

AIR FORCE CROSS COUNTRY



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ACADEMY QUICK FACTS

LocationUSAF Academy, Colorado

Founded1954

Enrollment4,000

ColorsBlue and Silver

NicknameFalcons

AffiliationNCAA Division I

ConferenceMountain West

Home CoursesSanta Fe Trail
.North Monument Valley Park

SuperintendentLt. Gen. John Regni

Director of AthleticsDr. Hans Mueh

MEN'S TEAM INFORMATION

Team CaptainsJason Beck
.Richard Elmore

2005 MWC Finish3rd

2005 NCAA Regional Finish7th

Letterwinners Returning/Lost6/6

WOMEN'S TEAM INFORMATION

Team CaptainMargaret Frash

2005 MWC Finish6th

2005 Mountain Region Finish10th

Letterwinners Returning/Lost5/3

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2006 AIR FORCE CROSS COUNTRY SCHEDULE

Sept. 1	Wyoming Invitational	Laramie, Wyo.	Jacoby Golf Course	6 p.m.
Sept. 23	Roy Griak Invitational	Minneapolis, Minn.	Les Bolstad Golf Course	11 a.m.
Sept. 29	Utah Fall Festival	Salt Lake City, Utah	Rose Park Golf Course	5 p.m.
Oct. 7	Fort Hays Invitational	Hays, Kan.	Fort Hays State Campus	10 a.m.
Oct. 14	Pre-Nationals Meet	Terre Haute, Ind.	Wabash Valley Sports Center	TBA
Oct. 21	Air Force Open	Colorado Springs, Colo.	North Monument Valley Park	10 a.m.
Oct. 28	MWC Championships	Salt Lake City, Utah	Rose Park Golf Course	10 a.m.
Nov. 11	NCAA Regional Championships	Albuquerque, N.M.	UNM Golf Course	11 a.m.
Nov. 20	NCAA Championships	Terre Haute, Ind.	Wabash Valley Sports Center	12 p.m.

CREDITS: The 2006 Air Force Cross Country Media Guide was designed, written and edited by assistant media relations director Valerie Perkin. Editorial assistance provided by Mark Stanforth and the athletic media relations staff. Action photos taken by Matt Staver, Jaren Wilkey of MWC Photography and Danny Meyer of the USAFA photo lab.

ON THE COVERS: Outside Front - Air Force senior captains Richard Elmore, Margaret Frash and Jason Beck. Outside Back - 2006 Air Force schedule. Inside Front - Men's Cross Country "A Tradition of Excellence". Inside Back - Women's Cross Country "An Outstanding Legacy".



HEAD COACH MARK STANFORTH



MARK STANFORTH

Head Coach

Mark Stanforth begins his 15th season as the head coach of the Air Force Academy's cross country program.

In addition, he serves as the associate head coach of the Air Force track and field program, specifically working with the distance runners.

Since joining the Academy coaching staff in 1992, Stanforth has expected consistency from his runners, and his expectations have brought about the results needed to be competitive in the Mountain West Conference and at the NCAA Division I level.

The 2003 Air Force men's cross country team became the first squad other than BYU to claim the conference title, winning the Mountain West Conference championship. Six runners earned all-conference honors, including three first-team selections. The team went on to finish eighth at the NCAA Championships - its best national finish since 1967.

The Academy's women's cross country team also proved that, under Stanforth's leadership and guidance, it could be competitive at the Division I level. The team collected five consecutive third-place finishes at the Mountain West Conference championships, which is the best team finish the women's program has had since joining a conference (Western Athletic) in 1996.

Under Stanforth's leadership, the Air Force cross country program has garnered six All-Americans, four NCAA Division II women's national championship appearances, four NCAA Division I men's national championship appearances, two men's WAC championships, one men's MWC championship, one WAC individual men's champion, 21 all-conference selections (on 37 occasions), 14 All-Mountain Region selections and seven (four men and three women) national all-academic selections.

Stanforth has coached his men's cross country teams to 13 top-three finishes in 14 years with the WAC and MWC. His 1994 and 1996 teams were the WAC champions and the 2003 team won the program's first MWC title.

His peers have honored Stanforth as both the WAC and MWC Coach of the Year on four different occasions. The WAC honored him as the league's top coach in 1994 and again in 1996. He claimed his first Mountain West coaching award in 1999 and repeated that honor in 2003, after winning the conference title.

While in the WAC, Stanforth was the only Air Force coach to lead a Falcon team to two outright WAC titles in any sport, and accomplished the impressive feat of qualifying a team for the national championships in each of his first four years as head coach (women's cross country).

As a member of the 14-team Western Athletic Conference, the men's team had nine straight top-three finishes, with the last seven of those years coming under Stanforth's guidance.

In 1996, he created a WAC championship team with just one senior and a handful of younger runners, while also guiding the Falcon women to a top-10 finish in their first-ever WAC meet.

Before joining the Academy for the 1992 season, Stanforth served as the head coach for the men's and women's cross country and track programs for five years at the University of California-San Diego. Thirty-seven athletes earned All-America status while he was at UCSD. Before those years, the Tritons had never had a track and field All-American.

Needless to say, both programs gained national recognition for their efforts. Stanforth's UCSD women's track team finished in the top six at the NCAA Division III Championships for four straight years, while both cross country teams finished in the top 12 nationally twice in a three-year period.

In 1992, UCSD was one of only two institutions to have all four teams (men and women's track, men and women's cross country) place in the top 12 in the nation.

Success has followed Stanforth throughout his entire coaching career.

At Glendale Community College in Arizona, where he coached all four teams (head coach for men's and women's cross country, head women's track coach, assistant men's track coach) in a seven-year span, he earned NJCAA Region Coach of the Year honors twice for men's cross country.

That program clinched the Region I Championship in 1981 and 1984, while capturing second place in 1980 and 1982. Two of those teams (1981 and 1984) were also the Arizona Community College champions, and two of his runners won state individual titles. He developed 19 NJCAA All-Americans (cross country and track) and 15 community college state champions in middle distance and distance track events.

Before his stint at Glendale, Stanforth was the head coach of both programs at his alma mater, the University of South Dakota-Springfield, in 1977-78. While there, he orchestrated an incredible one-season turnaround for the cross country team, taking the squad from last place to second in the SDIC conference while utilizing the same athletes.

A solid athlete in his own right, Stanforth earned 11 collegiate letters at South Dakota-Springfield, acting as team captain for the cross country, basketball and track teams.

He earned his bachelor's degree from the university in 1972, graduating with a double major in mathematics and physical education. He also earned a master's in education from Northern State College in South Dakota and did additional graduate course work at Arizona State University.

Stanforth and his wife, Pat, live in Colorado Springs. They have two sons, Nicholas and Daniel.

HEAD COACH MARK STANFORTH/ATHLETIC TRAINER STEVE SCALES

EDUCATION AND COACHING EXPERIENCE

College Education: B.S. in Physical Education and Mathematics, University of South Dakota-Springfield, 1972; M.S. in Secondary Education and Physical Education, Northern State College, 1977

College Athletics: Eleven letters in cross country, track and basketball (served as a captain in all three sports)

Coaching Experience: 1992-present -- Head cross country coach and associate track coach, USAFA; 1987-92 -- Head cross country and track coach, UC-San Diego; 1985-87 -- Head women's cross country and track coach, Glendale Community College; 1980-87 -- Head men's cross country coach and assistant men's track coach, Glendale CC; 1977-78 -- Head cross country and track coach, South Dakota-Springfield; 1976-77 -- graduate assistant coach, Northern State College

Athletic Distinctions: 1978 Chicago Marathon champion; 1980 Olympic Marathon Trials Qualifier

Coaching Distinctions: Two-time NJCAA Region Coach of the Year (1981, 1984); Two-time WAC Cross Country Coach of the Year (1994, 1996); Two-time MWC Coach of the Year (1999, 2003)



STEVE SCALES
Athletic Trainer

Joining the Academy as an athletic trainer in 1997, Steve Scales oversees the cross country team's medical needs.

Scales earned a B.A. in health education from New Mexico in 1987 and a master's in sports administration from UNM in 1988.

Athletic training was a change for Scales, who spent over 20 years as a technician with the New Mexico Engineering Research Institute that was contracted to the Air Force Weapons Lab at Kirtland AFB, N.M.

Scales and his wife, Margy, have been married for 44 years and currently live in Colorado Springs.

STANFORTH'S AIR FORCE HIGHLIGHTS - MEN

Year	Team	Individuals
1992	3rd in WAC	.Swenson -- All-WAC
1993	3rd in WAC	.Swenson -- All-American
1994	WAC CHAMPION	.Mack, MacFalls, Volpe -- All-WAC .Mack, MacFalls -- All-District
1995	2nd in WAC	.Mack (All-American) -- WAC champion
1996	WAC CHAMPION	.Marx, Smith -- All-WAC
1997	3rd in WAC	.Smith -- All-WAC .Nelson -- All-District
1998	2nd in WAC	.Nelson -- All-WAC
1999	2nd in MWC	.Nelson -- All-MWC (1st) .Monaco, O'Hara -- All-MWC (2nd)
2000	3rd in MWC	.Payne -- All-MWC (2nd) .Acs -- All-MWC (2nd) 16th NCAA I .Romero -- All-Region
2001	2nd in MWC	.Romero, Payne -- All-MWC (1st) .Carpenter, Acs -- All-MWC (2nd) 5th Region .Romero, Payne -- All-Region 26th NCAA I
2002	4th in MWC	.Payne, Wengel -- All-MWC (2nd) .Five Academic All-MWC .Payne, Acs -- All-Region
2003	MWC CHAMPION	.Payne, Dumm, Walter -- All-MWC (1st) .Wengel, Acs, Wilson -- All-MWC (2nd) .Four Academic All-MWC 8th in NCAA I .Payne, Dumm, Walter, Acs -- All-Region
2004	2nd in MWC	.Wengel, Dumm, Walter, Wilson -- All-MWC (2nd) .Three Academic All-MWC 14th in NCAA I .Walter, Wengel, Dumm -- All-Region
2005	3rd in MWC	.Wilson -- All-MWC (1st) .Gosselin -- All-MWC (2nd) .Gosselin, Wilson -- All-Region .One Academic All-American .Five Academic All-MWC

STANFORTH'S AIR FORCE HIGHLIGHTS - WOMEN

Year	Team	Individuals
1992	6th NCAA II	.Kornacker -- All-American
1993	11th NCAA II	.Two Academic All-Americans
1994	14th NCAA II	.Truesdale -- All-American
1995	6th NCAA II	.Truesdale, Patel -- All-Americans
1996	10th in WAC	.First Division I season
1997	8th in WAC	.Two Academic All-WAC
1998	4th in WAC	.Two Academic All-WAC
1999	3rd in MWC	.Smith -- All-MWC (2nd)
2000	3rd in MWC	.Five Academic All-MWC
2001	3rd in MWC	.Five Academic All-MWC .Pardue -- All-Region .NCAA All-Academic Team
2002	3rd in MWC	.Six Academic All-MWC .Pardue -- All-Region .NCAA All-Academic Team
2003	3rd in MWC	.Five Academic All-MWC .NCAA All-Academic Team
2004	5th in MWC	.Robinson -- All-MWC (2nd) .Seven Academic All-MWC .NCAA All-Academic Team
2005	6th in MWC	.Graham -- All-MWC (2nd) .Graham -- All-Region .One Academic All-District .Four Academic All-MWC

MEN'S SEASON PREVIEW

Beginning its 50th season of competition, the Air Force cross country program looks to return to the national spotlight. Following a one-year absence from the NCAA Championships, the Falcons look to return to the season's final meet.

There will be a new look to the young Air Force men's team this season, as the Falcons graduated four of its five scoring runners from the 2006 Mountain West Conference meet.

"It's a whole new team," head coach **Mark Stanforth** said of his squad that features 13 freshmen and sophomores, compared to just six juniors and seniors.

Although Air Force will need to fill the void left by all-conference and all-region runners, Nick Wilson and Jeff Gosselin, the Falcons' season appears to be in good hands with a solid group of returning athletes. Despite their youth, the majority of the returning athletes collected valuable experience during the past season.

"This is a very deep team," Stanforth commented on the experience his young team has. "I can honestly see eight or 10 guys vying for a spot within the top five. We're going to run close."

Eight of last year's freshmen return to the racecourse, including two which competed at the conference championships. Sophomore **Sean Houseworth** saw action in six meets for Air Force, including the conference and regional meets, while **Matt Williams**, who was the Falcons' top finisher at the annual Air Force Open, also competed at the MWC championships.

Air Force returns six more sophomores that were strong contributors on the junior varsity squad during their freshman campaigns. **Scott Balcao**, **Daniel Castle**, **Parker Cowles**, **Kyle Jones**, **Justin Mason** and **Sebastian Ortiz** all saw action in at least four meets last season.

Balcao finished within the top-half of the field at two meets, while the entire squad placed among the upper echelon of competitors at the annual Fort Hays Invitational, where the Falcons picked up their second consecutive team title.

In addition, **Joe Curran** joins the program after red-shirting his freshman season at the Academy. Curran, a 2005 transfer from the U.S. Military Academy, placed 40th at the Patriot League Championships during his lone season with the Black Knights.

The Falcons also return a strong quartet of juniors that successfully proved themselves at the varsity and junior varsity levels.

Josh Van Wyngaarden was a scoring threat for the Falcons at both the conference and regional meets, finishing fourth amongst the Air Force scorers at the Regional meet.



Classmate **Calvin Glass** finished just one place out of scoring for Air Force at the conference championships. In addition, Glass was one of just two non-seniors to score for the Falcons during their winning endeavor at Nebraska.

Fellow classmates **Kenny Gosselin** and **Ian McFarland** also gained valuable experience, as members of the Falcons' "B" squad. Gosselin was the Falcons' top finisher at the Rocky Mountain Shootout, placing within the top fourth of the 127-member field. McFarland was close behind in that meet, finishing as the second-fastest Falcon.

The 2006 squad will be guided by seniors **Jason Beck** and **Richard Elmore**, who will serve as the co-captains of the team this season. Beck saw action in four meets as a junior, picking up a pair of top-12 scoring finishes. Elmore competed in six meets, including the conference and regional meets. A MWC Athlete of the Week in 2004, Elmore was the highest-scoring non-senior at the MWC meet.

Air Force also welcomes a quartet of talented freshmen into the mix. **Austin Fritzke** was the state champion at the California (Div-5) meet, while **Conor Murphy**, a transfer from RPI, earned all-league honors during his season with the Red Hawks.

Fellow freshmen **Thomas Richter** and **Ryan Workman** both collected top-10 finishes as their respective state championships during their senior seasons.

As always, the Mountain West Conference Championships (Oct. 28) will prove to be challenging, although the final standings might not be as easy to predict as in the past. According to Stanforth, six-time champion BYU is favored to repeat once again, but the rest of the field is close.

Stanforth is incredibly pleased with the summer workout regimes of his returning and incoming athletes. He knows that their dedication will prove its worth once the season begins.

"They're not afraid to go after it," Stanforth commented on the Falcons' individual summer conditioning. "(Prior to leave) we sat down and discussed a training routine for the summer. The guys agreed with that and then added more. They want to be good."

With its depth and youthful promise, the 50th installment of the Air Force cross country team promises to provide an impressive addition to the program's history.



WOMEN'S SEASON PREVIEW

The Air Force women's cross country program celebrates 30 years of competition in 2006. The season will be marked by an experienced group of athletes and three new Falcons that bring a lot of promise to the lineup. With no more than three athletes in any given class, the Falcons will depend on one another to return to the upper half of the Mountain West Conference.

Although the Falcons will be without recently graduated captain Andrea Pinchak and all-conference selection Nicole Graham, Air Force will be in good hands. Due to the small size of last year's squad, the returning runners earned valuable experience, as four competed in every race.

"This team is definitely an experienced one," head coach **Mark Stanforth** said. "We're a small team, so health is always an issue. But if we can stay healthy, I think this team will be quite a bit better than last year."

The backbone of the Falcons' squad will be its senior class. The class of 2007 is headlined by **Margaret Frash**, who excelled on and off of the race course as a junior, earning numerous academic honors while finishing as the top scoring non-senior in nearly every meet.

She will be joined by classmate **Ashley Culp**, who returns to the Falcons' roster after missing her junior campaign with an injury. Although she was off of the track for a year, Culp was a scoring contributor at the 2004 Mountain West Conference and NCAA Regional meets.

