



Katie ALBRIGHT

5-6 R-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

2008 (So.): Received a medical redshirt for the cross country season ... won the Big South indoor mile championship and placed fifth in the Big South outdoor 1,500 ... named to the Big South Presidential Honor Roll ... **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 Junior
 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

2008 (So.): Competed in six meets for the Lady Flames ... placed fourth in the Virginia Tech Relays with an overall time of 23:14 ... best 5K time was 19:13 at the Big South Championship 5K, where she placed 11th overall ... finished seventh at the Big South Preview with a time of 19:42 ... finished as the Big South outdoor 10K runner-up ... ended up fourth in the ECAC outdoor 10K ... named to the Big South Presidential Honor Roll ... **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.

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.

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,





Rod'Esther CASTOR

5-6 Junior

Hamilton, N.J./Steinert HS

Cross Country Bests: 5K – 19:53, 6K - 24:25

Track Bests: 800 – 2:20, 1,500 – 5:01

Personal Information

Parents: Villate & Marie Castor

Major: Kinesiology

Birthday: Dec. 7

2008 (So.): Completed six meets for the Lady Flames ... finished 26th at the Big South Championship with a 5K time of 20:18, her best time of the year ... placed 29th at the Big South Preview with a time of 21:22 ... ran a collegiate personal-best 2:20.37 for the 800 at the Sykes-Sabock Challenge Cup ... led off for Liberty's third-place distance medley relay team at the Big South indoor track meet ...
2007 (Fr.): Earned top 10 finishes in each of her first two collegiate cross country meets, ending up sixth at the Virginia Tech Invitation-

al 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 H.S. ... her best times included 2:18.3 for 800 meters and 5:12.3 for 1,600 meters.



Alicia GURIDY

5-8 R-Sophomore

Tappahannock, Va./Essex HS

Cross Country Best: 5K – 21:19

Track Bests: 5K - 19:08, 10K - 39:52

Personal Information

Parents: Cid Guridy and Karen Bell

Major: English education

Birthday: May 12

2008 (R-Fr.): Completed two meets for the Lady Flames ... clocked a time of 22:02 at the Big South Preview 5K, placing 35th ... finished 43rd at the Big South Championship with a time of 21:19 ...clocked a personal-best 19:08 in the 5K at the Coastal Carolina/Asics Invi-

tational.

Prep: Two-year team captain at Essex High School ... member of the National Honor Society.



Hannah HUNT

5-8 Sophomore

Sewickley, Pa./Avonworth HS

Cross Country Bests: 5K – 19:25, 6K - 23:38

Track Best: 1,500 - 4:56.26

Personal Information

Parents: Gary and Madonna Hunt

Major: Elementary education

Birthday: Nov. 12

2008 (Fr.): Stepped up at the Big South championship with a 15th-place finish ... she was the Lady Flames' No. 4 runner and the third-fastest freshman in the race ... narrowly missed scoring points at the Big South meet, placing ninth in the mile with a season-best 5:19.71.

Prep: Helped her Avonworth High School cross country squad capture its first WPIAL Class AA team title as a senior.



Jennifer KLUGH

5-8 R-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

2008 (Fr.): Sidelined with a medical redshirt for cross country season ... finished in sixth place twice in conference track & field events (indoor mile, outdoor 1,500) ... named to the Big South Presidential Honor Roll.

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.



Hailey NEAL

5-8 Junior
 Palm Beach Gardens, Fla./King's Academy (Florida)

Personal Information
Parents: Todd & Sherry Neal
Intended Major: Kinesiology
Birthday: June 10

Previous School: At Florida, as the third Gator to finish the Walt Disney World Classic in 2008 with a time of 20:50.5 ... competed in two events as a freshman in 2007, the Mountain Dew Invitational and the Tiger Invitational ... placed seventh overall and fifth on the team at the Mountain Dew Invitational ... named to the SEC Freshman Academic Honor Roll in 2007-08.

Prep: Graduated with the King's Academy record in the 3,200 and 5K ... earned all-state honors in cross country all four years ... was the Florida state champion in the 1,600 in 2003, 2005 and 2006, in the 3,200 in 2003 and 2005 and in the 5K in 2004 ... finished second in the 3,200 in 2006 and in the 5K in 2005 and 2006.



Denise TROYER

5-6 Sophomore
 Kennedyville, Md./Red Lion Christian
Cross Country Best: 5K – 19:37, 6K - 23:05
Track Bests: Steeplechase - 12:07.07
 5K - 19:11

Personal Information
Parents: Leeland and Anna Mary Troyer
Intended Major: Business
Birthday: April 1

2008 (Fr.): Completed six races for the Lady Flames ... best finish was 17th at the Big South Championship with a 5K time of 19:37 ... also finished 18th at the Big South Preview with a time of 20:35 ... placed ninth in the 3,000 meter steeplechase at the Big South outdoor meet ... named to the Big South Presidential Honor Roll.

