

2005 SEASON OUTLOOK

CAL PRIMED FOR STRONG 2005 SEASON

The California cross country program's future looks bright after adding some talented newcomers to its veteran leaders.

The Golden Bears men's team looks to improve upon last season's ninth-place finish at the Pac-10 Championships and 12th-place showing at the NCAA West Regional. Seniors Kevin Davis and Giliat Ghebray will provide leadership to a freshmen-dominated team.

"What we're looking for is not necessarily to have one or two individuals who are outstanding but to have a good competitive team," said Cal head coach Tony Sandoval, who enters his 24th year as head coach of Cal's women's team and 14th season for the men.

Davis was the Bears' second-fastest runner at the Pac-10 Championships as a junior, finishing 33rd with a time of 25:33. He also posted Cal's third-best performance at the 2004 NCAA West Regional, placing 53rd (31:52).

Ghebray led Cal at the Roy Griak Invitational and the Penn State Invitational last season and recorded the Bears' second-best time at the NCAA West Regional (52nd, 31:50).

The McClary twins – Andy and Alex – redshirted the 2004 cross country campaign and return with four years of eligibility. Both McClarys are coming off strong rookie track and field seasons for the Bears. Alex placed fifth in the 800 meters (1:48.99) at the Pac-10 Championships, just shy of his PR of 1:48.84, while Andy placed eighth in the 1500 meters (3:48.79) at the conference meet.

The Bears welcome three of the top runners in the state of California – Jake Schmitt, Yosef Ghebray and Mark Matusak. Schmitt claimed the state cross country title and placed fifth in the 3200 meters as a senior at Redwood High School. Yosef, Giliat's younger brother, won the state cross country and 3200 meter crowns as a junior at Logan High School. Matusak, who placed third in the 1500 meters for the United States at the 2005 Pan American Junior Championships, is a two-time state champion in the same event at Loyola High School.

"Schmitt, Ghebray and Matusak were all Footlocker finalists," Sandoval said. "Those are three

Sophomore Chris Chavez

quality newcomers, but it's a big step from high school to college in cross country. We have five freshmen in terms of eligibility that are likely going to be the core of this year's team. They will spend a lot of time cutting their teeth this year, so that by next year, they're ready to run their best."

Cal is the only school in the country which features three athletes who competed at the 2004 Footlocker Cross Country Nationals.

Junior Micah Parker, sophomore Chris Chavez, redshirt freshmen Eric Lee and Sean Carey and freshman Matt Miller are also expected to challenge for spots in the Bears' top seven. Parker competed in five competitions for Cal last season, placing 66th at the Pac-10 Championships. Chavez, who was voted the team's Most Improved Runner as a rookie, was among Cal's top five finishers at the Pac-10 meet and at the NCAA regional.

Carey held off Lee in a photo finish in the 800 meters at the 2004 North Coast Section Championships. Miller, who placed seventh at the 2004 state cross country meet, teamed with Matusak to lead Loyola to the state cross country team title.

Senior Randy Fair, junior Eric Roberts and freshman Dawit Tesfasilassie add depth to the Bears' lineup. Sophomore Stephen Pottéy may redshirt this fall due to a stress fracture.

The Cal women's team is coming off a ninth-place finish at the Pac-10 Championships but expects greater success this season behind the leadership of junior All-American Bridget Duffy and senior Abby Parker.

"Bridget and Abby give us a strong one-two punch," Sandoval said. "They will be able to compete with most team's top runners."

Duffy, who redshirted the 2004 cross country season, became Cal's first All-American in cross country in five years by placing 42nd at the 2003 NCAA Championships. She has led the Bears in 11 of 12 cross country competitions since her arrival on campus, including eighth place at the 2003 NCAA West Regional and 13th at the Pac-10 meet.