Although there are only two juniors, they both bring a wealth of experience to the team. Despite missing the middle of her sophomore season due to illness, **Kelly Robinson** is no stranger to the competition along the Front Range. As a freshman, Robinson became just the second Falcon to claim all-conference honors, finishing 13th at the 2004 MWC Championships.

Classmate **Kate Papenberg** competed in every meet for Air Force as a sophomore. Her season-best finish came at the Woody Greeno Invitational, where she finished 37th in a field of over 275.



Two of the Falcons' sophomores look to continue at the pace of their first season, which saw them compete in every meet, including the MWC and regional championships.

Jamie Illig clocked three times that fell within just .04 seconds of one another, highlighted by a season-best performance at the Woody Greeno Invitational.

Classmate **Danielle Pozun** saved one of her best times for the end of the season, as

her top time of the year came at the conference championships, where she was Air Force's second-fastest non-senior.

And although she did not compete for Air Force as a freshman, fellow sophomore **Silvana Simeon** brings some validation to the course as well. She was the runner-up in the 3200-meter run at the Utah state track and field championships.

In addition to the strong returning class of incumbents, Air Force welcomes an impressive trio of freshmen to the lineup this year, each hoping to make an impact on the team. Crossing the finish line in 10:42, **Brittany Morreale** recorded the fastest time in the 3200-meter run ever by an Air Force recruit.

She will be joined by another pair of Air Force fledglings.

Freshman **Katherine Anderson** has spent a year away from the trails, attending the Academy Prep School, but claimed a top-six finish at the Minnesota cross country championships as a junior.

Classmate **Allison Romanko**, the Oregon 3A champion in the pole vault, was the runner up in the 800-meter run and claimed a top-10 finish at the state cross country championships.

Stanforth is very pleased with the combination of returning and incoming talent. After spending a season with hardly any depth in the rotation, he knows that the experience will only help the returning Falcons in the future.

With a healthy Culp and Robinson returning to the lineup, as well as experienced veterans in Frash, Illig, Papenberg and Pozun, the future of the Air Force program seems to be in good hands.

The Falcons will also look to improve on their 10th-place team finish at the NCAA Regional Championships, although the race promises to be just as tough amongst the conference schools at the regional level.

Once again, BYU is the projected favorite at the Mountain West Conference championships, having won 16 straight titles dating back to its days in the Western Athletic Conference.

Although Stanforth expects Colorado State and New Mexico to battle it out for the runner-up spot, he sees no reason that a healthy Air Force squad can't return to the conference's top-three.

As the Falcons embark on their 30th season of competition, the sky is the limit.

With a healthy group of veterans and an impressive trio of incoming freshmen, the 2006 women's cross country team could set itself apart from the teams in the past.



2006 ROSTER

MEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Rk.</u>	<u>Hometown</u>	<u>High School</u>
Scott Balcao	So.	C3C	Stockton, Calif.	St. Mary's
Jason Beck	Sr.	C1C	Cincinnati, Ohio	LaSalle
Daniel Castle	So.	C3C	St. Joseph, Mo.	St. Joseph Christian
Parker Cowles	So.	C3C	Ramstein AB, Germany	Ramstein American
Joe Curran	So.	C3C	Naperville, Ill.	Naperville North
Richard Elmore	Sr.	C1C	Napa, Calif.	Justin Siena
Austin Fritzke	Fr.	C4C	Mt. Shasta, Calif.	Mt. Shasta
Calvin Glass	Jr.	C2C	Antelope, Calif.	Woodcreek
Kenny Grosselin	Jr.	C2C	Ramstein AB, Germany	Ramstein American
Sean Houseworth	So.	C3C	Carlock, Ill.	Eureka
Kyle Jones	So.	C3C	Winter Springs, Fla.	Winter Springs
Justin Mason	So.	C3C	Fishers, Ind.	Cathedral
Ian McFarland	Jr.	C2C	West Plains, Mo.	West Plains
Conor Murphy	Fr.	C4C	Delmar, N.Y.	Bethlehem Central
Sebastian Ortiz	So.	C3C	Columbia, Pa.	Columbia
Thomas Richter	Fr.	C4C	Wrightwood, Calif.	Serrano
Josh Van Wyngaarden	Jr.	C2C	La Vista, Neb.	Papillion-LaVista
Matt Williams	So.	C3C	Colorado Springs, Colo.	Air Academy
Ryan Workman	Fr.	C4C	Chapel Hill, N.C.	Chapel Hill

WOMEN'S ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Rk.</u>	<u>Hometown</u>	<u>High School</u>
Katherine Anderson	Fr.	C4C	Coon Rapids, Minn.	Blaine
Ashley Culp	Sr.	C1C	West Des Moines, Iowa	Valley
Margaret Frash	Sr.	C1C	Newburyport, Mass.	Newburyport
Jamie Illig	So.	C3C	Ebensburg, Pa.	Central Cambria
Brittany Morreale	Fr.	C4C	Rancho Palos Verdes, Calif.	Peninsula
Kate Papenberg	Jr.	C2C	Red Lion, Pa.	Red Lion
Danielle Pozun	So.	C3C	Johnstown, Pa.	Westmont Hilltop
Kelly Robinson	Jr.	C2C	Holt, Mich.	Holt
Alison Romanko	Fr.	C4C	Coos Bay, Ore.	North Bend
Silvana Simeon	So.	C3C	Park City, Utah	Park City

2006 TEAM CAPTAINS

Jason Beck, Richard Elmore
Margaret Frash

Falcons By StateM/Women

California	5/1
Colorado	1/0
Florida	1/0
Indiana	1/0
Illinois	2/0
Iowa	0/1
Massachusetts	0/1
Michigan	0/1
Minnesota	0/1
Missouri	2/0
Nebraska	1/0
New York	1/0
North Carolina	1/0
Ohio	1/0
Oregon	0/1
Pennsylvania	1/3
Utah	0/1
Germany	2/0

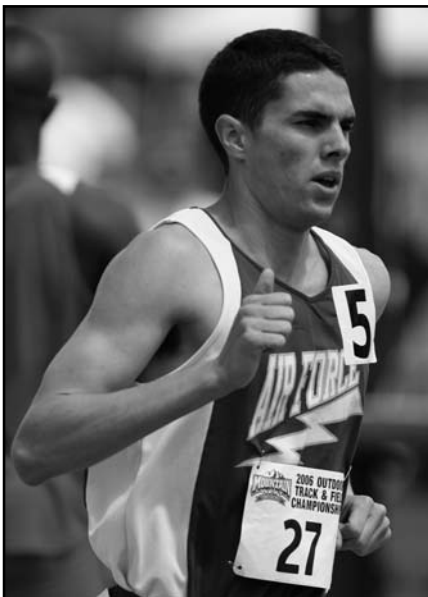
Falcons By ClassM/W

Senior (C1C)	2/2
Junior (C2C)	4/2
Sophomore (C3C)	9/3
Freshman (C4C)	4/3

Falcons By ExperienceM/W

Three Letters Earned	0/0
Two Letters Earned	0/3
One Letter Earned	2/2
Newcomers	4/3

THE 2006 CAPTAINS (JASON BECK, RICHARD ELMORE, MARGARET FRASH)



RETURNING LETTERWINNERS



JASON BECK
Senior ... Cincinnati, Ohio

JUNIOR (2005): Competed in four meets for the Falcons...picked up a pair of top-12 finishes...placed 11th at the Woody Greeno Invitational, clocking 26:11...finished 12th at the Fort Hays Invitational with a time of 26:12 as the Falcons won the meet for the second straight year...clocked a season-best 8k-time of 25:39 at the Willamette Invitational, finishing 58th...opened the season with a 32nd-place finish

at the 4.1-mile Wyoming Invitational (23:41)...**SOPHOMORE (2004):** Ran in four meets for Air Force...picked up a career-best sixth-place finish at the Fort Hays Invite, clocking a time of 26:33...was one of four Falcons to finish in the top-eight, as Air Force went on to win the meet...clocked a 28:11 at the Air Force Open to finish ninth...opened the season with a 13th-place finish in Wyoming (22:49 - 4.1 miles)...finished 18th with a time of 26:54 at the Woody Greeno Invitational...**FRESHMAN (2003):** Participated in four races...opened the season with a 27:56 at the Woody Greeno Invite...also competed with the 'B' team at the Rocky Mountain Shootout (29:28), Fort Hays Invitational (28:12) and Air Force Open (22:42)...**HIGH SCHOOL:** LaSalle High School...four-year letterwinner in both track and cross country...named all-state in cross country as a senior with a seventh-place finish...all-state in the 4X800-meter relay as a junior and senior...**NOTABLES:** Academic all-conference team member in both cross country and track.

BECK'S SEASON-BEST MARKS (8K)

2003: 28:12 at Fort Hays Inv.
2004: 26:33 at Fort Hays Inv.
2005: 25:39 at Willamette Inv.



RICHARD ELMORE
Senior ... Napa, Calif.

JUNIOR (2005): Competed in six meets, including the Mountain West Conference and NCAA Regional meets...scored for the Falcons at the conference meet with a 24th-place finish (25:43)...clocked a 10k-time of 33:12 to finish 67th at the regional meet...posted a season-best time of 24:46 at the Willamette Invitational to finish 32nd...clocked a time of 25:29 at the Pre-National Meet...also competed at the Woody

Greeno Invitational (26:31) and the season-opening 4.1 mile Wyoming Invitational (22:49)...**SOPHOMORE (2004):** Named the Mountain West Conference Runner of the Week after leading the Falcons to the team title at the Fort Hays Invitational...finished third with a career-best time of 26:08...opened the season with a 22nd-place time of 23:28 at the 4.1-mile Wyoming Invitational...clocked a 26:47 at the Woody Greeno Invitational to finish 16th...posted a seventh-place time of 27:29 at the Air Force Open...**FRESHMAN (2003):** Competed in four events with the Air Force junior varsity team...opened the season with a 28:25 time

(33rd-place) at the Woody Greeno Invitational...also clocked a 29:15 at the Rocky Mountain Shootout to finish 73rd...ran a 27:56 at Fort Hays to finish 30th ... finished 15th at the Air Force Open with a four-mile time of 23:06...**HIGH SCHOOL:** Justin Siena High School...recorded high school best times of 4:26 in the mile and 1:58 in the 800-meter run...**NOTABLES:** Placed seventh at the MWC Indoor Championships in the mile and eighth in the 1500-meter run at the MWC Outdoor Championships as a junior.

ELMORE'S SEASON-BEST MARKS (8K / 10K)

2003: 27:56 at Fort Hays
2004: 26:08 at Fort Hays
2005: 24:46 at Willamette / 33:12 at NCAA Regionals



MARGARET FRASH
Senior ... Newburyport, Mass.

JUNIOR (2005): Competed in every meet for the Falcons this season...clocked a season-best time of 21:59 at the conference championships...picked up a season-best finish at the Woody Greeno Invitational, placing 13th with a time of 23:07...was the second-fastest Falcon at the NCAA Regional Meet (22:56)...also participated in the Pre-National Meet (22:02)...ran the 2.5 Wyoming Invitational in

16:32...clocked a time of 18:12 at the 5k Willamette Invitational - the second-best time on the squad...**SOPHOMORE (2004):** Participated in the first three meets of the season...picked up a season-best ninth-place finish at the Wyoming Invitational, running the 2.5-mile race in 15:29...ran the Woody Greeno Invitational in 23:31 to finish 17th...picked up an 80th-place finish at the Notre Dame Invitational, clocking a time of 18:08...**FRESHMAN (2003):** Ran in the first two meets of the season...finished 17th at the Woody Greeno Invitational with a time of 23:24...posted a season-best time of 23:22 at the Indiana State Invitational...**HIGH SCHOOL:** Newburyport High School...named all-state in cross country...team won Division I state championship in 2001...was the Division D state champion in the 3200-meter run...set high school-best times of 5:18 in the 1600-meter run and 11:20 in the 3200-meter run...lettered in cross country for three years...named to the "Boston Globe" all-scholastic and "Boston Herald" all-scholastic teams...named Player of the Year and team MVP...**NOTABLES:** Placed 10th at the NCAA Regionals in the 3000-meter steeplechase as a sophomore...set the Academy's steeplechase record at 10:48.25...earned academic all-MWC honors as a sophomore and junior in cross country...three-time academic all-conference team member in track...named to the 2006 ESPN The Magazine All-America® Track and Field/Cross Country University Division All-District VII Team, as voted on by the Collegiate Sports Information Directors Association.

FRASH'S SEASON-BEST MARKS (6K)

2003: 23:22 at Indiana State Invitational
2004: 23:31 at Woody Greeno Invitational
2005: 21:59 at MWC Championships

RETURNING LETTERWINNERS



ASHLEY CULP
Senior ... West Des Moines, Iowa

JUNIOR (2005): Did not compete for the Falcons as a junior...

SOPHOMORE (2004): Opened the season with a 10th-place finish at the Wyoming Invitational, clocking a time of 15:29...ran the Woody Greeno Open in 23:25 to finish 14th...also competed at the Notre Dame Invitational, recording a time of 18:34...missed several meets in the middle of the season ...came back to finish 30th at the Mountain

West Conference Championships with a time of 23:38...ended the season with a 22:42 (57th-place) at the NCAA Mountain Regionals...**FRESHMAN (2003):** Posted a season-best time of 22:47 at the Pre-NCAA Meet, finishing 146th...placed 57th at the NCAA Mountain Regionals with a time of 23:02...finished 24th at the MWC Championships, recording a time of 23:20...opened the season with a 15th-place finish at the Woody Greeno Invitational in a time of 23:21...also recorded a time of 23:11 at Indiana State, finishing 22nd...**HIGH SCHOOL:** Valley High School...claimed all-state in cross country during 2000 (seventh-place finish) and 2002 (11th-place finish) ... recorded best times of 4:57 for the 1500-meter run and 10:33 in the 3000-meter run.

CULP'S SEASON-BEST MARKS (6K)

2003: 22:47 at Pre-Nationals

2004: 22:42 at NCAA Mountain Regionals



JOE CURRAN
Sophomore ... Naperville, Ill.

FRESHMAN (2005): Red-shirted the cross country season...finished fifth as an unattached competitor at the Air Force Open, clocking a time of 27:21...**BEFORE ACADEMY:**

Transferred from West Point...as a freshman at Army, placed 40th at the Patriot League Championships with a time of 27:11.41...**HIGH SCHOOL:** Recorded high school best times of 4:23 and 9:20...**NOTABLES:** Was a member of the Air

Force track team...missed a majority of the season with an injury...claimed the team's fourth-fastest indoor 3000-meter run time of the season at the Adidas Invitational.



CALVIN GLASS
Junior ... Antelope, Calif.

SOPHOMORE (2005): Ran in five meets for the Falcons, including the MWC Championships...picked up two top-10 finishes...clocked a time of 25:49 at the conference meet to finish 26th...clocked a career-best 8k-time of 25:02 at the Willamette Invitational to finish 45th...opened the season with a 37th-place showing at the 4.1-mile Wyoming Invitational (23:58)...finished ninth

(26:01) in the Woody Greeno Invitational...was one of the scoring runners as Air Force went on to win the meet...was also a scoring runner in the Falcons' win at the Fort Hays Invitational...clocked a time of 26:00 to finish eighth at the meet...**FRESHMAN (2004):** Competed in three meets for the Falcons...clocked a season-best 8k time of 27:15 at the Fort Hays Invitational, finishing 15th...made collegiate-debut with a 28:03 at the Woody Greeno Invitational...clocked a time of 28:48 at the Rocky Mountain Shootout, finishing within the top-half of the field...**HIGH SCHOOL:** Woodcreek High School...earned all-state honors in track...finished fourth in the 1600-meter run and eighth in the 800-meter run at state championships as a senior...fifth-place finisher at the D2 cross country meet...has a best time of 4:13.39 in the 1600-meter run and 1:52.84 in the 800-meter run...named Scholar Athlete of the Year as a senior...**NOTABLES:** Member of the Air Force track team...qualified for the NCAA Regional Championships in the 800-meter run...finished fifth in the 800-meter run at the MWC Outdoor Championships...ranked second on the team in the 800-meter run (indoor/outdoor) and third on the team in the 1500-meter run (outdoor)...earned an athletic pin.

GLASS' SEASON-BEST MARKS (8K)

2004: 27:15 at Fort Hays Invitational

2005: 25:02 at Willamette Invitational



RETURNING LETTERWINNERS



SEAN HOUSEWORTH
Sophomore ... Carlock, Ill.

