

2008 Women's Cross Country Results

	Va. Tech Relays 9/5 – Relay	Big South Preview 9/20 – 5K	Paul Short 10/3 – 6K	Pre-Nationals 10/18 – 6K	Big South 11/1 – 5K	NCAA Regional 11/15 – 6K
Dacia Bushman	23:14/4th	19:42/7th	22:19/112th	22:52/200th	19:13/11th	22:51/87th
Rod' Esther Castor	25:04/24th	21:22/29th	24:16/265th	24:45/872nd	20:18/26th	24:25/184th
Alicia Guridy	DNR	22:02/35th	DNR	DNR	21:19/43rd	DNR
Charis Haldeman	25:21/28th	21:39/32nd	DNR	DNR	21:12/42nd	DNR
Blakely Harris	25:58/31st	22:11/37th	DNR	DNR	DNR	DNR
Hannah Hunt	DNR	20:39/19th	23:50/246th	23:38/247th	19:25/15th	23:52/153rd
Ashley Kline	DNR	25:42/51st	DNR	DNR	DNR	DNR
Melissa Martens	23:17/6th	20:18/15th	23:16/199th	24:16/263rd	DNR	24:28/188th
Amanda Moyer	DNR	25:27/49th	DNR	DNR	DNR	DNR
Ashley Osborne	22:37/2nd	19:17/2nd	22:03/92nd	22:50/198th	19:10/10th	22:40/74th
Rebekah Ricksecker	22:33/1st	19:28/3rd	21:50/69th	21:34/69th	18:39/2nd	21:24/11th
Claire Smith	28:05/37th	DNR	DNR	DNR	DNR	DNR
Ashley Teer	DNR	21:19/28th	DNR	DNR	DNR	DNR
Denise Troyer	24:59/22nd	20:35/18th	23:05/181st	23:36/245th	19:37/17th	23:29/138th
Sally Volstad	26:10/32nd	22:59/45th	DNR	DNR	DNR	DNR
Jaime Watson	24:35/19th	DNR	DNR	DNR	20:33/31st	DNR
TEAM	2nd/4	2nd/6	20th/43	36th/39	2nd/9	15th/33

2008 Men's Cross Country Results

	Va. Tech Relays 9/5 - Relay	Big South Preview 9/20 – 8K	Paul Short 10/3 – 8K	Pre-Nationals 10/18 – 8K	Big South 11/1 – 8K	NCAA Regional 11/15 – 10K	NCAA Nationals 11/4 - 10K
Sam Chelanga	23:00/1st	DNR	23:05/1st&	22:51/1st%	24:32/1st&	29:53/1st	29:08/2nd%
Ryan Cox	26:42/32nd	28:55/30th	DNR	DNR	27:21/22nd	DNR	DNR
Josh Edmonds	24:37/4th	26:16/2nd	24:27/30th	24:55/102nd	25:20/4th	31:10/18th	DNR
Dan Hibbs	27:39/43rd	28:28/25th	DNR	DNR	28:17/36th	DNR	DNR
Mark Hopely	25:55/19th	27:45/18th	25:59/185th	26:17/232nd	26:38/14th	32:39/69th	DNR
Mike Koech	26:12/24th	26:42/6th	25:53/176th	DNR	26:12/11th	32:44/71st	DNR
Jordan McDougal	DNR	26:16/1st&	24:05/10th	24:16/34th	24:55/2nd	30:55/12th	32:03/217th
Kyle Powers	25:28/12th	26:43/7th	27:09/265th	25:46/198th	27:15/20th	35:53/184th	DNR
Jake Reed	25:52/17th	27:17/13th	25:28/134th	25:54/210th	26:11/10th	32:18/58th	DNR
TEAM	1st/4	1st/7	10th/45	18th/40	1st/9	5th/29	NTS

