

# 2009 SEASON OUTLOOK



**Steve Sodaro**

## MEN'S OUTLOOK

**A**fter back-to-back appearances at the NCAA championships – a program-best 15th-place finish in 2007 and a 22nd-place showing last fall – the California men's cross country team has clearly made its mark on the national stage. Now, the Golden Bears look to maintain their level of success and protect their status as a first-class squad of runners.

"We're coming off of a two-year high that has demonstrated that we are one of the elite distance programs in the country," head coach Tony Sandoval said.

This season, Cal faces the challenge of contending without its top three runners from a year ago. All-American Yosef Ghebray and Mark Matusak have used up their cross country eligibility (they will compete in track in the spring), and senior Michael Coe plans to redshirt during the '09 campaign in order to compete next season.

However, Sandoval has a talented collection of veterans back and welcomes a recruiting class that will likely have an instant impact on team results.

"We're going to be young, but I don't want to give up on the notion that we're not going to get to nationals," Sandoval said. "We do have a corps of experienced people who were in the top five last year, as well as a pretty stellar group of incoming people. There's a level of commitment and professionalism that we have on the team now that had never been there before. We can get it done."

Junior Kari Karlsson leads the returning group after holding down the number 4 spot most of last season. The second-team Pac-10 All-Academic choice's highest finish was a 15th-place performance at the Stanford Invitational, and he was 31st at the Pac-10 championships, helping the Bears tie for third at the meet.

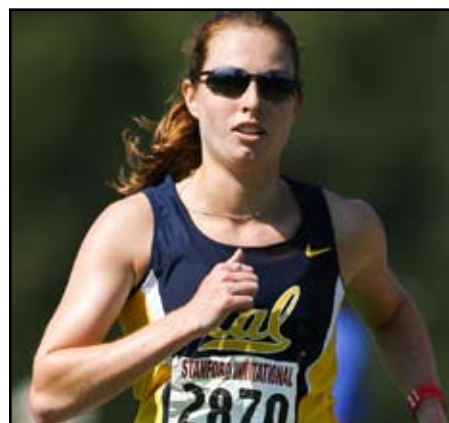
Junior Steve Sodaro and sophomore Matt H. Miller alternated at the fifth position in

2008. Sodaro was 44th at NCAA regionals, while Miller, a second-team Pac-10 All-Academic selection, was 65th at the conference meet.

Other returning runners to watch include redshirt-freshmen James Attarian and Dmitry Kislyuk, sophomores Nate Beach, Maxime Chevee and Brad Surh.

Leading the list of newcomers are junior transfers James Brewer (University of Bath, England) and Chris Vizcaino (Iona). Brewer, who has a time of 3:54.80 in the mile to his credit, just missed qualifying for the final in the 1500 meters at this past summer's World Track & Field Championships with a mark of 3:37.27 in the semifinals. Vizcaino hails from nearby Lafayette and helped Iona to a runner-up finish at the 2008 NCAA cross country meet. He was an all-region honoree after placing 11th at the NCAA Northeast championships.

Freshman Collin Jarvis took second at the California state meet last year in the 3200 meters with a time of 8:53.78 and is expected to contribute right away. Other freshmen who could make an impression on the lineup include Matt Petersen, Renaud Poizat and, brothers Cody and Simon Schmidt, all of whom ran well at the California state cross country meet last year, according to Sandoval. The remainder of the freshman class includes Andres Diaz and Rylan Hunt.



**Alison Greggor**

## WOMEN'S OUTLOOK

**H**ead coach Tony Sandoval believes the Cal women's cross country team has a strong chance for a breakthrough season in 2009 and qualify for the NCAA national meet for the first time in more than 20 years. The Golden Bears are led by a trio of experienced runners – Alison Greggor, Deborah Maier and Rowena Tam – who have posted impressive outdoor track times in the distance events.

"I think the key for the women is that we

are going to have to run very close together," Sandoval said. "We have a number of people back from last year who really improved in the spring and will give us depth. The women have shown a tremendous amount of motivation."

Cal has steadily moved up in NCAA regional competition the past several years, going from 18th in 2006 to ninth in '07 to seventh last season. Now, the Bears have the opportunity to advance further with a strong season. Sandoval isn't sure if Cal has the strength to earn an automatic berth, with the likes of defending NCAA champion Washington and Top-10 finishers Oregon and Washington out West. But he believes the Bears have a good shot at an at-large bid if they run well in inter-regional competition.

"The good thing is that at different times, there have been anywhere from 4-6 teams from the West Coast that have made it to nationals," Sandoval said.

Greggor, the lone senior on the squad, earned Top-50 finishes at both the Pac-10 and NCAA regional meets in 2008. On the track, she recorded Cal's fifth-fastest time ever in the 10,000 meters last spring. Maier emerged as the Bears' top runner at the end of last fall's campaign, including a 39th-place result at NCAA regionals, and she regionally qualified in the 5000 on the track. Tam is back for her junior season after a solid year last fall. She led the way for the Bears at the Pre-NCAA meet (63rd) and was an NCAA regional qualifier in the 3000-meter steeplechase in 2008.

Sophomores Chelsea Reilly and Taylor Bryson both redshirted last year and are ready to compete once again. As a freshman in 2007, Reilly, who was injured last fall, paced Cal in three events, including the Pac-10 and regional meets, while Bryson finished among the Bears' top five at several races as a true freshman.

Sophomores Michelle Davis, Taylor Dutch, Crystal Esparza, and Keena Kohl all gain valuable experience last year. Kohl led Cal at the Stanford Invitational, finishing 23rd, and Davis was the first Bear across the line at the Bronco Invitational, taking the 40th overall spot. Ellie Keane will vie for a spot in the lineup after redshirting in '08.

Sandoval said that freshmen Hillary Hayes and Sofia Oberg could also find their way into the top five in their first seasons at Cal. Hayes was fourth in the 3200 at the state championships last spring, and Oberg won her native Sweden's Under-20 Cross Country Championship. Nicole Hough rounds out the three-person incoming class for the Bears.

# 2009 ATHLETE PROFILES

## MEN'S TEAM

### JAMES ATTARIAN

**Freshman-Redshirt**  
**Dublin, Calif.**  
**Dublin HS**



Redshirted during the 2008 cross country season, but did compete for the Bears in track & field last year ... posted best times of 1:58.89 in the 800 meters, 4:01.42 in the 1500 and 8:53.08 in the 3000 outdoors. **High School:** Finalist at the Footlocker National Championships as a senior at Dublin High School ... 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.

### NATE BEACH

**Sophomore**  
**Lafayette, Calif.**  
**Acalanes HS**



**Cross Country:** Competed in three races as freshman in 2008 ... led the Bears with a 16th-place showing at the Bronco Invitational ... also finished 75th at the Pac-10 meet and ninth at the USF Invitational. **Track:** Redshirted in 2009. **High School:** Earned first-team all-state honors as a senior ... also a three-time All-NCS selection ... was the league champion his junior year ... set a school record in the 3200 meters with a time of 9:15.27. **Personal:** Born May 16, 1989, in Oakland, Calif. ... parents are Tad and Sarah Beach ... mother and grandmother both attended Cal ... father played soccer collegiately at Franklin & Marshall ... undeclared major.

### JAMES BREWER

**Sophomore**  
**Cheltenham, England**  
**University of Bath**



**Track:** Reached the semifinals of the 1500 meters at the 2009 World Championships, running a PR 3:37.17 in the first round and 3:37.27 in the semis ... fell just 0.08 seconds shy of qualifying for the final ... finished second at the European Under-23 Championships in the 1500 ... ran a 3:54.80 mile at the Aviva London Grand Prix on July 25 ... owns a best of 1:47.92 in the 800 and was runner-up in the event at the European Junior Championships in 2007 ... won a silver medal in the 1500 at the Under-23 European Championships in 2009. **Personal:** Born June 18, 1988, in Cheltenham, England ... mother is Heather Brewer ... has two older sisters – one is a dance instructor and the other is studying for a Ph.D. in sports psychology ... spent one year at the University of Bath before transferring to Cal ... undeclared major.

### MAXIME CHEVEE

**Sophomore**  
**St-Julien-en-Genevois, France**  
**Lycee Mme de Stael HS**



**Cross Country:** Saw action at the Bronco Invitational (23rd) and Pac-10 championships (56th) last fall. **Track:** Redshirted his freshman year. **Personal:** Born Dec. 3, 1990, in Paris, France ... parents are Jean-Paul and Mathilde Chevee ... father earned his MBA at Cal ... also played basketball in high school ... undeclared major.

### MICHAEL COE

**Senior**  
**Lompoc, Calif.**  
**Cabrillo HS**

**Cross Country:** Plans to redshirt in 2009 and return for his final season in 2010 ... earned a spot on the coaches' All-Academic team ... also honorable mention Pac-10 All-Academic ... placed 21st at the 2008 Pac-10 meet ... second among Cal runners at both the NCAA regionals (17th overall) and NCAA championships (51st) ... as a sophomore, came in 16th at the Pac-10



championships ... took 17th at the Pre-NCAA meet ... honorable mention Pac-10 All-Academic ... selected to the 2006 U.S. Track & 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 in 24:14 and took 12th overall at the Stanford Invitational. **Track:** Set a school record in the mile last spring, covering the distance in 3:56.18 at the Brutus Hamilton Invitational ... also had Cal's fastest time in the 3000 meters (8:13.09) and earned an at-large bid to the NCAA meet in the 1500, where he ran a PR 3:41.60 ... named the 2009 MPSF Indoor Track & Field Male Athlete of the Year after finishing second in the 3000 with a time of 7:54.42 at the NCAA indoor championships and anchoring Cal's third-place distance medley relay ... in 2008, claimed top honors in the 3000 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. **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 & 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 ... media studies major.

### ANDRES DIAZ

**Freshman**  
**Eagle Rock, Calif.**  
**Loyola HS**



**High School:** Helped his Loyola HS team win state titles in cross country in 2007 and '08 ... team also captured CIF championships in track & field those same years ... cross country squad finished eighth in the country in '07 and 16th in '08 ... owns bests of 4:21 in the 1600 meters and 9:22 in the 3200 ... played

basketball for two seasons. **Personal:** Born Oct. 22, 1991 ... parents are Freddy and Soraya Diaz ... has an older sister, Bianca ... undeclared major.