FRESHMAN (2005): Competed in six meets for the Falcons, including the MWC Championships and NCAA Mountain Regionals...scored for Air Force at the regional meet with a 61st-place time of 33:00... opened the season with a 15th-place finish at the Wyoming Invitational, clocking a 4.1-mile time of 23:02...placed 25th at the Willamette Invitational (24:31)... also competed in the Woody Greeno

Invitational, crossing the finish line in 26:17...finished 27th at the conference championships with a time of 25:51...clocked a time of 25:29 at the Pre-Nationals Meet...**HIGH SCHOOL:** Eureka High School...Illinois state champion in the 3200-meter run...finished third at the Illinois A cross country championships...also placed third in the 1600-meter run...posted best times of 4:18 and 9:15...**NOTABLES:** Member of the Air Force track team...ranked third on the team in the 3000-meter steeplechase.

HOUSEWORTH'S SEASON-BEST MARKS (8K / 10K)

2005: 24:31 at Willamette Invitational / 33:00 at NCAA Regionals



JAMIE ILLIG
Sophomore ... Ebensburg, Pa.

FRESHMAN (2005): Competed in every meet for the Falcons, including the conference and regional meets...clocked three of the four 6k races within .04 seconds...ran the Woody Greeno Invitational in 25:04...finished the Pre-Nationals Meet in 26:06...ran the NCAA Regional Meet in 25:07...opened the season with a 2.5-mile time of 17:53 at the Wyoming Invitational... clocked a 5k time of 20:03 at the

Willamette Invitational...ran the MWC Championships in 25:23...**NOTABLES:** Was a member of the Air Force track team...competed in the 5000-meter run.

ILLIG'S SEASON-BEST MARKS (6K)

2005: 25:04 at Woody Greeno Invitational



IAN McFARLAND
Junior ... West Plains, Mo.

SOPHOMORE (2005): Ran in five meets for the Falcons...opened the season with a 35th-place finish at the Wyoming Invitational (23:44 - 4.1 miles)...ran the Woody Greeno Invitational in 27:48...posted a season-best 8k-time of 26:41 at the Fort Hays Invitational...also competed at the Rocky Mountain Shootout (28:09)...concluded the season with a 15th-place finish at the Air Force Open (28:35)...

FRESHMAN (2004): Competed in five meets for the Falcons as a member of the junior varsity squad...opened the season with a time of 23:52 at the Wyoming Invitational (4.1 miles)...clocked 8k times of 28:11 (Woody Greeno Invitational), 29:19 (Rocky Mountain Shootout), 27:46 (Fort Hays Invitational) and 29:43 (Air Force Open)...**HIGH SCHOOL:** West Plains High School...finished fifth at the Missouri state cross country meet...also placed fifth in the 3200-meter run at the Missouri state track and field championships...recorded a career-best time of 9:24 in the 3200-meter run...**NOTABLES:** Member of the Air Force track team...ranked third on the team in the 5000-meter run as a sophomore.

McFARLAND'S SEASON-BEST MARKS (8K)

2004: 27:46 at Fort Hays Invitational

2005: 26:41 at Fort Hays Invitational



RETURNING LETTERWINNERS



KATE PAPERBERG
Junior ... Red Lion, Pa.

SOPHOMORE (2005): Participated in every meet for the Falcons...ran the season-opening Wyoming Invitational in 17:43...clocked a 5k-time of 19:47 at the Willamette Invitational...picked up a season-best 24:28 at the Pre-Nationals Meet...ran the Woody Greeno Invitational in 24:58...finished 57th at the MWC Championships, clocking a time of 24:30...ran the NCAA Regionals in 24:49...**FRESHMAN**

(2004): Competed in five meets for Air Force...opened the season with a 2.5-mile time of 16:16 at the Wyoming Invitational...finished the Woody Greeno Invitational in 24:29...crossed the finish line of the 5k Notre Dame Invitational in 19:13...picked up an 11th-place finish at the Fort Hays Invitational to help Air Force to the team title...finished sixth at the Air Force Open with a time of 25:54...**HIGH SCHOOL:** Red Lion High School...placed fourth at the Pennsylvania state AAA cross country championships...posted personal-best times of 5:05 in the 1600-meters and 10:48.8 in the 3200-meters...**NOTABLES:** Academic all-conference in cross country...member of the Air Force track and field team...finished second on the team during the outdoor steeplechase and 5000-meter run...also posted the second-best indoor times of the season in the 3000- and 5000-meter runs.

PAPERBERG'S SEASON-BEST MARKS (6K)

2004: 24:29 at Woody Greeno Invitational

2005: 24:28 at Pre-National Meet



DANIELLE POZUN
Sophomore ... Johnstown, Pa.

FRESHMAN (2005): Competed in every meet for the Falcons...opened the season with a time of 16:48 at the Wyoming Invitational (2.5 mile)...clocked a 5k-time of 19:01 at the Willamette Invitational...posted a season-best 6k-time of 23:12 at the MWC Championships...also recorded times of 23:58 (Pre-Nationals), 24:25 (NCAA Regionals) and 26:25 (Woody Greeno Invite)...

HIGH SCHOOL: Westmont Hilltop

High School...named to the all-area cross country team...earned all-conference honors during the track and field season...recorded high school best times of 5:30 and 11:52...**NOTABLES:** Member of the Air Force track team...posted the team's best time in the indoor 5000-meter run...posted the second-fastest time on the team in the indoor 3000-meter and mile runs, as well as the outdoor 10,000-meter run.

POZUN'S SEASON-BEST MARKS (6K)

2005: 23:12 at MWC Championships



KELLY ROBINSON
Junior ... Holt, Mich.

SOPHOMORE (2005): Competed in three meets for the Falcons...opened the season with a 23rd-place finish at the Wyoming Invitational, clocking a time of 16:24...did not compete again until the Mountain West Conference Championships...clocked a season-best time of 23:38 to score for Air Force...also collected points for the Falcons at the NCAA Regionals, finishing in 24:07...**FRESHMAN**

(2004): Earned all-conference honors following a 13th-place finish at the MWC meet...became the first female since 1999 to earn all-MWC honors with the second-best finish ever at the conference championships...also led the team at the Woody Greeno Invitational and the Pre-NCAA Meet...finished 13th at the WGI with a time of 23:14...clocked a time of 22:13 to finish 103rd at the pre-national meet...finished 64th at the NCAA Mountain Regional with a time of 22:52...opened the season with a 24th-place time of 16:08 at the 2.5-mile Wyoming Invitational...also competed at the Notre Dame Invitational, picking up a 91st-place time of 18:17...**HIGH SCHOOL:** Holt High School...was the runner-up at the Michigan state track and field championships in the 800- and 1600-meter runs...recorded personal-best times of 2:12.59 in the 800-meter run and 4:55.6 in the 1600-meter run...**NOTABLES:** Two-time academic all-conference selection in cross country...also earned academic all-conference honors in track and field...set the Academy record in the indoor mile...also a member of the Academy record-setting distance medley relay team...led the team as a sophomore in the 800-meter and mile events during the indoor season, as well as the 800- and 1500-meter events during the outdoor season...was a regional qualifier in the 1500-meter run.

ROBINSON'S SEASON-BEST MARKS (6K)

2004: 22:13 at Pre-Nationals Meet

2005: 23:38 at MWC Championships



RETURNING LETTERWINNERS



JOSH VAN WYNGAARDEN
Junior ... La Vista, Neb.

SOPHOMORE (2005): Competed in six races for the Falcons, including the conference and regional championships...posted an 8k-time of 25:55 at the MWC Championships ...clocked a 10k-time of 32:36 at the NCAA Regional Championships, finishing within the top half of the field...crossed the finish line of the Willamette Invitational in 24:48... ran the Woody Greeno Invitational in 26:47...also clocked a 25:55 at

the Pre-Nationals Meet...opened the season with a time of 23:31 at the Wyoming Invitational (4.1 mile)...**FRESHMAN (2004):** Ran in five meets for Air Force as a member of the junior varsity squad...completed the season-opening 4.1-mile Wyoming Invitational in 23:36...clocked a time of 27:58 at the Woody Greeno Invitational...finished 12th with a time of 26:52 at the Fort Hays Invitational...ran the Rocky Mountain Shootout in 27:58...finished 14th at the Air Force Open, clocking a time of 29:12...**HIGH SCHOOL:** Papillion-La Vista High School...named all-state cross country...finished eighth as a senior in state cross country meet...ran the mile in 4:24...also has a career-best time of 1:58.5 in the 800-meter run...**NOTABLES:** Member of the Air Force track and field team...earned academic all-conference honors in cross country as a sophomore...two-time selection to the academic all-conference team for track...selected as a MWC Scholar-Athlete as a freshman and sophomore...collected the second-best steeplechase time on the team as a sophomore.

VAN WYNGAARDEN'S SEASON-BEST MARKS (8K / 10K)

2004: 26:52 at Fort Hays Invitational

2005: 24:48 at Willamett Invitational / 32:36 at NCAA Regionals



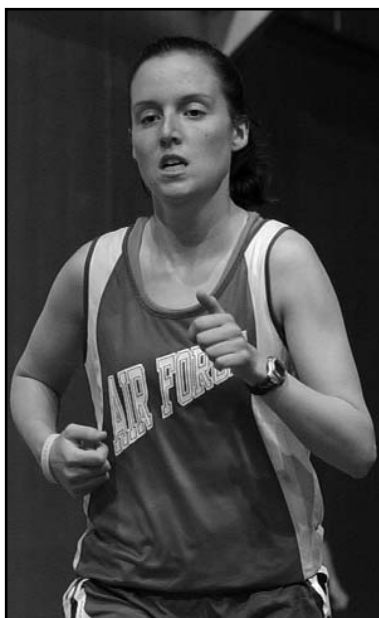
MATT WILLIAMS
Sophomore ... Colorado Springs, Colo.

FRESHMAN (2005): Participated in six meets for Air Force, including the MWC Championships...ran a season-best 25:52 at the conference meet to finish 28th...finished fourth at the Air Force Open with a time of 27:10...clocked 26:18 at the Fort Hays Invitational to finish 14th... ran the Willamette Invitational in 25:54 and the Woody Greeno Invitational in 26:35 ...opened the season at the 4.1 mile Wyoming

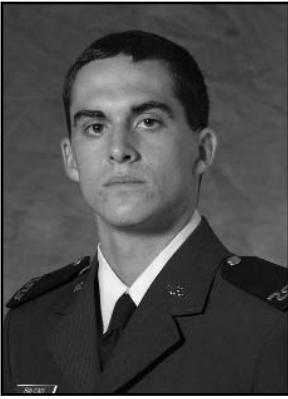
Invitational (23:16)...**HIGH SCHOOL:** Air Academy High School...runner-up at the Colorado 5A state cross country championships...posted best times of 4:19 and 9:28 (both converted for altitude)...**NOTABLES:** Member of the Air Force track team... named to the academic all-conference team for both cross country and track...posted the team's best time of the season in the 3000-meter steeplechase...ranked second in the 5000-meter run and third in the 3000-meter run during the indoor season.

WILLIAMS' SEASON-BEST MARKS (8K)

2005: 25:52 at MWC Championships



OTHER RETURNING RUNNERS



SCOTT BALCAO
Sophomore ... Stockton, Calif.

Competed in five meets for Air Force...picked up a top-10 finish at the Air Force Open.



DANIEL CASTLE
Sophomore ... St. Joseph, Mo.

Competed in four meets...clocked a season-best time of 27:38 at the Fort Hays Invitational.



PARKER COWLES
Sophomore ... Ramstein AB, Germany

Participated in five meets for Air Force...clocked a season-best 27:37 at the Fort Hays Invitational.



KENNY GROSSELIN
Junior ... Ramstein AB, Germany

Competed in five meets...was the Falcons' top finisher at the Rocky Mountain Shootout, finishing 33rd.



KYLE JONES
Sophomore ... Winter Springs, Fla.

Ran in four meets for the Falcons... posted a season-best time of 27:54 at the Fort Hays Invitational.



JUSTIN MASON
Sophomore ... Fishers, Ind.

Competed in five races for Air Force...ran a season-best 27:19 at the Fort Hays Invitational.



SEBASTIAN ORTIZ
Sophomore ... Columbia, Pa.

Competed in four meets...clocked a season-best time of 27:30 at the Fort Hays Invitational.



SILVANA SIMEON
Sophomore ... Park City, Utah

Did not compete as a freshman.

AIR FORCE NEWCOMERS



KATHERINE ANDERSON
Freshman ... Coon Rapids, Minn.

BEFORE THE ACADEMY: Attended the Academy's Prep School...graduated from Blaine High School...finished sixth in the Minnesota high school cross country championships in 2004...also picked up a sixth-place finish in the 1600-meter run at the state track and field championships...recorded personal-best times of 2:17 (800-meter run) and 5:03 (1600-meter run).



BRITTANY MORREALE
Freshman ... Ranchos Palos Verdes, Calif.

BEFORE THE ACADEMY: Graduated from Peninsula High School...placed seventh in the California Division One state cross country championships as a senior...picked up an eighth-place finish in the 3200-meter run at the state track and field championships...posted personal-best times of 5:01 and 10:42 during high school career.



THOMAS RICHTER
Freshman ... Phelan, Calif.

BEFORE THE ACADEMY: Graduated from Serrano High School...placed ninth in the California Division Two state cross country championships as a senior...also picked up an eighth-place finish in the 3200-meter run at the state track and field championships during senior season...clocked personal-best times of 4:17 and 9:10.



RYAN WORKMAN
Freshman ... Chapel Hill, N.C.

BEFORE THE ACADEMY: Graduated from Chapel Hill High School...placed third in the North Carolina 4A cross country championships as a senior...was one of two top-three finishers from the team that won the 2005 state title by one point...finished sixth in the 3200-meter run at the state track and field championships...posted high school best times of 4:29 and 9:32.



AUSTIN FRITZKE
Freshman ... Mt. Shasta, Calif.

BEFORE THE ACADEMY: Graduated from Mt. Shasta High School...was the California Division Five state cross country champion as a junior and senior...finished ninth in the 3200-meter run at the state track and field championships as a senior...recorded high school-best times of 4:21 and 9:19.



CONOR MURPHY
Freshman ... Delmar, N.Y.

BEFORE THE ACADEMY: Transferred from Rensselaer Polytechnic Institute...earned All-Liberty League honors...was the top RPI finisher at the Albany and Saratoga Invitationals...named Liberty League Rookie of the Week on Oct. 17...graduated from Bethlehem Central High School...named all-Suburban Council...earned the team's Rookie of the Year in 2003 and team MVP in 2004 earned All-America honors in outdoor track as a senior.



ALISON ROMANKO
Freshman ... Coos Bay, Ore.

BEFORE THE ACADEMY: Graduated from North Bend High School...was the Oregon 3A state champion in the pole vault...was the runner-up in the 800-meter run at the state track and field championships...finished 10th in the state cross country championships as a senior...posted a career-best 800-meter run time of 2:13...cleared a personal-best 11'6" in the pole vault.

2005 SEASON IN REVIEW

The 2005 season can best be summed up in one word ... depth. With 22 members on the men's team, they could easily field several squads, while the seven members of the women's team were called upon to compete in every meet.

THE MEN

Air Force entered the season with a strong corps of senior athletes, including two that had earned all-conference accolades in the past. This talented six-member class had helped guide the Falcons to their first Mountain West Conference title just two years prior.

Matt Hellier and **Mark Walter** served as the co-captains for the large men's team, which featured 10 freshmen in addition to six other returning underclassmen.

The entire roster traveled to the Wyoming Invitational, where the Falcons finished second at the 4.1-mile meet. Senior Nick Wilson won the meet, while Air Force claimed three other spots among the top-10. Classmate **Jeff Gosselin** placed sixth, while Walter and Hellier finished ninth and 10th, respectively.

The squad teamed up the following week to travel to Nebraska and the Woody Greeno Invitational. With seven of its runners finishing within the top-11, Air Force easily won the team title. Wilson was the top finisher for the second straight meet, picking up a second-place finish. Walter and fellow senior **Travis Patterson** also collected top-five marks, as the duo picked up the fourth and fifth-place positions.

For the first time since the season commenced, the squad split up for a pair of meets on Oct. 1. The unofficial varsity squad traveled to Oregon for the Willamette Invitational. Wilson continued his streak of serving as the Falcons' top finisher, taking second in the 105-competitor race. As a team, the Falcons finished third.

