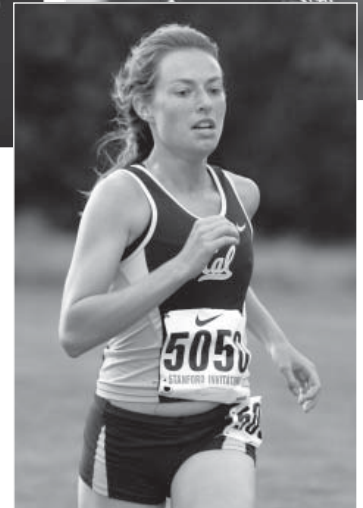
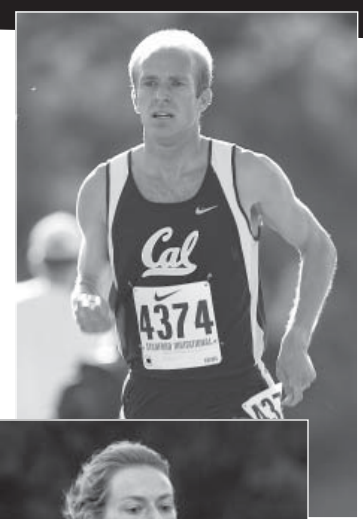


# SEASON OUTLOOK

## CAL HOPES FOR REPEAT SUCCESS IN 2008

Veteran leadership will be the key factor towards the success of the California men's and women's cross country teams in 2008. The men's team looks for another excellent year, while the women hope to lay the groundwork for a foundation of success in the near future.



### Men's Outlook

The Golden Bears had a banner year in 2007. It was a season that saw Cal go to the NCAA Championships as a team for the first time in school history and also saw the Bears climb up the national rankings for a program-best mark of No. 8. The majority of the group that led Cal to new heights returns this year. The group consists of seniors Yosef Ghebray and Mark Matusak, junior Michael Coe and sophomore Kari Karlsson.

Ghebray and Matusak were selected NCAA All-West region and All-Pac-10. Ghebray, who paced the Bears at the Pac-10 Championships (7th, 23:14) and the NCAA West Regional (8th, 30:14), made the all-conference first team while Matusak was named to the second team. Matusak crossed the finish line in the top-15 three times last season, including an eighth-place showing at the Pac-10 Championships in which he also earned his best time of the year (23:16).

Coe turned in three top-20 finishes last year, including a 16th-place finish at the Pac-10 Championships. Karlsson debuted for Cal at the Pre-NCAA meet and should be a solid contributor in 2008.

"We are in line to get back to nationals and improve our finish," Head Coach Tony Sandoval said. "We want to consistently get to NCAAAs on an annual basis, and then from there, you build up to being a consistent top 10 and then a consistent top 5 with the goal to win a national championship."

In addition to the four core runners, Cal has a number of candidates to fill the No. 5, No. 6 and No. 7 positions in the lineup, and senior Eric Lee is at the top of the list. Also in the upper echelon of that list is redshirt sophomore Steve Sodaro. Although Sodaro missed last season, he was in the Bears' top five as a freshman. Also in the mix are senior Matt Kelley Miller and redshirt freshman Matt Hansdavid Miller. Matt Kelley Miller will help provide more veteran leadership to fill the void from the graduated David Torrence. Even though Matt Hansdavid Miller redshirted last year, Sandoval said he has made dramatic improvements.

Out of the six newcomers, the runners who come in with the most promise, according to Sandoval, are James Attarian and Nate Beach. Sandoval said Attarian and Beach have the background to step in and make the top seven.

"James Attarian was a Footlocker qualifier in high school," Sandoval said. "Nate Beach ran very well during cross country. I think he has the background to be able to step in as a freshman and be competitive. If any of the freshmen make the top seven, that's pretty good."

Other Bears who will be in line to compete are seniors Sean Carey and Francis Gadayan, sophomore Patrick Lynch and freshmen Dan Brown, Anthony Miliin and Brad Surh.

### Women's Outlook

The 2008 women's team will need to rally behind each other and solidify themselves as a team if they are to be successful this season. The Bears have two big holes to fill from last year's squad – the graduated Rebecca Yau and sophomore Chelsea Reilly, who is redshirting in 2008. Yau and Reilly were Cal's top two runners last year, and now Sandoval will look to others to take their place.

Sandoval expects the leadership to come from juniors Alison Greggor and Gabriela Rios-Sotelo, and sophomores Rowena Tam and Taylor Bryson.

"You've got four people with some experience from last year," Sandoval said. "The women did a great job last year at the end, running very well at regionals to make the top 10, and actually leap frog some teams that had beaten them at Pac-10s."

Tam was a regional qualifier during the 2008 track and field season and Sandoval is hoping she can carry that momentum into the cross country campaign. In cross country, she clocked a time of 21:43 at the 2007 Pac-10 Championships. Sandoval also sees Greggor as somebody who is ready to have a breakout campaign. Greggor was the top 5000-meter runner in 2008 in track and field for Cal and that should translate into an outstanding cross country season.

Senior Rebecca Palm will add some veteran leadership to the squad in '08. Palm has been a top-seven runner the past couple years for the Bears, and Sandoval said she is somebody they can count on.

Eight freshmen were added to this year's squad. Sandoval said it is not normal to rely on the freshmen, but he will look to some of them to be able to step in right off the bat this year. He is confident they can perform well based on their previous experiences before coming to Berkeley.

"They've been very diligent this summer in their preparation," Sandoval said. "They all have cross country backgrounds. We're hoping that of the eight freshmen, two or three will jump up and be part of our top five."

The eight freshmen are Herdis Arnalds, Taylor Dutch, Crystal Esparza, Ellie Keene, Keena Kohl, Debra Maier, Sarah Rico and Alesandra Roger.

Maier came in third at the 2007 cross country state meet, was first-team all-state last year and ran at the USATF Cross Country Nationals earlier this year in San Diego. Maier, along with Dutch and Kohl made the cross country all-state team.

## ATHLETE PROFILES



### JAMES ATTARIAN

Freshman, Dublin, Calif.

**High School:** A finalist at the Footlocker National Championships as a senior at Dublin High School...a Division III state champion and a Diablo Foothill Athletic League champion...won the mile at the Stanford Invitational and the DFAL 1600 as a junior...school record holder in the mile and the 1600...named a

scholar athlete and made the Principal's Honor Roll. **Personal:** Born Jan. 15, 1990, in Castro Valley, Calif....parents are Dale and Joyce Attarian...has a sister, Rachel...hopes to become a lawyer...worked for a financial advisor this past summer...undeclared major.



