



Arizona Wildcat Cross Country Weekly Release - Oct. 10, 2012

GENERAL INFORMATION

Location Tucson, Ariz.
 Founded 1885
 Enrollment 40,200
 Conference Pac-12
 Affiliation NCAA Division I
 Colors Cardinal and Navy
 Nickname Wildcats

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2011 RECAP

M/W
 Pac-12 Finish 8th/5th
 NCAA West Regional Finish N/A/2nd
 NCAA Finish N/A/19th

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Wisconsin Adidas Invitational

University of Wisconsin - Thomas Zimmer Championship Cross Country Course

Oct. 12, 2012

(M) 12:40 p.m. CDT/(W) 12 p.m.

Madison, Wisc.

The Event: University of Arizona Wildcat No. 2 women's and men's cross country teams will compete in the Wisconsin Adidas Invitational on Friday, Oct. 12. The competition will be held at Thomas Zimmer Championship Cross Country Course. The men's 8,000-meter race will start at 12:40 p.m. CDT while the women's 6,000-meter race will begin at 12 p.m.

The Coverage: A complete recap and results will be available at ArizonaWildcats.com after the races.

The Field: Arizona will compete in arguably the most loaded field of any meet this year besides the NCAA Championships. The Wildcats will go up against Arizona State (M: NR, W: NR), Arkansas (M: 19), California (M: NR, W: NR), UCLA (M: 27, W: NR), Columbia (M: 17, W: 23), Georgia (M: 24, W: NR), Iona (M: 5, W: NR), Michigan (M: 25), New Mexico (M: 28, W: NR), Northern Arizona (M: 18, W: NR), Oklahoma (M: 4), Penn State (M: NR, W: 14), Princeton (M: 11, W: NR), Providence (M: NR, W: 28), Stanford (M: 8, W: 7), San Francisco (W: 20), Syracuse (M: 10, W: NR), Texas (M: 22), Vanderbilt (W: 12), Virginia (M: 29, W: NR), Washington (M: NR, W: 3), Wisconsin (M: 1, W: 29) and many others.

The Polls: In the USTFCCA national poll, the Arizona women sit at the No. 2 spot. They are joined by two other Pac-12 teams in the top five and four overall in the top 30. Washington fell two spots to No. 3, Oregon dropped one spot to No. 4, Stanford fell one spot to No. 7 and Colorado fell three spots to No. 18.

The Wildcat men are unranked in the national poll and they sit at No. 9 in the NCAA West Region poll. Four Pac-12 schools are in the national poll on the men's side. Colorado stayed at No. 7, Stanford moved up one spot to No. 8, Oregon climbed eight spots to No. 15 and UCLA moved up three spots to No. 27.

The Line Up: On the women's side, senior Elizabeth Apgar, senior Jen Bergman, sophomore Stephanie Bulder, junior Amanda Russell, junior Erin Menefee, sophomore Kate Penney, sophomore Clea Formaz, junior Elvin Kibet, junior Melanie McGrath and sophomore Molly Callahan will toe the line for Arizona. In 2011, the women's squad earned a third-place finish with Kibet leading way and taking a 12th-place finish. The women's team will look to continue this year's winning streak in Madison; they have earned first-place finishes in their last three meets.

For the men, sophomore Kenji Bierig, senior Stephen Sambu, senior Rory McLeod, sophomore Thomas Valente, freshman Nathan Kandie, sophomore Lawi Lalang, sophomore Sam Macaluso and sophomore Jonas Legernes will sport the Cardinal and Navy. In 2011, Lalang won the men's 8K race in 23:10.8, a course record.

Lalang Looking To Repeat: In 2011, Lalang turned in one of the most impressive seasons in collegiate history. Lalang managed to go undefeated in six races on the year.

CROSS COUNTRY SCHEDULE

Date	Event (Distance M/W)	Time (MST) M/W	Location
Sept. 1	George Kyte Classic (8/5K)	2:15/1:30 p.m.	Flagstaff, Ariz.
Sept. 14	Dave Murray Invit. (4.25miles/3.25 miles)	5/5:45 p.m.	Tucson, Ariz.
Sept. 29	Greater Louisville XC Classic (8/5K)	12:30/1:15 p.m.	Louisville, Ky.
Oct. 6	Grand Canyon Invit. (8/5K)	8/8:45 a.m.	Goodyear, Ariz.
Oct. 14	Wisconsin adidas Invit. (8/6K)	12:40/12 p.m.	Madison, Wisc.
Oct. 29	Pac-12 Championships (8/6K)	9/10 a.m.	Los Angeles, Calif.
Nov. 11	NCAA West Regionals (10/6K)	10 a.m.	Seattle, Wash.
Nov. 17	NCAA Championships (10/6K)	TBA	Louisville, Ky

*all times subject to change and local to site





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His average margin of victory was 22.5 seconds. At the NCAA Championships, Lalang took the lead after 4K and essentially ran the rest of the race by himself, winning with a 10K time 28:44.1, missing the course record by only three seconds. He was UA's first NCAA Cross Country Champion since Martin Keino in 1994, the third champion overall. Lalang won the Roy Griak and Wisconsin adidas Invationals, setting course records at both. He also set a course record at the Pac-12 Championship, claiming that crown as well. Lalang was named USTFCCCA West Region Athlete of the Year. He was also named the USTFCCCA National Men's Athlete of the Year, the Pac-12 Athlete of the Year and Pac-12 Newcomer of the Year.