The remainder of the team stayed a little closer to home, competing at the Rocky Mountain Shootout in Boulder. Sophomore **Kenny Grosselin** was the top Air Force finisher, picking up a 33rd-place finish. In addition, classmate **Ian McFarland** and freshman **Scott Balcao** finished within the top half of the field, which featured 127 competitors.

Much of the two squads regrouped the following week for the annual Fort Hays Invitational in Kansas. Finishing fourth overall, senior **Anthony D'Amato** clocked in the fastest time for the Falcons, who won their second team title of the season. Sophomore **Calvin Glass** also notched a top-10 finish, while all of the scoring runners - junior **Jason Beck**, freshman **Matt Williams** and freshman **Daniel Fadgen** - finished among the top 15.

The Falcons headed to the national stage the next week, competing against some of the nation's elite at the Pre-Nationals Meet in Terre Haute, Ind. As a team, Air Force finished 10th among a field of 34.

Wilson's 35th-place individual finish guided the Falcons, while the senior trio of Patterson, Walter and Gosselin finished among the top 85 in a field of over 200.

The younger Falcons returned to competition the following week, hosting the annual Air Force Open at North Monument Valley Park in Colorado Springs. Williams finished fourth to lead all Air Force runners in the non-team scoring meet. Fadgen and Balcao also picked up top-10 times.

As the Falcons' season began to near the end, the competition heated up. Air Force headed to Fort Collins, Colo., for the annual MWC Championships at the conclusion of October.

Despite a second-place finish from Wilson and a top-10 finish from Gosselin, the Falcons finished third in the team standings.

Wilson, who had been honored by the league throughout the season with MWC Runner of the Week selections following the Wyoming (Sept. 7) and Willamette (Oct. 5) Invitationals, earned all-conference first-team honors, while Gosselin picked up status on the all-conference second-team.

Patterson and D'Amato also scored for Air Force, in addition to junior **Richard Elmore**. Glass and Williams also competed in the league-wide championships and were joined by sophomore **Josh van Wyngaarden** and freshman **Sean Houseworth**.



2005 SEASON IN REVIEW

Air Force concluded the season at the NCAA Mountain Regional Championships, one meet earlier than planned. A seventh-place team finish doomed the Falcons' chances of advancing to the national meet for the third-straight season.

In his final collegiate meet, Gosselin earned the team's top-finisher distinction for the first time in his career. His 22nd-place finish qualified him for all-region honors, while Wilson used a 25th-place standing to also garner the regional award.

Patterson and van Wyngaarden each finished within the top half of the field, while Houseworth concluded his freshman campaign with a scoring finish at the regional competition.

Although the season was over, the awards didn't stop, as several Falcons were honored for their work in the classroom, as well as on the race course. Beck, Hellier, van Wyngaarden, Williams and Wilson received a selection to the academic all-conference team.

In addition, Wilson became the first cross country athlete since 1991 to earn national recognition for his academic achievements. Wilson was named to the 2006 *ESPN The Magazine* Academic All-America Track and Field/Cross Country Team, following All-District first-team selection.

THE WOMEN

The women's cross country team featured one of the smallest squads on record. Although the original roster boasted a slightly larger number of athletes, injuries and illness whittled the squad down to six full-time contenders.

Senior **Andrea Pinchak** served as the captain of the team, but it was classmate **Nicole Graham** that served as the on-site leader. Graham was the Falcons' top finisher in all six competitions.

In their first 6k race of the season, Graham and Pinchak teamed up once more to lead the squad at the Woody Greeno Invitational in Nebraska. Graham was the runner-up in the university division, finishing seventh overall. For her efforts, she was named the MWC Runner of the Week; her second honor in as many years.

The Falcons were off until Oct. 1, when they traveled to Oregon for the Willamette Invitational. While Graham led the squad with a 10th-place time, junior **Margaret Frash** collected the second-fastest Air Force time.

The Falcons stayed off of the competitive circuit until the Pre-National Meet in mid-October. Three of the six athletes finished in the top half of the field, backed by Graham's 36th-place finish. Pinchak and Frash rounded out the top-three Air Force scorers, collecting 91st- and 92nd-place finishes, respectively.

Since there were only four meets on the slate, Air Force entered the Mountain West Conference Championships having competing in just two 6k meets. The young Falcons finished sixth in the nine-team field.

Graham finished eighth in the annual league meet - the Falcons' best individual finish ever - en route to all-conference honors. Behind Graham, Frash and Pinchak, freshman **Danielle Pozun** picked up a 40th-place finish with a career-best time. The conference meet also marked the return of sophomore **Kelly Robinson**, who spent most of the season recovering from an illness.

Air Force closed out the season with a 10th-place team finish at the NCAA Mountain Region Championships. Graham used a 20th-place finish to close out a four-year career, while Frash and Pinchak also finished in the top half of the field.

Throughout the season, the Falcons received impressive performances from sophomore **Kate Papenberg** and freshman **Jamie Illig**. The duo competed in every meet for Air Force.

A quartet of Falcons - Frash, Papenberg, Pinchak and Robinson - was honored by the MWC as academic all-conference selections. Frash was also named to the 2006 *ESPN The Magazine* Academic All-America Track and Field/Cross Country All-District Team.

**Pictured below is the 2005 senior class (left to right) -- Anthony D'Amato, Jeff Gosselin, Nicole Graham, Matt Hellier, Travis Patterson, Andrea Pinchak, Mark Walter and Nick Wilson.*



MEET-BY-MEET RESULTS

MEN'S TEAM AND INDIVIDUAL RESULTS

<u>DATE</u>	<u>EVENT</u>	<u>PLACE</u>	<u>FIELD</u>	<u>POINTS</u>	<u>TOP FINISHER</u>	<u>PLACE</u>	<u>FIELD</u>	<u>TIME</u>
Sept 3	Wyoming Invite (4.1 mi)	2nd	5	29	Nick Wilson	1st	66	22:12
Sept. 17	Woody Greeno Invite (8k)	1st	9	24	Nick Wilson	5th	319	25:19
Oct. 1	Willamette Invite (8k)	3rd	11	75	Nick Wilson	2nd	105	23:54
Oct. 1	Rocky Mtn. Shootout (8k)	2nd	2	50	Kenny Grosselin	33rd	127	27:58
Oct. 8	Fort Hays Invite (8k)	1st	10	49	Anthony D'Amato	4th	107	25:34
Oct. 15	Pre-Nationals Meet (8k)	10th	34	353	Nick Wilson	35th	229	24:30
Oct. 22	Air Force Open (8k)	--	--	--	Matt Williams	4th	20	27:10
Oct. 29	MWC Championships (8k)	3rd	9	73	Nick Wilson	2nd	50	24:29
Nov. 12	NCAA Regionals (10k)	7th	15	195	Jeff Gosselin	22nd	102	31:35

<u>NAME</u>	<u>WYO</u>	<u>NEB*</u>	<u>ORE</u>	<u>RMS</u>	<u>KAN</u>	<u>PRE</u>	<u>AFO</u>	<u>MWC</u>	<u>REG</u>
Scott Balcao	24:20 (44)	27:15 (na)	--	28:28 (45)	26:33 (23)	--	27:49 (10)	--	--
Jason Beck	23:41 (32)	26:11 (11)	25:39 (58)	--	26:12 (12)	--	--	--	--
Daniel Castle	25:15 (59)	28:49 (na)	--	30:10 (79)	27:38 (47)	--	--	--	--
Parker Cowles	24:49 (54)	27:56 (na)	--	29:44 (68)	27:37 (46)	--	30:21 (18)	--	--
Anthony D'Amato	23:06 (17)	26:15 (na)	24:51 (39)	--	25:34 (4)	--	--	25:36 (22)	33:31 (73)
Richard Elmore	22:49 (13)	26:31 (na)	24:46 (32)	--	--	25:29 (129)	--	25:43 (24)	33:12 (67)
Daniel Fadgen	23:44 (34)	26:57 (na)	26:06 (73)	--	26:18 (15)	--	27:39 (7)	--	--
Calvin Glass	23:58 (37)	26:01 (9)	25:02 (45)	--	26:00 (8)	--	--	25:49 (26)	--
Jeff Gosselin	22:22 (6)	25:20 (3)	24:23 (18)	--	--	25:00 (81)	--	24:50 (9)	31:35 (22)
Kenny Grosselin	23:26 (26)	27:27 (na)	--	27:58 (33)	26:31 (22)	--	28:08 (12)	--	--
Matt Hellier	22:38 (10)	26:06 (10)	25:03 (46)	--	--	--	--	--	--
Sean Houseworth	23:02 (15)	26:17 (na)	24:31 (25)	--	--	25:53 (168)	--	25:51 (27)	33:00 (61)
Kyle Jones	24:56 (56)	28:05 (na)	--	29:46 (70)	27:54 (55)	--	--	--	--
Justin Mason	24:45 (53)	28:02 (na)	--	29:45 (69)	27:19 (38)	--	29:08 (16)	--	--
Ian McFarland	23:44 (35)	27:48 (na)	--	28:09 (37)	26:41 (29)	--	28:35 (15)	--	--
Sebastian Ortiz	24:23 (45)	27:40 (na)	--	--	27:30 (42)	--	28:32 (14)	--	--
Travis Patterson	23:12 (20)	25:34 (5)	24:28 (22)	--	--	24:44 (52)	--	25:15 (16)	32:13 (38)
Josh vanWyngaarden	23:31 (28)	26:47 (na)	24:48 (35)	--	--	25:55 (172)	--	25:53 (30)	32:36 (49)
Mark Walter	22:37 (9)	25:31 (4)	24:09 (11)	--	--	24:45 (56)	--	--	--
Garrett Weaver	25:34 (60)	28:58 (na)	--	29:35 (65)	27:32 (43)	--	29:22 (17)	--	--
Matt Williams	23:16 (23)	26:35 (na)	25:54 (67)	--	26:18 (14)	--	27:10 (4)	25:52 (28)	--
Nick Wilson	22:12 (1)	25:19 (2)	23:54 (2)	--	--	24:30 (35)	--	24:29 (2)	31:35 (25)

WOMEN'S TEAM AND INDIVIDUAL RESULTS

<u>DATE</u>	<u>EVENT</u>	<u>PLACE</u>	<u>FIELD</u>	<u>POINTS</u>	<u>TOP FINISHER</u>	<u>PLACE</u>	<u>FIELD</u>	<u>TIME</u>
Sept 3	Wyoming Invite (2.5 mi)	3rd	6	83	Nicole Graham	4th	68	15:12
Sept. 17	Woody Greeno Invite (6k)	3rd	9	89	Nicole Graham	7th	277	22:06
Oct. 1	Willamette Invite (5k)	9th	15	242	Nicole Graham	10th	138	24:09
Oct. 15	Pre-Nationals Meet (6k)	24th	34	648	Nicole Graham	36th	232	21:22
Oct. 29	MWC Championships (6k)	6th	9	138	Nicole Graham	8th	66	21:27
Nov. 12	NCAA Regionals (6k)	10th	18	284	Nicole Graham	20th	114	22:08

<u>NAME</u>	<u>WYO</u>	<u>NEB*</u>	<u>ORE</u>	<u>PRE</u>	<u>MWC</u>	<u>REG</u>
Margaret Frash	16:32 (26)	23:07 (13)	18:12 (33)	22:02 (92)	21:59 (19)	22:56 (43)
Nicole Graham	15:12 (4)	22:06 (2)	17:30 (10)	21:22 (36)	21:27 (8)	22:08 (20)
Jamie Illig	17:53 (54)	25:04 (42)	20:03 (117)	25:06 (230)	25:23 (61)	25:07 (105)
Kate Papenberg	17:43 (50)	24:58 (39)	19:47 (108)	24:28 (220)	24:30 (57)	24:49 (96)
Andrea Pinchak	15:50 (13)	23:02 (10)	18:20 (40)	22:02 (91)	22:35 (31)	24:04 (47)
Danielle Pozun	16:48 (35)	26:25 (57)	19:01 (77)	23:58 (209)	23:12 (40)	24:25 (89)
Kelly Robinson	16:24 (23)	--	--	--	23:38 (51)	24:07 (85)

Key for Meets: **WYO**: Wyoming Invitational; **NEB**: Woody Greeno Invitational (only designated the university division scoring runners); **ORE**: Willamette Invitational; **RMS**: Rocky Mountain Shootout; **KAN**: Fort Hays Invitational; **PRE**: Pre-Nationals; **AFO**: Air Force Open; **MWC**: Mountain West Conference Championships; **REG**: NCAA Mountain Regional Championships

POST-SEASON FINISHES & AWARDS

AIR FORCE MEN'S RESULTS

MOUNTAIN WEST CONFERENCE

1. BYU27
2. Colorado State62
3. Air Force73
4. Wyoming108
5. New Mexico119
6. TCU140

AIR FORCE FINISHERS (8K RACE)

2. Nick Wilson24:28.9
9. Jeff Gosselin24:49.9
16. Travis Patterson25:15.0
22. Anthony D'Amato25:36.2
24. Richard Elmore25:42.8
26. Calvin Glass25:48.8
27. Sean Houseworth25:51.4
28. Matt Williams25:51.9
30. Josh Van Wyngaarden25:53.3

NCAA MOUNTAIN REGIONAL (15 TEAMS)

1. Colorado42
2. Texas-El Paso79
3. BYU86
4. Northern Arizona146
5. Colorado State148
6. Utah State179
7. Air Force195
8. New Mexico222
9. Weber State230
10. Idaho State233

AIR FORCE FINISHERS (10K RACE)

22. Jeff Gosselin31:34.6
25. Nick Wilson31:35.4
38. Travis Patterson32:13.8
49. Josh Van Wyngaarden32:36.1
61. Sean Houseworth33:00.0
67. Richard Elmore33:12.0
73. Anthony D'Amato33:31.1

AIR FORCE WOMEN'S RESULTS

MOUNTAIN WEST CONFERENCE

1. BYU23
2. New Mexico74
3. Colorado State75
4. Wyoming121
5. San Diego State134
6. Air Force Academy138
7. Utah189
8. TCU192
9. UNLV274

AIR FORCE FINISHERS (6K RACE)

8. Nicole Graham21:27.4
19. Margaret Frash21:59.0
31. Andrea Pinchak22:35.3
40. Danielle Pozun23:11.7
51. Kelly Robinson23:38.3
57. Kate Papenberg24:29.9
61. Jamie Illig25:22.8

NCAA MOUNTAIN REGIONAL (18 TEAMS)

1. Colorado53
2. BYU59
3. Northern Arizona93
4. Colorado State University110
5. Weber State148
6. New Mexico163
7. Utah State188
8. Texas Tech280
9. Montana283
10. Air Force284

AIR FORCE FINISHERS (6K RACE)

20. Nicole Graham22:07.6
43. Margaret Frash22:56.4
47. Andrea Pinchak23:04.8
85. Kelly Robinson24:07.0
89. Danielle Pozun24:25.1
96. Kate Papenberg24:48.5
105. Jamie Illig25:07.4

MEN'S INDIVIDUAL HONORS

All-Conference

- Nick Wilson (first team)
- Jeff Gosselin (second team)

All-Region

- Jeff Gosselin
- Nick Willson

MWC Runner of the Week

- Nick Wilson (Sept. 7; Oct. 5)

Academic All- Conference

- Matt Hellier
- Nick Wilson
- Jason Beck
- Josh van Wyngaarden
- Matt Williams

MWC Scholar-Athlete

- Matt Hellier
- Josh van Wyngaarden

CoSIDA Academic All-District

- Nick Wilson

CoSIDA Academic All-American

- Nick Wilson

WOMEN'S INDIVIDUAL HONORS

All-Conference

- Nicole Graham (second team)

All-Region

- Nicole Graham

MWC Runner of the Week

- Nicole Graham (Sept. 21)