Parker redshirted the 2004 cross country season due to injuries but is primed for a strong senior season. As a redshirt during the 2005 track and field campaign, Parker clocked career-best times of 16:40 in the 5000 meters at the Stanford Invitational and 10:37 in the 3000-meter steeplechase at the Brutus Hamilton Invitational. In 2003, she was the Bears' second-best performer at the Pac-10 Cross Country Championships (41st, 23:47).

Senior Maja Ruznic is expected to be another leader for Cal after a solid junior year. Last fall, Ruznic paced the Bears at

Senior Maja Ruznic

the NCAA West Regional, placing 60th in 22:09, and was the team's second-fastest runner at Pac-10s (41st, 22:25).

Sophomore Amanda Thornberry should have a bigger impact this year after earning Verizon Junior All-America honors for her sixth-place finish in the 1500 meters at the 2005 U.S. Junior National Championships.

Also looking to crack the lineup are redshirt freshmen Alysia Johnson and Marie Raffray. Johnson garnered All-American honors in track and field in the spring by grabbing sixth place in the 800 meters (2:06.88) at the NCAA Championships. Her personal-best 800m time of 2:05.49 ranks fifth in school history.

Freshmen Gabriela Rios-Sotelo from Berkeley and Mackenzie Pierce from Pfafftown, N.C., are tabbed to be immediate factors in 2005. Rios-Sotelo was the state runner-up in cross country in 2004 and won the 1600 meters and the 3200 meters at the 2005 North Coast Section meet.

Pierce, a two-time Gatorade Track and Field Athlete of the Year for her state, is a two-time state champion in the 200 meters, 400 meters and 800 meters. She twice earned All-America recognition at Forsyth Country Day.

Juniors Samantha Jones, Pippa Macdonald, Whitney Schmuicker and Brooke Wells and sophomore Rebecca Yau will be key members of the team again this year. Jones earned team MVP honors last fall after pacing the Bears in three invitacionals and posting the team's third-best showing at the Pac-10 Championships (54th, 22:44).

Macdonald made huge strides last season and scored for the Bears at the conference meet as their No. 5 runner (69th, 23:11). Yau was a walk-on for the Bears in 2004 but performed well enough to earn a letter and qualified for junior nationals in the 5000 meters in the spring.

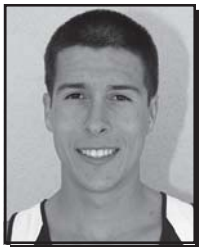
"We have a lot of question marks on the women's side," Sandoval said. "But, the good news is that we have strong leadership at the top of our lineup."

If the newcomers quickly adjust to college athletics, it could be a breakout year for Cal cross country.



2005 ATHLETE PROFILES

KEVIN DAVIS
Senior, Fresno, CA



Cal: Cross Country – Davis is one of Cal's veteran runners...the team's second-best finisher at the Pac-10 Championships as a junior (33rd, 25:33) and Bears' third-fastest runner at the NCAA West Regional (53rd, 31:52)... as a freshman, earned Cal's Most Improved Award...made first of three conference appearances at the 2002 Pac-10 Championships (35th, 25:11) and ran at the NCAA West Regional (93rd, 33:17). **Track** – Finished eighth (8:56.57) in the 3000m steeplechase at the 2005 Pac-10 Championships...clocked a 3000mSC PR (8:55.58, 7th all-time at Cal) to finish ninth at the 2004 NCAA West Regional... took seventh at the 2004 Pac-10 Championships in the steeplechase (9:05.57)...won the 3000mSC at the 2003 U.S. Junior Nationals (9:01.34) and took second (9:06.20) at the 2003 Pan American Games. **High School:** Finished fifth at the state meet as a senior in cross country at Clovis West HS. **Personal:** Born Feb. 4, 1984, in Fresno...parents are Robert and Delores Davis...intended psychology major.