### MICHAEL COE

Junior, Lompoc, Calif.

**Cross Country:** Came in 16th with a season-best time of 23:28 at the 2007 Pac-10 Championships...clocked a time of 23:40 and took 17th at the Pre-NCAA meet...honorable mention Pac-10 All-Academic...selected to the 2006 U.S. Track and Field and Cross Country Coaches' Association's Men's Division I All-

Academic team...at the NCAA Championships, came in third among the Bears and 117th overall with a time of 31:16...crossed the finish line at 24:14 and took 12th overall at the Stanford Invitational. **Track:** In 2008, provisionally qualified for the NCAA Indoor Championships in the 3000 meters, posting a PR 7:59.75 (third best in school history) and taking top honors at the MPSF Indoor Championships...also had Cal's best 3000 time in the outdoor season, recording a time of 8:14.45 at the Big Meet...in 2007, PRed in the 800 meters (1:51.75) at the Brutus Hamilton Invitational, the 1500 meters (3:46.26) at the NCAA West Regional, the mile (4:04.29) at the California Collegiate Challenge and the 3000 meters (8:22.01, 10th all-time at Cal) at the Jim Click Shootout. **High School:** Runner-up at the Footlocker National Championships...Division III state cross country champion (fastest time in the state for all divisions) at Cabrillo High School...in track and field, finished second at the California state meet in the 1600 meters...Nike Indoor National Champion in the two mile...Nike Outdoor National Champion in the mile. **Personal:** Born Dec. 4, 1987, in Lompoc, Calif....has one sister, Danielle, who currently attends Cal...parents are Scott and Margie Coe...undeclared major.



### YOSEF GHEBRAY

Senior, Union City, Calif.

**Cross Country:** 2007 first-team All-Pac-10 selection...honorable mention Pac-10 All-Academic...paced the Bears at the 2007 Pac-10 Championships and the 2007 NCAA West Regional...at the conference meet, posted a season-best time of 23:14 and a seventh-place

finish...followed that performance with an eighth-place showing at the regional...finished second among Cal runners and 67th overall at the NCAA Championships with a time of 30:53...selected to the 2006 U.S. Track and Field and Cross Country Coaches' Association's Men's Division I All-Academic team...toured the course at 24:38 at the 2006 Stanford Invitational and placed 31st...came in 20th at the 2005 Pac-10 Championships...finished 55th at the NCAA West Regional. **Track:** In 2008, reached a new PR in the 3000 meters at the MPSF Indoor Championships, coming in at 8:02.68, the fourth-best time in school history...regionally qualified in the 5000 meters in the outdoor campaign with a time of 14:10.11...in 2007, PRed in the 1500 meters (3:51.61) at the Jim Click Shootout and 5000 meters (14:03.86, ninth all-time at Cal) at the Stanford Invitational. **High School:** Placed 27th at the

2004 Footlocker Nationals and second at the Footlocker Regional meet...in 2005 at Logan High School, posted PRs of 4:12.39 in the 1600 and 8:21.75 in the 3000 (nationally ranked)...as a junior, won the state cross country and 3200-meter titles...clocked a career-best time of 8:52.41 in the 3200 as a junior. **Personal:** Born May 18, 1987, in Fresno, Calif.... his brother, Giliat, was an All-American in the 5000 for Cal in 2005...father is Berhane Mehari and mother is Genet Waldemariam...history major.



### ALISON GREGGOR

Junior, Novato, Calif.

**Cross Country:** Honorable mention Pac-10 All Academic...best race of 2007 came at the San Francisco State Invitational, where she paced the Bears with a fourth-place finish and crossed the finish line at 22:38...competed in every race of 2006...recorded an eighth-place finish (18:55.4) in the Aggie Open...

her other top-10 finish came at the USF Invitational, tallying a season-best time of 18:41.1 and placing 10th... finished second among the Bears at the NCAA West Regional (23:40.81, 109th).

**Track:** In 2008, secured the Cal women's best 3000-meter time of the season, crossing the finish line at 10:01.07 at the Big Meet... in 2007, PRed in the 1500 meters (4:41.73) at the Aggie Open.

**High School:** State qualifier in 2005...Mt. Sac Division III cross country winner her senior season...track and field state qualifier... school record holder in the 800 (2:21), 1600 (5:00.5) and 3200 (11:17) at San Marin High School...two-time high school MVP in 2004 and 2005...ran track all four years of high school as well as cross country. **Personal:** Born Dec. 17, 1987, in Ridgewood, N.J.... parents are Keith and Jenny Greggor...has one younger sister, Sarah...has dual citizenship with England and the United States... psychology major.



### KARI KARLSSON

Sophomore, Reykjavik, Iceland

**Cross Country:** Made his debut for Cal at the Pre-NCAA meet...came in 20th at the Pac-10 Championships, clocking in at 23:51.

**Track:** Posted a regional-qualifying time in the 10,000 meters at the Stanford Invitational, clocking a 29:28.05, which was also a school freshman record and the third-best time

in school history...provisionally qualified for the NCAA Indoor Championships in the 5000 meters with an indoor school-record time of 14:08.58 at the MPSF Championships. **High School:** Won Icelandic championships in the 1500 meters, 3000, 5000, 10,000, 4x800, 4x1500 and the half marathon...competing for his club team, Breidablik, won a national championship in indoors in 2007...holds the club records for the 3000, 5000 and 10,000...competed in the Games of the Small States of Europe, Nordic Championships in the 10,000 and in cross country, European Championships and other national junior team competitions. **Personal:** Born May 19, 1986, in Sheffield, England...parents are Karl G. Kristinsson and Hadda Bjork Gisladdottir...one of three siblings... transferred after attending Reykavik University for one semester...also played basketball and soccer...hopes to attend graduate school...undeclared major.



### DEBORAH MAIER

Freshman, Pleasanton, Calif.

**High School:** Came in third at the 2007 cross country state meet...ran at the USATF Cross Country Nationals earlier this year in San Diego...all-league from 2005-07 at Ponderosa High School...Sierra Valley Conference League champion in 2007...first-team All-Nor

Cal in 2006 and 2007...first-team all-state in 2007...first-team all-metro in 2006 and 2007...high school's cross country MVP from 2005-07, and track MVP in 2006...high school team placed third at the California State Championships in 2007...personal bests include: 17:55 in the 5K and 17:36 in the three mile...school record holder in the 1500 and the 1600...earned numerous scholarships and academic awards, including the AP Scholar Award. **Personal:** Born Aug. 17, 1990, in Walnut Creek, Calif....one of six siblings...brothers Chris, Jonathan, Stephen and sister Elizabeth all attended Cal, and Chris ran cross country and track for the Bears...parents are Paul and Donna Maier...also played softball and soccer...undeclared major.



