross country and track & field meets, as she completed a year in residence at Liberty ... came in sixth at the Hokie Open cross country meet to close out her year ... also posted a sixth place finish in her final track & field meet, notching a 5:07.23 at the Liberty Twilight Qualifier.

**Prep:** Helped Sauk Prairie High School capture cross country and track & field conference titles as a senior ... named team rookie of the year in both sports ... attended Baraboo High School through her junior year ... tabbed squad's most valuable cross country and track & field runner as a junior.

**Previous School:** Split her freshman year between Wisconsin-Parkside and Wisconsin-Whitewater.



**Ashley OSBORNE**

5-2 Senior

Bristol, Va./John S. Battle HS

*Cross Country Bests:* 5K – 18:26, 6K – 21:44

*Track Bests:* 3K – 9:49, 5K – 16:42

**2006 All-Big South**

*Personal Information*  
**Parents:** Michael & Sue Osborne  
**Major:** Nursing  
**Birthday:** Aug. 16

**2007 (Jr.):** Sliced 1:30 off her 6K personal best at the NCAA Southeast Regional Cross Country Championships, running a 21:44 for 55th place ... came in 14th at the Big South Cross Country Championships ... finished as Longwood Invitational runner-up ... broke school 3K record with a 9:49.55 at the ECAC Indoor Track & Field Championships.

in the 10K, third at 1,500 meters and fourth in the 5K ... 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 ... included on the USTFCCCA Women's Division I All-Academic Track & Field team ... Big South Presidential Honor Roll.

**2006 (So.):** Garnered a quartet of All-Big South distinctions (one cross country, one indoor track, two outdoor track) ... broke through at the Big South Cross Country championships for a personal-best time of 18:26 and an eighth-place finish ... placed third in the 5K at the Big South Indoor Track & Field Championships ... kept busy at the Big South Outdoor Track & Field Championships, taking second

**2005 (Fr.):** Placed 22nd at the Big South Cross Country Championships ... third-place finisher in the 10K at the Big South Outdoor Track & Field Championships ... Big South Presidential Honor Roll.

**Prep:** Attended John S. Battle High School ... ran a 19:05 cross country 5K ... won state Single-A title in the 3,200 meters and was second in the 1,600 meters.



**Rebekah RICKSECKER**

5-7 Senior

Laurel, Del./Sussex Technical HS

*Cross Country Bests:* 5K – 18:07, 6K – 21:43

*Track Bests:* 800 – 2:11, 1,500 – 4:25

**2006 & 2007 All-Big South**

**2007 (Jr.):** Four-time All-Big South performer (one cross country, one indoor track, two outdoor track) ... seventh at the Big South Cross Country Championships with a 5K time of 18:07 ... personal-best 6K clocking of 21:43 placed 52nd at the NCAA Southeast Regional Championships ... opened year with a second-place finish at the Virginia Tech Invitational, and was named Big South Women's Cross Country Runner of the Week on 9/12 ... finished third in the mile at the Big South Indoor Track & Field Championships ... repeated as Big South outdoor 1,500-meter titlist and added a runner-up finish in the 800 ... second-team ESPN The Magazine Academic All-District honoree ... USTFCCCA Women's All-Academic Track & Field team member ... Big South All-Academic team member for both indoor and outdoor track & field ... Big South Presidential Honor Roll.

**2006 (So.):** Four-time All-Big South performer (one cross country, one indoor track, two outdoor track) ... seventh at Big South Cross Country Championships ... No. 3 LU finisher (76th overall) at NCAA Southeast Regional Championships ... Big South mile runner-up indoors ... 1,500-meter champion at Big South Outdoor Track & Field Championships and third in the 800 ... Big South Women's Track Athlete of the Week on 5/9 ... Big South Presidential Honor Roll.

**2005 (Fr.):** Bounced back from a knee injury to place 16th at the Big South Championships ... Big South Presidential Honor Roll.

**Prep:** Attended Sussex Technical High School ... Delaware state champion in the 800 and runner-up in the 1,600 in 2004.