Academic All-Conference

- Andrea Pinchak
- Margaret Frash
- Kate Papenberg
- Kelly Robinson

MWC Scholar-Athlete

- Margaret Frash

CoSIDA Academic All-District

- Margaret Frash

2005 ALL-CONFERENCE AND ALL-REGION HONOREES



NICK WILSON
all-MWC first-team
all-region



JEFF GOSSELIN
all-MWC second-team
all-region



NICOLE GRAHAM
all-MWC second-team
all-region

MEN'S TEAM HISTORY

TEAM CAPTAINS

1956	.James Chapman, Don Livingston
1957	.James Bilello
1958	.James Bilello
1959	.James Bilello
1960	.Dave Carlstrom
1961	.John Fer
1962	.Tom Cardoza
1963	.James Murphy
1964	.Kirk Hall, Jesse Overall
1965	.Lewis Moore
1967	.Terry Gruters, Doug Everett
1968	.Lindsey Parris
1969	.John Jones
1970	.John Jones
1971	.Dennis Sbach
1972	.Ernie Maravilla
1973	.Bill Frank
1974	.Pat Rupel
1975	.Jeff Ford
1976	.Keith Haines
1977	.Dave Wynn
1978	.Dave McKinney
1979	.John Evans
1980	.Bret Hyde
1981	.Andy Ferguson
1982	.Brian Maas
1983	.Robert Langstaff
1984	.Ivan McKnight, John Wright
1985	.Joe Martin, David Carpenter
1986	.Bert Morales, Micky Testa
1987	.Alan Anzai
1988	.Craig DeBoni, Caesar Garduno
1989	.Dave Fresella
1990	.Brad Hamby
1991	.Chris Nelson
1992	.Chris Juarez
1993	.Phil Swenson
1994	.Cliff Volpe
1995	.Eric Mack, Andy Meehan
1996	.Andrew Marx
1997	.Steve Radtke, Zach Smith
1998	.Matt Allen, Todd Moenster
1999	.Jim Nelson
2000	.Joe Monaco, Shane Rogers
2001	.David Romero, Albert Kelly
2002	.Rudy Taute
2003	.Ben Payne, Chris Acs
2004	.Brian Dumm, Abe Wengel
2005	.Matt Hellier, Mark Walter
2006	.Jason Beck, Richard Elmore

MOST VALUABLE RUNNER

1968	.Mike Ryan
1969	.Mike Ryan
1970	.Dennis Sbach
1971	.Dennis Sbach
1972	.Ernie Maravilla
1973	.Bill Frank
1974	.Pat Rupel
1975	.Jeff Ford
1976	.Gary Sheppard
1977	.Dave McKinney
1978	.John Evans
1979	.Bret Hyde
1980	.Bret Hyde
1981	.Dan Rooney
1982	.Gary Droze
1983	.Robert Langstaff
1984	.Micky Testa
1985	.Micky Testa
1986	.Micky Testa
1987	.Alan Anzai
1988	.Caesar Garduno
1989	.Dave Fresella
1990	.Chris Nelson
1991	.Chris Nelson
1992	.Phil Swenson
1993	.Phil Swenson
1994	.Eric Mack
1995	.Eric Mack
1996	.Zach Smith
1997	.Zach Smith
1998	.Matt Allen
1999	.Jim Nelson
2000	.Chris Acs
2001	.David Romero
2002	.Ben Payne
2003	.Ben Payne
2004	.Brian Dumm
2005	.Nick Wilson

ATHLETIC DEPT. AWARD WINNERS

1962	.John Fer (Most Valuable)
1965	.Jim Murphy (Most Valuable)
1970	.Mike Ryan (Athletic Excellence)
1972	.Dennis Sbach (Leadership)
1978	.Ric Linares (Scholar-Athlete)
1981	.Bret Hyde (Leadership)
1992	.Chris Nelson (Scholar-Athlete)
1996	.Andy Meehan (Scholar-Athlete)
1996	.Eric Mack (Most Valuable Male)
1998	.Will Woodward (Scholar-Athlete)
2001	.Shane Rogers (Scholar-Athlete)
2003	.Ben Payne (Most Valuable Male)

NCAA POSTGRADUATE SCHOLARSHIP

Jim Murphy	.1965-66
Mike Ryan	.1969-70
John Jones	.1970-71
Chris Nelson	.1991-92
Shane Rogers	.2000-01

NCAA ALL-ACADEMIC TEAM

1995, 1996, 1997

COSIDA ACADEMIC ALL-AMERICAN

Chris Nelson	.1990, 1991
Nick Wilson	.2005

COSIDA ACADEMIC ALL-DISTRICT

Nick Wilson	.2005
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STAN BATES SCHOLARSHIP (WAC)

Chris Nelson	.1991-92
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ACADEMIC ALL-WAC

Peter Ohotnicky	.1989, 1990, 1992
Chris Chaplin	.1991
Sean Dariushnia	.1991
Chad Erspamer	.1991, 1992, 1993
Chris Nelson	.1990, 1991
William Sabol	.1991
Todd Stratton	.1991, 1992, 1993
Ed McCormick	.1992, 1993
Andrew Meehan	.1993, 1994, 1995
Will Woodward	.1995, 1996, 1997
Mike Anderson	.1996
Tim Baumgartner	.1996
Chad Connor	.1996
Todd Moenster	.1996, 1997, 1998
Shane Rogers	.1996
Rye Whitehead	.1996
Matt Compton	.1997
Matt Allen	.1997, 1998
Chris Roberdeau	.1997, 1998
Patrick Shanahan	.1997, 1998

ACADEMIC ALL-MWC

Patrick Shanahan	.1999
Shane Rogers	.1999, 2000
Jim Blech	.2000, 2001
Thomas Kubler	.2001
Brian Carpenter	.1999, 2000, 2001, 2002
Ben Payne	.2002, 2003
Jeff Gosselin	.2002, 2003
Brian Dumm	.2002, 2003, 2004
Nick Wilson	.2002, 2003, 2004, 2005
Matt Hellier	.2004, 2005
Jason Beck	.2005
Josh van Wyngaarden	.2005
Matt Williams	.2005

MEN'S TEAM HISTORY

AIR FORCE ACADEMY ALL-AMERICANS

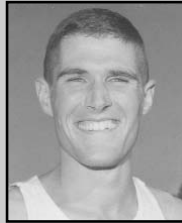
In 50 years of Falcon cross country, eight men have earned All-America honors 11 times, including two multi-winners and one national champion.



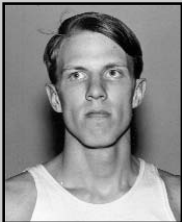
Jim **MURPHY**
1964



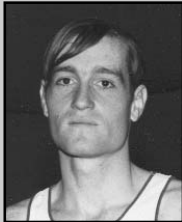
Terry **GRUTERS**
1967



Mike **RYAN**
1967-68-69



Dennis **SBACH**
1971



Jim **KOSTER**
1973



Chris **NELSON**
1990-91



Phil **SWENSON**
1993



Eric **MACK**
1995

PROGRAM MILESTONES

- 1955** -- Falcons compete as freshmen under 1Lt Russell Thoburn
- 1956** -- First year of varsity cross country under Thoburn
- 1959** -- John Fer (32nd) and James Bilello (39th) are the first Falcons to appear at the NCAA Finals; team finishes ninth
- 1960** -- Air Force makes its second consecutive appearance at the NCAA Championships; becomes the first Air Force Academy varsity team to defeat Army and Navy in head-to-head competition (Army 19-36; at Navy 18-42)
- 1961** -- Team makes its third straight appearance at NCAA finals, finishing 10th
- 1964** -- Jim Murphy becomes the Falcons' first All-American, finishing third at the NCAA Championships
- 1967** -- An impressive year for the Falcons -- Air Force finishes second at nationals, just five points behind champion Villanova; Mike Ryan (3rd) and Terry Gruters (14th) earn All-America honors
- 1968** -- Mike Ryan captures the individual national championship; Air Force finishes 22nd at the NCAA Championships
- 1969** -- Mike Ryan finishes second at national championships
- 1971** -- Falcons finish 23rd at the national meet; Dennis Sbach earns All-America status
- 1973** -- Jim Koster named All-American, finishing 26th at NCAA
- 1977** -- Team makes first appearance at the NCAA District 7 National Qualifier
- 1980** -- First year in the WAC

1981 -- After a 10-year absence, the Falcons advance to the NCAA Championship meet, finishing 22nd

1990 -- A third-place finish at WAC Championships begins a string of 12 consecutive top-three finishes at the WAC/MWC Championships; Chris Nelson earns first of two All-America distinctions

1991 -- Team captures first WAC Championship; Chris Nelson named WAC Runner of the Year for second straight year (two-time conference champion); Falcons finish second at District 7 meet and qualify for the NCAA for the first time since 1981; Falcons finish 14th at the national meet

1993 -- Phil Swenson earns All-America status

1994 -- Team earns second WAC Championship title; Mark Stanforth named WAC Coach of the Year

1995 -- Eric Mack finishes third at the NCAA Championships - the highest finish by a Falcon since Mike Ryan in 1969; Mack earns All-America status as the top American finisher; team finishes second in the WAC

1996 -- Team claims third WAC Championship; became the only Falcon program to boast three WAC titles; Mark Stanforth named WAC Coach of the Year

1998 -- Final year in WAC

1999 -- First year in MWC; team finishes second at the conference meet; three Falcons (Jim Nelson, Joe Monaco, Ryan O'Hara) earn all-conference honors; Mark Stanforth named MWC Coach of the Year

2000 -- Team finishes 16th at the national meet - its third appearance in 30 years; Falcons finish third in conference and sixth in region; Ben Payne and Chris Acs earn all-conference honors; David Romero was an all-region selection

2001 -- Air Force finishes second in the MWC; David Romero, Ben Payne, Brian Carpenter and Chris Acs earn all-conference honors; team finishes fifth in the Mountain Region; Romero and Payne receive all-region accolades; team finishes 26th at the NCAA Championships

2002 -- Falcons finish fourth in MWC; Ben Payne and Abe Wengel earn all-conference second-team honors; team finishes 10th in the NCAA Mountain Region; Payne and Chris Acs earn all-region honors; five earn academic all-MWC awards

2003 -- Air Force claims first MWC Championship; Ben Payne, Brian Dumm, Mark Walter, Abe Wengel, Chris Acs and Nick Wilson earn all-conference honors; Mark Stanforth named MWC Coach of the Year; team places third in the NCAA regionals; Dumm, Payne, Walter and Acs earn all-region accolades; Falcons finish eighth at the NCAA Championships; team earned eighth-place ranking in the coaches' poll - best ranking ever; four named to academic all-conference team

2004 -- Falcons finish second in MWC; Abe Wengel, Brian Dumm, Mark Walter and Nick Wilson earn all-conference accolades; team places third at NCAA regionals; Wengel, Dumm and Walter claim all-region honors; Air Force finishes 14th at the NCAA Championships; three named to academic all-MWC team

2005 -- Air Force finishes third at the MWC Championships; Nick Wilson is the conference runner-up and earns all-conference first-team honors; Jeff Gosselin earns all-conference second-team honors with a top-10 finish; Gosselin and Wilson team up to collect all-region honors; team finishes seventh at the NCAA Regional Championships; five Falcons earned academic all-conference honors; Wilson was chosen as a CoSIDA Academic All-American.

WOMEN'S TEAM HISTORY

TEAM CAPTAINS

1977Anne Martin
1978Donna Cliff
1979Amy McCarthy
Tanya Senz
1980Annetta Weber
Jan Wiley
1981Rita Burr
Dana Lindsley
1982Dana Lindsley
1983Joy Meyen
1984Laureli Mazik
1985Carol Travis
1986Brenda Lewis
1987Rebecca Sivacek
1988Jill Wood
1989Jill Wood
1990Callie Calhoun
Suzanne Henke
1991Kelly Kirkpatrick
1992Rachel Call
1993Renaë Bartolone
1994Renaë Bartolone
1995Sara Whittingham
Rita Perez
1996Sierra Gould
1997Jennifer Young
1998Cathy Majauskas
1999Heather Johnson
Rachel Smith
2000Jaime Flood
2001Lara Coppinger
2002Elissa Ballas
2003Kelly McPherson
2004Cindy Dawson
2005Andrea Pinchak
2006Margaret Frash

MOST VALUABLE RUNNER

1979Rita Burr
1980Theresa Hanrahan
1981Dana Lindsley
1982Rita Burr
1983Gail Conway
1984Princess Harrison
1985Carol Travis
1986Jill Wood
1987Shannen Karpel
1988Jill Wood
1989Jill Wood
1990Callie Calhoun
1991Kelly Kirkpatrick
1992Jennifer Kornacker
1993Jennifer Kornacker
1994Michelle Truesdale
1995Michelle Truesdale
1996Rachel Smith
1997Heather Johnson
1998Rachel Smith
1999Rachel Smith
2000Jaime Flood
2001Brandess Pardue
2002Brandess Pardue
2003Anne Chumlea
2004Kelly Robinson
2005Nicole Graham

ATHLETIC DEPT. AWARD WINNERS

1989Rita Burr (Scholar Athlete)
1991Callie Calhoun (Athletic Excellence)
2003Elissa Ballas (Leadership)

NCAA POSTGRADUATE SCHOLARSHIP

Dolly Patel1995-96
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COSIDA ACADEMIC ALL-AMERICAN

Renaë Bartolone1992, 1993, 1994
Jennifer Kornacker1993
Dolly Patel1994, 1995

COSIDA ACADEMIC ALL-DISTRICT

Margaret Frash2005
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WICCCA ALL-ACADEMIC TEAM

2001, 2002, 2003, 2004

ACADEMIC ALL-WAC

Amy Fitch1997
Heather Johnson1997, 1998
Dalia Wenckus1998

ACADEMIC ALL-MWC

Tracy Denaro1999, 2000
Stephanie Fry1999
Heather Johnson1999
Rachel Smith1999
Cynthia Vincent1999
Dalia Wenckus1999, 2000
Elissa Ballas2000, 2001, 2002
Anne Chumlea2000, 2001, 2002, 2003
Jean Taylor2000, 2001, 2002
Mary Uhler2001
Cindy Dawson2001, 2002
Vivien Aspden2002, 2004
Andrea Pinchak2002, 2004, 2005
Kelly McPherson2003
Elizabeth Catherwood2003, 2004
Jenna Dorsey-Spitz2003
Ashley Snyder2003, 2004
Margaret Frash2004, 2005
Kelly Robinson2004, 2005
Kristin Trichler2004
Kate Papenberg2005

NOTEWORTHY FALCONS



RITA BURR was the Air Force Academy's first All-American in cross country and earned the honor all four years (1979-80-81-82).



ANNE CHUMLEA, the team's Most Valuable Runner in 2003, was the first four-time academic all-conference team member in program history.



BRANDESS PARDUE was a two-time MVP and two-time all-region selection. She qualified for the NCAA national meet, becoming the first female to qualify at the Division I level.



CALLIE CALHOUN was the Falcons' first national champion in 1990. In 2001, she was inducted into the NCAA Div-II Track and Field Hall of Fame.



RENAË BARTOLONE was the Air Force Academy's first GTE-CoSIDA Academic All-American, earning the award in 1992. She was also awarded in 1993 and 1994.



ELISSA BALLAS, the team captain in 2002, was selected as the recipient of the athletic department's Leadership Award. She was also a three-time academic all-conference selection.

WOMEN'S TEAM HISTORY

AIR FORCE ACADEMY ALL-AMERICANS

In the 30-year history of the Air Force women's program, 14 Falcons have earned All-America honors on 28 occasions (all earned at the AIAW or NCAA Division II level). There have been eight multi-winners and one national champion.