BRIDGET DUFFY
Junior, Oakland, CA



Cal: Cross Country – Duffy is a redshirt junior after sitting out 2004... earned All-America honors in 2003 and is a two-time team Most Valuable Performer...became Cal's eighth women's cross country All-American and first since Elissa Riedy in 1998...placed 42nd (20:49) at the 2003 NCAA Championships...took eighth (20:46) at the 2003 NCAA West Regional and 13th (22:15.70) at the Pac-10 meet to earn second team All-Pac-10...honorable mention Pac-10 All-Academic...as a freshman, paced Cal at Pac-10s (35th, 22:08) and the NCAA West Regional (48th, 22:56). **Track** – In 2005, clocked a PR of 17:13.57 in the 5000m...in 2004, posted PRs in the 800m (2:08.75) and 1500m (4:22.55, 7th all-time at Cal)...as a freshman, placed fifth in the 1500m at the 2003 U.S. Junior National Championships...placed eighth in the 1500m at the 2003 Pac-10 Championships (PR: 4:26.59). **High School:** In cross country at St. Mary's HS, won two Division IV state titles and three North Coast Section championships...placed fourth in the state meet in the 1600m in 2001. **Personal:** Born May 17, 1984, in Oakland...parents are William and Mara Duffy...political economies of industrialized societies major.

GILIAT GHEBRAY
Senior, Union City, CA



Cal: Cross Country – Ghebray enters his senior season as one of Cal's top runners...clocked the second-fastest time on the team at the 2004 NCAA West Regional (52nd, 31:50)...posted four top 15 showings in 2003...improved 15 places at the 2003 Pac-10 Championships (39th, 26:14.80) from his freshman year and was the Bears' second fastest at the event...Cal's third-fastest performer at the 2003 NCAA West Regional (55th, 31:04)...earned the team's Most Inspirational Award as a freshman...one of Cal's top five finishers at the 2002 Pac-10 meet (54th, 25:44). **Track** – In 2005, recorded Cal's fastest time in the 5000m (14:04.00) at the Stanford Invitational to qualify for the NCAA West Regional...second all-time in Cal history in the 3000m (8:02.11i) and holds the school freshman record in the indoor mile (4:07.77). **High School:** At James Logan HS, was the North Coast Section champion in cross country as a junior and senior...at the state meet, finished fourth in the 3200m as a junior and fourth in the 1600m as a senior. **Personal:** Born Feb. 5, 1984, in Oakland...father is Berhane Mehari and mother is Genet Waldemariam...brother, Yosef, is a freshman on the Cal cross country team...history major.

YOSEF GHEBRAY
Freshman, Union City, CA



Cal: Ghebray is expected to have an immediate impact. **High School:** Placed 27th at 2004 Footlocker Cross Country Nationals and second at the Footlocker regional meet...finished sixth in the 3200m at the 2005 California state meet...in 2005 at Logan HS, posted PRs of 4:12.39 in the 1600m and 8:21.75 in the 3000m (nationally ranked)...as a junior, won the state cross country and 3200m titles...clocked a career-best time of 8:52.41 in the 3200m as a junior...helped his high school track and field team to the 2004 state championship. **Personal:** Born May 18, 1987, in Fresno...father is Berhane Mehari and mother is Genet Waldemariam...his brother, Giliat, is a senior on the Cal cross country team...undeclared major.

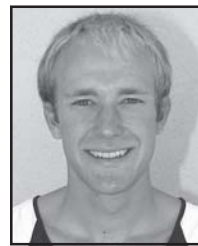
ALYSIA JOHNSON
Freshman, Canyon Country, CA

Cal: Cross Country – Redshirted the 2004



season. **Track** – Earned All-America honors for her sixth-place finish in the 800m at the 2005 NCAA Championships...owns the fifth-fastest 800m time in Cal history (2:05.49). **High School:** Won the 800m at the state meet with a PR of 2:08.97 as a senior at Canyon HS...finalist in the California state meet all four years...three-time CIF and Masters Southern Section champion...helped her high school to third place at the state cross country meet as a senior...her teams were four-time cross country and track and field league champions...three-time Valley Athlete of the Year. **Personal:** Born April 23, 1986, in Queens, N.Y...parents are Eric and Yvonne Johnson...undeclared major.