*Personal Information*

**Parents:** Robert & Ruth Ricksecker

**Major:** Elementary Education

**Birthday:** Nov. 25



**Denise TROYER**

5-6 Freshman

Kennedyville, Md./Red Lion Christian Academy

*Cross Country Best:* 5K - 19:47

**Prep:** Attended Red Lion Christian Academy ... placed 13th in Division 2 of the Delaware State Cross Country Championships as a senior, running a personal-best 19:47 5K ... third-team all-state hon-

oree for girls' cross country in 2007 ... came in fourth in the University of Delaware High School Cross Country Invitational.

*Personal Information*

**Parents:** Leeland and Anna Mary Troyer

**Intended Major:** Business

**Birthday:** April 1



**Jaime WATSON**

5-6 R-Junior

Ravenna, Mich./Allendale HS

*Cross Country Best:* 5K – 20:35

*Track Bests:* 400 – 55.23, 800 – 2:08

**Four-Time Big South 800-Meter Champion**

**2007 (R-So.):** Three-time All-Big South performer (two indoor track, one outdoor track) ... crossed the line 16th in the season-opening Virginia Tech Invitational ... won a trio of Big South event titles, sweeping the indoor and outdoor 800-meter crowns and anchoring the indoor 4 x 400 unit to first place ... became only the second Lady Flame to win a running event at the ECAC Indoor Track & Field Championships, winning the 800 meters ... two-time Big South Women's Track & Field Athlete of the Week (3/11, 5/7) ... included on the USTFCCCA Women's All-Academic Track & Field team ... Big South Presidential Honor Roll selection.

**2006 (So.):** All-Big South performer (outdoor track) ... did not run cross country or indoor track ... claimed second straight Big South 800-meter outdoor title ... Big South Presidential Honor Roll.

**2005 (Fr.):** Two-time All-Big South performer (one indoor track, one outdoor track) ... Liberty's top finisher at the McDonald's Cross Country Festival, coming in fifth ... won the Big South outdoor 800-meter crown ... Big South Presidential Honor Roll member.

**Prep:** Attended Allendale High School.

*Personal Information*

**Parents:** Duane & Laurie Watson

**Major:** Sport Management

**Birthday:** Aug. 21



**Sam CHELANGA**

5-7 R-Sophomore  
 Nairobi, Kenya/Bartolimo HS  
 (Fairleigh Dickinson)

*Cross Country Bests:* 8K – 24:01, 10K – 30:09

*Track Bests:* 5K – 13:24, 10K – 28:15

**2006 Cross Country All-American**

**2007 (So.):** Redshirted the cross country, indoor track and outdoor track seasons as he completed a year in residence at Liberty ... ran in several track meets unattached ... posted the 14th-fastest 5K time in the world during the 2008 indoor season, a 13:52.88, at the Virginia Tech Challenge ... outdoors, recorded a new personal-best 5K clocking (13:24.73) at the Reebok Grand Prix, defeating 2008 Olympians Alistair Cragg and Scott Overall ... posted a 10K personal-best time of 28:15.99 at Stanford's Payton Jordan Cardinal Invitational to win his section, which included a trio of 2008 NCAA 10K All-Americans ... won the Penn Relays Olympic Development section of the 5K.

**Previous School:** Competed for Fairleigh Dickinson, where he won a pair of All-America honors as a freshman ... the top freshman finisher at the 2006 NCAA National Cross Country Championships, placing 16th and earning All-America status ... won the NCAA Mid-Atlantic Regional and Northeast Conference cross country titles ... placed fourth in the 5K at the NCAA Division I Indoor Track & Field Championships, garnering a second All-America certificate ... during the outdoor season, qualified for the NCAA Outdoor Track & Field Championships in the 5K ... captured the Penn Relays 10K title.

**Prep:** Attended Bartolimo High School.

*Personal Information*

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



**Josh EDMONDS**

6-0 Junior  
 Cooperstown, N.Y./Cooperstown Central

*Cross Country Bests:* 8K – 24:59, 10K – 31:15

*Track Bests:* 5K – 14:35, 10K – 30:26

**2006 & 2007 All-Big South**

**2007 (So.):** Two-time All-Big South performer (one cross country, one outdoor track) ... opened cross country season by winning the Virginia Tech Invitational men's 6K in a course-record time of 18:32 ... named Big South Men's Cross Country Runner of the Week on 9/12 ... placed sixth at the Big South Cross Country Championships ... blasted through the 32-minute plateau on a cross country 10K at the NCAA Southeast Regional Championships, finishing 40th in 31:15 ... finished as 10K runner-up at the Big South Outdoor Track & Field Championships ... notched track personal best of 30:26 for the 10K, placing sixth at the IC4A meet ... Big South All-Academic team member for cross country ... Big South Presidential Honor Roll.