## **RYLAN HUNT**

**Freshman**  
**Santa Cruz, Calif.**  
**Aptos HS**



### **High School:**

Served as team captain as a senior ... finished fourth in the state in the 1600 meters ... helped Aptos HS to a pair of CCS titles and a third-place standing in the state meet ...

set career bests of 4:13 in the 1600, 1:55 in the 800 and 9:17 in the 3200. **Personal:** Born Sept. 25, 1991, in Santa Cruz, Calif. ... parents, who are both Cal graduates, are John Hunt and Teresa Clayton ... older sister, Meghan, is also a Cal student ... undeclared major and has an interest in physics.

## **COLLIN JARVIS**

**Freshman**  
**Vista, Calif.**  
**Rancho Buena Vista HS**



### **High School:**

Claimed state runner-up status in the 3200 meters with a time of 8:53.78 ... also posted a time of 4:12.02 in the mile, which was the fourth-fastest mark among California high

school runners in 2009 ... won the 3200 at the Arcadia Invitational ... helped his high school cross country team to a pair of CIF titles ... named his school's scholar-athlete of the year. **Personal:** Born Aug. 11, 1991, in San Diego, Calif. ... parents are Doug and Rebecca Jarvis ... enjoys surfing, spear fishing and rock climbing ... undeclared major.

## **KARI KARLSSON**

**Junior**  
**Reykjavik, Iceland**  
**Reykjavik University**



### **Cross Country:**

A key member of Cal's squad that finished 22nd at the 2008 NCAA championships ... highest finish was a 15th-place showing at the Stanford Invitational ... was

31st at the Pac-10 meet and 30th at NCAA

regionals ... voted second-team Pac-10 All-Academic ... as a freshman, made his debut for Cal at the Pre-NCAA meet ... came in 20th at the Pac-10 championships. **Track:** Posted Cal's second-fastest outdoor times in the 3000 (8:13.39), 5000 (14:06.61) and 10,000 (30:47.73) last spring ... ran his best indoor 5000 at the MPSF championships (14:17.03) ... in 2008, ran a regional-qualifying time in the 10,000 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 with an indoor school-record time of 14:08.58 at the MPSF meet. **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. Kristinnsson and Hadda Bjork Gisladdottir ... one of three siblings ... transferred after attending Reykjavik University for one semester ... also played basketball and soccer ... hopes to attend graduate school ... operations research and management science major.

## **DMITRY KISLYUK**

**Freshman-Redshirt**  
**San Ramon, Calif.**  
**California HS**



### **Cross Country:**

Redshirted in 2008.

**Track:** Posted a time of 1:57.90 in the 800 meters and a mark of 3:59.60 in the 1500 at the Brutus Hamilton Invitational ... at Cal's Outdoor Opener, ran

the 3000 in 8:57.89. **High School:** Served as team captain for two years ... a two-time state qualifier and league champion ... named the California HS Student-Athlete of the Year ... an Intel International Science Engineering Fair qualifier ... set bests of 1:56 in the 800 and 4:14 in the 1600. **Personal:** Born July, 27, 1990 in Sochi, Russia ... parents are Oleg and Tatyana Kislyuk ... older brother, Andrey, graduated from Cal in 2004 ... computer science major.

## **MATT H. MILLER**

**Sophomore**  
**Orange, Calif.**  
**El Modena HS**



### **Cross Country:**

Competed in five races for the Bears in 2008 ... highest showing was a third-place finish at the season-opening USF Invitational ... took 65th at the Pac-10 championships and

gained national experience running at the NCAA meet, where he covered the 10,000-meter distance in 33:16.8 to finish 248th ... chosen to the Pac-10 All-Academic second team ... redshirted his first season with the Bears. **Track:** Set a PR in the 1500 meters with a time of 4:01.31 at the Cal Outdoor Opener ... later ran a career-best 8:39.73 in the 3000 at the Big Meet ... covered the 5000 in 14:56.88 at the SFSU Distance Carnival ... best indoor performance came in the 5000 at the MPSF championships (14:35.32). **High School:** Recorded times of 4:33 in the 1600 meters and 9:39 in the 3200 ... three-year letterman in cross country ... scholar-athlete and member of the National Honor Society. **Personal:** Born Aug. 23, 1989, in Laguna Hills, Calif. ... parents are Stephen and Birget Miller ... tore an ankle ligament following the 2007 cross country season and redshirted in track in 2008 ... hobbies include rock climbing and playing the guitar ... undeclared major.

## **MATT PETERSEN**

**Freshman**  
**Davis, Calif.**  
**Davis HS**



### **High School:**

Ran a career best in the state meet in the 3200, finishing in 9:01.45 ... finished seventh in the state Division I cross country meet as a senior, when he was also the section

champion ... a three-time all-conference choice in cross country and two-time pick in track ... his Davis HS team placed third in the state cross country meet during his sophomore season. **Personal:** Born Feb. 26, 1991, in Arkansas ... parents are Michael and Pamela Petersen ... has an aunt and uncle who both ran track and cross country at Colorado ... has been involved with coaching with the Special Olympics ... career goal is to become a doctor, following both parents who are also doctors ... intends to major in molecular and cell biology.

## RENAUD POIZAT

**Freshman**  
**Arcadia, Calif.**  
**Arcadia HS**



**High School:** Voted MVP of his cross country and track & field teams at Arcadia HS ... named his school's Sportsman of the Year ... his team took third place at the Division I state meet in 2005 ... represented the California region at the Nike cross country nationals ... had best of 1:58 in the 800 meters and 4:18 in the mile. **Personal:** Born Dec. 18, 1990, in Grenoble, France ... parents are Ron Bingham and Coralie Poizat ... mother is an assistant professor of molecular and cell biology at USC ... plans to major in economics.

## CODY SCHMIDT

**Freshman**  
**Redondo Beach, Calif.**  
**Redondo Beach HS**



**High School:** Voted team MVP all four years of high school ... fifth at the state CIF cross country meet as a senior to earn all-state honors ... has a best of 9:07.71 in the 3200 meters on the track, which set a school record ... also owns a PR of 4:18 in the 1600 meters ... finished 21st at the Nike Cross Country Championships as a senior. **Personal:** Born May 9, 1991, in Torrance, Calif. ... parents are Bob and Jane Schmidt ... brother, Simon, is also a freshman on the Cal team ... enjoys photography ... undeclared major.

## SIMON SCHMIDT

**Freshman**  
**Redondo Beach, Calif.**  
**Redondo Beach HS**



**High School:** Served as team captain of his cross country and track & field squads ... had bests of 9:23 in the 3200 meters and 15:18 in the 5000 in cross country. **Personal:** Born May 9, 1991, in Torrance, Calif. ... parents are Bob and Jane Schmidt ... brother, Cody, is also a freshman on the Cal team ... lists gymnastics, skateboarding and surfing among his interests ... undeclared major but has an interest in business.

## J.P. SLATER

**Freshman**  
**Pasadena, Calif.**  
**Loyola HS**



**High School:** Earned first-team all-league honors four times and was a two-time first-team all-state choice ... won the league title in the 3200 meters ... owns a best of 8:57.41 in the 3200 ... helped Loyola HS to a pair of California state titles in 2007 and '08 ... Loyola also won the CIF Southern Section championship in 2008 and '09 ... ran at the Nike Cross Country Championships three times. **Personal:** Born Nov. 14, 1990, in Pasadena, Calif. ... parents are Jim and Tracy Slater ... lists surfing and playing golf among his hobbies ... undeclared major.

## STEVE SODARO

**Junior**  
**Tiburon, Calif.**  
**Redwood HS**



**Cross Country:** Ran in the No. 5 or 6 position for the Bears last fall ... was 36th at the Pac-10 championships (24:48.01) ... gained experience at both the NCAA regionals (44th) and NCAA championships (244th) ... redshirted in 2007 ... honorable mention Pac-10 All-Academic ... was Cal's leading runner in his first race as a freshman in 2006, taking 11th at the Aggie Open at UC Davis ... remained in the Bears' top five the rest of the year ... was 52nd at the Pac-10 meet. **Track:** Specializes in the 3000-meter steeplechase and was Cal's only competitor in the event last year ... best mark was 9:26.84 at the Pac-10 championships (12th) ... posted a regional-qualifying time and lifetime best in the steeplechase when he took ninth in the race at the 2008 Pac-10 meet (9:04.41) ... 15th in the 5000 at the 2009 MPSF indoor meet (14:31.15) ... was seventh in the 5000 at 2008 MPSF indoors (14:39.27). **High School:** Captained the Redwood HS cross country and track teams ... as a senior, captured league titles in the 800, mile and two-mile events ... also the league cross country champion. **Personal:** Born Dec. 26, 1987, in San Francisco ... parents are Robin and Vicki Sodaro ... mother attended Cal ... political science major.

## BRAD SURH

**Sophomore**  
**San Carlos, Calif.**  
**Carlmont HS**



**Cross Country:** Competed in three races as a true freshman for the Bears last year ... took 41st at the USF Invitational and was 44th at the Sacramento State Jamboree ... also ran at Santa Clara's Bronco Invitational. **Track:** His best meet of the outdoor campaign came at the Big Meet when he ran a season-best 4:08.95 in the 1500 meters ... during the indoor season, posted best marks of 1:54.80 in the 800, 4:13.15 in the mile and 8:26.94 in the 3000. **High School:** Competed four years of cross country, in addition to being a member of the track team and playing one year of soccer ... won the 1600 at the CCS championships his senior season. **Personal:** Born Sept. 1, 1990, in Redwood City, Calif. ... parents are Taemin and Marci Surh ... has two brothers ... undeclared major.

## CHRIS VIZCAINO

**Junior**  
**Lafayette, Calif.**  
**Iona**



**Cross Country:** Transfer from Iona who helped the Gaels to a runner-up finish at the 2008 NCAA championships ... earned all-region honors with an 11th-place finish at the NCAA Northeast Regional Championships ... was fourth at the MAAC meet to claim all-conference recognition ... as a redshirt-freshman in 2007, took 59th at NCAA regionals. **Track:** Part of Iona's MAAC indoor champion distance medley relay ... finished third in the indoor mile at the conference meet (4:13.82) ... second in the MAAC indoor 5000 as a freshman in 2007 (15:07.04) ... on the outdoor track, was second in the 10,000 at the MAAC meet in 30:50.64, while he took third in the race at IC4As (PR 30:17.22) in 2008 ... fifth in the MAAC outdoor 5K in 2007 (14:52.56). **High School:** Eighth at the state Division III cross country meet as a senior ... won the North Coast Section 3200 title and was 14th in the 3200 at the state championships ... high school bests were 1:59.3 in the 800, 4:19.2 in the 1600 and 9:13.5 in the 3200. **Personal:** Born Feb. 3, 1988, in Concord, Calif. ... mother is Marlene Vizcaino ... legal studies major.