MARK MATUSAK
Freshman, Torrance, CA



Cal: Matusak is one of Cal's top newcomers and a member of the 2005 U.S. Junior Pan American team. **High School:** Captured a bronze medal in the 1500m (3:49.81) at the 2005 Pan Am Junior Championships after winning the event (PR: 3:47.07) at U.S. Junior Nationals...won the state 1600m title as a junior and senior at Loyola HS...in 2005, was the runner-up in the 3200m at the state meet...took first at the 2003 and 2004 Division II State Cross Country Championships after placing third in 2002...finished third at the 2004 Footlocker Nationals after placing 22nd in 2003...in track and field, was an eight-time league champion...won the 2005 Nike Outdoor 2-mile (8:51.13)...helped his high school to the 2002 and 2004 state cross country titles...school was the 2005 state track and field runner-ups...holds school records in the 1600m (4:07.94), 3000m (8:25.28), 3200m (8:47.93) and 2-mile (8:51.13). **Personal:** Born June 27, 1986, in Torrance...parents are Jan and Elizabeth Matusak...undeclared major.

ALEX McCLARY
Freshman, Shelton, WA



Cal: McClary came to Cal as one of the top middle-distance runners from the state of Washington. **Cross Country** – Redshirted the 2004 season. **Track** – Fifth in the 800m (1:48.99) at the 2005 Pac-10 Championships, just shy of his PR of 1:48.84 set at the Modesto

Relays...qualified for the NCAA West Regional and nationals in the 800m. **High School:** Two-time 800m state champion at Shelton HS...owned an 800m PR of 1:50.23...as a senior, finished seventh in the state in cross country after placing eighth as a junior...won the district cross country title as a senior...as a sophomore, was the state-record holder in the 800m. **Personal:** Born Oct. 31, 1985, in Texarkana, Texas...parents are Cam and Judy McClary...Alex's twin brother, Andy, runs for Cal...undeclared major.

ANDY McCLARY

Freshman, Shelton, WA



Cal: McClary joined his twin brother, Alex, in 2004 as two of the team's most talented prospects. **Cross Country** – Redshirted in 2004. **Track** – Placed eighth in the 1500m (3:48.79) at the 2005 Pac-10 Championships...NCAA regional qualifier in the 1500m...posted a PR of 3:48.01 in the 1500m. **High School:** Runner-up to his brother, Alex, in the 800m at the state championships as a senior at Shelton HS...finished seventh at the state cross country meet as a junior...propelled his high school to league cross country championships with undefeated records in 2001 and 2002. **Personal:** Born Oct. 31, 1985, in Texarkana, Texas...parents are Cam and Judy McClary...his twin brother, Alex, runs for Cal...undeclared major.

ABBY PARKER

Senior, Reno, NV



Cal: Cross Country – Parker enters her fifth year at Cal as one of the team's top two returners...redshirted the 2004 season due to injuries...Cal's second-fastest runner at both the 2003 Pac-10 Championships (41st, 23:47) and NCAA West Regional (43rd, 21:53)...honorable mention Pac-10 All-Academic...in 2002, posted the team's second-best performances at the Pac-10 Championships (38th, 22:19) and NCAA West Regional (54th, 23:04)...as a freshman, finished 58th at the Pac-10 meet in 25:26.1. **Track** – In 2005, posted a career-best 5000m indoor time of 17:14.44 at the Husky Classic...2005 second team Pac-10 All-Academic choice...clocked Cal's fastest time of the 2004 season in the 3000mSC (10:48.10)...scored four points at the 2003 Pac-10 meet with a fifth-place showing (10:49.20) in the 3000mSC...at the 2003 NCAA West Regional had the second-fastest mark in school history (10:40.37, 13th)...set the Cal freshman record in the 3000mSC (10:59.31). **High School:** Selected a 2000 USATF cross country All-American at Galena HS...finished third in the

state in the 1600m and the 3200m...placed fifth at the 2000 state cross country meet (20:11). **Personal:** Born June 12, 1983, in Buffalo, N.Y...parents are Steven and Catie Parker...integrative biology major.