**2006 (Fr.):** Big South Men's Freshman of the Year for indoor track ... two-time All-Big South performer (one cross country, one indoor track) ... finished ninth at the Big South Cross Country Championships ... placed 42nd at the NCAA Southeast Regional Championships ... came in second in the 5K at the Big South Indoor Track & Field Championships ... sixth-place finish at the USA Track & Field (USATF) Junior Cross Country Championships earned him a spot in the World Junior Cross Country Championships in Kenya.

**Prep:** Attended Cooperstown Central School ... finished second at the 2005 New York Class D State Cross Country Championships.

*Personal Information*

**Parents:** Dr. Lee & Jean Edmonds  
**Major:** Criminal Justice  
**Birthday:** Jan. 8



**Dan HIBBS**

6-1 R-Freshman  
 Hatboro, Pa./Hatboro-Horsham HS

*Cross Country Best:* 5K – 15:40

*Track Bests:* 1,600 – 4:30, 3,200 – 9:33

**2007 (Fr.):** Redshirted his first year at Liberty ... made the Big South Presidential Honor Roll.

**Prep:** Attended Hatboro-Horsham High School ... as a senior, placed 17th at the Pennsylvania AAA State Cross Country Championships ... two-time all-league selection in cross country.

*Personal Information*

**Parents:** Keith & Elizabeth Hibbs  
**Note:** Brother Josh is a distance runner at Iona  
**Major:** Communications  
**Birthday:** July 14

2008 LIBERTY CROSS COUNTRY



**Mark HOPELY**

5-10 R-Freshman  
 Carney's Point, N.J./Kingsway HS  
*Track Bests:* 5K – 15:20, 10K – 31:55

**2008 All-Big South (Indoor Track)**

*Personal Information*

**Parents:** Robert & Debra Hopely  
**Major:** Kinesiology  
**Birthday:** Oct. 31

**2007 (Fr.):** Redshirted his first cross country season for the Flames ... competed during track & field season, placing eighth in the 10,000-meter run at the Big South Outdoor Track & Field Championships in a personal-best time of 31:55 ... also helped Liberty's distance medley relay team win at the Big South Indoor Track & Field Championships ... made the Big South Presidential Honor Roll.

**Prep:** Won 11 varsity letters for cross country and track & field at Kingsway High School ... qualified for the cross country state meet three times and made four appearances in the track & field state meet ... placed second in both the 1,600 and 3,200-meter races in the South Jersey Group III Championships as a senior.



**Evans KIGEN**

5-8 R-Sophomore  
 Eldoret, Kenya/Kuinet HS (NYIT)  
*Cross Country Bests:* 8K – 24:50, 10K – 30:30  
*Track Bests:* Steeplechase – 8:43, 10K – 29:16

**2007 Cross Country All-American (Div. II)**

*Personal Information*

**Parents:** Peter & Agnes Chepkwony  
**Major:** Nursing  
**Birthday:** April 16

**2007 (R-Fr.):** Captured NCAA Division II All-America honors by placing eighth at the NCAA Cross Country Championships for New York Institute of Technology (NYIT) ... also won the East Coast Conference title and the Northeast Regional Cross Country crown ... tabbed NCAA Division II Northeast Region Athlete of the Year by the USTFCCA ... transferred to Liberty in January and made an immediate impact on the track ... versatile performer found the steeplechase to be his best event ... placed 10th in the 3,000-meter steeplechase final at the NCAA Outdoor Track & Field Championships, in a school and conference-record time of 8:43.77 ... double winner at the Big South Outdoor Track & Field Championships, sweeping the steeple-

chase and 5K events ... Penn Relays 10K champion ... finished second at the IC4A Indoor and Outdoor Track & Field Championships in the 5K ... named Big South Men's Track & Field Athlete of the Week on 4/30 and ECAC Men's Track Athlete of the Week the following day.