## WOMEN'S TEAM

### HERDIS ARNALDS

**Sophomore**  
**Kopavogur, Iceland**  
**Commercial College of Iceland**



#### Cross Country:

Gained experience in three races as a freshman last year ... best showing was at the Sacramento State Jamboree, when she placed 46th ... also 88th at the Pac-10 championships and 90th at the Bronco Invitational. **Track:** Redshirted during the 2009 season. **High School:** Competed for the Bredidablik Club. **Personal:** Born Sept. 30, 1988, in Reykjavik, Iceland ... parents are Hallgrimur Arnalds and Helga Eyfeld ... competed for Iceland's national team from 2004-08 in events that included the 800 meters and 4x400 relay ... the 2008 Icelandic indoor champion in the 800 ... competed in ballroom and Latin dance from ages 5 to 15 ... undeclared major.

### TAYLOR BRYSON

**Sophomore**  
**Costa Mesa, Calif.**  
**Newport Harbor HS**



#### Cross Country:

Redshirted last fall after competing as a true freshman in 2007 ... 14th in her opening race at the USF Invitational and 11th at the San Francisco State Invitational ... finished 62nd at the '07 Pac-10 championships. **Track:** Eighth in the mile at the 2009 MPSF championships (4:55.32) ... ran the 1500 meters at the Pac-10 outdoor meet, where she finished 15th (4:40.60) ... redshirted in 2008. **High School:** Had a best of 4:58 in the 1600 meters ... placed sixth in the 1600 at the CIF meet in both 2006 and '07 ... first-team All-CIF for cross country as a senior ... part of the Newport Harbor HS team that was second at the state meet in 2005 and '06 ... member of the California Scholarship Federation. **Personal:** Born July 19, 1989, in Long Beach, Calif. ... parents are Richard Bryson and Cameron Williams ... father played baseball at Long Beach State and in the Los Angeles Dodgers organization ... one of four siblings ... brother, Trent, was a steeplechaser at UC Santa Barbara and ran for the Nike Farm Team ... undeclared major.

### BRAZILE CLARK

**Freshman-Redshirt**  
**Castro Valley, Calif.**  
**Bishop O'Dowd HS**



#### Cross Country:

Redshirted in 2008. **Track:** Took 11th in the 800 meters at the MPSF indoor championships (2:14.12) ... had Cal's fastest 800 time of the outdoor season, going 2:11.91 at the Big Meet when she placed fourth. **High School:** Won the league 400 and 800-meter titles three out of four years at Bishop O'Dowd HS ... also part of four straight 4x400 relay league champions ... won the 800 at the 2008 CIF NCS Meet of Champions ... placed fourth in the 800 at the 2007 state championships ... competed with the East Oakland Youth Development Center track club and the 3M Track Club ... best times were 2:11.1 in the 800, 55.8 in the 400 and 54.1 in her split as part of the 4x400 relay. **Personal:** Born June 20, 1990, in Berkeley, Calif. ... parents are mother Kenya Crockett, who attended Cal, and stepfather Drummond Threat ... represented the U.S. at the Bank of Scotland Cup in 2008 ... competed in the 800 at the 2008 USA Junior championships ... undeclared major.

### MICHELLE DAVIS

**Sophomore**  
**San Rafael, Calif.**  
**San Rafael HS**



#### Cross Country:

Placed 25th at the Sacramento State Jamboree ... also 69th at the Pac-10 meet and was 40th at the Bronco Invitational. **Track:** Ran the 3000 and 5000-meter distances for the Bears last spring ... was fifth in the 3000 in the Big Meet (10:03.24) and took fifth in the 5000 at the Brutus Hamilton Invitational (17:16.97). **High School:** Finished third at the 2007 NCS championships, helping her team to a second-place standing ... ran a time of 11:37.99 in the 3200 meters at the NCS meet as a senior. **Personal:** Born Feb. 12, 1990, in San Rafael, Calif. ... parents are Jim and Carolyn Davis ... mother graduated from Cal and was a rower for the Bears ... cousin, Sam Walker, is a junior on Cal crew, and uncle, Jeff Walker, was a rower at Cal, as well ... volunteers for "The Local," a non-profit produce stand that sets up on Sproul

Plaza each week ... worked on an organic farm in Kentucky last summer ... nutritional studies major.

### TAYLOR DUTCH

**Sophomore**  
**Newport Beach, Calif.**  
**Orange Lutheran HS**



#### Cross Country:

A busy runner for the Bears as a freshman in 2008, participating in five races during the fall ... highest finish was 15th at the Sacramento State Jamboree ... also placed 68th at the Stanford Invitational and 80th at the Pac-10 championships. **Track:** Competed in the 3000 and 5000 meters during the 2009 outdoor season ... finished the 3000 in 10:24.03 at the Cal Outdoor Opener and the 5K in 17:38.02 at the SFSU Distance Carnival. **High School:** Helped Orange Lutheran HS to the state cross country title as a senior with a ninth-place individual finish ... named third-team all-state ... four-time all-league selection and twice received the All-CIF Athletic Award ... in track, her best times were 2:15 in the 800 and 5:17 in the 1600 ... a two-time CIF finalist in the 800 ... also played soccer for four years and was the league offensive player of the year in 2005-06 ... member of the National Honor Society and California Scholarship Federation. **Personal:** Born April 30, 1990, in Placentia, Calif. ... parents are Richard and Mary Dutch ... undeclared major.

### CRYSTAL ESPARZA

**Sophomore**  
**Riverbank, Calif.**  
**Beyer HS**



#### Cross Country:

An active member of the Cal team as a freshman last season ... placed 70th at the Pac-10 championships and 96th at NCAA regionals ... also 12th at the season-opening USF Invitational. **Track:** Began the 2009 season with a time of 10:42.45 in the 3000 meters at the Cal Outdoor Opener ... also ran 4:56.42 in the 1500 at the SFSU Distance Carnival. **High School:** Voted team and league MVP ... had a best of 5:03 in the 1600 meters ... also played on the Beyer HS soccer team ... **Personal:** Born Aug. 22, 1990, in Santa Ana, Calif. ... parents are Ruben and Rosa Esparza ... both parents competed in track

& field collegiately at Ft. Hays State (father also at UTEP) ... would like to become a physical therapist ... undeclared major.

## ALISON GREGGOR

**Senior**  
**Novato, Calif.**  
**San Marin HS**



### Cross Country:

The lone senior on the 2009 team who is one of the top two runners returning from last year ... placed 49th at the Pac-10 championships and was 47th at NCAA regionals (second among the Bears) ... two-time 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 ... competed in every race of 2006 ... recorded an eighth-place finish in the Aggie Open ... her other top 10 came at the USF Invitational, placing 10th ... finished second among the Bears at the NCAA West Regional. **Track:** Set a school indoor record in the 5000 meters when she placed fourth in the race at the MSPF championships (16:30.56) last winter ... also set a Cal indoor mark in the 3000 with a time of 9:36.26 at the Husky Classic ... during the outdoor season, ran the 10,000 in 34:37.01 at the Stanford Invitational ... in 2008, secured the Cal women's best 3000 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 & field state qualifier ... school record-holder in the 800 (2:21), 1600 (5:00.5) and 3200 (11:17) at San Marin HS ... 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.

## HILLARY HAYES

**Freshman**  
**Huntington Beach, Calif.**  
**Edison HS**

**High School:** Earned a berth at the state championships this past spring, where she took fourth in the 3200 meters in a time of 10:28.79 ... invited to Nike cross country nationals as a senior ... she set her PR in the 1600 in 2007 (4:51) ... voted the Edison HS Athlete of the Year as a senior ... a two-time league cross country champion



## NICOLE HOUGH

**Freshman**  
**Redondo Beach, Calif.**  
**Redondo Beach HS**



### High School:

Earned all-area honors in 2008 ... owns career bests of 5:06 in the 1600 meters and 11:03 in the 3200 ... also played varsity soccer at Redondo Beach HS ... received her school's scholar-athlete award. **Personal:** Born Nov. 24, 1990, in Torrance, Calif. ... parents are Gregory and Christine Hough ... lists painting and horseback riding among her hobbies ... member of the Ecology Club in high school ... undeclared major.

## HAYLEY HUXTABLE

**Sophomore**  
**Santa Cruz, Calif.**  
**Scotts Valley HS**



### Cross Country:

Participated in one race in 2008, finishing 70th at the Sacramento State Jamboree. **Track:** Redshirted in 2009 ... as a freshman in 2008, specialized in the 200 and 400 meters ... had Cal's second-fastest 400 time with a mark of 55.70 at the Payton Jordan Invitational ... also ran 24.65 at the Brutus Hamilton Invitational. **High School:** As a senior at Scotts Valley HS, won the league titles in the 100, 200, 400 and 4x100 relay—a first in the history of the league ... the 2007 Scotts Valley Athlete of the Year and a two-time track team MVP ... a three-time state qualifier in the 400 ... set school records in the 100 (12.3), 200 (24.44) and 400 (56.03) ... member of the cross country team for three years. **Personal:** Born Jan. 28, 1989,

... finished second in the state cross country race her senior year. **Personal:** Born June 14, 1990, in Huntington Beach, Calif. ... mother is Karen Anderson and father is Steve Hayes ... grandfather,

James Hayes, played football at USC and older brother, Jayson, runs track and cross country at UC Santa Barbara ... received the Character Coalition Award for responsibility and goal-setting from Edison HS, as well as the ABC Award ... undeclared major, but does have an interest in public health or psychology.

in Santa Cruz, Calif. ... parents are Phil and Jenine Huxtable ... considering a career in broadcast journalism ... lists photography as a hobby ... undeclared major.

## ELLIE KEENE

**Freshman-Redshirt**  
**Vista, Calif.**  
**Rancho Buena Vista HS**



### Cross Country:

Redshirted in 2008. **Track:** Had Cal's fastest time of the year in the 3000 meters when she covered the distance in 9:58.06 at the Cal Outdoor Opener ... also ranked No. 2 on the team in both the 1500 (4:42.50) and 5000 (17:11.06). **High School:** Finished 13th in the state cross country meet in 2006. **Personal:** Born June 10, 1990, in Visa, Calif. ... father is Arnold Keene and mother is Bridgette Keene ... undeclared major.