& - Course record
% - Liberty record



Josh Edmonds



Rebekah Ricksecker



ALL-TIME ROSTER

Men's

AAAAA

Aldrich, Chad: 1994
Allen, Jon-Michael: 2003

BBBBB

Bates, Damien: 1989-90-91
Beasley, Tim: 2004
Beckner, Mike: 1997
Bentley, Daniel: 1993-94-95-96
Boyachek, Joe: 1995
Bracken, Bob: 1977-78-79-80
Bramlet, Charles: 1979
Brown, Jason: 2001-02-03-04
Brucker, Mark: 2007
Buckalew, Mike: 1991
Buie, Steve: 1977-78-79
Bullock, Cley: 1981-82
Burton, Luke: 1993-94-95

CCCCC

Camacho, Santiago: 1996
Campbell, Travis: 2002-04-05-06
Chambers, Dan: 2001
Chelanga, Sam: 2008
Cheruiyot, Richard: 2002
Christopher, Mark: 1986-88-89
Correa, Kevin: 2005
Cox, Josh: 1993-94-95-96
Cox, Ryan: 2008

DDDDD

Daugherty, Tom: 1983-84-85-87
Davidson, Kyle: 2007
DiCarlo, Joey: 1998
Doak, James: 2006

EEEEE

Edmonds, Josh: 2006-07-08
Edwards, Nate: 2004-05-06
Elijah, Geoff: 1990
Engelhardt, Johnnie: 1982-83

FFFFF

Falat, Evan: 2002-03-04-05
Fouse, David: 1985
Frisk, Marty: 1976-77-78

GGGGG

Gay, Stuart: 1989
Githuka, Stephen: 1997-98-99
Gogain, Aaron: 2001-02-03-05
Grenier, Curt: 1977

HHHHH

Hibbs, Dan: 2008
Hicks, Don: 1998
Hill, Gary: 1985-86-88
Hofacker, Jason: 1992-93-94-95
Holiday, Doug: 1985
Holloway, Kirk: 1989-90-91
Holter, Robert: 1978
Honeycutt, Brett: 1989-90-91
Hopely, Mark: 2008
Hopkins, Kevin: 1981-82-83-84
Horton, Brandon: 1992-93
Hunt, Bobby: 2000-01-02
Hunt, David: 2005
Hurst, Steve: 1988-89-90

JJJJJ

Jackson, Clint: 2004-05-07
Jelen, Jarvis: 2005-06-07

KKKKK

Kelly, Bob: 1977-78
Khan, Billy: 1990-91-92-94
Khan, John: 1997-98-99
Kimble, Wes: 2002
Kite, Bruce: 1997-98-99-00
Koech, Mike: 2008
Kreft, Curt: 1982-83
Krull, Jason: 1991-92-93-94
Kuritar, David: 1984-85-86

LLLLL

Lawler, Brett: 1988-89
LeBaron, Shaun: 2002-03
Lunde, Mike: 1998-99-00
Lyngaas, Chuck: 1995-96-97
Lyons, Chris: 2001-02-03-04

MMMMM

Martin, James: 1976-77-78
Mburu, Amos: 2006
McClanahan, Ray: 1985-86-87-89
McCombs, David: 1990-91-92-94
McDougal, Jordan: 2005-06-07-08
McDougal, Josh: 2004-05-06-07
McGregor, Chris: 1994-95-96-97
Meier, Stephen: 1998-99-00
Melin, Ben: 2002-03
Melly, Josiah: 2001-02-03
Muckel, Dave: 1993-94

NNNNN

Nichols, Christian: 2003-04
Nieter, Brent: 1997
Nordquist, Eric: 1993-94

OOOOO

Olling, Brian: 1982-83-84-85
Orr, Dan: 1997-98-99
Otter, Ryan: 2001-02-03

PPPPP

Phillips, Michael: 1978
Ponder, Andrew: 2004-05-06
Powers, Kyle: 2008
Prettyman, Bobby: 1992
Prettyman, Johnny: 1992

