



# Arizona Wildcat Cross Country Weekly Release - Oct. 25, 2012

## GENERAL INFORMATION

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

## UNIVERSITY PERSONNEL

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Athletic Director	Greg Byrne
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## CROSS COUNTRY STAFF

Dir. of Cross Country	Fred Harvey, 11th Season
Email	flh@arizona.edu
Head Coach	James Li, 11th Season
Email	jlli@arizona.edu
Assistant Coach	Maureen Huber, First Season
Email	mhuber@arizona.edu
Director of Operations	Dawn Boxley
Phone	(520) 621-0915
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## 2011 RECAP

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

## ARIZONA ATHLETIC MEDIA RELATIONS

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## Pac-12 Championships UCLA-Robson Ranch Golf Course Oct. 27, 2012 (M) 10:40 a.m. PDT/(W) 9:40 a.m. Santa Clarita, Calif.

**The Event:** University of Arizona Wildcat No. 5 women's and men's cross country teams will begin the championship portion of the season on Saturday, Oct. 27 at the Pac-12 Championships. The competition will be held at Robson Ranch Golf Course. The women's 6,000-meter race will start at 9:40 a.m. PDT while the men's 8,000-meter race will begin at 10:40 a.m.

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

**The Field:** Arizona will compete against Arizona State (M: NR, W: NR), California (M: NR, W: NR), Colorado (M: 2, W: 21), Oregon (M: 8, W: 3), Oregon State (W: NR), Stanford (M: 3, W: 4), UCLA (M: 15, W: 24), USC (W: NR), Utah (W: NR), Washington (M: NR, W: 6), and Washington State (M: NR, W: NR).

**The Polls:** In the latest USTFCCA regional poll, the Arizona women fell two spots to No. 3. Stanford is first, Oregon sits at second, Washington is fourth, UCLA is fifth, Arizona State is tenth and California is 15th.

The Wildcat men are No. 8 in the west regional poll. Stanford sits at No. 1, Oregon is No. 2, UCLA is No. 3, Arizona State is No. 5, Washington is No. 6, Washington State sits at No. 7 and California is No. 11. Colorado holds the No. 1 spot in the mountain region.

**The Line Up:** On the women's side, senior Elizabeth Apgar, senior Jen Bergman, sophomore Stephanie Bulder, freshman Molly Callahan, sophomore Nicci Corbin, sophomore Clea Formaz, junior Elvin Kibet, junior Melanie McGrath, junior Erin Meneffee, junior Hannah Moen, sophomore Kate Penney and junior Amanda Russell will toe the line for Arizona.

For the men, sophomore Kenji Bierig, junior James Eichberger, freshman Nathan Kandie, sophomore Lawi Lalang, sophomore Jonas Legernes, sophomore Sam Macaluso, senior Rory McLeod, freshman Michael Parkes, senior Stephen Sambu, freshman Christopher Tansey, junior Braden Timpe and sophomore Thomas Valente will don the cardinal and navy for the Wildcats.

**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. 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

## 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)	9:40/10:40 a.m.	Santa Clarita, Calif.
Nov. 11	NCAA West Regionals (10/6K)	1:15/12 p.m.	Seattle, Wash.
Nov. 17	NCAA Championships (10/6K)	12/1:15p.m.	Louisville, Ky.

\*all times subject to change and local to site

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NCAA Cross Country Champion since Martin Keino in 1994, the third champion overall. Lalang won the Roy Griak and Wisconsin adidas Invitationals, 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

<b>Men</b>				
<b>Name</b>	<b>Ht.</b>	<b>Yr.</b>	<b>Exp.</b>	<b>Hometown (High School/Previous School)</b>
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)
<b>Women</b>				
<b>Name</b>	<b>Ht.</b>	<b>Yr.</b>	<b>Exp.</b>	<b>Hometown (High School/Previous School)</b>
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

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