## KEENA KOHL

**Sophomore**  
**Yorba Linda, Calif.**  
**Esperanza HS**



### Cross Country:

Emerged as one of Cal's top five runners as a freshman last fall ... led the Bears at the Stanford Invitational with a 23rd-place finish at the Stanford Invitational ... 50th at the Pac-10 championships and was Cal's No. 3 runner at NCAA regionals when she placed 57th. **Track:** Ran 4:43.57 in the 1500 meters at the Cal Outdoor Opener last year. **High School:** Named MVP of her high school track and cross country teams as a senior ... a second-team all-state choice ... cross country team finished second in the state in 2007 ... had PRs of 5:06 in the 1600 meters, 11:03 in the 3200, 17:26 at three miles and 18:16 in the 5K ... participated at Nike Team Nationals in 2007. **Personal:** Born May 7, 1990, in Anaheim HS ... parents are David

and Ann Marie Kohl ... would like to become a doctor ... member of the National Honor Society and California Scholarship Federation ... undeclared major.

## DEBORAH MAIER

**Sophomore**  
**Cameron Park, Calif.**  
**Ponderosa HS**



### Cross Country:

Cal's top returning runner from the 2008 season ... led the Bears at both the Pac-10 championships (41st) and NCAA regionals (39th) ... Cal's second runner at the Stanford

Invitational and Pre-NCAA meet. **Track:** Ran 9:42.95 in the indoor 3000 meters at the Husky Classic ... helped the distance medley relay to a third-place finish at the MPSF championships ... during the 2009 outdoor season, posted Cal's best time in the 1500 at the Big Meet (4:32.09) ... also ranked first on the team in the 5000 after running a regional qualifying time of 16:31.41 at the Stanford Invitational. **High School:** Came in third at the 2007 cross country state meet ... ran at the USATF Cross Country Nationals ... a three-time all-league choice ... first-team All-NorCal and all-metro as a junior and senior ... also first-team all-state in 2007 ... high school team placed third at the California state meet in 2007 ... school record-holder in the 1500 and 1600 meters ... earned numerous scholarships and academic awards, including the AP Scholar Award. **Personal:** Born Aug. 17, 1990, in Walnut Creek, Calif. ... parents are Paul and Donna Maier ... one of six siblings ... brothers, Chris, Jonathan, Stephen, and sister, Elizabeth, all attended Cal, and Chris ran cross country and track for the Bears ... also played softball and soccer ... undeclared major.

## SOFIA OBERG

**Freshman**  
**Lidingö, Sweden**  
**Hersby Gymnasium**



**High School:** The Swedish champion in the 800m and owns a best time in the event of 2:03.99 ... has competed at both the World Junior Championships and the World Youth Championships ...

won Sweden's Under-20 Cross Country Championships title ... set a PR in the 1500 meters over the summer (4:24.83) ...

a member of the Swedish National team since 2005. **Personal:** Born May 30, 1990, in Stockholm, Sweden ... parents are Björn and Ann Oberg, both of whom are lawyers ... played tennis for eight years and took ballet for seven years ... undeclared major.

## CHELSEA REILLY

**Sophomore**  
**Davis, Calif.**  
**Davis HS**



### Cross Country:

After redshirting in 2008, should figure among Cal's top runners this season after a strong year in 2007 ... in '07, paced the Bears at the San Francisco

Invitational, the Pac-10 championships and the NCAA West Regional ... took second place at the USF Invitational and 28th at the Pac-10 meet. **Track:** Redshirted in 2009 ... competed in the 800, 1500 and mile during her freshman campaign. **High School:** PRed in the 5K at the 2006 Stanford Invitational (17:48) ... two-time Sac Joaquin Section champion in the 1600-meter run ... fourth in the 2007 California state meet ... 2007 record-setting masters champion ... selected to the All-Sacramento Bee first team as a senior ... all-metro first-team selection in 2004 and 2005 ... led Davis HS to four cross country Sac Joaquin section championships, and the 2007 title in track ... a lifetime member of the California Scholarship Federation ... also competed for the Delta Valley League and the Monticello 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 in-

clude attending medical school and studying sports medicine ... undeclared major.

## ROWENA TAM

**Junior**  
**San Diego, Calif.**  
**University City HS**



### Cross Country:

One of Cal's top runners last season, who led the Bears at the Pre-NCAA meet with a 63rd-place finish ... also in Cal's top five at the Pac-10 and NCAA

regional championships ... honorable mention Pac-10 All-Academic ... as a sophomore in 2008, 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 (48th). **Track:** Redshirted last spring ... in 2008, regionally qualified at the Big Meet with a time of 10:37.28 in the steeplechase that ranks second on Cal's all-time charts ... as a freshman in 2007, garnered Cal's best time of the season in the 3000-meter steeplechase at the Big Meet (11:15.16) ... clocked in at 2:14.73 in the 800 at the Aggie Open ... earned Cal's third-best time of the season in the 1500 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:** 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. **Personal:** Born Sept. 8, 1988, in San Diego, Calif. ... parents are Daniel and Tina Tam ... mass communications major.



# 2009 CROSS COUNTRY ROSTERS

## MEN

| Name           | Yr  | Exp | Hometown/Last School                                       |
|----------------|-----|-----|------------------------------------------------------------|
| James Attarian | Fr* | RS  | Dublin, Calif./Dublin HS                                   |
| Nate Beach     | So  | SQ  | Lafayette, Calif./Acalanes HS                              |
| James Brewer   | So  | TR  | Cheltenham, England/University of Bath                     |
| Maxime Chevee  | So  | SQ  | Saint Julien en Genevois, France/<br>Lycee Mme de Stael HS |
| Michael Coe    | Sr  | 3V  | Lompoc, Calif./Cabrillo HS                                 |
| Andres Diaz    | Fr  | HS  | Eagle Rock, Calif./Loyola HS                               |
| Rylan Hunt     | Fr  | HS  | Santa Cruz, Calif./Aptos HS                                |
| Collin Jarvis  | Fr  | HS  | Vista, Calif./Rancho Buena Vista HS                        |
| Kari Karlsson  | Jr* | 2V  | Reykjavik, Iceland/Reykjavik University                    |
| Dmitry Kislyuk | Fr* | TR  | San Ramon, Calif./MIT                                      |
| Matt H. Miller | So* | SQ  | Orange, Calif./El Modena HS                                |
| Matt Petersen  | Fr  | HS  | Davis, Calif./Davis HS                                     |
| Renaud Poizat  | Fr  | HS  | Arcadia, Calif./Arcadia HS                                 |
| Cody Schmidt   | Fr  | HS  | Redondo Beach, Calif./Redondo Beach HS                     |
| Simon Schmidt  | Fr  | HS  | Redondo Beach, Calif./Redondo Beach HS                     |
| J.P. Slater    | Fr  | HS  | Pasadena, Calif./Loyola HS                                 |
| Steve Sodaro   | Jr* | 2V  | Tiburon, Calif./Redwood HS                                 |
| Brad Surh      | So  | SQ  | San Carlos, Calif./Carlmont HS                             |
| Chris Vizcaino | Jr  | Tr  | Lafayette, Calif./Iona                                     |

## WOMEN

| Name            | Yr  | Exp | Hometown/Last School                             |
|-----------------|-----|-----|--------------------------------------------------|
| Herdis Arnalds  | So  | SQ  | Kopavogur, Iceland/Commercial College of Iceland |
| Taylor Bryson   | So* | 1V  | Costa Mesa, Calif./Newport Harbor HS             |
| Brazile Clark   | Fr* | RS  | Castro Valley, Calif./Bishop O'Dowd HS           |
| Michelle Davis  | So  | SQ  | San Rafael, Calif./San Rafael HS                 |
| Taylor Dutch    | So  | SQ  | Newport Beach, Calif./Orange Lutheran HS         |
| Crystal Esparza | So  | 1V  | Riverbank, Calif./Fred Beyer HS                  |
| Alison Greggor  | Sr  | 3V  | Novato, Calif./San Marin HS                      |
| Hillary Hayes   | Fr  | HS  | Huntington Beach, Calif./Edison HS               |
| Nicole Hough    | Fr  | HS  | Redondo Beach, Calif./Redondo Beach HS           |
| Hayley Huxtable | So* | SQ  | Santa Cruz, Calif./Scotts Valley HS              |
| Ellie Keene     | Fr* | RS  | Vista, Calif./Rancho Buena Vista HS              |
| Keena Kohl      | So  | 1V  | Yorba Linda, Calif./Esperanza HS                 |
| Deborah Maier   | So  | 1V  | Cameron Park, Calif./Ponderosa HS                |
| Sofia Oberg     | Fr  | HS  | Lidingö, Sweden/Hersby Gymnasium                 |
| Chelsea Reilly  | So* | 1V  | Davis, Calif./Davis HS                           |
| Rowena Tam      | Jr* | 2V  | San Diego, Calif./University City HS             |

\*indicates redshirt year has been used

## COACHING STAFF

|                                     |                                        |
|-------------------------------------|----------------------------------------|
| Head Coach.....                     | Tony Sandoval                          |
|                                     | 17th season as men's and women's coach |
|                                     | 28th season as women's coach           |
| Assistant Coach.....                | Ann Detmer                             |
| Volunteer Assistants .....          | Magdalena Lewy, Sean Carey             |
| Athletic Trainers.....              | Elaine Garcia, Shelly Taketa           |
| Strength & Conditioning Coach ..... | Lindsay Bufkin                         |

## RETURNING LETTERWINNERS

### MEN (3)

Michael Coe  
Kari Karlsson  
Steve Sodaro

### WOMEN (7)

Taylor Bryson  
Crystal Esparza  
Alison Greggor  
Keena Kohl  
Debra Maier  
Chelsea Reilly  
Rowena Tam

## INCOMING RUNNERS

### MEN (10)

James Brewer  
Andres Diaz  
Rylan Hunt  
Collin Jarvis  
Dmitry Kislyuk  
Matt Petersen  
Renaud Poizat  
Cody Schmidt  
J.P. Slater  
Chris Vizcaino

### WOMEN (3)

Hillary Hayes  
Nicole Hough  
Sofia Oberg

## LETTERWINNERS LOST

### MEN (4)

Yosef Ghebray  
Eric Lee  
Mark Matusak  
Matt K. Miller

### WOMEN (2)

Rebecca Palm  
Gabriela Rios-Sotelo

## PRONUNCIATION GUIDE

James Attarian..... ah-TAR-ee-an  
Maxime Chevee .max-EEM sheh-VEE  
Rylan Hunt.....RYE-lan  
Kari Karlsson ..... KAH-ree  
Dmitry Kislyuk.....d-MEE-tree  
.....KEES-lee-uck  
Renaud Poizat..... ray-KNOW POY-zat

# HEAD COACH TONY SANDOVAL



**TONY SANDOVAL**  
**Head Coach**

Tony Sandoval, one of the most experienced and highly-regarded distance coaches in the country, is in his 18th season as head coach of the California men's and women's cross country teams and his 28th year overall at the university.