## MARK MATUSAK

Senior, Torrance, Calif.

**Cross Country:** Crossed the finish line in the top 15 three times in 2007, including an eighth-place showing at the Pac-10 Championships, where he also earned his best time of the year (23:16)...took 10th at the Stanford Invitational and 11th at the NCAA West Regional...toured the course in 31:34 and finished in 154th at the NCAA Championships...made the Pac-10 All-Academic second team...selected to the 2006 U.S. Track and Field and Cross Country Coaches' Association's Men's Division I All-Academic team...notched two top-25 finishes during his sophomore season - 22nd at the Stanford Invitational and 23rd at the Pac-10 Championships...his time of 24:18.57 was the second best among Cal runners at the Pac-10 Championships...also secured the second-best mark for Cal runners at the NCAA West Regional, coming in 37th with a time of 31:18.29...came in 17th at the 2005 Pac-10 Championships, clocking in at 24:56 and was second among Cal runners...placed 21st at the NCAA West Regional with a time of 30:53. **Track:** In 2008, finished in third in the 1500 meters at 3:43.37 at the NCAA West Regional to advance to the national championships...took third in the 1500 at the Pac-10 Championships, earning a new personal-best time of 3:42.52, which also ranks sixth in school history...came in second in the mile at the Brutus Hamilton Invitational, clocking a regional-qualifying 4:00.59, earning Cal's fifth best all-time score in that event...in 2007, PRed in the 800 (1:52.56) at the Payton Jordan Cardinal Invitational and the 5000 (14:16.28) at the Stanford Invitational...led the Bears at the 2006 Pac-10 Championships in the 1500-meter run with a time of 3:45.04...finished second among Cal runners at the MPSF Championships in the 3000 meters, crossing the finish line with a season-best time of 8:06.18 (5th). **High School:** Captured a bronze medal in the 1500 (3:49.81) at the 2005 Pan Am Junior Championships after winning the event (+3:47.07) at U.S. Junior Nationals...won the state 1600-meter title as a junior and senior at Loyola High School...in 2005, was the runner-up in the 3200-meter race at the state meet...took first at the 2003 and 2004 Division II State Cross Country Championships after placing third in 2002...finished third at the 2004 Footlocker Nationals after placing 22nd in 2003...won the 2005 Nike Outdoor two-mile (8:51.13)...helped his high school to the 2002 and 2004 state cross country titles and a No. 6 national ranking in 2002...school was the 2005 state track and field runner-ups. **Personal:** Born June 27, 1986, in Torrance, Calif....parents are Jan and Elizabeth Matusak...has one brother, Eric...psychology major.

## CHELSEA REILLY

Sophomore, Davis, Calif.

**Cross Country:** One of Cal's best runners in 2007...paced the Bears at the San Francisco Invitational, the Pac-10 Championships and the NCAA West Regional...took second place at the USF Invitational (18:13) and 28th at the Pac-10 Championships (21:02).



**Track:** Competed in the 800 meters, the 1500 and the mile during her freshman campaign. **High School:** PRed in the 5K at the 2006 Stanford Invitational (17:48)...two-time Sac Joaquin Division I Section champion in the 1600-meter run in 2006 and 2007...came in fourth in the 2007 California state meet...2007 record-setting masters champion...selected to the All-Sacramento Bee first

team in 2007...all-metro first-team selection in 2004 and 2005...led Davis Senior High School to four cross country Sac Joaquin section championships, and the 2007 championship in track...led her squad to second place at Arcadia in the 4x400-meter relay...graduated in the top 10 percent of her class...a lifetime member of the California Scholarship Federation...also competed for the Delta Valley League and the Muncicello Empire League. **Personal:** Born on May 9, 1989, in San Luis Obispo, Calif...parents are Peter Reilly and Marci Snodgrass...mother was also a Cal gymnast...has one brother, Max...future plans include attending medical school and studying sports medicine...undeclared major.



## GABRIELA RIOS-SOTELO

Junior, Berkeley, Calif.

**Cross Country:** In 2007, turned in her best showing of the season at the Pac-10 Championships, touring the course in 21:39 and placing 47th overall...also competed at the Stanford Invitational, Pre-NCAA meet and the NCAA West Regional...in 2006, took 75th (22:57.14) at the Pac-10 Championships...redshirted the 2005 season. **Track:** Ran the 1500 meters, the 3000 and the 5000 during her first season participating in track after redshirting two years ago and not competing the following year. **High School:** A 2005 graduate of St. Mary's High School...owns PRs of 4:53 in the 1600 meters and 10:42 in the 3200 meters...won the 1600 and the 3200 at the 2005 North Coast Section meet...2004 state runner-up in cross country...three-time school MVP in cross country and track and field...named her high school's 2004-05 Athlete of the Year...led her team to three league track and field championships...played two years of varsity soccer. **Personal:** Born on April 8, 1987, in Oakland, Calif....parents are Jose and Priscilla Sotelo...both parents attended Cal...undeclared major.



## ROWENA TAM

Sophomore, San Diego, Calif.

**Cross Country:** As a freshman, took seventh place at the San Francisco State Invitational...toured the course in 19:38 (30th place) at the San Francisco Invitational...finished third among the Bears at the Pac-10 Championships (21:43, 48th). **Track:** In 2008, regionally qualified at the Big Meet with a time of 10:37.28 that ranks second on Cal's all-time charts...in 2007 as a freshman, garnered Cal's best time of the season in the 3000-meter steeplechase at the Big Meet (11:15.16)...at the Aggie Open in the 800 meters, clocked in at 2:14.73...earned Cal's third-best time of the season in the 1500 meters at the Stanford Invitational (4:37.08)...secured a time of 5:01.49 in the mile at the MPSF Indoor Championships...at the California Collegiate Challenge, came away with a time of 18:19.35 in the 5000-meter race. **High School:** A 2006 graduate of University City High School...participated in varsity track for four years and varsity cross country for three years...came to Cal with lifetime-best times of 5:02 in the 1600 meters and 2:16 in the 800 meters. **Personal:** Born Sept. 8, 1988, in San Diego, Calif....parents are Daniel and Tina Tam...mass communications major.