On Tap: The Wildcats will log some miles this season with trips to compete at the Greater Louisville Cross Country Classic in Louisville, Ky., the Wisconsin adidas Invitational in Madison, Wisc., the NCAA West Regional Championships in Seattle, Wash., and they will return to Louisville for the NCAA Championships.

Returning to Action: Arizona welcomes back 17 women from the 2011 season while the men have nine returning letterwinners on this season's squad. Included in those returners are All-American Jen Bergman, 2011 Pac-12 and NCAA Champion Lawi Lalang and 2010 NCAA Championships runner-up Stephen Sambu.

Fresh Faces: Head coach James Li and assistant coach Maureen Huber have brought in five new men for the 2012 season.

A Look Back at 2011: The women's squad earned a fifth-place finish at the Pac-12 Championships, a runner-up finish at the NCAA West Regional Championships and a 19th-place finish at the NCAA Championships. On the men's side, the squad finished eighth at the Pac-12 Championships.

2012 ARIZONA CROSS COUNTRY ROSTER

Men				
Name	Ht.	Yr.	Exp.	Hometown (High School/Previous School)
Kenji Bierig	6-0	SO	1L	Spokane, Wash. (Lewis & Clark High School)
James Eichberger	5-9	RS JR	2L	Green Brae, Calif. (Catalina High School)
Cameron Foreman	5-6	RS FR	HS	Georgetown, Texas (Georgetown High School)
Dylan Hopper	5-10	SO	1L	Everett, Wash. (Cascade High School/Everett Community College)
Kevin Jani	6-3	RS JR	2L	Campbell, Calif. (Branham High School)
Nathan Kandie	5-4	FR	HS	Iten, Kenya (St. Patrick's)
Lawi Lalang	5-9	SO	1L	Eldoret, Kenya (Emining)
Jonas Legernes	5-9	FR	HS	Baerums Verk, Norway (Rudbeck)
Sam Macaluso	5-10	SO	1L	West Windsor, N.J. (West Windsor-Plainsboro South High School/Syracuse)
Rory McLeod	6-3	SR	3L	Santa Rosa, Calif. (Santa Rosa High School)
Michael Parkes	5-11	FR	HS	Poway, Calif. (Poway High School)
Stephen Sambu	5-8	SR	1L	Eldoret, Kenya (Biwott/Rend Lake College)
Dylan Souza	5-6	SO	1L	Tucson, Ariz. (Catalina Foothills High School)
Christopher Tansey	5-11	FR	HS	Poway, Calif. (Poway High School)
Braden Timpe	6-2	FR	HS	Enumclaw, Wash. (Enumclaw High School)
Thomas Valente	5-10	SO	1L	San Diego, Calif. (Cathedral Catholic High School)
Women				
Name	Ht.	Yr.	Exp.	Hometown (High School/Previous School)
Elizabeth Apgar	5-5	SR	3L	San Diego, Calif. (Abraham Lincoln High School)
Jen Bergman	5-3	SR	3L	San Jose, Calif. (Valley Christian High School)
Stephanie Bulder	5-6	SO	1L	Saugus, Calif. (Saugus High School)
Daylee Burr	5-6	SO	1L	Phoenix, Ariz. (St. Mary's High School)
Molly Callahan	5-3	RS FR	HS	Fairbanks, Ala. (West Valley High School)
Nicci Corbin	5-4	SO	1L	Rancho Santa Margarita, Calif. (Tesoro High School)
Clea Formaz	5-7	SO	1L	Pfaffikon, Switzerland (STV Pfaffikon-Freienbach)
Katherine Howard	5-4	SR	3L	Tucson, Ariz. (Ironwood Ridge High School)
Elvin Kibet	5-1	JR	2L	Eldoret, Kenya (Moi Girls High School)
Melanie McGrath	5-8	JR	2L	Tucson, Ariz. (Catalina High School)
Erin Menefee	5-4	JR	2L	San Diego, Calif. (Mount Carmel High School)
Megan Meyer	5-3	RS JR	2L	Mission Viejo, Calif. (Tesoro High School)
Hannah Moen	5-5	RS JR	2L	Flagstaff, Ariz. (Coconino High School)
Kate Penney	5-6	SO	1L	Phoenix, Ariz. (Xavier College Prep)
Hanna Peterson	5-0	SO	1L	Riverside, Calif. (Martin Luther King Jr. High School)
Amanda Russell	5-4	JR	2L	Cedar Park, Texas (Vista Ridge High School)
Haley Stenquist	5-9	SO	1L	Tucson, Ariz. (Sabino High School)

Head Coach: James Li, 11th season
Assistant Coach: Maureen Huber, 1st season