Also in his third year as director of men's and women's track & field, Sandoval was the head women's track & 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.

Over the past two years, Sandoval has guided the Golden Bear men's cross country team to its best finishes in school history, claiming 15th place at the NCAA championship meet in 2007 and coming in 22nd place last fall. A combined eight men's and women's runners have gained All-American status under his guidance, including Yosef Gehbray, who became just the third Cal male ever to earn cross country recognition last year.

Sandoval has a proven record of developing athletes during their collegiate careers, and many of them have gone on to race after college. Those who have experienced postgraduate 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. In addition to Lewy, two additional Sandoval protégés competed at the 2008 U.S. Olympic Trials – Alysia Johnson in the 800 meters and David Torrence in the 1500.

Sandoval also 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 women 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 women's team's first NCAA cross country team appearance in 1984, the Bears 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, with the Bears producing berths in the NCAA championships the last two seasons. Cal has also finished third at the Pac-10 championships three times in the last four years – highest in school history.

Individually, Ghebray garnered All-America honors in 2008, becoming the first Cal men's runner to gain the honor since Boulet in 1993. Boulet, who earned six All-America notices (five in track & field), posted three consecutive top-five finishes at the Pac-10 championships and advanced to the 1993 and 1994 NCAA meets. He continued to race at the elite level after college, placing at the USATF and World Indoor Championships in 1998.

Torrence represented Cal at the 2006 NCAA cross country meet. Other recent Bears to qualify for the championships individually were Giliat Ghebray (2005), Girmay Guangul (2000), Asmerom (1999) and Gilmore (1999).

Sandoval, the 1986 NorPac Conference

Track & 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 was also 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 (Cal '09) and Marcy (Diablo Valley College).



## THE COACHING STAFF



**ANN DETMER**  
**Assistant Coach**

Ann Detmer, a former MVP for the Wisconsin track & field team who helped the Badgers qualify for three NCAA Women's Cross Country Championships, is in her first year as an assistant coach for the California cross country program.

Detmer spent last season as a volunteer coach with the women's team at Wisconsin, where she assisted with training and individual workouts and coordinating recruiting efforts. In cross country, the Badgers finished second at the Big Ten meet and placed 19th at the 2008 NCAA championships. Detmer helped coach distance runners to three All-Big Ten honors in cross country, as well as two Big Ten track & field titles (3000m, 5000m). In addition, Gwen Jorgensen garnered All-America notice at the 2008 NCAA cross country meet.

Captain of the 2007-08 Wisconsin cross country and track & field squads, Detmer earned All-America honors with an eighth-place finish in the mile at the 2008 NCAA indoor track meet. She was a three-time NCAA qualifier in the mile and 1500 meters. In cross country, Detmer was part of three NCAA qualifying teams, helping the Badgers to a best of fourth place at 2006 nationals. In 2007, she received the cross country squad's Most Improved Award.

As a high school runner, Detmer won the Wisconsin state championship in the 800 meters competing for Lodi High School.

Detmer earned her bachelor's degree in biology from Wisconsin and was a two-time Academic All-American and three-time Big Ten All-Academic selection. She has worked as an associate research specialist with the O'Connor AIDS Vaccine Lab and the Wisconsin National Primate Research Center Genetic Services Unit. Detmer has co-authored three manuscripts that have been published the Journal of Virology, Immunogenetics and Nature Medicine.



**MAGDALENA LEWY**  
**Volunteer**  
**Assistant Coach**

Magdalena Lewy, a former Cal track and field All-American and member of the 2008 U.S. Olympic team, serves as a volunteer assistant coach for the Golden Bears.

Still an avid runner, Lewy took second at the 2008 Olympic Trials (2:30:19), and she plans to continue training with a goal to make the 2012 U.S. team for the London Games. Lewy just missed out on the 2004 Olympics, placing fifth (2:30:50) in the marathon at the 2004 U.S. 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 nearby Moraga. Lewy then returned for the 1999 and 2000 collegiate seasons in Berkeley.

From 2000-07, Lewy was research director for Sports Street Marketing, which manufactures GU energy gel, before she returned to coaching at Cal again.

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

On Cal's all-time performers list, Lewy ranks second in the 5000 (16:04.86), third in the 3000 (9:25.93) and eighth in the 1500 (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 four-year-old son, Owen.



**SEAN CAREY**  
**Volunteer**  
**Assistant Coach**

A member of the Golden Bear cross country and track & field teams from 2005-09, Sean Carey is in his first year as a volunteer assistant coach with the Cal cross country program.

As part of the competitive cross country squad, Carey was a component of a team that advanced to the NCAA championships in both 2007 and '08. He primarily concentrated on the 800 and 1500-meter distances in track & field, posting personal bests of 1:49.43 in the 800 and 3:55.55 in the 1500.

As a senior, Carey placed third in the 800 meters at the MPSF indoor championships with a Cal indoor record time of 1:49.65.

A graduate of nearby Albany High School, Carey won the 800 at the NCS Meet of Champions and set the school's 800 record of 1:52.15.

Carey is in the process of completing his degree in information management and systems from Cal. His father, Van Carey, is a professor in mechanical engineering at the university.



# YEAR-BY-YEAR RESULTS

## MEN'S RESULTS

### Aug. 30 at USF Invitational (7 teams), 8000m

1. Stanford 24, 2. USF 66, 3. California 105. Winner: Edwin Kibet Tarragon (Academy of Art) 25:07.30. Cal Finishers: 3. Matt H. Miller 25:37.60, 9. Nate Beach 25:47.30, 22. Patrick Lynch 26:18.60, 30. Sean Carey 26:35.50, 41. Brad Surh 26:55.00, 43. Francis Gadayan 26:58.20, 63. Dan Brown 28:12.30.

### Sept. 13 at Hornet Jamboree (6 teams), 4 miles

1. Stanford 39, 2. California 87, 3. Arkansas 103. Winner: Scott Grose (Sac State) 19:53. Cal Finishers: 6. Eric Lee 20:15, 10. Sean Carey 20:32, 17. Patrick Lynch 20:52, 23. Francis Gadayan 21:09, 44. Brad Surh 21:45, 50. Dan Brown 22:17.

### Sept. 27 at Stanford Invitational (28 teams), 8000m

1. Stanford 39, 2. California 87, 3. Arkansas 103. Winner: 1. Scott Bauhs (Chico State) 23:45. Cal Finishers: 6. Yosef Ghebray 24:28, 7. Mark Matusak 24:30, 15. Kari Karlsson 24:55, 22. Matt Kelley Miller 25:15, 37. Matt Hansdavid Miller 25:39, 43. Steve Sodaro 25:48, 53. Eric Lee 25:57.

### Oct. 18 at Pre-NCAA Meet (41 teams), 8000m

1. Alabama 89, 2. Northern Arizona 113, 3. Michigan 146, 8. California 315. Winner: 1. Tyson David (Alabama) 23:30.1. Cal Finishers: 16. Mark Matusak 24:00, 36. Michael Coe 24:16, 58. Kari Karlsson 24:33, 77. Yosef Ghebray 24:44, 128. Matt Kelley Miller 25:07, 179. Matt H. Miller 25:31, 180. Steve Sodaro 25:32.

### Oct. 18 at Bronco Invitational (14 teams), 8000m

1. Long Beach State 76, 2. Sacramento State 81, 3. Boise State 116, 8. California 203. Winner: 1. Erick Garcia (Fresno State) 24:37. Cal Finishers: 16. Nate Beach 25:12, 23. Maxime Chevee 25:26, 43. Eric Lee 25:47, 79. Patrick Lynch 26:16, 94. Brad Surh 26:44.

### Oct. 31 at Pac-10 Championships (8 teams), 8000m

1. Oregon 28, 2. Stanford 47, 3. California 104, 3. Washington 104. Winner: 1. Galen Rupp (Oregon) 22:55.14. Cal Finishers: 6. Yosef Ghebray 23:43.03, 14. Mark Matusak 23:56.91, 21. Michael Coe 24:22.60, 31. Kari Karlsson 24:38.84, 36. Steve Sodaro 24:48.01, 55. Matt Miller 25:23.31, 56. Maxime Chevee 25:23.71, 60. Eric Lee 25:29.01, 75. Nate Beach 26:15.04.

### Nov. 15 at NCAA West Regional (25 teams), 10,000m

1. Oregon 38, 2. Stanford 72, 3. Portland 85, 4. California 116. Winner: 1. Galen Rupp (Oregon) 27:41.24. Cal Finishers: 7. Yosef Ghebray 28:53.67, 17. Michael Coe 29:34.97, 18. Mark Matusak 29:37.99, 30. Kari Karlsson 29:57.56, 44. Matt Miller 30:27.03, 66. Steve Sodaro 31:06.94.

### Nov. 25 at NCAA Championships (31 teams), 10,000m

1. Oregon 93, 2. Iowa 147, 3. Stanford 227, 22. California 477. Winner: 1. Galen Rupp (Oregon) 29:03.2. Cal Finishers: 36. Yosef Ghebray 30:09.4, 51. Michael Coe 30:28.1, 134. Mark Matusak 31:08.8, 164. Kari Karlsson 31:24.7, 203. Steve Sodaro 31:49.4, 244. Matt Miller 32:56.8, 248. Matt H. Miller 33:16.8.

## WOMEN'S RESULTS

### Aug. 30 at USF Invitational Golden Gate (9 teams), 5000m

1. California 52, 2. USF 80, 3. Santa Clara 81. Winner: Alicia Follmar (Stanford) 17:57.90. Cal Finishers: 3. Gabriela Rios-Sotelo 18:06.30, 8. Keena Kohl 18:24.30, 9. Rebecca Palm 18:31.80, 12. Crystal Esparza 18:50.50, 21. Taylor Dutch 19:01.50, 30. Alesandra Roger 19:25.60.