# ATHLETE PHOTOS



Herdis Arnalds



Nate Beach



Dan Brown



Taylor Bryson



Sean Carey



Maxime Chevee



Brazile Clark



Michelle Davis



Taylor Dutch



Crystal Esparza



Francis Gadayan



Araceli Huerta



Rebecca Palm



Matt Kelley Miller



Gabriela Rios-Sotelo



Sean Carey



Hayley Huxtable



Austin Jett



Ellie Keene



Keena Kohl



Eric Lee



Patrick Lynch



Anthony Milin



Matt Kelley Miller



Matt Hansdavid  
Miller



Nick Palladino



Rebecca Palm



Mackenzie Pierce



Sarah Rico



Alesandra Roger



Steve Sodaro



Brad Surh



Joey Thomas



Francesca Weems

# 2008 ATHLETE ROSTERS

## Men

Name	Yr.	Exp.	Hometown/ Last School
James Attarian	FR	HS	Dublin, Calif. / Dublin HS
Nate Beach	FR	HS	Lafayette, Calif. / Acalanes HS
Dan Brown	FR	HS	Calabasas, Calif. / Loyola HS
Sean Carey	SR*	SQ	Albany, Calif. / Albany HS
Maxime Chevee	FR	HS	Saint Julien en Genevois, France / Lycee Mme de Stael HS
Michael Coe	JR	2V	Lompoc, Calif. / Cabrillo HS
Francis Gadayan	SR*	SQ	San Francisco, Calif. / City College of San Francisco
Yosef Ghebray	SR	3V	Union City, Calif. / Logan HS
Austin Jett	SO	SQ	Bonita, Calif. / Eastlake HS
Kari Karlsson	SO*	1V	Reykjavik, Iceland / Reykjavik University
Eric Lee	SR*	SQ	San Anselmo, Calif. / Sir Francis Drake HS
Patrick Lynch	SO	SQ	Davis, Calif. / Davis HS
Mark Matusak	SR	3V	Torrance, Calif. / Loyola HS
Anthony Milin	FR	HS	Los Angeles, Calif. / Loyola HS
Matt Hansdavid Miller	FR*	RS	Orange, Calif. / El Modena HS
Matt Kelley Miller	SR*	1V	Manhattan Beach, Calif. / Loyola HS
Nick Palladino	SO	SQ	San Carlos, Calif. / Carlmont HS
Steve Sodaro	SO*	1V	Tiburon, Calif. / Redwood HS
Brad Surh	FR	HS	San Carlos, Calif. / Carlmont HS
Joey Thomas	SO	SQ	Lafayette, Calif. / Acalanes HS

## Women

Name	Yr.	Exp.	Hometown/ Last School
Herdis Arnalds	FR	HS	Kopavogur, Iceland / Commercial College of Iceland
Taylor Bryson	SO	1V	Costa Mesa, Calif. / Newport Harbor HS
Brazile Clark	FR	HS	Castro Valley, Calif. / Bishop O'Dowd HS
Michelle Davis	FR	HS	San Rafael, Calif. / San Rafael HS
Taylor Dutch	FR	HS	Newport Beach, Calif. / Orange Lutheran HS
Crystal Esparza	FR	HS	Riverbank, Calif. / Fred Beyer HS
Alison Greggor	JR	2V	Novato, Calif. / San Marin HS
Araceli Huerta	SR	SQ	Anaheim, Calif. / Orange CC
Hayley Huxtable	FR*	RS	Santa Cruz, Calif. / Scotts Valley HS
Ellie Keene	FR	HS	Vista, Calif. / Rancho Buena Vista HS
Keena Kohl	FR	HS	Yorba Linda, Calif. / Esperanza HS
Debra Maier	FR	HS	Pleasanton, Calif. / Ponderosa HS
Rebecca Palm	SR	1V	Campbell, Calif. / San Jose State
Mackenzie Pierce	SR	SQ	Pfafftown, N.C. / Forsyth Country Day HS
Chelsea Reilly	SO	1V	Davis, Calif. / Davis HS
Sarah Rico	FR	HS	Tracy, Calif. / Merril West HS
Gabriela Rios-Sotelo	JR*	2V	Berkeley / St. Mary's HS
Alesandra Roger	FR	HS	San Rafael, Calif. / Marin Academy HS
Rowena Tam	SO*	1V	San Diego, Calif. / University City HS
Francesca Weems	JR*	SQ	Kailua-Kona, Hawaii / Kealakehe HS

## Coaching Staff

Head Coach: ..... Tony Sandoval  
 (17th season as men's and women's coach, 27th season as women's coach)  
 Associate Head Coach: ..... Magdalena Lewy  
 Volunteer Assistant Coaches: ..... Chris Coffee and Kevin Davis  
 C-C Trainers: ..... Elaine Garcia and Kristen Wood  
 Strength and Conditioning: ..... Lindsay Bufkin

\* has used a redshirt season

## Returning Letterwinners

### Men (6)

Michael Coe  
 Yosef Ghebray  
 Kari Karlsson  
 Mark Matusak  
 Matt Kelley Miller  
 Steve Sodaro

### Women (6)

Taylor Bryson  
 Alison Greggor  
 Rebecca Palm  
 Chelsea Reilly  
 Gabriela Rios-Sotelo  
 Rowena Tam



Eric Lee



Rowena Tam



Alison Greggor

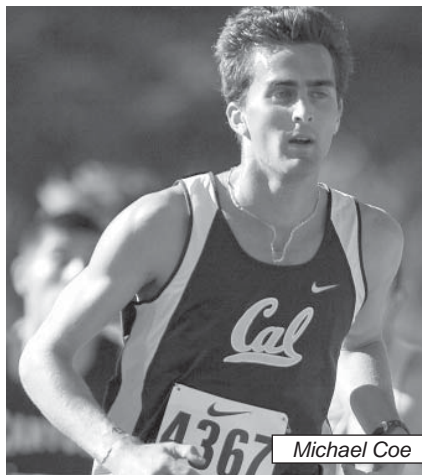
## Incoming Runners

### Men (6)

James Attarian  
 Maxime Chevee  
 Nate Beach  
 Dan Brown  
 Anthony Milin  
 Brad Surh

### Women (10)

Herdis Arnalds  
 Brazile Clark  
 Michelle Davis  
 Taylor Dutch  
 Crystal Esparza  
 Ellie Keene  
 Keena Kohl  
 Debra Maier  
 Sarah Rico  
 Alesandra Roger



Michael Coe

## Pronunciation Guide

Maxime Chevee..... max-EEM sheh-VEE  
 Francis Gadayan ..... guh-DYE-an  
 Yosef Ghebray ..... yo-SEF gheh-BRAY  
 Araceli Huerta..... ODD-uh-CELL-ee  
 who-air-TA  
 Gabriela Rios-Sotelo .. REE-ohs so-TELL-oh

## Letterwinners Lost

### Men (2)

Chris Chavez  
 David Torrence

### Women (3)

Alysia Johnson  
 Pippa Macdonald  
 Rebecca Yau

# 2008 COACHING STAFF



2008 Coaching Staff



## TONY SANDOVAL Head Coach

Tony Sandoval, one of the most experienced and highly-regarded distance coaches in the United States, begins his 17th season as head coach of the California men's and women's cross country teams and his 27th year overall at the university.