Rita **BURR**
1979-80-81-82



Annetta **WEBER**
1979-81



Lisa **YOHA**
1981



Jill **WOOD**
1986-87-88-89



Shannen **KARPEL**
1987-88-89-90



Kelly **KIRKPATRICK**
1988



Callie **CALHOUN**
1988-89-90



Suzanne **HENKE**
1988-90



Amy **REECY**
1990



J. **KORNACKER**
1992



M. **TRUESDALE**
1994-95



Dolly **PATEL**
1995

Not Pictured: Kim Sheridan (1981) and Cindy Craig (1989)

PROGRAM MILESTONES

1976 -- First year of program

1979 -- Team made first appearance at AIAW Division II nationals; team wins its only national championship; Coach Ernie Cunliffe era begins, which included five straight national appearances

1980 -- Falcons win district championship for second straight year; collect just 17 points in the win (two points shy of perfection)

1982 -- First year in NCAA; Falcons finish sixth nationally; Rita Burr's 25th-place finish at the meet earns her All-America honors for the fourth consecutive year (three AIAW, one NCAA)

1983 -- Falcons capture district title for the third time since 1979; team makes fifth appearance at NCAA meet and finishes eighth

1988 -- Team wins district title and kicks off three consecutive runner-up finishes at the NCAA Championships (1988-89-90); Falcons miss national title by two points; five Falcons earn All-America honors

1989 -- Falcons capture their second consecutive district championship title; four Falcons earn All-America status

1990 -- Callie Calhoun wins regional meet and captures Air Force's first individual national championship; Shannen Karpel finishes second, becoming only the second Falcon to earn four All-America honors

1992 -- Current head coach Mark Stanforth takes over and leads Falcons to four straight national meets; Jennifer Kornacker earns All-America accolades

1994 -- Michelle Truesdale named All-American

1995 -- Falcons qualify for nationals in final year of Division II and finish sixth; Dolly Patel earns All-America and Academic All-America honors -- one of only two Falcons to accomplish this feat

1996 -- First year in Division I and Western Athletic Conference

1997 -- Falcons finish eighth in 16-team WAC meet

1998 -- Final season in WAC; team finishes fourth at conference championships - highest WAC finish

1999 -- First year in MWC; team finishes third - highest conference finish ever; Rachel Smith earned the program's first all-conference honor

2000 -- Falcons continue their conference success, finishing third again; five earn academic all-MWC honors

2001 -- Team finishes third in the MWC and seventh in the Mountain Region; Brandess Pardue qualifies for NCAA Division I championships, following all-region honors

2002 -- Team finishes third in MWC; six earn academic all-MWC honors; Falcons finish sixth in Mountain Region; Brandess Pardue earns all-region honors; program earns its second NCAA Div. I All-Academic team honor

2003 -- Falcons finish third in MWC for fifth-straight year; five earn academic all-conference honors; program named NCAA Div. I All-Academic for the third straight season

2004 -- Air Force places fifth at the MWC Championships; Kelly Robinson earns all-conference honors; seven earn academic all-MWC honors; program named NCAA Div. I All-Academic for the fourth straight year

2005 -- Falcons finish sixth at the MWC Championships; Nicole Graham, the team's top finisher in every meet, earns all-conference and all-region honors; four were named to the academic all-conference team; Margaret Frash was named to the CoSIDA Academic All-District team

COACHING RECORDS

Men's Year-By-Year Record

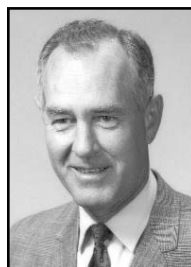
Year	Dual			Conf. Finish	Dist. Finish	Natl. Finish	Coach
	W	L	T				
1956	1	1	0				Thoburn
1957	1	3	0				Thomson
1958	5	4	0				Matthews
1959	7	2	0			9th	Matthews
1960	8	1	0			7th	Matthews
1961	7	5	0			10th	Matthews
1962	3	5	0				Arnesen
1963	6	1	1				Arnesen
1964	9	1	0			10th	Arnesen
1965	2	3	0				Arnesen
1966	3	6	0				Arnesen
1967	9	0	0			2nd	Arnesen
1968	6	4	0			22nd	Arnesen
1969	5	2	0				Arnesen
1970	5	4	0				Arnesen
1971	7	1	0			23rd	Arnesen
1972	3	3	0				Arnesen
1973	4	3	0				Arnesen
1974	4	3	0				Arnesen
1975	8	4	0				Arnesen
1976	5	4	0				Arnesen
1977&	4	5	1			11th	Elliott
1978	5	2	0			7th	Elliott
1979	9	1	0			13th	Elliott
1980#	5	1	0	3rd	8th		Elliott
1981	3	1	0	2nd	3rd	22nd	Jones
1982^	2	5	0	6th	7th		Jones
1983				8th			Trego
1984				7th	14th		Trego
1985				8th			Trego
1986				7th	14th		Trego
1987				8th	14th		Trego
1988				4th	6th		Trego
1989				6th	12th		Lindeman
1990				3rd	9th		Lindeman
1991				1st	2nd	14th	Lindeman
1992				3rd	5th		Stanforth
1993				3rd	7th		Stanforth
1994				1st	4th		Stanforth
1995				2nd	7th		Stanforth
1996				1st	10th		Stanforth
1997				3rd	7th		Stanforth
1998*				2nd	8th		Stanforth
1999+				2nd	8th		Stanforth
2000				3rd	6th	16th	Stanforth
2001				2nd	5th	26th	Stanforth
2002				4th	10th		Stanforth
2003				1st	3rd	8th	Stanforth
2004				2nd	3rd	14th	Stanforth
2005				3rd	7th		Stanforth

& First year of NCAA District 7 competition
 # First year of WAC competition; * Last year in WAC competition
 + First year in MWC; ^ There were no dual meets after 1982
 The Falcons' dual meet record from 1956-1982 was 136-75

Women's Year-By-Year Results

Year	Dual			Conf. Finish	Dist. Finish	Natl. Finish	Coach
	W	L	T				
1976	3	0	0				Hackley
1977	1	0	0		5th		Scott
1978	3	0	0		10th		Scott
1979	5	1	0		1st	1st*	Cunliffe
1980	3	0	0		1st	3rd*	Cunliffe
1981	4	0	0		2nd	2nd*	Cunliffe
1982\$	4	0	0		2nd	6th	Cunliffe
1983	2	0	0^		1st	8th	Cunliffe
1984					3rd		Cunliffe
1985					5th		Schalkham
1986					2nd	9th	Schalkham
1987					2nd	9th	Sperre
1988					1st	2nd	Sperre
1989					1st	2nd	Conway
1990					2nd	2nd	Conway
1991					6th		Conway
1992					3rd	6th	Stanforth
1993					4th	11th	Stanforth
1994					4th	14th	Stanforth
1995					3rd	6th	Stanforth
1996#					10th	13th	Stanforth
1997					8th	15th	Stanforth
1998%					4th	12th	Stanforth
1999+					3rd	12th	Stanforth
2000					3rd	9th	Stanforth
2001					3rd	7th	Stanforth
2002					3rd	6th	Stanforth
2003					3rd	14th	Stanforth
2004					5th	11th	Stanforth
2005					6th	10th	Stanforth

* AIAW Div-II national championships
 \$ First year of NCAA competition; # First season in Div. I
 % Last season in WAC; + First season of MWC competition
 ^ Total dual record is 25-1
 Affiliations: 1976-81 -- AIAW Region 7; 1982-95 -- NCAA South Central Region; 1996-97 -- NCAA Dist. 7



Arne Arnesen coached the men's team from 1962-76. Under Arnesen, the Falcons entered four national meets (1964, '67, '68, '71) and the 1967 team finished second.



Ernie Cunliffe was the women's coach from 1979-84. His era included five straight national meets. The 1979 team won the AIAW Division II national championship.

MEN'S COACHES: 1Lt Russell Thoburn (1956); Tommy Thomson (1957); Capt Ed Matthew (1958-1960); Arne Arnesen (1962-1976); Maj Dick Elliott (1977-1980); Capt/Maj Jim Trego (1983-1988); Ralph Lindeman (1989-1991); Mark Stanforth (1992-present).
WOMEN'S COACHES: Maj Vik Hackley (1976); Capt Jim Scott (1977-1978); Maj/Lt Col Ernie Cunliffe (1979-1984); Capt Gus Schalkham (1985-86); Capt Mark Sperre (1987-88); Capt Gail Conway (1989-1991); Mark Stanforth (1992-present)

ALL-CONFERENCE HONORS



CONFERENCE CHAMPIONS

Chris Nelson1990, 1991
Eric Mack1995

ALL-CONFERENCE HONOREES

Chris Nelson1988, 1990, 1991
Dave Fresella1989
Chris Juarez1991
Phil Swenson1992, 1993
Nick MacFalls1994
Eric Mack1994, 1995
Cliff Volpe1994
Andrew Marx1995, 1996
Zach Smith1996, 1997
Jim Nelson1998



ALL-CONFERENCE HONOREES

FIRST-TEAM

Jim Nelson1999
Ben Payne2001, 2003
David Romero2001
Brian Dumm2003
Mark Walter2003
Nick Wilson2005

ALL-CONFERENCE HONOREES

SECOND-TEAM

Joe Monaco1999
Ryan O'Hara1999
Rachel Smith1999
Ben Payne2000, 2002
Chris Acs2000, 2001, 2003
Brian Carpenter2001
Abe Wengel2002, 2003, 2004
Brian Dumm2004
Mark Walter2004
Nick Wilson2003, 2004
Kelly Robinson2004
Nicole Graham2005



NICOLE GRAHAM
(Class of 2006)

Posted the best finish ever for an AFA woman at the conference meet (eighth). She also went on to collect NCAA all-region honors.



ERIC MACK
(Class of 1996)

Captured the Falcons' third individual WAC title in 1995 with a time of 24:38. That same year, he placed third at the NCAA meet.



CHRIS NELSON
(Class of 1992)

Captured the WAC individual crown during the 1990 and 1991 seasons. He is one of Air Force's two multi-year All-Americans.



JIM NELSON
(Class of 2000)

Was the Falcons' first MWC all-conference first-team selection in 1999. He also earned all-conference honors from the WAC in 1998.



BRANDESS PARDUE
(Class of 2004)

Became just the third woman to finish within the top-20 of the MWC in 2001. She also earned all-region honors in 2001 and 2002.



BEN PAYNE
(Class of 2004)

Is the only Falcon to earn four consecutive all-conference honors (first-team in 2001, 2003 and second-team in 2000, 2002).



KELLY ROBINSON
(Class of 2008)

Became the program's second female all-conference honoree, after placing 13th at the 2004 championships.



DAVID ROMERO
(Class of 2002)

Was a first-team all-conference selection in 2001. He also earned all-region honors that year after a fifth-place finish at regionals.



RACHEL SMITH
(Class of 2000)

Was the first member of the women's team to garner all-conference honors after collecting an 11th-place finish at the 1999 meet.



NICK WILSON
(Class of 2006)

Finished second at the 2005 conference meet to claim his third all-conference honor. He also earned Academic All-America honors.

MEN'S NCAA HISTORY

1959 (9th Place)

John Fer, 32nd (20:00.2)
James Bilello, 39th (22:14)
Joe Mandel, 59th (22:36.5)
Dave Carlstrom, 66th (22:46.5)
Austin Wedemeyer, 67th (22:47)
Will Holbrow, 98th (24:09)
Roy Stafford, 100th (24:13)

1960 (7th Place)

David Carlstrom, 33rd (21:00)
John Fer, 39th (21:04)
Tom Cardoza, 57th (21:31)
Austin Wedemeyer, 58th (21:35)
Dick Parker, 60th (21:42)
Joe Mandel, 68th (22:10)
Will Holbrow, 87th (23:03)

1961 (10th Place)

John Fer, 39th (21:09)
Tom Cardoza, 60th (21:31)
Austin Wedemeyer, 68th (21:37)
Dick Parker, 81st (21:59)
Will Holbrow (place/time n/a)

1964 (10th Place)

Jim Murphy, 3rd (20:17.5)***
Bob Foley, 42nd (21:11.1)
Dave Brown, 82nd (21:37.1)

1967 (2nd Place)

Mike Ryan, 3rd (31:06)***
Terry Gruters, 14th (32:15)***
Greg Wright, 33rd (32:58)
Howard Parriss, 41st (33:12)
Roy Almeida, 53rd (33:39.5)
Doug Everett, 64th (34:08)
Tim Mason, 67th (34:17)

1968 (22nd Place)

Mike Ryan, 1st (29:16.8)***
John Jones, 208th (34:16)

1969

Mike Ryan, 2nd (29:01)***
John Jones, 102nd (31:43)

1970

John Jones, 96th (29:48)
Dennis Sbach, 98th (29:50)

1971 (23rd Place)

Dennis Sbach, 23rd (30:21)***
Jim Koster, 95th (31:21)
David Daley, 206th (32:40)
Ernie Maravilla, 237th (33:11)
Howard Frank, 248th (33:30)
Richard Lower, 263rd (34:11)
William Miller, 264th (34:14)

1973

Jim Koster, 26th (29:17.6)***

1980

Bret Hyde, 169th (31:37.6)

1981 (22nd Place)

Dan Rooney, 69th (times n/a)
Andy Ferguson, 71st (times n/a)
Brian Maas, 82nd (times n/a)
Mike Kubitschek, 112th (times n/a)
Gary Droze, 123rd (times n/a)
Bob Langstaff, 144th (times n/a)
Blake Pierson, 153rd (times n/a)

1990

Chris Nelson, 29th (30:05)***

1991 (14th Place)

Chris Nelson, 20th (31:02.2)***
Chris Juarez, 68th (32:03.3)
Phil Swenson, 72nd (32:05.9)
Chris Lindhorst, 113th (32:45.7)
Eli Ricca, 137th (33:14.3)
Nick MacFalls, 149th (33:39.7)
Peter Ohotnicky, 164th (34:25.8)

1993

Phil Swenson, 28th (30:29.7)***

1994

Eric Mack, 67th (31:52.8)

1995

Eric Mack, 3rd (30:46)***

1996

Andrew Marx, 171st (36:29)

2000 (16th Place)

Albert Kelly, 85th (31:38)
Chris Acs, 91st (31:40)
Joe Monaco, 103rd (31:46)
Zach Richter, 145th (32:08)
David Romero, 167th (32:18)
Ben Payne, 173rd (32:20)
Shane Rogers, 219th (32:57)

2001 (26th Place)

David Romero, 75th (30:42)
Chris Acs, 121st (31:11)
Al Kelly, 144th (31:27)
Ben Payne, 190th (31:57)
Brian Carpenter, 221st (32:39)
Brian Dumm, 242nd (33:44)
Jim Blech, 229th (32:57)

2003 (8th place)

Chris Acs, 36th (30:21.8)
Brian Dumm, 58th (30:39.1)
Ben Payne, 62nd (30:42.9)
Mark Walter, 80th (30:52.8)
Abe Wengel, 94th (31:01.6)
Jeff Gosselin, 98th (31:03.6)
Kalib Wilkinson, 142nd (31:30.3)

2004 (14th place)

Brian Dumm, 57th (32:26)
Jeff Gosselin, 61st (32:27)
Nick Wilson, 85th (32:44)
Abe Wengel, 89th (32:48)
Matt Hellier, 90th (32:49)
Mark Walter, 124th (33:14)
Kalib Wilkinson, 167th (33:50)

*** All-American

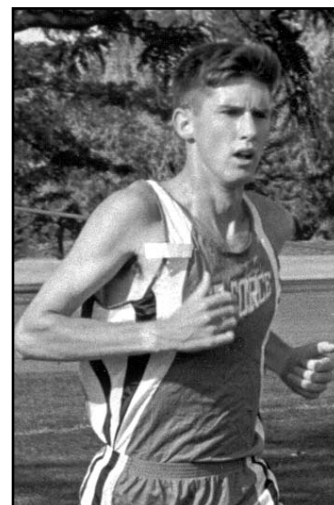
NCAA HIGHLIGHTS

1959 NCAA Div. I9th place
1960 NCAA Div. I7th place
1961 NCAA Div. I10th place
1964 NCAA Div. I10th place
1967 NCAA Div. I2nd place
1968 NCAA Div. I22nd place
1968 NCAA Div. I*Mike Ryan is national champion*
1971 NCAA Div. I23rd place
1981 NCAA Div. I22nd place
1991 NCAA Div. I14th place
1995 NCAA Div. I*Eric Mack is top American finisher*
2000 NCAA Div. I16th place
2001 NCAA Div. I26th place
2003 NCAA Div. I8th place
2004 NCAA Div. I14th place

DID YOU KNOW?

Mike Ryan became the Academy's first national cross country champion in 1968, finishing first at the NCAA Div. I National Championships, with a time of 29:16.8.

Eric Mack (below) was the top American finisher at the 1995 national championships. His third-place finish overall is the Falcons' best finish since Mike Ryan finished second at the 1969 meet.



WOMEN'S AIAW AND NCAA HISTORY

AIAW HIGHLIGHTS

1979 AIAWNational Champion
 1980 AIAW3rd place
 1981 AIAWNational Runner-Up

NCAA HIGHLIGHTS

1988 NCAA Div. IINational Runner-up
 1989 NCAA Div. IINational Runner-up
 1990 NCAA Div. IINational Runner-up
Callie Calhoun is national champion
 1992 NCAA Div. II6th place
 1995 NCAA Div. II6th place
 2001 NCAA Div. IOne Individual

DID YOU KNOW?

The Falcons had at least four All-Americans during each of the 1988, 1989 and 1990 seasons. During that three-year span, seven different athletes recorded the honor on 13 occasions.

Callie Calhoun (below) became the Academy's first female national cross country champion in 1990, finishing first at the NCAA Div. II National Championships, with a time of 16:56.6.