### Sept. 13 at Hornet Jamboree (7 teams), 5000m

1. Stanford 43, 2. UC Davis 122, 3. Azusa Pacific 183, 4. California 191. Winner: 1. Michelle Born (USF) 17:27. Cal Finishers: 8. Rebecca Palm 17:59, 15. Taylor Dutch 18:23, 25. Michelle Davis 18:43, 32. Araceli Huerta 18:58, 46. Herdis Arnalds 19:40, 56. Francesca Weems 20:14, 70. Hayley Huxtable 22:49.

### Sept. 27 at Stanford Invitational (33 teams), 6000m

1. Stanford 43, 2. UC Davis 122, 3. Azusa Pacific 183, 4. California 191. Winner: 1. Laura Olvera (UC Irvine) 20:42. Cal Finishers: 23. Keena Kohl 22:05, 26. Gabriela Rios-Sotelo 22:09, 40. Debra Maier 22:31, 49. Rebecca Palm 22:42, 53. Rowena Tam 22:46, 57. Crystal Esparza 22:52, 68. Taylor Dutch 23:04.

### Oct. 18 at Pre-NCAA Meet (39 teams), 6000m

1. Florida State 89, 1. Princeton 89, 3. Michigan 168, 15. California 474. Winner: 1. Susan Kuijken (Florida State) 19:48. Cal Finishers: 63. Rowena Tam 21:33, 73. Debra Maier 21:39, 95. Gabriela Rios-Sotelo 21:52, 109. Keena Kohl 22:00, 134. Crystal Esparza 22:10, 248. Alison Gregor 24:04.

### Oct. 18 at Bronco Invitational (17 teams), 6000m

1. Long Beach State 88, 2. Santa Clara 120, 3. Nevada 127, California NA. Winner: 1. Sarah Apgar (Long Beach State) 17:14. Cal Finishers: 40. Michelle Davis 18:24, 43. Taylor Dutch 18:29, 69. Araceli Huerta 18:59, 90. Herdis Arnalds 19:22.

### Oct. 31 at Pac-10 Championships (10 teams), 6000m

1. Washington 15, 2. Oregon 55, 3. Stanford 99, 8 California 209. Winner: 1. Kendra Schaaf (Washington) 19:24.05. Cal Finishers: 41. Deborah Maier 21:25.40, 43. Gabi Rios-Sotelo 21:25.98, 49. Alison Gregor 21:34.56, 50. Keena Kohl 21:35.79, 52. Rowena Tam 21:41.99, 57. Beckie Palm 21:49.61, 69. Micky Davis 22:09.17, 70. Crystal Esparza 22:10.65, 80. Taylor Dutch 22:31.34, 88. Herdis Helga Arnalds 23:30.34.

### Nov. 15 at NCAA West Regional (30 teams), 6000m

1. Washington 25, 2. Oregon 62, 3. Stanford 91, 7. California 269. Winner: 1. Alex Kosinski (Oregon) 19:59.01. Cal Finishers: 39. Maier, Deborah 21:13.05, 47. Gregor, Alison 21:17.27, 57. Kohl, Keena 21:25.04, 62. Tam, Rowena 21:34.46, 67. Rios-Sotelo, Gabi 21:39.48, 96. Esparza, Crystal 22:05.53.

## CAL TEAM FINISHES - MEN

| Year | Pac-10 | NCAA Regional | NCAA Championships |
|------|--------|---------------|--------------------|
| 2008 | T3rd   | 4th           | 22nd               |
| 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 Regional | NCAA Championships |
|------|--------------|---------------|--------------------|
| 2008 | 8th          | 7th           | -                  |
| 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        |

# TOP INDIVIDUAL FINISHERS

## MEN

### PAC-10 CONFERENCE CHAMPIONSHIPS

|      |      |                  |       |
|------|------|------------------|-------|
| 2008 | 6th  | Yosef Ghebray    | 23:43 |
| 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

|      |      |                 |       |
|------|------|-----------------|-------|
| 2008 | 7th  | Yosef Ghebray   | 28:53 |
| 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 |

## ALL-AMERICANS

|      |       |                 |
|------|-------|-----------------|
| 2008 | ..... | Yosef Ghebray   |
| 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 |

### NCAA CHAMPIONSHIPS

|      |       |                |       |
|------|-------|----------------|-------|
| 2008 | 36th  | Yosef Ghebray  | 30:09 |
| 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 CONFERENCE CHAMPIONSHIPS

|      |      |                 |       |
|------|------|-----------------|-------|
| 2008 | 41st | Deborah Maier   | 21:25 |
| 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

|      |      |                 |       |
|------|------|-----------------|-------|
| 2008 | 39th | Deborah Maier   | 21:13 |
| 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 Bowe      | 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 |
| 1977 | 85th | Sally Metteer   | 19:14 |
| 1976 | 69th | Sally Metteer   | 18:14 |



*Athletic Study Center Staff*

## ACADEMIC GAME PLAN

### COMPREHENSIVE PROGRAM FOCUSES ON GOLDEN BEAR ACADEMIC ACHIEVEMENT

**W**hile the California football program has produced school records of six straight bowl appearances and four consecutive bowl triumphs as part of 59 wins overall in the last seven years, the mission for Cal football is: To EDUCATE and GRADUATE all football student-athletes with a meaningful degree that will support their future successes in whatever field they choose.

Cal's unique "Academic Game Plan" (AGP) is a program established by head coach Jeff Tedford to ensure success in the classroom as well as on the field. AGP, under the direction of Cal's director of student-athlete development, consists of players meeting regularly with coaches and counselors to review coursework and assignments. Players are given an "Academic Game Planner," which they are required to keep up-to-date. The point of AGP is to approach academics just like a game, with a plan. The players would never go into a game situation without studying film, having a plan, practicing and preparation. Tedford and the Cal staff want student-athletes to approach academics the same way.

Of the 18 players signed in 2002 in coach Tedford's first class, 15 (83%) graduated within five years. A total of 20 players over the past 10 years have earned graduate degrees while playing and 10 of those players who earned graduate degrees have gone on to play in the NFL, including Adimchinobe Echemandu, Tyler Fredrickson, Scott Fujita, Nick Harris, L.P. Ladouceur, Alex Mack and John Welbourn.

For the 2005-06 academic year, the Cal football team achieved the highest score possible (1000) in the Academic Progress Rate (APR). This past year, Cal posted a multi-year score of 970, second among Pac-10 schools. In addition, 74 student-athletes on the football team have earned Pac-10 All-Academic honors in the Tedford era.



### ATHLETIC STUDY CENTER

The Athletic Study Center, which is housed within the Division of Undergraduate Education, is the tutorial and academic support program for the nearly 900 student-athletes at Cal. Centrally located in the Cesar Chavez Student Center, the program provides a spacious and comfortable area for quiet study, individual classrooms for tutorials, and a computer lab for word processing and required course work.

### TUTORIAL PROGRAM

The tutorial program promotes and enhances students' academics skills and progress by providing individual tutoring, group workshops, study groups, credit courses and intensive special programs. The Athletic Study Center has between 50-60 tutors on staff per semester to guarantee that students receive the best possible support. Tutorial sessions are offered at night to enable student-athletes to receive help after practices when they have more time to devote to studying.

### ADVISING PROGRAMS

The advising programs offer a broad range of services to meet the unique needs of Cal's student-athletes, which include assistance in understanding and complying with university, college and NCAA requirements, the development of time management skills and the resolution of personal issues unique to student-athletes.



## DIRECTOR OF ATHLETICS



**SANDY BARBOUR**  
Director of Athletics

**A**s Director of Athletics at the University of California, Sandy Barbour oversees an Athletic Department that ranks as one of the most successful in the country with a mission that seeks to match its level of excellence with that attained by the University as a whole.

Under Barbour's leadership, the Golden Bears have developed into a model program that has become a mainstay among the Top 10 in the annual NACDADirectors' Cup standings. Cal once again matched the school's best-ever finish in 2008-09 with a seventh-place standing, which was achieved with a national championship in women's swimming, a runner-up finish in women's tennis and women's rowing, and top-five finishes in men's swimming (4th), men's gymnastics (4th) and volleyball (5th). The Bears were also seventh in 2006 and '08.

"Sandy Barbour was my first appointment at Berkeley, and I consider it a privilege to have her as our athletic director," Chancellor Robert J. Birgeneau said. "Under her leadership, our student-athletes are excelling on and off the field, supported by a department committed to excellence, equity and comprehensive compliance with the rules."

Since Barbour began her tenure in Berkeley on Sept. 15, 2004, Cal programs have captured 10 national team championships and 43 individual titles.

In addition, the Golden Bear football team has won four consecutive bowl games – the Las Vegas Bowl in 2005, the Holiday Bowl in 2006, the Armed Forces Bowl in 2007 and the Emerald Bowl in 2008 – and shared the Pac-10 championship for the first time in 21 seasons in 2006.

Overall, Cal supports a 27-sport program with more than 800 student-athletes and a budget in excess of \$60 million.

On the academic front, more than half of Cal's 27 programs maintain a cumulative GPA of 3.0 or higher, with 11 of them earning cumulative GPAs higher than their historical average last year. All Bear teams also surpassed the required minimum score in the most recent Academic Progress Report, and more than

175 student-athletes have earned academic all-conference recognition in each of the last five years.

One of the "100 Most Influential Women in Business" in the Bay Area according to the *San Francisco Business Times*, Barbour was named a regional Athletic Director of the Year for 2008-09 by the National Association of Collegiate Directors of Athletics (NACDA), and she was a finalist for National AD of the Year at the Sports Business Awards. Barbour was previously chosen a 2006 Woman of Distinction by the *East Bay Business Times* and the 2006 National Association of Collegiate Women Athletics Administrators (NACWAA) Division I-A National Administrator of the Year.

Barbour is an active member of several committees on both the national and conference levels. Currently chair of the Pac-10 Budget and Finance Committee, she is also a member of the Pac-10 Executive Committee and the Pac-10 Television Committee and served as vice president of the conference for 2007-08. In addition, Barbour is on the NACDA Executive Committee, the NCAA Diversity Leadership Strategic Planning Committee, the NCAA Women's Basketball Discussion Group and the WBCA Defensive Player of the Year Selection Committee.