Sandoval also was the head women's track and field and cross country coach at Cal from 1982-91, prior to

the merger of the men's and women's programs into a single entity in 1992.

He has a proven track record of developing athletes during their collegiate careers, and many of them have gone on to race after college. Those who have experienced post-graduate success include Bolota Asmerom, Peter Gilmore (marathon qualifier at 2005 World Championships), Magdalena Lewy (2008 U.S. Olympian in the marathon), Elissa and Lori Riedy and Richie Boulet. Two other Sandoval protégés, besides Lewy, who competed at the 2008 U.S. Olympic Trials were Alysia Johnson in the 800 and David Torrence in the 1500.

Sandoval had five former athletes at the 2004 U.S. Olympic Trials – Elissa Riedy, Asmerom (3rd, 5000m), Corey Creasy, Gilmore and Steve Moreno.

Under Sandoval's guidance, Cal runners Bridget Duffy, Kirsten O'Hara, Marilyn Davis, Sally Wood, Sabrina Han and Elissa Riedy combined for eight cross country All-America citations between 1985 and 2004.

In the Bear women's first NCAA cross country team appearance in 1984, they finished 15th nationally and then returned in 1988 to take ninth place at the NCAA Championships, Cal's highest finish ever.

Sandoval's history of success has carried over to the men's cross country program. Last year, the men had their best season in the history of the program. The Bears participated as a team in the NCAA Championships for the first time in school history. They also reached their highest national ranking of eighth over the course of the campaign. In the 2007 and 2005 Pac-10 Championships, the men's team finished third for its best showing in the history of the program. In 1993, Boulet became just the second men's runner in Cal history to earn All-America recognition, and the first Cal male athlete in any sport to win six All-America honors (five in track & field).

Cal was represented at the NCAA cross country meet in 2006 by Torrence. The other recent Bears to reach the meet individually were Giliat Ghebray (2005), Guangul (2000), Bolota Asmerom (1999) and Gilmore (1999).

Sandoval, the 1986 NorPac Conference Track and Field Coach of the Year, started his collegiate coaching career with the University of New Mexico women's team in 1975, serving first as an assistant before taking over the head coaching duties.

A five-time U.S. national team coach, Sandoval served as the head coach for the 1995 U.S. Junior Pan American women's track and field team in Santiago, Chile. He also was an assistant coach for the U.S. team at the 1991 Pan American Games in Cuba, head coach of the 1987 U.S. junior team that competed in Cuba and Canada, and head coach for the U.S. at the World Cross Country Championships in Glasgow, Scotland (1978), and Madrid, Spain (1981).

A 1968 graduate of New Mexico, Sandoval helped the Lobos to two Western Athletic Conference titles in cross country and three conference championships in track and field.

Sandoval continued his education at UNM, earning a master's degree in exercise physiology and a minor in guidance and counseling in 1974. He taught in the undergraduate physical education department at UNM while working on his Ph.D. in sports psychology.

Sandoval and his wife, Barbara, reside in Pleasant Hill and have two daughters, Lisa and Marcy.



## MAGDALENA LEWY Associate Head Coach

Magdalena Lewy, a former Cal track and field All-American, returns to her alma mater as an associate head coach. Lewy has served as an assistant coach for the Bears in years past. She was the research director for Sports Street Marketing, which manufactures GU energy gel, from 2000-07.

Still an avid runner, Lewy made the U.S. Olympic team in the marathon after taking second at the 2008 Olympic Trials and competed in this past summer's Olympic Games in Beijing, China. She just missed out on the 2004 Olympics, placing fifth (2 hours, 30 minutes) in the marathon at the 2004 U.S. Olympic Trials.

After assuming her initial coaching duties at Cal in 1996 while still an undergraduate, she left for the 1998 season to serve as an assistant women's cross country coach at Saint Mary's in Moraga, Calif. She then returned for the 1999 and 2000 collegiate seasons in Berkeley.

Lewy earned her All-America honor with a third-place finish in the 5000m at the 1997 NCAA Championships with a career-best time of 16:04.86. She qualified for the 1995 NCAA meet in the 3000m and 5000m, but only ran the 5000m.

On Cal's all-time performers list, Lewy ranks second in the 5000m (16:04.86), third in the 3000m (9:25.93) and eighth in the 1500m (4:23.20).

Originally from Poland, Lewy attended Lakewood High School in Southern California and then spent two years at Long Beach City College before transferring to Cal. She earned her bachelor's degree in human biodynamics from Cal in 1997 and a master's degree in exercise physiology from Cal State Hayward.

She lives in Oakland with her husband, Richie Boulet, and their three-year-old son, Owen.



## CHRIS COFFEE Volunteer Assistant Coach

Chris Coffee begins his eighth season as a volunteer assistant coach for California. Coffee draws on his experience as a student-athlete and coach to provide excellent guidance to athletes at Cal. He has helped in the development of distance runners at Cal, including several All-Americans.

Coffee competed on the Cal cross country and track and field teams until graduating in 2001 with a degree in architecture. As a senior, Coffee was the cross country team captain and a Pac-10 scorer in track and field. His specialty in track was the 3000-meter steeplechase where he held a collegiate PR of 9:02.31 at the Pac-10 Championships. While competing in 2002 as a post-collegiate athlete, Coffee lowered his steeplechase PR to 8:59.72.

When he is not on the track, Coffee works at Graff Architects in Oakland, specializing in the fine residential design.



## KEVIN DAVIS Volunteer Assistant Coach

Kevin Davis returns to Cal this fall as a second-year volunteer assistant coach.

In 2005, Davis helped lead the Cal cross country team to one of its best seasons. Davis posted clutch performances at the Pac-10 Championships and the NCAA West Regional. At the regional, he came in third among Cal runners, taking 48th overall with a

time of 31:24.