1979 (1st Place)AIAW
 Rita Burr, 7th (17:49.0)***
 Anne Weber, 10th (17:57.4)***
 Theresa Hanrahan, 18th (18:16.3)
 Tanya Senz, 19th (18:17.4)
 Dana Lindsley, 43rd (18:46.4)

1980 (3rd Place)AIAW
 Rita Burr, 13th (18:38.4)***
 Annetta Weber, 24th (18:58)
 Gay Weaver, 31st (19:03)
 Margaret Waszkiewicz, 48th (19:15)
 Joy Meyen, 80th (19:35)

1981 (2nd Place)AIAW
 Kim Sheridan, 9th (times n/a)***
 Rita Burr, 13th (times n/a)***
 Lisa Yoha, 17th (times n/a)***
 Annetta Weber, 22nd (times n/a)***

1982 (6th Place)NCAA DIV. II
 Rita Burr, 25th (22:14.5)***
 Dana Lindsley, 32nd (22:22.5)
 Jean Garvin, 37th (22:26.6)
 Joy Meyen, 48th (22:36.1)
 Laureli Mazik, 73rd (23:46.8)
 Shelly Ginder, 79th (24:21.1)
 Lisa Yoha, 81st (24:27.6)

1983 (8th Place)NCAA DIV. II
 Gail Conway, 31st (18:22)
 Princess Harrison, 39th (18:40)
 Joy Meyen, 47th (18:51)
 Shelly Ginder, 50th (18:53)
 Laureli Mazik, 63rd (19:10)
 Theresa Hanrahan, 69th (19:28)
 Jean Garvin, 73rd (19:37)

1984NCAA DIV. II
 Laureli Mazik (place/time n/a)
 Princess Harrison (place/time n/a)

1986 (9th Place)NCAA DIV. II
 Jill Wood, 7th (17:27)***
 Brenda Pippel, 38th (18:23)
 Rebecca Sivacek, 44th (18:33)
 Brenda Lewis, 81st (19:46)
 Sherry Teague, 84th (19:50)
 Marcy Houston, 85th (19:52)
 Jeanette Howard, 97th (21:36)

1987NCAA DIV. II
 Shannen Karpel, 23rd (times n/a)***
 Jill Wood, 30th (times n/a)
 Amy Reecy, 44th (times n/a)
 Callie Calhoun, 73rd (times n/a)
 Rebecca Sivacek, 76th (times n/a)
 Kristi Swain, 77th (times n/a)
 Jeanette Howard, 87th (times n/a)

1988 (2nd Place)NCAA DIV. II
 Jill Wood, 2nd (17:05.3)***
 Kelly Kirkpatrick, 4th (17:20.1)***
 Callie Calhoun, 11th (17:56.5)***

1988, cont.NCAA DIV. II
 Shannen Karpel, 20th (18:09.2)***
 Suzanne Henke, 21st (18:10.4)***
 Amy Reecy, 28th (18:18.3)
 Brenda Pippel, 39th (18:28.7)

1989 (2nd Place)NCAA DIV. II
 Jill Wood, 2nd (17:20.7)***
 Callie Calhoun, 5th (17:43.4)***
 Shannen Karpel, 10th (18:02.7)***
 Cindy Craig, 24th (18:26.2)***
 Suzanne Henke, 44th (18:52.1)
 Brenda Pippel, 49th (18:58.4)
 Amy Reecy, 91st (21:30.8)

1990 (2nd Place)NCAA DIV. II
 Callie Calhoun, 1st (16:56.6)***
 Shannen Karpel, 2nd (17:14.4)***
 Amy Reecy, 8th (17:30.7)***
 Suzanne Henke, 18th (17:46.2)***
 Kelly Kirkpatrick, 49th (18:45)
 Jennifer Atcheley, 58th (19:06)
 Jennifer Elsing, 61st (19:13.9)

1992 (6th Place)NCAA DIV. II
 Jennifer Kornacker, 23rd (19:44)***
 Sara Whittingham, 38th (20:09)
 Renae Bartolone, 45th (20:19)
 Dolly Patel, 47th (20:25)
 Eve Burke, 49th (20:28)
 Jennifer Robinson, 51st (20:32)
 Rita Perez, 60th (20:47)

1993 (11th Place)NCAA DIV. II
 Jennifer Robinson, 44th (19:25)
 Jennifer Kornacker, 60th (19:40)
 Dolly Patel, 63rd (19:41)
 Sierra Gould, 70th (19:51)
 Renae Bartolone, 78th (20:01)
 Sara Whittingham, 81st (20:06)
 Sandra Acosta, 98th (20:34)

1994 (14th Place)NCAA DIV. II
 Michelle Truesdale, 25th (18:48)***
 Sierra Gould, 67th (19:40)
 Renae Bartolone, 68th (19:41)
 Sara Whittingham, 72nd (19:45)
 Dolly Patel, 75th (19:46.2)
 Rita Perez, 104th (20:26)
 Eve Burke, 111th (20:39)

1995 (6th Place)NCAA DIV. II
 Michelle Truesdale, 13th (17:45)***
 Dolly Patel, 17th (17:52)***
 Sara Whittingham, 38th (18:27)
 Sierra Gould, 67th (19:01)
 Rita Perez, 83rd (19:15)
 Irene Hobbs, 98th (19:35)
 Sharon Rohde, 100th (19:36)

2001NCAA DIV. I
 Brandess Pardue, 223rd (23:38)

*** All-American

ALL-TIME LETTERWINNERS

AAA	DDD	Hobbs, Irene (1999)95
Acosta, Sandra (1995)	D'Amato, Anthony (2006)	Hoglund, David L. (1974)72-73
Acs, Chris (2004)	Daley, David K. (1974)	Holbrow, Willmore F. (1962)61
Alexander, Lynn (1998)	Dawson, Cindy (2005)	Hook, Blane A. (1981)79-80
Allen, Matt (1999)	Deboni, Craig (1989)	Horton, Tracy R. (1983)81-82
Almeida, Roy J. (1970)	Denaro, Tracy (2003)	Houseworth, Sean (2009)05
Anzai, Alan K. (1988)	Dorsey-Spitz, Jenna (2007)	Houston, Marcy (1987)86
Aspden, Vivien (2006)	Dremann, Christopher C. (1981)	Hyams, Jessica (1999)96
Atchley, Jennifer (1994)	Droze, Gary A. (1983)	Hyde, Bret A. (1981)77-78-79-80
Atkins, Christine (1992)	Dullack, Kathryn M. (1995)	III	
BBB	Dumm, Brian (2005)	Illig, Jamie (2009)05
Babcock, Alan E. (1981)	EEE	JJJ	
Ballas, Elissa (2003)	Elmore, Richard (2007)	Jastrebski, Sema (1996)92
Ballato, Josie A. (1981)	Elsing, Jennifer (1992)	Johnson, Heather (2000)96-97-98-99
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Blackmar, John C. (1965)	Feth, Karl E. (1990)	Kelchner, Bryan L. (1981)79-80
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Brock, Larry (1989)	Frash, Margaret (2007)	Koster, James F. (1974)71-73
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Brown, David E. (1965)	Fry, Stephanie (2003)	LLL	
Bunton, Clark J. (1969)	Fuller, Robert R. (1963)	LaMont, Perry W. (1981)79-80
Burden, Debra S. (1982)	GGG	Langstaff, Robert L. (1984)81-82
Burgess, Barb (1986)	Gallo, Jon A. (1959)	Lentz, Daniel P. (1978)75-76-77
Burke, Eve (1995)	Garduno, Caesar (1989)	Lewis, Brenda (1987)85-86
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Cardoza, Thomas (1963)	Golding, Dawn (2000)	Lostetter, Vincent (1989)85-86-87-88
Carlstrom, David (1961)	Gosselin, Jeff (2006)	MMM	
Carpenter, Brian (2002)	Gould, Sierra (1997)	Maas, Brian D. (1983)80-81-82
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Culbertson, Trey (Fred) (1992)	Hendrick, Kenneth D. (1978)	Mazik, Laureli I. (1985)82-83-84
Culp, Ashley (2007)	Henke, Suzanne (1991)	McCafferty, Michael (1989)85
Cummings, Mark E. (1980)	Herner, Marcy (2002)	McCarthy, Amy Ellen (1982)78-79

ALL-TIME LETTERWINNERS

McCormick, Ed (1994)92	Robinson, Kelly (2008)04-05	Weber, Annetta (1982)78-79-80-81
McKinney, David (1979)76-77-78	Rogers, Shane (2001)	[96]-99	Wedemeyer, Austin (1962)59-60-61
McPherson, Kelly (2004)00-01-02-03	Rohde, Sharon (1999)95-97	Wenckus, Dalia (2001)97-98-99
Meehan, Andrew (1996)94-95	Rojas, Daniel (1984)82	Wengel, Abe (2005)01-02-03-04
Mendonca, Michael R. (1983)82	Romero, David (2002)99-00-01	Westbrook, Landon L. (1973)70
Messerli, Paul (1994)92	Rooney, Daniel L. (1982)79	Wetterer, Michael T. (1969)67
Meyen, Joy R. (1984)80-81-82	Rooney, David L. (1982)79-80-81	Wharton, James (1990)85-86-87
Miller, William H. (1973)71	Rossi, Frank (1986)83-84-85	Whitlock, Timothy S. (1972)70
Miseyadis, Christy (1997)93	Rupel, Patrick E. (1975)73-74	Whittingham, Sara (1996)92-93-94-95
Mitchell, Katie (2000)96	Rupp, Jon Andrew (1988)85-86-87	Wiley, Janet S. (1981)77-78-79-80
Mizell, John (1996)93-94-95	Ryan, Michael B. (1970)67-68-69	Wilkinson, Kalib (2006)02-03-04
Moenster, Todd (1999)96-97-98	SSS		Williams, Matt (2009)05
Monaco, Joe (2001)98-99-00	Sammons, Ronald C. (1965)62-63	Wilson, John F. (1964)61
Moore, Kathy (1997)94-96	Sbach, Dennis M. (1972)69-70-71	Wilson, Nick (2006)02-03-04-05
Moore, Lewis T.E. (1966)64-65	Scari, Bob (1981)81	Wimmer, Amy (1983)79-80-81-82
Morales, Bert (1987)85-86	Schell, Steve (1999)95	Wood, Jill R. (1990)86-87-88-89
Morgan, Tom (1989)85	Schwaller, Eric (1986)84-85	Woodward, Will (1998)96-97
Mostoller, Luke (2003-DNG)01	Schwartz, Chris (1989)86	Wooten, David J. (1991)87
Mueller, Amy B. (1984)81-82-83	Schwartz, Terese (1986)83-85-86	Worley, Greg (1989)85-86-87
Murphy, James M. (1966)63-64	Senz, Tanya (1980)77-79	Wright, Gregory L. (1969)66-67
NNN		Sersun, Douglas (1991)87-88-89-90	YYY	
Nay, Jake (1999)95	Shanahan, Patrick (2000)98-99	Yoha, Lisa A. (1983)81-82
Nelson, Chris (1992)88-89-90-91	Sheppard, Gary M. (1977)75-76	Young, Jennifer (1998)95-96-97
Nelson, Jim (2000)96-97-98-99	Sheridan, Kim (1985)81		
Nesbitt, Amy (1999)96	Sidor, Stacy (1988)86		
Ness, Stan (1995)94	Sivacek, Rebecca (1990)86-87		
Nichols, Tobias (1977)74-75	Smith, Glory (2002)98		
OOO		Smith, Michael B. (1980)78-79		
O'Cain, Bruce (1989)85	Smith, Rachel (2000)96-97-98-99		
O'Hara, Ryan (2000)98-99	Smith, Zach (1998)95-96-97		
O'Neill, Grace (1994)93	Snyder, Ashley (2007)03-04		
Ohotnicky, Pete (1992)90-91	Souza, David (1992)90		
Overall, Jesse IV (1965)62-63-64	Sowell, Michael T. (1985)82		
Owens, Billiana (1988)86-87	Speed, Alexander (2002)	[96-97]		
PPP		Stephens, Sandi (1987)85-86		
Packett, Mitchell G. (1983)82	Stephens, Vince M. (1977)74		
Page, Brooke (2000)97	Stevens, Mark (1999)96-97-98		
Papenberg, Kate (2008)05	Stratton, Bradley A. (1978)74		
Pardue, Brandess (2004)00-01-02-03	Stratton, Todd (1994)93		
Parker, Brian T. (1959)57	Swain, Kristine (1991)87-90		
Parker, Richard C. (1962)60-61	Swenson, Phil (1994)90-91-92-93		
Parriss, Howard L. Jr. (1969)67-68	TTT			
Patel, Dolly (1996)92-93-94-95	Takash, Emi (1980)76		
Patterson, Travis (2006)04-05	Taute, Rudy (2003)01-02		
Paulson, Tony (1999)97-98	Taylor, Jean (2004)00-01-02		
Payne, Ben (2004)00-01-02-03	Teague, Sherry (1990)86-87-88-89		
Perez, Rita (1996)92-93-94-95	Testa, Micky (1987)84-85		
Pierson, Blake A. (1982)79-80-81	Tibbitts, Jean (1989)86		
Pinchak, Andrea (2006)02-03-04-05	Trichler, Kristin (2008)04		
Pippel, Brenda (1990)86-88-89	Truesdale, Michelle (1998-DNG)94-95		
Pozun, Danielle (2009)05	Turner, Eva (1980)76		
Puhek, Gary (1989)85-86-87-88	UUU			
Puhek, Peter P. (1983)82	Uhler, Mary (2005)01		
RRR		VVV			
Radtke, Steve (1998)94-95-96-97	Van Wyngaarden, Josh (2008)05		
Reecy, Amy (1991)87-88-89-90	Verboncoeur, V. (1990)85-86-87		
Regan, Laura (1994)90	Vincent, Cynthia (2003)99		
Reichel, Rhonda K. (1991)89	Vincent, Todd M. (1991)87		
Rhoades, Nancy A. (1981)77	Volpe, Clifton P. (1995)91-92-93-94		
Ricca, Eli (1993)89-90-91-92	WWW			
Richter, Zach (2002)99	Walter, Mark (2006)02-03-04-05		
Roberdeau, Chris (1999)97-98	Waszkiewicz, M. (1983)79-80-81-82		
Roberson, Nichole R. (1995)91	Weaver, Gay (1984)80		
Robinson, Jennifer (1994)91-92-93	Webb, Steven G. (1980)79		

Brackets [] indicates church mission
DNG = Did not graduate



The newest conference in the nation has quickly emerged as one of the best. The Mountain West Conference, which officially commenced operation on July 1, 1999, sent three football teams to bowl games and won a national championship (women's cross country) in its first year.

The MWC was conceived on May 26, 1998, when eight teams announced they were breaking away from the Western Athletic Conference. Those teams -- Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming -- brought immediate credibility to their new league.

From a team perspective, when the eight schools splintered off and created the MWC, they took the backbone of the WAC with them. Half were charter members of the WAC when it was founded in 1962: Utah, BYU, New Mexico and Wyoming. Colorado State (1968) and San Diego State (1978) both competed as WAC members for at least two decades, while Air Force (1980) was also a longstanding member. Only UNLV, which joined the WAC during its expansion in 1996, was a relative newcomer.

The league's newest member, TCU, joined the Mountain West Conference prior to the 2005 season.

The split from the former 16-team WAC signaled the end to an unwieldy nine-state, five-time zone conference. However, the Mountain West Conference has maintained its geographical diversity.

Some of the most beautiful geography in the nation can be found within Mountain West Conference boundaries, including the unparalleled Rocky Mountain range, which borders four MWC schools (Utah, BYU, Air Force and Colorado State). The high plains of Wyoming (elevation 7,000 feet) contrast with the desert city of Las Vegas (the fastest growing metropolitan area in the West), the balmy weather and Pacific Ocean locale of San Diego State and the southwestern flavor of New Mexico.

The Mountain West Conference office is located in Colorado Springs, Colo., and is under the guidance of commissioner Craig Thompson.

MOUNTAIN WEST CONFERENCE CHAMPIONSHIPS

MEN'S CHAMPIONSHIP HISTORY

<u>Year</u>	<u>Champion (Team/Individual)</u>	<u>AF</u>
1999	BYU (John Hedengren, BYU)	2nd
2000	BYU (Bryan Berryhill, CSU)	3rd
2001	BYU (Teren Jameson, Utah)	2nd
2002	BYU (Kip Kangogo, BYU)	4th
2003	Air Force (Kip Kangogo, BYU)	1st
2004	BYU (Shadrack Biwott, UNM)	2nd
2006	BYU (Josh Rohatinsky, BYU)	3rd

WOMEN'S CHAMPIONSHIP HISTORY

<u>Year</u>	<u>Champion (Team/Individual)</u>	<u>AF</u>
1999	BYU (Elizabeth Jackson, BYU)	3rd
2000	BYU (Lindsey Thomsen, BYU)	3rd
2001	BYU (Tara Northcutt, BYU)	3rd
2002	BYU (Kassi Anderson, BYU)	3rd
2003	BYU (Michaela Mannova, BYU)	3rd
2004	BYU (Laura Turner, BYU)	5th
2005	BYU (Heidi Magill, BYU)	6th

AIR FORCE WINS 2003 MWC CHAMPIONSHIP

In 2003, the Air Force men's cross country team ended the BYU stranglehold over the Mountain West Conference championships, winning the first MWC title in Academy history.