MACKENZIE PIERCE

Freshman, Pfafftown, NC



Cal: Pierce is one of the Bears' top middle-distance newcomers. **High School:** Two-time Gatorade Track and Field Athlete of the Year for North Carolina...2003 and 2004 high school All-American at Forsyth Country Day...claimed the 2004 and 2005 state titles in the 200m, 400m and 800m...led her school to the 2001 state track and field title...holds or shares 12 school records, including the 800m and 1600m...PRs include: 400m (55.21), 800m (2:06.66) and the mile (4:57). **Personal:** Born June 18, 1986, in Winston Salem, N.C...parents are Doug and Lezlie Pierce...played club soccer for 11 years...undeclared major.

GABRIELA RIOS-SOTELO

Freshman, Berkeley, CA



Cal: Rios-Sotelo is expected to contribute immediately. **High School:** At St. Mary's HS, won the 1600m and the 3200m at the 2005 North Coast Section meet...2004 state runner-up in cross country...PRs set in 2004-05 include: 5K cross country (18:20), 3200m (10:42), 1600m (4:53) and 800m (2:17)...three-time school MVP in cross country and track and field...named her high school's 2004-05 Athlete of the Year...led her team to three league track and field championships...played two years of varsity soccer. **Personal:** Born Aug. 4, 1987, in Oakland...parents, Jose Rios and Priscilla Sotelos, both attended Cal...undeclared major.

MAJA RUZNIC

Senior, San Francisco, CA



Cal: Cross Country – Ruznic begins her fifth season of competition at Cal after redshirting the 2001 cross country and 2002 track and field seasons...three-time Pac-10 All-Academic honorable mention...led the Bears at the 2004 NCAA West Regional, placing 60th (22:09)...recorded Cal's second-best showing at the 2004 Pac-10 meet, grabbing 41st (22:25)...in 2002, was among the Bears' top four runners in all six events she competed in...took

45th (22:36) at the 2002 Pac-10 Championships and 78th (23:42) at the NCAA regional...named the team's Most Inspirational Athlete. **Track** – Clocked a 5000m PR of 17:38.28 at the 2005 Stanford Invitational. **High School:** Attended the International Studies Academy...state meet qualifier in cross country as a junior and senior. **Personal:** Born Dec. 26, 1983, in Bosnia...social welfare and art major.

JAKE SCHMITT

Freshman, Kentfield, CA



Cal: Schmitt is a promising newcomer. **High School:** Grabbed 19th place at the 2004 Footlocker Cross Country Nationals...claimed the state cross country title as a senior at Redwood HS...placed fifth in the 3200m at the 2005 state meet...2004 Verizon Junior All-American in track and field and honorable mention All-American in cross country...11-time Marin County Athletic League champion in cross country and track and field...six-time North Coast Section champion in cross country and track and field...led his high school to three league cross country titles and one in track and field...PRs include: 1600m (4:15.2) and 3200m (9:06 – converted from 3000m). **Personal:** Born March 27, 1987, in San Francisco...parents, Tom and Laura Schmitt (Starrett), competed in cross country and track and field at Cal...in the 1980s, uncle, Chuck Schmitt, competed on the swimming team at Cal and his uncle, John Starrett, was on Bears' crew team...undeclared major.