In track and field, he was a junior national champion in the 3000-meter steeplechase (9:01.34) and runner-up at the Pan American Junior Games in 2003. Davis earned his first All-America honor as the anchor leg to the NCAA Indoor runner-up distance medley relay that set the school record at 4:01.39. He placed 10th at the NCAA Outdoor Championships, earning his second All-America honor. In addition, he set the school record in the steeplechase (8:35.37) at the USA Outdoor Championships.

Recently, Davis competed for Nike at the 2008 Olympic Trials in the steeplechase. He graduated from Cal in 2007 with a degree in psychology.

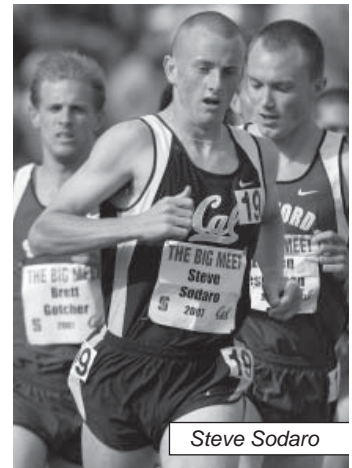
# YEAR-BY-YEAR RESULTS

## Cal Team Finishes - Men

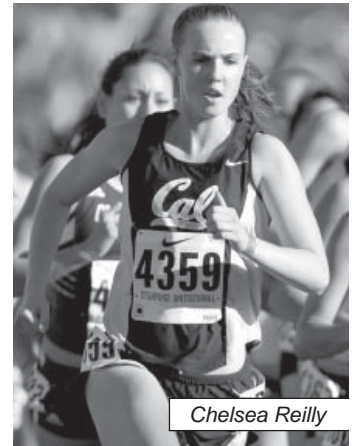
Year	Pac-10	NCAA Region	NCAA Champ.
2007	3rd	4th	16th
2006	8th	10th	Indiv. only
2005	3rd	8th	Indiv. only
2004	8th	12th	-
2003	8th	10th	-
2002	6th	12th	-
2001	8th	11th	-
2000	8th	10th	Indiv. only
1999	5th	7th	Indiv. only
1998	7th	10th	-
1997	7th	A8th	-
1996	7th	14th	-
1995	7th	Indiv. only	-
1994	6th	8th	Indiv. only
1993	6th	6th	Indiv. only
1992	7th	8th	-
1991	8th	-	-
1990	8th	-	-
1989	5th	4th	-
1988	7th	8th	Indiv. only
1987	7th	Indiv. only	-
1986	10th	Indiv. only	-
1985	8th	Indiv. only	Indiv. only
1984	6th	Indiv. only	-
1983	5th	8th	-
1982	5th	5th	Indiv. only
1981	4th	4th	Indiv. only

## Cal Team Finishes - Women

Year	Pac-10	NCAA Region	NCAA Champ.
2007	9th	9th	-
2006	9th	18th	-
2005	7th	11th	-
2004	9th	Indiv. only	-
2003	9th	10th	Indiv. only
2002	8th	13th	-
2001	9th	-	-
2000	8th	-	-
1999	T8th	-	-
1998	9th	9th	Indiv. only
1997	8th	9th	Indiv. only
1996	8th	6th	-
1995	6th	8th	-
1994	7th	10th	-
1993	6th	7th	Indiv. only
1992	8th	Indiv. only	-
1991	8th	10th	-
1990	6th	7th	Indiv. only
1989	7th	7th	Indiv. only
1988	3rd	2nd	9th
1987	6th	5th	Indiv. only
1986	3rd	9th	Indiv. only
1985	3rd (NorPac)	4th	Indiv. only
1984	3rd (NorPac)	3rd	15th
1983	3rd (NorPac)	8th	Indiv. only
1982	3rd (NorPac)	4th	Indiv. only



Steve Sodaro



Chelsea Reilly

## 2007 RESULTS

### Men's Results

#### 9/1 at San Francisco Invitational (5 teams)

1. Santa Clara 24, 2. California 49, 3. San Jose State 69. Winner: Mike Delaurenti (Santa Clara), 25:41.3. Cal: 4. John Cheng 26:21.80, 8. Austin Jett 26:31.30, 10. Patrick Lynch 26:32.50, 12. Phil McKennan 26:36.50, 15. Sean Carey 26:48.80, 25. Peter Deptula 27:20.80, 40. Nick Palladino 28:18.50, 44. Patrick Gustie 28:35.40.

#### 9/29 Stanford Invitational (32 teams) 8000m

1. Stanford 37, 2. California 66, 3. UC Santa Barbara 97. Winner: Scott Bauhs (unattached), 23:07. Cal: 3. David Torrence 23:25, 10. Mark Matusak 23:55, 11. Yosef Ghebray 24:06, 12. Michael Coe 24:14, 51. Chris Chavez 25:11, 99. John Cheng 25:45, 125. Austin Jett 25:59, 128. Eric Lee 26:00, 147. Phil McKennan 26:11, 162 Patrick Lynch 26:23, 215. Dawit Tesfasilassie 27:02.

#### 10/6 at San Francisco State Invitational (8 teams)

1. Chico State 33, 2. California 40, 3. USF 89. Winner: Antonio Miramontes (unattached), 22:5. Cal: 4. Eric Lee (25:34), 5. Matt Miller (25:41), 15. Dawit Tesfasilassie (26:08), 18. Sean Carey (26:22), 23. John Cheng (26:32), 24. Patrick Lynch (26:32), 26. Austin Jett (26:39), 37. Nick Palladino (27:23). 10/13 at Pre-NCAA Meet (38 teams)

1. Northern Arizona 124, 2. Iona 136, 3. California 157. Winner: Lopez Lomong (Northern Arizona), 23:02. 16. David Torrence 23:39, 17. Michael Coe 23:40, 23. Yosef Ghebray 23:49, 27. Mark Matusak 23:53, 74. Kari Karlsson 24:21, 139. Chris Chavez 24:55, 232. Matt Miller 26:17.

#### 10/27 at Pac-10 Championships (8 teams)

1. Oregon 39, 2. Stanford 55, 3. California 70. Winner: Shadrack Kiptoo-Biwott (Oregon), 22:54. Cal: 7. Yosef Ghebray 23:14, 8. Mark Matusak 23:16, 9. David Torrence 23:17, 16. Michael Coe 23:28, 30. Kari Karlsson 23:51, 43. Chris Chavez 24:21, 46. Eric Lee 24:29, Matt Miller 24:46, Dawit Tesfasilassie 25:26, Austin Jett 26:20.