RRRRR

Rabe, Dan: 2000-01-02-03
Rattin, Isaac: 1998-99-00
Reed, Cory: 2007
Reed, Jake: 2008
Rexroth, Mark: 1992
Richards, Roger: 1981-82
Richter, Jason: 1994

SSSSS

Sangutei Kiprono, Brian: 1997-98-99
Sangutei, Tonny: 2000-01-02
Sawyer, Neill: 1990-91
Scott, Tim: 1990
Sears, Russ: 1982-83-84
Sears, Tim: 1989-90
Shupe, Mark: 1988-89-90
Smith, Greg: 1978
Smith, Keith: 1977
Smith, Zack: 2003
Solero, Ivan: 1981
Soto, Alex: 1977
Spragg, Ron: 1982
Squires, Brent: 1988-89-90-91
Starchia, Joseph: 1996
Sturevant, Ben: 1992-93
Sweet, Jacob: 1997
Szkolnik, Mark: 1990-91

TTTTT

Taylor, Dustin: 2000
Tucker, Mike: 2003

VVVVV

Vaughn, Greg: 1983-84-85-87

WWWWW

Welling, Eric: 1992-93
Whitlock, Jordan: 2007
Wickert, Doug: 1988-89
Wilkinson, Kalib: 2007
Wilson, Ricky: 1979-80-81-82

YYYYY

Young, Gary: 1999-00

ZZZZZ

Zealand, Clark: 1993-94-95
Zealand, Josh: 1999-00-01-02-03
Zealand, Matt: 1999
Zealand, Mike: 1995-96-97

Women's

AAAAA

Albright, Katie: 2007-08
Andrew, Sue: 1980-81-82-83
Andrews, Andrea: 2002
Anger, Courtney: 2001
Atkins, Valerie: 1985
Attwood, Lynn: 1986-87-88-89

BBBBB

Barkey, Marissa: 1995-96
Barr, Jody: 1993
Blackstone, Melissa: 2001-02-03-04
Borland, Ruth: 1991
Bottiglieri, Patti: 1988-89-90-91
Boyles, Lori: 1988
Bradeen, Denise: 1984
(Wahlquist) Brown, Rebekah: 2004-05-06
Burleson, Christina: 2000-01
Bushey, Ruth: 1983
Bushman, Dacia: 2007-08
Butler, Katie: 2001

CCCCC

Carmona, Monica: 1985-86-87-88
Cart, Rhonda: 1984
Castor, Rod'Esther: 2007-08
Coe, Laurie: 1990-91
Cowan, J'aime: 1992-93-94-95
Crecelius, Becky: 1988-89
Culea, Heidi: 1993
Currie, Robin: 1985-86-87

DDDDD

David, Wendy: 1984-86
DiAntonio, Darla: 2000
Dick, Urlene: 1990-91-92-93
Duncan, Suzanne: 1986-87-89
Duncan, Theresa: 1986-87-88-89

EEEEE

Eisemann, Karen: 1988-89
Estheridge, Jenn: 1984
Etchison, Julie: 1983

FFFFF

Fairchild, Annie Hunt: 1984-85-86-87
Fauber, Gayle: 1986-87
Fauber, Pam: 1985-86-87-88
Fillmore, Charity: 1998
Flight, Jennifer: 1994

GGGGG

Gallant, Jean: 1984
Genter, Peggy: 1995-96
Gilbert, Melissa: 1983
Glover, Rachel: 1998
Gosselin, Laura: 1995-96
Green, Tammi: 1998-99
Griswold, Rebekah: 2003-04
Guridy, Alicia: 2008

HHHHH

Haldeman, Charis: 2008
Hall, Anna: 1988
Hammond, Jennifer: 1994-95-96
Harris, Blakely: 2008
Heckman, Lynn: 1993
Hicks, Robin: 1983
Hoare, Tracy: 1998-99-00
Hoble, Olivia: 2002
Hodges, Jennifer: 1995-96-97
Hunt, Hannah: 2008