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



Betel YOSEF

5-3 Freshman

Alexandria, Va./Thomas A. Edison HS

Track Best: Mile - 5:12

Personal Information

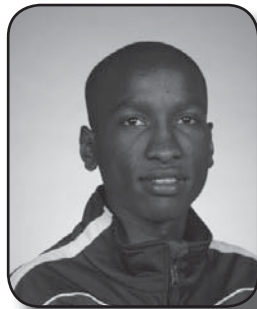
Parents: Abiy Mcguss & Eden Tadesse

Intended Major: Psychology

Birthday: March 22

Prep: Letterwinner in cross country, indoor track and outdoor track ... named the Female Athlete of the Year as a senior and finished 18th in junior/senior division of the Foot Locker South Regional Championships, running 19:18 ... ranked fourth in the district and

top 30 at the regional meet... as a junior, named most improved team member ... won the outdoor participation award as a sophomore ... helped lead her team to its first-ever district cross country title.



Sam CHELANGA

5-7 R-Junior

Nairobi, Kenya/Bartolimo HS
(Fairleigh Dickinson)

Cross Country Bests: 8K – 22:51, 10K – 29:08

Track Bests: 5K – 13:19, 10K – 27:28

2008 NCAA Cross Country Runner-Up

Personal Information

Parents: Haron & Ann Chelanga

Note: Brother Joshua is world-class marathon runner

Major: International relations

Birthday: Feb. 23

2008 (R-So.): Finished second in the NCAA National Championship with a time of 29:08 in the 10K, cutting 14 seconds off the Liberty and Big South records ... named the 2008 Big South Runner of the Year and received a spot on the All-Big South team ... named the Big South Runner of the Week three times (Sept. 10, Sept. 24 and Oct. 22) ... claimed five first-place finishes at the Virginia Tech Relays (Sept. 5), Paul Short Run (Oct. 3), Pre-Nationals (Oct. 18), Big South Championship (Nov. 1) and the NCAA Southeast Regional Championship (Nov. 15) ... set the Liberty, Big South and 8K course records at Pre-Nationals with his winning time of 22:51.3 ... named the USTFCCA Southeast Region Men's Cross Country Athlete of the Year ... earned a pair of All-America honors after finishing second in the 5K at the NCAA Division I Indoor Track & Field Championships and third in the 10K at the NCAA Division I Outdoor Track & Field Championships ... now a five-time All-American overall, including track and cross country ... voted Big South Howard Bagwell Male Student-Athlete of the Year ... co-Big South Men's Track & Field Athlete of the Year ... USTFCCA Southeast Region Men's Track Athlete of the Year for outdoor track ... set the NCAA all-time 10K record (27:28.48) at the Brutus Hamilton Invitational ... clocked the second-fastest indoor 5K time (13:19.79) in NCAA history at the Tyson Invitational ... won the mile at the Big South indoor meet ... double winner (1,500 and 5K) at the Big South outdoor meet ... IC4A 5K champion ... **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 at 5,000 meters 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.

Sam Chelanga

Five-Time All-American

2006 Cross Country - 16th Place

2007 Indoor Track - 4th in 5K

2008 Cross Country - 2nd Place

2009 Indoor Track - 2nd in 5K

2009 Outdoor Track - 3rd in 10K



Ryan COX

5-10 Sophomore
 Anchorage, Alaska/ Grace Christian
Cross Country Best: 8K – 27:21
Track Bests: 1,500 – 4:09, 5K – 15:20

Personal Information

Parents: David and Brenda Cox
Major: Kinesiology
Birthday: May 10

2008 (Fr.): Competed in three meets for Liberty ... placed 22nd at the Big South meet, helping the Flames win the team title ... raced to a personal-best 15:20.56 in the 5K at the Lynchburg Invitational ... named to the Big South Presidential Honor Roll ... won the 5K at the Liberty Quad indoor track & field event.

Prep: Enjoyed a standout senior season at Grace Christian School, helping his team capture cross country and track state titles ... placed second at the state meet in the 3,200, fourth in the 1,600 and eighth in cross country.