Prior to moving to Berkeley, Barbour was the deputy director of athletics at Notre Dame, serving as the university's senior athletic administrator from July 2002 to September 2004. She previously held an associate athletic director position there starting in 2000.

Barbour's career in intercollegiate athletic administration spans 28 years, beginning as a field hockey assistant coach and lacrosse administrative assistant at the University of Massachusetts in 1981. She has since served as assistant athletic director at Northwestern and in 1991 was recruited to Tulane as an associate athletic director.

In 1996, Barbour was appointed Tulane's director of athletics at age 36, and during her three years overseeing the program, Green Wave teams won 12 conference championships. In her first year in the position, the school captured four conference titles, a feat never before accomplished in Tulane history. She also hired Tommy Bowden as head football coach during her first year. Bowden proceeded in 1997 to post the Green Wave's first winning season (7-4) in 16 years, and then directed the school to a 12-0 record, a Conference USA championship and a No. 7 national ranking the following season as the 1998 Liberty Bowl champions.

In her position at Notre Dame, Barbour oversaw facilities and event operations for the school's 26-sport program, including football game management and the department's two



golf courses. She was also responsible for developing, maintaining and implementing Notre Dame's \$127 million athletics facilities master plan.

Additionally, her role at Notre Dame included responsibilities for women's lacrosse, men's and women's cross country, indoor and outdoor track, men's and women's swimming and men's golf. She also assisted with the administration of women's basketball.

Born Dec. 2, 1959, in Annapolis, Md., Barbour grew up in a military family. Her father was a career aviator in the U.S. Navy, and her family lived in various U.S. locations as well as in Western Europe during her childhood.

Barbour graduated cum laude in 1981 with a B.S. degree in physical education from Wake Forest, where she was a four-year letterwinner and served as captain of the field hockey team. She also played two varsity seasons of women's basketball.

Barbour earned advanced degrees at both Massachusetts (an M.S. in sports management in 1983) and Northwestern's Kellogg School of Management (an MBA in 1991).

Between master's programs, Barbour served as assistant field hockey and lacrosse coach at Northwestern from 1982-84. She also held the position of director of recruiting services during that period, before being promoted to assistant athletic director for intercollegiate programs in 1984, a position she held until 1989.

Prior to joining Tulane, Barbour worked in programming and production for FOX Sports Net in Chicago during the summer of 1990.

# ATHLETIC FACILITIES

Student-athletes at the University of California have the privilege of using quality athletic facilities. Major athletic facilities located on and around the Cal campus are listed below.

## BRIONES RESERVIOR

Cal women's crew uses Briones Reservoir as its dedicated practice site.

## EDWARDS STADIUM/ GOLDMAN FIELD

Historic Edwards Stadium/Goldman Field, which opened in 1932, is home to the Cal's track and field and soccer teams.

## EVANS DIAMOND

This natural-grass facility seats over 2,500 people and is used Cal's baseball team for practices and games.

## HAAS PAVILION

Walter A. Haas Jr. Pavilion is the home for Cal's basketball, volleyball and gymnastics teams. The athletic director, student services, compliance offices and other departments are also located in the pavilion.



Memorial Stadium

## HELLMAN TENNIS COMPLEX

California tennis makes its home at the Hellman Tennis Complex, located on the southwest side of campus.

## LEVINE-FRICKE FIELD

Levine-Fricke Field is nestled at the base of Strawberry Canyon and home to Cal softball, winners of the 2002 NCAA title.

## MAXWELL FAMILY FIELD

Maxwell Family Field, located just north of Memorial Stadium, serves as home to the Cal field hockey program.

## MEMORIAL STADIUM

Memorial Stadium is the home of the Golden Bears football and lacrosse teams. It not only holds 71,799 spectators on game day, but also includes athletic administrative offices, training quarters, a weight room, equipment room and locker rooms.



Maxwell Family Field

## T. GARY ROGERS BOATHOUSE

The renovated crew boathouse is located on the Oakland Estuary, where Cal men's crew practices.

## SPIEKER AQUATICS COMPLEX

Varsity water polo and swim team practices and competitions are held at Spieker Aquatics Complex. Recreational swimming is also scheduled for the times when these teams are not hosting events or practicing.

## WITTER RUGBY FIELD

Witter Rugby Field is part of Strawberry Canyon. The grass field is used for rugby practice and competition.



Witter Rugby Field



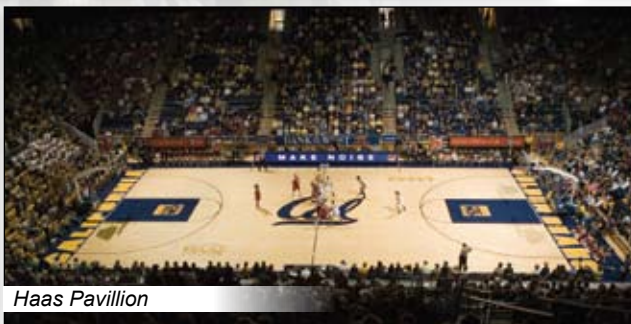
Briones Reservoir



Spieker Aquatics Complex



Levine-Fricke Field



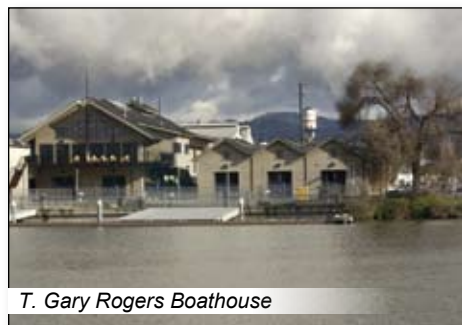
Haas Pavilion



Hellman Tennis Complex



Edwards Stadium/Goldman Field



T. Gary Rogers Boathouse



Evans Diamond

## BERKELEY

**B**erkeley is a part of the San Francisco Bay Area major metropolitan area of approximately 7.2 million people. The region is one of the most beautiful in the world and includes the major cities of San Francisco and Oakland, as well as Berkeley, home of the world-renowned University of California. Just south are San Jose and the Silicon Valley, home to many of the world's high-tech companies. The Bay Area also lies within easy driving distance of the high Sierra resorts of Lake Tahoe and Yosemite, the Monterey/Carmel peninsula, the world famous Napa wine country and the spectacular Mendocino Coast.

Everyone knows San Francisco, a.k.a. "The City," from the numerous photographs, movies and television shows that capture its magic and beauty. It is a city built on a series of more than 40 hills, offering panoramic views of every kind. The hub of a nine-county complex and the financial and insurance capital of the world, San Francisco has a resident population of just over 800,000 and is situated on a 46.7 square mile peninsula bounded on



the west by the Pacific Ocean, the north by the Golden Gate strait, and from north to east by the San Francisco Bay. San Francisco has been named the world's top city twice and the top city in the U.S. in 18 of the last 19 years by *Condé Nast Traveler*.

The San Francisco Bay is spanned by two landmarks, the Golden Gate and San Francisco-Oakland Bay bridges, and graced by four islands: Alcatraz, Angel, Yerba Buena and Treasure. The area is easily navigated by car, BART (Bay Area Rapid Transit), bus or ferry, making it easily accessible to all.

### TOP CITIES IN THE WORLD

1. Sydney, Australia
2. **San Francisco, CA**
3. Florence, Italy
4. Cape Town S. Africa
5. Charleston, SC
6. Bangkok, Thailand
7. Rome, Italy
8. Buenos Aires, Argentina
9. Vancouver, Canada
10. New York City, NY

Source: *Condé Nast Traveler*,  
2008 Readers' Choice Awards

Andrew Bailey

## OAKLAND



# SAN FRANCISCO



Frank Gore



Located across the Bay Bridge from San Francisco, Oakland is a city of over 400,000, jam-packed with exciting attractions, stimulating arts and an ideal climate. Oakland's charm exceeds its man-made wonders, as its tumbling hills, vast forests, hiking and riding trails, beautiful lakes and numerous parks provide a natural escape for those who prefer nature over an urban environment.

Berkeley, just a 12-mile drive from San Francisco, is situated on 17.7 square miles with a population of just under 103,000 people. A study in contrasts, Berkeley is a small town with a big city character. With its world-renowned university, global population and rich diversity of cultural arts, Berkeley reflects and affects the rest of the country.

Sports fans can see it all in the Bay Area - professional football (San Francisco 49ers, Oakland Raiders), professional basketball (Golden State Warriors), professional baseball (San Francisco Giants, Oakland Athletics), professional hockey (San Jose Sharks) and outstanding collegiate competition (six Division I schools).

Sources: S.F. Convention and Visitors Bureau, Oakland Convention and Visitors Authority, Berkeley Convention and Visitors Bureau, and the California Trade and Commerce Agency.

## SIMPLY THE BEST

- *Money* magazine chose San Francisco as "the best place to live" among the 300 biggest U.S. metropolitan areas.
- Forbes.com has ranked San Francisco one of America's "best cities for the outdoors" for each of the past two years while American College of Sports Medicine has consistently placed San Francisco among the nation's Top 5 in fitness among the most populous cities.
- Readers of *Travel + Leisure* magazine selected San Francisco as their favorite city in 2008 for its "noteworthy neighborhoods."
- San Francisco is rated the No. 1 city in the U.S. and the No. 2 city in the world by *Condé Nast Traveler* (October 2008).

# YOSEMITE NATIONAL PARK





EARN A WORLD-CLASS EDUCATION

## SIMPLY THE BEST

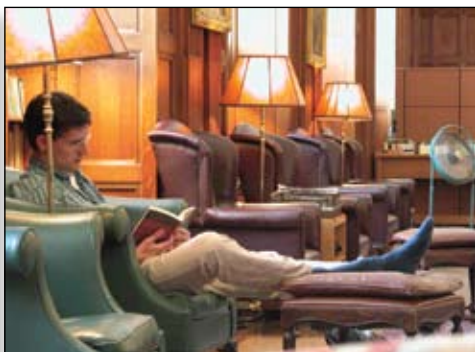
**T**here is no other way to aptly describe America's top public university. There is no other way to describe one of the elite academic settings in the world – especially one that also includes one of America's most successful athletic departments.

The University of California blends the best of all worlds. Overlooking the scenic San Francisco Bay and ranked as the nation's top public university by the *U.S. News and World Report*, the flagship campus of the state of California also features an athletic program that annually finishes among the leaders in the Directors' Cup standings, which rates the overall success of America's collegiate athletic departments.