#### 11/10 at NCAA West Regional (24 teams)

1. Oregon 47, 2. Portland 76, 3. Stanford 100, 4. California 112. Winner: Galen Rupp (Oregon), 29:35.45. Cal: 8. Yosef Ghebray 30:14.55, 9. David Torrence 30:19.00, 11. Mark Matusak 30:22.95, 40. Michael Coe 31:10.90, 44. Kari Karlsson 31:16.10, 59. Chris Chavez 31:41.25, 76. Eric Lee 32:06.60.

#### 11/19 at NCAA Championships (31 teams)

1. Oregon 85, 2. Iona 113, 3. Oklahoma State 180, 16. California 434. Winner: Josh McDougal (Liberty), 29:22.4 Cal: 62. David Torrence 30:47.7, 67. Yosef Ghebray 30:53.6, 117. Michael Coe 31:16.9, 142. Kari Karlsson 31:26.1, 154. Mark Matusak 31:34.1, 202. Chris Chavez 32:07.1, 203. Eric Lee 32:08.6.

### Women's Results

#### 9/1 at San Francisco Invitational (6 teams)

1. Santa Clara 36, 2. California 47, 3. San Jose State 49. Winner: Adriane Puetz (Santa Clara), 17:58.10. Cal: 2. Chelsea Reilly 18:13.60, 4. Rebecca Yau 18:23.50, 8. Rebecca Palm 18:40.70, 14. Taylor Bryson 18:56.80, 20. Pippa Macdonald 19:08.30, 23. Araceli Huerta 19:16.60, 30. Rowena Tam 19:38.20, 47. MayC Huang 20:44.70.

#### 9/29 Stanford Invitational (28 teams) 6000m

1. Stanford 27, 2. Adams State 78, 3. UC Irvine 133, 8. California 231. Winner: Arianna Lambie (Stanford), 19:48. 12. Rebecca Yau 21:17, 37. Chelsea Reilly 22:04, 52. Pippa Macdonald 22:19, 65. Gabriela Rios-Sotelo 22:31, 79. Rebecca Palm 22:47, 93. Araceli Huerta 23:01, 172. Mackenzie Pierce 24:46, 176. MayC Huang 24:52.

#### 10/6 at San Francisco State Invitational (11 teams)

1. USF 48, 2. California 71, 3. Chico State 114. Winner: Michelle Born (USF), 22:25. Cal: 4. Alison Greggor 22:38, 7. Rowena Tam 22:50, 11. Taylor Bryson 23:08, 20. Araceli Huerta 23:44, 33. MayC Huang 24:22, 45. Francesca Weems 25:00.

#### 10/13 at Pre-NCAA Meet (38 teams)

1. Stanford 102, 2. Florida State 123, 3. Michigan State 178, 30. California 792. Winner: Susan Kuijken (Florida State), 19:56. Cal: 83. Rebecca Yau 21:31, 139. Chelsea Reilly 22:07, 171. Gabriela Rios-Sotelo 22:29, 198. Taylor Bryson 22:54, 201. Rowena Tam 22:56, 221. Pippa Macdonald 23:18, 229. Alison Greggor 23:30.

#### 10/27 at Pac-10 Championships (10 teams)

1. Stanford 48, 2. Oregon 64, 3. Arizona State 68, 9. California 237. Winner: Arianna Lambie (Stanford), 19:40. Cal: 28. Chelsea Reilly 21:02, 47. Gabriela Rios-Sotelo 21:39, 48. Rowena Tam 21:43, 53. Alysia Johnson 21:52, 61. Rebecca Yau 22:27, 62. Taylor Bryson 22:35, 63. Pippa Macdonald 22:36, Araceli Huerta 22:53, Rebecca Palm 22:56, Alison Greggor 23:14.

#### 11/10 at NCAA West Regional (31 teams)

1. Stanford 33, 2. Oregon 72, 3. Arizona State 106, 9. California 328. Winner: Teresa McWalters (Stanford), 19:57.30. Cal: 44. Chelsea Reilly 21:32.80, 52. Rebecca Yau 21:39.79, 64. Rowena Tam 21:48.10, 65. Gabriella Rios-Sotelo 21:49.60, 104. Pippa Macdonald 22:26.05, 108. Alysia Johnson 22:31.15, Taylor Bryson 22:40.00.

# TOP INDIVIDUAL FINISHERS

## Men

### Pac-10 Conference Championships

2007	7th	Yosef Ghebray	23:14
2006	11th	David Torrence	23:44
2005	8th	Giliat Ghebray	24:30
2004	17th	Girmay Guangul	24:56
2003	28th	Girmay Guangul	25:56
2002	22nd	Martin Conrad	24:44
2001	26th	Corey Creasey	25:42
2000	20th	Girmay Guangul	24:25
1999	7th	Bolota Asmerom	24:21
1998	18th	Bolota Asmerom	24:27
1997	5th	Peter Gilmore	24:34
1996	27th	Simon Mudd	25:50
1995	3rd	Richie Boulet	24:27
1994	3rd	Richie Boulet	24:35
1993	5th	Richie Boulet	24:32
1992	17th	Richie Boulet	25:13
1991	33rd	Reggie Williams	25:27
1990	24th	Steve Zirkelbach	25:28
1989	18th	Dave Ottaway	24:23
1988	10th	Craig Blockhus	31:40
1987	10th	Jason Flamm	31:14
1986	27th	Jason Flamm	32:15
1985	6th	Jay Marden	31:04
1984	11th	Mike McCollum	30:56
1983	19th	Jay Marden	31:27
1982	2nd	Tom Downs	29:25
1981	4th	Tom Downs	31:05
1980	16th	Tom Downs	31:34
1979	24th	Harold Schultz	31:45
1978	21st	Harold Schultz	31:25

### NCAA Regional Championships

2007	8th	Yosef Ghebray	30:14
2006	13th	David Torrence	30:34
2005	15th	Giliat Ghebray	30:38
2004	30th	Girmay Guangul	31:20
2003	25th	Girmay Guangul	30:23
2002	21st	Carlos Carballo	31:21
2001	43rd	Corey Creasey	32:41
2000	9th	Girmay Guangul	31:11
1999	10th	Bolota Asmerom	30:53
1998	29th	Bolota Asmerom	31:47
1997	6th	Peter Gilmore	30:50
1996	42nd	Simon Mudd	32:45
1995	8th	Richie Boulet	30:59
1994	2nd	Richie Boulet	31:07
1993	4th	Richie Boulet	30:04
1992	28th	Tesafaye Beyene	32:51
1989	13th	Dave Ottaway	31:09
1988	6th	Calvin Gaziano	30:46
1986	33rd	Jason Flamm	31:35
1985	2nd	Jay Marden	29:58
1984	28th	Mike McCollum	32:54
1982	2nd	Tom Downs	29:25
1981	4th	Tom Downs	31:05