**2006 (Fr.):** Finished fourth at the Paul Short Cross Country Invitational, competing unattached.

**Prep:** Attended Kuinet High School.



**Mike KOECH**

5-7 Freshman  
 Eldoret, Kenya/Kapngetuny HS

*Personal Information*

**Parents:** Cherutich & Margarine Kipkoech  
**Intended Major:** Nursing  
**Birthday:** June 6

**Prep:** Attended Kapngetuny High School ... just began running two years ago, but has displayed potential in limited racing opportunities ... broke 15 minutes in a 5,000-meter race.



**Jordan McDOUGAL**

5-9 R-Senior

Peru, N.Y./Home Schooled

*Cross Country Bests:* 8K – 23:46, 10K – 30:27

*Track Bests:* Steeplechase – 8:58, 5K – 14:00

**2006 & 2007 All-Big South**

*Personal Information*

**Parents:** Rob & Lisa McDougal

**Note:** Brother of former Liberty runner Josh McDougal

**Major:** Kinesiology

**Birthday:** June 5

**2007 (R-Jr.):** Five-time All-Big South performer (one cross country, two indoor track, two outdoor track) ... finished as runner-up at the Big South Cross Country Championships ... earned first all-region honor of his career at the NCAA Southeast Regional Championships ... finished 16th at the meet, in a personal-best 10K time of 30:27, narrowly missing a berth in the NCAA Division I Cross Country Championships ... became the first men's runner to win three straight 5K titles at the Big South Indoor Track & Field Championships, and also anchored the Flames' distance medley relay squad to victory ... garnered a pair of second-place finishes at the Big South Outdoor Track & Field Championships, in the 3,000-meter steeplechase and the 5K.

**2006 (R-So.):** Five-time All-Big South performer (one cross country, two indoor track, two outdoor track) ... Big South third-place finisher in cross country ... Liberty's No. 2 runner (32nd overall) at the NCAA Southeast Regional Championships ... defended his Big South indoor 5K title and finished as 3K runner-up ... 1,500-meter and 10K runner-up at outdoor conference meet.

**2005 (R-Fr.):** Five-time All-Big South performer (two indoor track, three outdoor track) ... finished second to his brother Josh at each of the first three cross country meets of the year ... ran an 8K PR of 23:46 to finish as Stanford Invitational runner-up ... placed fifth at the USA Track & Field (USATF) Junior Cross Country Championships, earning a trip to Japan for the World Championships ... 5K champion and 3K runner-up at the Big South Indoor Track & Field Championships ... 5K and 10K champion and 1,500-meter runner-up at the Big South outdoor meet ... placed second in the Penn Relays 5K.

**2004 (Fr.):** Redshirted the season ... placed fourth at the USATF Junior National Championships in the 5,000 meters with a time of 14:29.

**Prep:** Home schooled ... placed 23rd at the Foot Locker Northeast Regional Cross Country Championships as a senior.



**Jake REED**

5-11 R-Sophomore

Marysville, Ohio/Buckeye Valley HS  
(UNC Wilmington)

*Track Bests:* 5K - 15:12, 10K - 31:05

*Personal Information*

**Mother:** Cyndi Reed

**Major:** Kinesiology

**Birthday:** July 10

**2007 (So.):** Redshirted the cross country season at UNC Wilmington, prior to transferring to Liberty in time for track & field ... best performance came in the 10K at the Big South Outdoor Track & Field Championships, where he placed fourth in a personal-best and IC4A-qualifying time of 31:05 ... pulled his 5K personal best down to 15:12 at the Duke Twilight Meet ... made the Big South Presidential Honor Roll.

**Previous School:** Competed in cross country and track & field at UNC Wilmington.

**Prep:** Graduated from Buckeye Valley High School ... placed seventh in the 3,200-meter run in the Ohio Division II State Track & Field Championships as a senior, earning All-Ohio recognition ... ran a personal-best 3,200-meter time of 9:38 ... also attended Marysville High School for two years.