JJJJJ

Jackson, Aimee: 1995
Jefferson, Carol: 2004-05-06-07
Johnson, Meleia: 2004-05-06
Jordan, Danielle: 2004-05

KKKKK

Kemerling, Tabitha: 1993-94-95-96
Kline, Ashley: 2008
Knowles, Nancy: 1983-84-85

LLLLL

Lambert, Dawn: 1988
Lawrenson, Dory: 1992
LeBaron, Tracy: 2000
Lingenfelter, Lori: 1986-87
Long, Stephanie: 1994-95

MMMMM

Maddox-Sturgill, Sherri: 2000
Martens, Melissa: 2008
Martin, Becky: 1987
Mayak, Megan: 1997-98-99-00
McEnany, Sally: 2003-04
McGregor, Renae: 1995
Miglis, Nicole: 2007
Mihm, Dawn: 1991-92-93-94
Mills, Ester: 1990-91-92-93

Moore, Betsy: 1991
Morgan, Molly: 2004-06
Moyer, Amanda: 2008
Moyer, Chrystal: 1997-99-00

NNNNN

Nash, Cheryl: 1987-88-89-90
Newby, Piper: 2004-05-06-07
Nightingale, Candice: 2000

OOOOO

Osborne, Ashley: 2005-06-07-08

PPPPP

Parsons, Rebecca: 1999-00-01-02-03
Pelletier, Samantha: 2001-02-03-04
Peoples, Stacy: 1994-95
Pettit, Sarah: 1999-00-01-02
Poole, Donna: 1984-85
Pruitt, Crystal: 2003

QQQQQ

Quiroz, Reyna: 2005-06

RRRRR

Ramey, Asia: 2004-05
Ramey, Leah: 2006
Reeder, Jenn: 1989-90-91-92
Reichard, Heather: 1995
Reimer, Renae: 1981-83
Ricksecker, Rebekah: 2005-06-07-08
Rininger, Christi: 1990-91-92
Roberts, Sarah: 2004-05-06-07
Roe, Peggy: 1983-84
Ross, Amy: 1994

SSSSS

Sagan, Heather: 1998-99-00-01
Schepler, Becky: 1998-00
Schnatterly, Erin: 2001
Shakleton, Jennifer: 2001
Siegel, Carrie: 1989-90
Smiley, Julie: 1980
Smith, Claire: 2008
Smith, Lisa: 1991
Smolinski, Tami: 1991-92-93-94
Solero, Peggy: 1981-83
Spencer, Holly: 1990
Spencer, Maria: 2004
Stahl, Susan: 1984-85-86-87
Staiger, Clara: 1995-96
Straub, Katie: 1993
Strohecker, Christina: 1999-00-01-02
Swanson, Chelsey: 2002-03-04-05
Sweat, Laura: 1985

TTTTT

Teer, Allison: 1994-95-96-98
Teer, Amy: 1996-97-98-99
Teer, Ashley: 2007-08
Thorne, Sommer: 1996-97-98
Tidwell, Traci: 1984-86-87-88
Tow, Michelle: 1983
Troyer, Denise: 2008

UUUUU

Ulinski, Casey: 2003

VVVVV

Valliere, Rachel: 2007
Viertel, Renee: 1983-85
Volstad, Sally: 2008

WWWWW

Watson, Ginny: 1981-83
Watson, Jaime: 2005-07-08
Wegner, Jennifer: 1996-97
Welch, Jo: 2005-06-07
West, Allison: 1992-93-94
Westphal, Valerie: 2000-01
Williams, Cathy: 1994-96-97-98
Williams, Marie: 2007
Wilmerton, Amy: 1983-84-87
Wilson, Donna: 1985
Wolbert, Kim: 1988-89-90

YYYYY

Yond, Richlyn: 2007
Yovan, Lisa: 1983

Current Runners in Bold

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