### NCAA Championships

2007	62nd	David Torrence	30:47
2006	92nd	David Torrence	32:31
2005	63rd	Giliat Ghebray	30:39
2000	151st	Girmay Guangul	32:13
1999	90th	Peter Gilmore	31:59
1994	-	Richie Boulet	DNF
1993	33rd	Richie Boulet	30:34
1988	111th	Calvin Gaziano	31:24
1985	73rd	Jay Marden	31:18
1982	14th	Tom Downs	30:35
1981	13th	Tom Downs	29:41

## Women

### Pac-10/NorPac

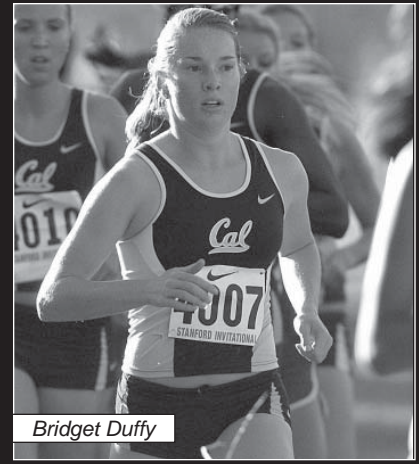
2007	28th	Chelsea Reilly	21:02
2006	26th	Rebecca Yau	21:35
2005	27th	Rebecca Yau	22:04
2004	40th	Lindsey Maclise	22:24
2003	13th	Bridget Duffy	22:15
2002	35th	Bridget Duffy	22:08
2001	45th	Camille Stanley	23:33
2000	41st	Erin Belger	22:34
1999	39th	Linden Bader	19:00
1998	9th	Elissa Riedy	17:45
1997	6th	Elissa Riedy	17:31
1996	22nd	Elissa Riedy	17:51
1995	17th	Magdalena Lewy	17:53
1994	12th	Lisa Lopez	17:53
1993	6th	Tenaya Soderman	17:21
1992	7th	Janet Bowie	17:28
1991	6th	Janet Bowie	17:19
1990	3rd	Sabrina Han	17:12
1989	2nd	Sabrina Han	16:58
1988	3rd	Sally Wood	17:16
1987	4th	Kirsten O'Hara	17:06
1986	8th	Sally Wood	17:33
1985	1st	Kirsten O'Hara	17:37
1984	4th	Kirsten O'Hara	17:01
1983	6th	Marilyn Davis	18:07
1982	5th	Louise Romo	16:49
1981	6th	Suzanne Richter	17:14
1980	2nd	Jan Oehm	17:15
1979	1st	Cindy Schmandt	17:19

### NCAA/AIAW Regional Championships

2007	44th	Chelsea Reilly	21:32
2006	33rd	Rebecca Yau	22:24
2005	34th	Bridget Duffy	21:28
2004	60th	Maja Ruznic	22:09
2003	8th	Bridget Duffy	20:46
2002	48th	Bridget Duffy	22:56
2000	71st	Erin Belger	22:31
1999	70th	Mary Moore	18:44
1998	7th	Elissa Riedy	17:08
1997	8th	Elissa Riedy	17:35
1996	19th	Elissa Riedy	17:42
1995	14th	Magdalena Lewy	17:39
1994	22nd	Lisa Lopez	18:37
1993	3rd	Tenaya Soderman	16:49
1992	11th	Janet Bowie	17:58
1991	13th	Janet Bowie	17:34
1990	5th	Sabrina Han	17:02
1989	4th	Sabrina Han	17:02
1988	3rd	Sally Wood	16:50
1987	4th	Kirsten O'Hara	16:38
1986	5th	Marilyn Davis	16:53
1985	3rd	Kirsten O'Hara	17:10
1984	5th	Kirsten O'Hara	17:40
1983	11th	Marilyn Davis	18:07
1982	12th	Louise Romo	16:49
1981	1st	Suzanne Richter	17:19
1980	7th	Jan Oehm	17:11
1979	3rd	Jan Oehm	16:53
1978	4th	Jan Oehm	17:13
1977	14th	Sally Metteer	19:08

### NCAA/AIAW Championships

2003	42nd	Bridget Duffy	20:49
1998	35th	Elissa Riedy	17:38
1997	52nd	Elissa Riedy	17:36
1993	37th	Tenaya Soderman	17:25
1990	21st	Sabrina Han	16:54
1989	-	Sabrina Han	DNF
1988	27th	Sally Wood	17:14
1987	11th	Kirsten O'Hara	16:26
1986	21st	Marilyn Davis	17:38
1985	20th	Kirsten O'Hara	16:55
1984	31st	Kirsten O'Hara	17:20
1983	62nd	Marilyn Davis	17:59
1982	-	Louise Romo	DNF
1981	14th	Lynne Hjelte	18:22
1980	20th	Jan Oehm	17:36
1979	17th	Jan Oehm	17:17
1978	17th	Jan Oehm	17:50



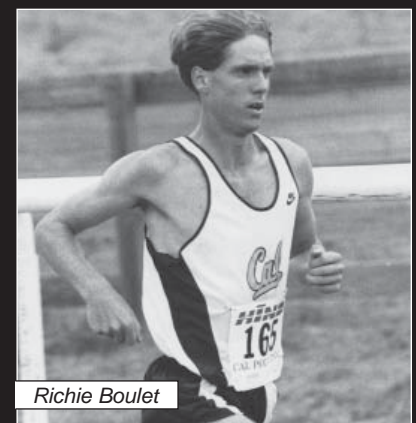
Bridget Duffy

## ALL-AMERICANS

2003	.....	Bridget Duffy
1998	.....	Elissa Riedy
1993	.....	Richie Boulet
1990	.....	Sabrina Han
1988	.....	Kirsten O'Hara
		Sally Wood
1987	.....	Kirsten O'Hara
1986	.....	Marilyn Davis
1985	.....	Kirsten O'Hara
1982	.....	Tom Downs
1981	.....	Tom Downs
		Lynne Hjelte
		Margaret Spotts



Kirsten O'Hara



Richie Boulet

1977	85th	Sally Metteer	19:14
1976	69th	Sally Metteer	18:14