Cal attracts what many believe to be the finest applicant pool in the United States. The university features a diverse student body population. The University of California offers 351 degree programs, and 35 of the school's 36 graduate programs are ranked among America's Top 10. Cal's 35 programs among the Top 10 is No. 1 among all universities in the country, as is its 32 "distinguished" programs, as rated by the National Research Council.

The library is ranked third in the country, as judged by the Association of Research Libraries with 10 million volumes in 32 campus libraries.

The faculty features eight Nobel Laureates, 135 members of the National Academy of Sciences, 28 MacArthur Fellows, 74 Fulbright Scholars, four Pulitzer Prize winners and more Guggenheim Fellows (359) than any other university in America.





## AMERICA'S NO. 1 PUBLIC UNIVERSITY BY THE NUMBERS

**1** Universities With Highest Number of Top 10 Graduate Programs  
**1. CALIFORNIA**  
 2. Stanford  
 3. Harvard  
 4. Columbia  
 5. MIT

**1** Universities With The Highest Number of "Distinguished Programs"  
**1. CALIFORNIA**  
 2. Stanford  
 3. Harvard  
 4. Princeton  
 5. MIT

**1** In 2007, the Association of Research Libraries ranked Cal's University Library as the No. 1 public research university library in North America.

### TOP PUBLIC UNIVERSITIES

1. CALIFORNIA
2. Virginia  
UCLA
4. Michigan
5. North Carolina

Source: U.S. News and World Report

**21** Nobel Laureates  
 21 current and former faculty members

**15-1** Student-to-Faculty Ratio

**351** Degree Programs

**3000**

### Service

The University of California is the only school in the country to have produced more than 3,000 volunteers since the inception of the Peace Corps in 1961.





Michael Cavie  
Men's Swimming & Diving  
2008 Olympic Silver Medalist

Nathan Adrian  
Men's Swimming & Diving  
2008 Olympic Gold Medalist  
2009 National Champion  
50 Freestyle, 100 Freestyle



Natalie Coughlin  
Women's Swimming & Diving  
11-time 2004 & '08 Olympic Medalist

Emily Silver  
Women's Swimming & Diving  
2008 Olympic Silver Medalist

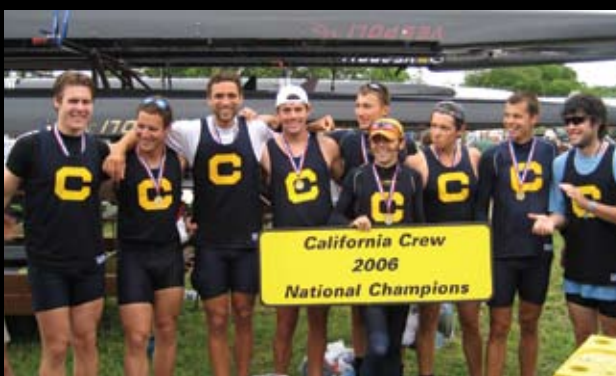


# WINNING IS A CAL TRADITION!

## RECENT TEAM NATIONAL CHAMPIONS



2004 MEN'S GOLF



2006 MEN'S CREW



2006 WOMEN'S CREW

## CURRENT CONFERENCE CHAMPIONS



Alex Mack  
Football  
2008 Draddy Trophy  
National Scholar-Athlete  
of the Year



2008 FIELD HOCKEY  
NorPac Champions



2008-09 WOMEN'S  
SWIMMING & DIVING  
Pac-10 Champions

*Evan Roth*  
*Men's Gymnastics*  
*2009 National Champion*  
*Rings*



*Dana Vollmer*  
*Women's Swimming & Diving*  
*2009 National Champion*  
*100 Freestyle, 200 Freestyle*



*Amanda Sims*  
*Women's Swimming & Diving*  
*2009 National Champion*  
*100 Butterfly*



*Damir Dugonjic*  
*Men's Swimming & Diving*  
*2009 National Champion*  
*100 Breaststroke*



*Mari Andersson*  
*Jana Juricova*  
*Women's Tennis*  
*2009 National Champions*  
*Doubles*



*Martin Maric*  
*Men's Track & Field*  
*2009 National Champion*  
*Discus*



**2008 RUGBY**



**2008-09 WOMEN'S SWIMMING & DIVING**



**2002 SOFTBALL**



**2009 WOMEN'S CREW**  
**Pac-10 Champions**



**2009 MEN'S CREW**  
**Pac-10 Champions**

# NOTABLE ALUMNI



Jennifer Granholm



Steven Chu



Kevin Johnson

**Shareef Abdur-Rahim** - NBA All-Star, 2000 U.S. Olympian  
**Lisa Arce** - Pro beach volleyball star  
**Steve Bartkowski** - No. 1 overall pick in 1975 NFL Draft  
**Stephen Bechtel** - Founder of world's largest construction engineering firm

**Zulfikar Ali Bhutto** - President and Prime Minister, Pakistan

**Matt Biondi** - Three-time Olympic swimmer, winner of eight gold medals

**Rose Bird** - Chief Justice, California Supreme Court

**W. Michael Blumenthal** - U.S. Secretary of the Treasury

**Jerry Brown** - State Attorney General, governor of California, mayor of Oakland

**Thomas Cech** - Chemist, Nobel Prize winner

**Peter Chernin** - Chairman and CEO, Fox Entertainment Group

**Leroy Chiao** - First Chinese-American astronaut

**Choon Kun Cho** - President, Korean Airlines

**Rachelle Chong** - Member, Federal Communications Commission

**Steven Chu** - U.S. Secretary of Energy

**Beverly Cleary** - Author, "Ramona the Pest"

**Natalie Coughlin** - Winner of 11 Olympic medals in swimming

**Joan Didion** - Author, "Play It as It Lays"

**Brig. Gen. James H. Doolittle** - World War II hero, Medal of Honor recipient

**Adam Duritz** - Lead singer, Counting Crows

**Maria Echaveste** - Deputy Chief of Staff, Clinton Administration

**Joy (Biefeld) Fawcett** - Member of three U.S. Olympic soccer teams

**Don Fisher** - Founder and Chairman of the Board, The Gap



Gregory Peck



Michelle Taffoy



Adam Duritz



William Randolph Hearst



Earl Warren

**John Kenneth Galbraith** - Economist

**Tony Gonzalez** - NFL All-Pro tight end

**Walter A. Gordon** - Governor of the U.S. Virgin Islands, U.S. District Court Judge

**Michele Granger** - Olympic gold medalist, softball pitcher

**Jennifer Granholm** - Governor of Michigan

**Andrew Grove** - President and CEO, Intel Corporation

**Walter Haas Jr.** - President, Levi Strauss & Co.; owner of Oakland Athletics

**Philip Habib** - U.S. Special Envoy to Middle East

**William Randolph Hearst Jr.** - Newspaper publisher

**Marguerite Higgins** - Journalist, Pulitzer Prize winner

**Susanna Hoffs** - Lead singer of "The Bangles"

**Lance Ito** - Superior Court Judge, presided over 1995 O.J. Simpson murder trial

**Ida Jackson** - United Nations observer, founder local chapter of National Council of Negro Women

**Jackie Jensen** - 1958 American League MVP

**Kevin Johnson** - NBA All-Star, Mayor of Sacramento

**Edgar F. Kaiser** - Founder, Kaiser Permanente

**Jeff Kent** - 2000 National League MVP

**Clark Kerr** - Chancellor, UC Berkeley

**Jason Kidd** - NBA All-Star, U.S. Olympian

**Maxine Hong Kingston** - Author, 1997 National Humanities Medal

**Yuan T. Lee** - Chemist, Nobel Prize winner

**Willard Libby** - Physical chemist, discovered Carbon 14, Nobel Prize winner

**Tung Yen Lin** - World-renown civic engineer

**Jack London** - Author, "The Call of the Wild"

**Wiley Manuel** - First African American Supreme Court of California Justice

**Jerry Mathers** - Actor, "Leave it to Beaver"

**Brian Maxwell** - Founder, PowerBar

**John A. McCone** - Director of CIA, Atomic Energy Commission

**Terry McMillan** - Author, "Waiting To Exhale," "How Stella Got Her Groove Back"

**Robert McNamara** - U.S. Secretary of Defense

**Mary T. Meagher** - U.S. Olympic swimmer, winner of three gold medals

**Norman Mineta** - U.S. Secretary of Transportation

**Gordon Moore** - Co-founder, Intel Corporation

**Julia Morgan** - Architect

**Hardy Nickerson** - NFL Pro Bowl linebacker

**Sadako Ogata** - U.N. High Commissioner for Refugees

**Gregory Peck** - Actor, Academy Award winner, "To Kill a Mockingbird"

**Chris Pine** - Actor, "Star Trek"

**Kenneth Pitzer** - Chemist, president of Stanford University

**Robert Raven** - President, American Bar Association

**Helen Wills Moody Roark** - Winner of eight Wimbledon championships

**Glenn Seaborg** - Nuclear physicist, Nobel Prize winner, co-founder of Element 106

**Margaret Rhea Seddon** - Astronaut

**Michael Silver** - Yahoo! Sports sportswriter

**William G. Simon** - Director, FBI

**Samuel Smith** - President, Washington State University

**Robert Gordon Sproul** - President, University of California

**Leigh Steinberg** - Lawyer, sports agent

**Michelle Taffoy** - Sportscaster, Monday Night Football sideline reporter

**George Takei** - Actor, Mr. Sulu on "Star Trek"

**Roger Traynor** - Chief Justice, Supreme Court of California

**Eugene Trefethen Jr.** - President, Kaiser Industries

**Rex Walheim** - Space Shuttle astronaut

**Earl Warren** - Chief Justice, U.S. Supreme Court

**Alice Waters** - Chef, restaurateur, "Chez Panisse"

**Jann Wenner** - Co-founder, "Rolling Stone" magazine

**Lionel Wilson** - First African American mayor of Oakland

**Pete Wilson** - Governor of California

**Dean Witter** - Founder, Dean Witter Financial Services

**Steve Wozniak** - Co-founder, Apple Computer, Inc.

**James D. Zellerbach** - U.S. Ambassador to Italy



Helen Wills Moody Roark

Left to right:  
 Natalie Coughlin,  
 Tony Gonzalez,  
 Margaret Rhea Seddon,  
 Jeff Kent,  
 Alice Waters,  
 Chris Pine