Air Force (37 points) edged out the defending champion Cougars by four points, on Nov. 1, in Albuquerque, N.M.

The Falcons, who saw all five scoring runners finish within the top 12, were paced by senior Ben Payne, who finished second with a time of 24:31.

Brian Dumm (fifth place at 24:52) and Mark Walter (seventh place at 25:02) joined Payne on the all-conference first team, while Abe Wengel (11th at 25:16), Chris Acs (12th at 25:21) and Nick Wilson (14th at 25:38) were named to the second team.

The Falcons' title marked the only time since the inception of the Mountain West Conference that BYU hadn't won the conference title, as the Cougars now hold five of the six men's titles and all six of the women's championships.

MOUNTAIN WEST CONFERENCE

15455 Gleneagle Drive, Suite 200 - Colorado Springs, CO 80921
 Cross Country Contact: Marlon Edge - (719) 488-4052 - medge@theMWC.com

2006 CHAMPIONSHIP INFORMATION

The University of Utah will host the 2006 Mountain West Conference Men's and Women's Cross Country Championships on Oct. 28 at the Rose Park Golf Course.



THE ACADEMY EXPERIENCE

The U.S. Air Force Academy offers a four-year program of instruction and experience designed to provide cadets the knowledge and character essential for leadership, and the motivation to serve as Air Force career officers. Each cadet graduates with a bachelor of science degree and a commission as a second lieutenant in the Air Force.

COURSE OF STUDY

Cadets are exposed to a balanced curriculum that provides a general and professional foundation essential to a career Air Force officer. Special needs of future Air Force officers are met by professionally oriented courses, including human physiology, computer science, economics, military history, astronautics, law and political science.

The core curriculum includes courses in science, engineering, social sciences and humanities. Cadets take additional elective courses to complete requirements for one of 25 major areas of study. About 60 percent of the cadets complete majors in science and engineering; the other 40 percent graduate in the social sciences and humanities. Some of the most popular majors include management, astronautical engineering, international affairs and political science, history, behavioral science, civil engineering, aeronautical engineering, electrical engineering and engineering mechanics.

FACULTY COMPOSITION

The majority of the Academy's nearly 600 faculty members are Air Force officers. They are selected primarily from career-officer volunteers who have established outstanding records of performance and dedication. Each has at least a master's degree and more than 35 percent have doctorates.

In addition to imparting knowledge, each faculty member must assist with the development of character and qualities of leadership essential to future Air Force career officers and the motivation of service to country. To provide greater contributions by a diverse faculty, the Academy has sev-

eral distinguished civilian professors and associate professors who serve one or more years. Officers from other services are members of the faculty as well, and a small number of officers from allied countries teach in the foreign language, history and political science departments. Distinguished civilian and military lecturers also share their expertise with the cadets during the academic year.

ATHLETIC PROGRAM

The Academy's athletic program is designed to improve physical fitness, teach athletic skills and develop leadership qualities. To achieve its goals, the Academy offers some of the most extensive physical education, intramural sports and intercollegiate athletic programs in the nation. Cadets take at least three different physical education courses each year.

MILITARY EDUCATION AND TRAINING

An aerospace-oriented military education, training and leadership program begins with basic cadet training and continues throughout the four years. Seniors are responsible for the leadership of the cadet wing, while juniors and sophomores perform lower-level leadership and instructional tasks. Cadets are projected into as many active leadership roles as possible to prepare them to be effective Air Force officers.

Fundamental concepts of military organization -- drill, ethics, honor, Air Force heritage and physical training -- are emphasized the first summer during basic cadet training. Freshmen then study the military role in U.S. society as well as the mission and organization of the Air Force. Sophomores receive instruction in communicative skills, and juniors study the combat and operational aspects of the Air Force. Military studies for the senior class focus on military thought.

The Academy offers courses in flying, navigation, soaring and parachuting, building from basic skills to instructor duties.

Cadets may fly light aircraft with the Cadet Flying Team. Those not qualified for flight training must enroll in a basic aviation course. Astronomy and advanced navigation courses also are available. Students bound for pilot training enroll in the flight screening program at the Academy and fly the DA-20 Katana aircraft.

Summer training for cadets is divided into three, three-week training periods. There are a variety of programs available, and each cadet is required to complete two training periods each summer with leave during the other. All new cadets take six weeks of basic cadet training in their first summer.

Combat survival training is a required three-week program during cadets' second summer. For other second-summer training periods, cadets have options such as working with young airmen in an operational unit at an Air Force installation, airborne parachute training, soaring or basic free-fall parachute training.

During their last two summers, all cadets are offered leadership training as supervisors or instructors in summer programs, such as basic cadet training, survival training, freefall parachuting and soaring.

Extracurricular activities also are an integral part of the education program. The cadet ski club, drum and bugle corps, cadet chorale and forensics are a few of the programs available.

NOMINATIONS

Nominations to the Academy may be obtained through a congressional sponsor or by meeting eligibility criteria in other categories of competition established by law. For information on admission procedures, write to HQ USAFA/RRS; 2304 Cadet Drive, Suite 200; USAF Academy, CO 80840-5025.

HISTORY -- In 1948, a board of leading civilian and military educators was appointed to plan the curriculum for an academy that would meet the needs of the newly established Air Force. The board determined that Air Force requirements could not be met by expanding the other service academies and recommended an Air Force academy be established without delay.

In 1949, then Secretary of the Air Force W. Stuart Symington appointed a commission to assist in selecting a site and on April 1, 1954, President Dwight D. Eisenhower authorized creation of the United States Air Force Academy. After considering 580 sites in 45 states, the commission narrowed the choice to three locations. The summer of 1954, Secretary of the Air Force Harold Talbott selected a site near Colorado Springs, Colo. Colorado contributed \$1 million toward purchase of the property.

In July 1955, the first academy class entered interim facilities at Lowry Air Force Base, Denver, while construction began. It was sufficiently completed for occupancy by the cadet wing in late August 1958. Initial construction cost was \$142 million.

Women entered the academy on June 28, 1976, as members of the class of 1980.



SENIOR LEADERSHIP



Lieutenant General John F. Regni is superintendent of the U.S. Air Force Academy, Colorado Springs, Colo. He directs a four-year academic, military training, athletic and character development program leading to a bachelor's degree and commission as an Air Force officer.

The general was commissioned in the Air Force following graduation from the U.S. Air Force Academy in 1973. His career has encompassed a wide range of personnel, training and command assignments, and he has served at base, numbered air force, major command, Air Staff and joint unified command levels. Prior to his stint at the Academy, he served as Commander, Air University, Maxwell Air Force Base, Ala.

The general's military awards and decorations include the Distinguished Service Medal with oak leaf cluster, Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal with silver oak leaf cluster and Air Force Commendation Medal.

U.S. AIR FORCE ACADEMY SENIOR STAFF



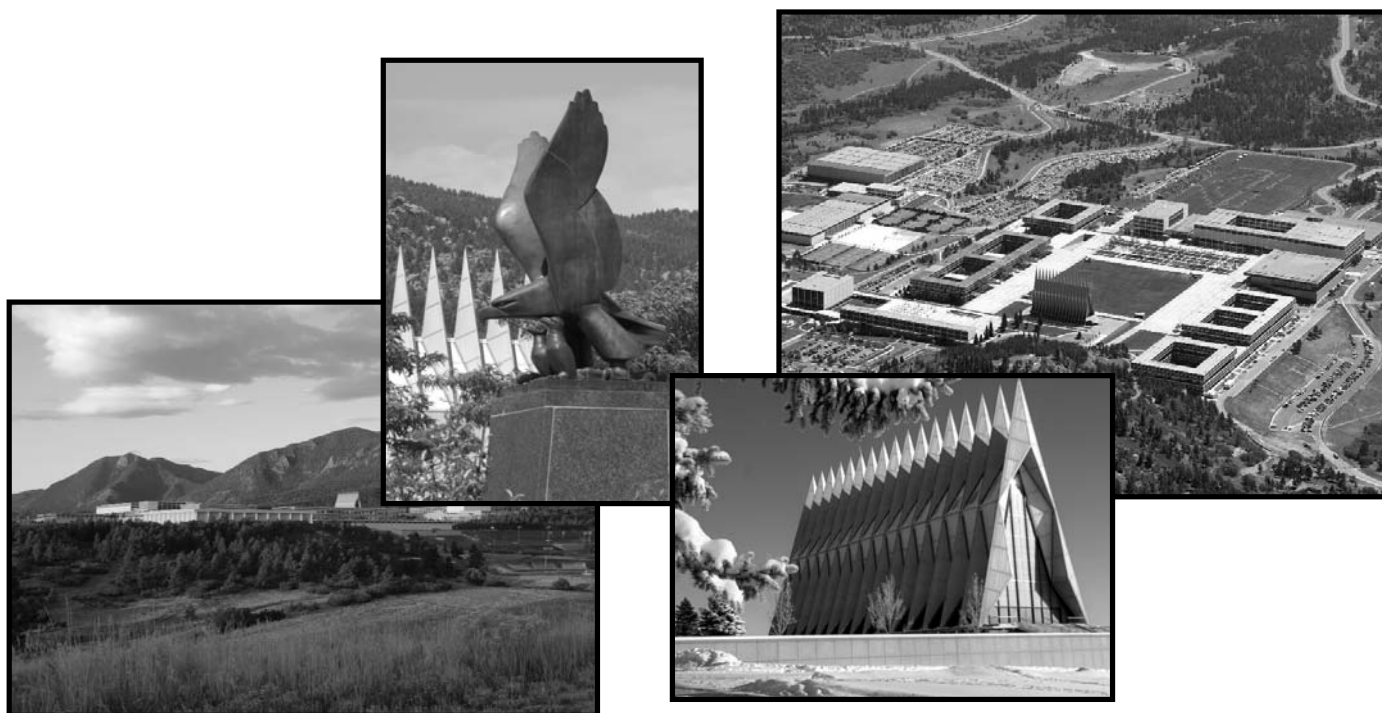
Vice Superintendent
Maj. General
Irving L. Halter, Jr.



Commandant of Cadets
Brig. General
Susan Y. Desjardins



Dean of Faculty
Brig. General
Dana H. Born



AIR FORCE ATHLETICS



Dr. Hans J. Mueh is in his third year as the director of athletics at the Air Force Academy. A retired Air Force brigadier general, Mueh was vice dean of faculty for two years prior to his retirement in the summer of 2004. In addition, he was the Academy's faculty athletics representative from 1996-2004.

Before assuming his duties as vice dean, Mueh was permanent professor and head of the department of chemistry at the Academy, a position he held since October 1987 where he oversaw the annual design and instruction of 25 undergraduate courses for 1,500 cadets annually.

Mueh was born Jan. 8, 1944, in Celle, Germany, and emigrated to the United States in 1951. He entered the Air Force in 1962 as a member of the Academy's eighth graduating class, and he graduated with a bachelor of science degree in chemistry in 1966. While at the Academy, Mueh was a two-year letterwinner in soccer as a goalie. He still holds the Academy record for saves in a game with 30, accomplishing it twice in 1965 against North Carolina and Benedictine. In his junior and senior years, Mueh helped the Falcons to the Rocky Mountain Intercollegiate Soccer League championship and quarterfinal berths in the NCAA tournament.

Following graduation, Mueh completed two assignments in intelligence before attending the University of Wisconsin where he earned his master's degree in chemistry in 1970. He later earned a doctorate degree in chemistry from Wisconsin in 1976 as a distinguished graduate. He has also completed Squadron Officer School, Air Command and Staff College and Air War College.

Between earning the two degrees, Mueh returned to the Academy as an instructor in the department of chemistry from 1970-72. He also served as assistant soccer coach and played semi-pro soccer with the Aurora Internationals in Denver during those two years, leading the Internationals to the Colorado state title in 1971. He volunteered for duty in Vietnam and served as an intelligence officer in Saigon, Republic of Vietnam and at Nakhon Phanom RTAB, Thailand, in 1972 and 1973.

After earning his doctorate degree, Mueh returned to the Academy in 1976 as an associate professor of chemistry. He remained at the Academy except for a stint in 1985-86 as the special assistant for technical matters at the Defense Intelligence Agency at the Pentagon.

In 1986, he assumed the position of acting head, department of chemistry, before being selected for his position of permanent professor and head of the department of chemistry in 1987. As faculty athletics representative, he was active in both the Western Athletic Conference and Mountain West Conference, and was the Academy's representative on the transition team to form the new MWC, the only faculty athletics representative on the team. He is currently the chairman of Region VII for the NCAA's Postgraduate Scholarship Committee, covering 119 schools, and has served in that capacity for five years. He competes in golf, racquetball, volleyball, handball and tennis, and has promoted Air Force Academy intercollegiate sports throughout his tenure, beginning with work as chairman of the hockey eligibility committee, officer representative to the men's golf team and five years as the officer representative to the football team.

Mueh is married to the former Sally Flax of Cincinnati, Ohio. They have three children: Kristine, Kurt and Deborah.



Vice Director of Athletics
Brad DeAustin



Senior Associate Athletic Director
Mike Saks



Assoc. AD/Programs
Col. Billy Walker



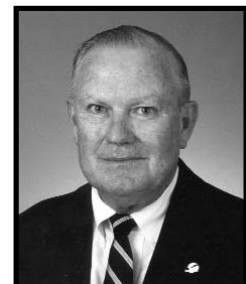
Assoc. AD/Intercollegiate Programs
Marti Gasser



Assoc. AD/Operations
Emily Chamberlin



Assoc. AD/Sports Medicine
Lt. Col. Bob Wishtschin



Assoc. AD/Recruiting Support
Jim Bowman

AIR FORCE ATHLETICS

Few schools in the country have an athletic program as extensive as the Air Force Academy's.

The goals of the athletic program are to enhance the physical conditioning of all cadets, to develop the physical skills necessary for officership, to teach leadership in a competitive environment and to build character. There are three subdivisions of the athletic program: intercollegiate athletics, intramurals and physical education.

The intercollegiate program has 17 men's and 10 women's NCAA-sanctioned teams, facing some of the top competition in the nation. Men's teams are football, baseball, basketball, ice hockey, cross-country, fencing, golf, gymnastics, indoor and outdoor track, lacrosse, rifle, soccer, swimming and diving, tennis, water polo and wrestling. The Academy fields women's teams in basketball, cross-country, fencing, gymnastics, rifle, indoor and outdoor track, swimming and diving, soccer, tennis and volleyball. In addition, the Academy sponsors two non-NCAA programs; boxing and cheerleading.

The majority of the Academy's men's and women's programs compete at the NCAA Division I level in the Mountain West Conference. The Falcons compete in this conference against teams from Brigham Young, New Mexico, Colorado State, San Diego State, TCU, Wyoming, Utah and UNLV. All sports also compete against non-conference opponents, including many nationally-ranked teams.

The football team competes annually for the Commander-in-Chief's Trophy, which is emblematic of service academy football supremacy. The Falcons have won the trophy 16 times, which is more than Army and Navy combined. The winner of the annual rivalry visits with White House to have the trophy presented by the President of the United States.

The USAFA Cadet Field House is one of the most impressive buildings in the country. It's a modern, versatile structure with seemingly endless uses. The \$5.6 million building is five stories high and 396 feet by 426 feet, the size of three football fields laid side by side. The structure is divided into three areas--basketball arena, ice hockey arena and multipurpose area. The three sections have a combined seating capacity of 11,000.

Clune Arena seats 5,939. The Cadet Ice Rink has a seating capacity of 2,502, while the multipurpose area seats 1,000 fans for track and field competitions.



Falcon Stadium open on Sept. 22, 1962. The stadium was originally built solely for football, but non-athletic events like the Academy's annual graduation ceremonies are also conducted there. The newest modification to the stadium was completed in the spring of 2006 with fieldturf. Falcon Stadium has a seating capacity of 46,551.