Josh EDMONDS

6-0 Senior
 Cooperstown, N.Y./Cooperstown Central
Cross Country Bests: 8K – 24:27, 10K – 31:10
Track Bests: 5K – 14:29.83, 10K – 30:26.53
2006, 2007 and 2008 All-Big South

Personal Information

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

2008 (Jr.): Named the Big South Men's Cross Country Scholar-Athlete of the Year and named to the All-Big South team and the Big South All-Academic team ... finished second in the Big South Preview on Sept. 20 with a time of 26:16 in the 8K ... placed fourth in the Virginia Tech Relay with an overall time of 24:37 ... also placed fourth in the Big South Championship on Nov. 1 with a time of 25:20 ... finished 18th in the NCAA Southeast Regional Championship with a personal-best 31:10 time in the 10K event, earning all-region distinction ... on the track, repeated as Big South 10K runner-up ... claimed fifth place in the IC4A 10K ... named to the Big South Presidential Honor Roll ... **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.





Mark HOPELY

5-10 R-Sophomore

Carney's Point, N.J./Kingsway HS

Cross Country Bests: 8K – 25:59, 10K – 32:39

Track Bests: 5K – 15:20, 10K – 31:55

Personal Information

Parents: Robert & Debra
Hopely

Major: Kinesiology

Birthday: Oct. 31

2008 (R-Fr.): Completed six meets for the Flames ... best individual finish was 14th at the Big South Championship on Nov. 1 ... teamed up with Sam Chelanga to win the season-opening Virginia Tech Relays on Sept. 5 ... finished seventh in the 10K at the Big South outdoor track meet ... named to the Big South Presidential Honor Roll ... **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-Junior

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

2008 (R-So.): Redshirted the cross country, indoor and outdoor track seasons ... ran unattended at several track events ... double winner (steeplechase and 5K) at the Liberty Twilight Qualifier ... **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 steeplechase 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.



Kyle POWERS

5-11 Sophomore

Waterford, Vt./St. Johnsbury

Cross Country Bests: 8K – 25:46

Track Best: Steeplechase – 9:40

Personal Information

Parents: Kevin & Debbie
Powers

Major: Kinesiology

Birthday: March 4

2008 (Fr.): Placed 20th at the Big South championship ... Placed fifth in the Big South steeplechase (second among freshmen) ... ended up 10th in the 3K at the Big South meet.

Prep: Attended St. Johnsbury Academy ... 2007 Vermont Division I state cross country champion ... 2007 Rise Gatorade Vermont Cross

Country Runner of the Year ... won the 3K indoor state title in 2008 and set a school record (8:44) ... captured the 2008 state outdoor 3,200-meter championship and owns the state record (9:34) ... helped his team win the 2008 Division I state title ... placed third at the 2007 National Junior Olympic Cross Country Championships.



Jake REED

5-11 R-Junior

Marysville, Ohio/Buckeye Valley HS
(UNC Wilmington)

Cross Country Bests: 8K - 25:28, 10K - 32:18

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

2008 All-Big South

2008 (R-So.): Qualified for the 2008 All-Big South team ... was the Flames' No. 4 runner through most of his cross country season at Liberty ... competed in six races for the Flames ... highest finish was 10th at the Big South Championship, where he posted a time of 26:11 ... also placed 13th at the Big South Preview (Sept. 20) with a time of 27:17 ... **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.

Personal Information

Mother: Cyndi Reed

Major: Kinesiology

Birthday: July 10



Will REEVES

5-10 R-Sophomore

Rustburg, Va./ Brookville HS

Track Bests: 800 - 1:59.11, 1,500 - 4:00.16

2008 (Fr.): Redshirted his first collegiate cross country season ... finished ninth (second among freshmen) in the Big South mile indoors ... led off for Liberty's Big South runner-up distance medley relay team ... ninth-place finisher in the Big South mile ... won the 800-meter run at the Liberty Quad ... clocked a 4:19.27 indoor mile

Feb. 7 at the Sykes-Sabock Challenge Cup at Penn State

Prep: Attended Brookville High School, just outside Lynchburg ... clocked a personal-best 1,600-meter time of 4:28.

Personal Information

Parents: Billy Reeves & Teresa Camden

Major: Kinesiology

Birthday: May 27



Isaac WENDLAND

6-1 R-Freshman

Charles City, Iowa/ Lighthouse Academy

Track Bests: 800 - 1:53, 1,500 - 4:03

2008 (Fr.): Redshirted the cross country season ... placed fifth in the Big South outdoor 800 (first among freshmen) ... finished sixth in the conference indoor 800 ... named to the Big South Presidential Honor Roll.

Prep: Attended Lighthouse Academy and was one of the most high-

ly decorated runners in Iowa high school history ... became the first male in state history to win 1,600-meter run at the state meet four years in a row ... also a three-time state champion at 800 meters, a three-time cross country state champion and a three-time sprint medley relay state titlist ... won the Nike Outdoor Nationals freshman mile in 2005.

Personal Information

Parents: Lyle & Cindy Wendland

Major: Kinesiology

Birthday: April 21