AMANDA THORNBERRY

Sophomore, San Jose, CA



Cal: Thornberry, who earned All-America honors as a prep, enters her third season at Cal after redshirting the 2003-04 cross country and track and field campaigns. **Cross Country** – Placed 67th (23:09) at the 2004 Pac-10 Championships to score for Cal. **Track** – In 2005, clocked PRs of 11:11 (3rd fastest at Cal) in the 3000mSC and 4:30.50 to finish sixth in the 1500m at the 2005 U.S. Junior National Championships...earned Verizon Junior All-American honors. **High School:** As a senior at Valley Christian HS, qualified for the 2003 World Youth Team and the state high school meet, clocking the fastest 1600m (4:49) among California high school girls...ranked in the top 10 in the state for the 800m and 3200m...competed at the 2002 U.S. Junior National Championships. **Personal:** Born June 5, 1986, in San Jose...parents are Mark and Susan Thornberry...undeclared major.

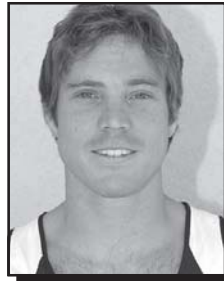
2005 ATHLETE PHOTOS



Sean Carey



Chris Chavez



Randy Fair



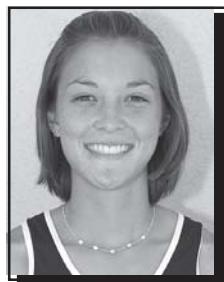
Samantha Jones



Eric Lee



Pippa Macdonald



Elizabeth Mayeda



Matt Miller



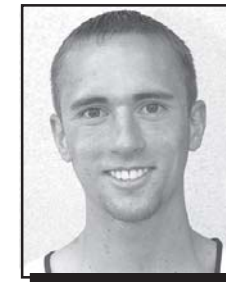
Micah Parker



Stephen Pottéy



Marie Raffray



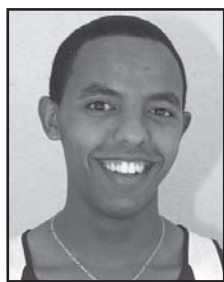
Eric Roberts



Lisa Sandoval



Whitney Schmucker



Dawit Tesfasilassie



Brooke Wells



Rebecca Yau

2005 CALIFORNIA ROSTERS

MEN

Name	CL	Exp.	Hometown/Last School
Sean Carey	Fr.*	RS	Albany, CA/Albany HS
Chris Chavez	So.	1V	Culver City, CA/Santa Monica HS
Kevin Davis	Sr.	3V	Fresno, CA/Clovis West HS
Randy Fair	Sr.*	SQ	Folsom, CA/Folsom HS
Giliat Ghebray	Sr.	3V	Union City, CA/Logan HS
Yosef Ghebray	Fr.	HS	Union City, CA/Logan HS
Eric Lee	Fr.*	RS	San Anselmo, CA/ Sir Francis Drake HS
Mark Matusak	Fr.	HS	Torrance, CA/Loyola HS
Alex McClary	Fr.*	RS	Shelton, WA/Shelton HS
Andy McClary	Fr.*	RS	Shelton, WA/Shelton HS
Matt Miller	Fr.	HS	Manhattan Beach, CA/Loyola HS
Micah Parker	Jr.	SQ	Reno, NV/Lassen College
Stephen Pottéy	So.	SQ	Reno, NV/Galena HS
Eric Roberts	Jr.	2V	Martinez, CA/Alhambra HS
Jake Schmitt	Fr.	HS	Kentfield, CA/Redwood HS
Dawit Tesfasilassie	Fr.	HS	Santa Rosa, CA/Piner HS

WOMEN

Name	CL	Exp.	Hometown/Last School
Bridget Duffy	Jr.*	2V	Oakland, CA/St. Mary's HS
Alysia Johnson	Fr.*	RS	Canyon Country, CA/Canyon HS
Samantha Jones	Jr.	1V	Martinez, CA/Alhambra HS
Pippa Macdonald	Jr.	1V	Kailua, HI/Punahou HS
Elizabeth Mayeda	Jr.*	SQ	Aptos, CA/Aptos HS
Abby Parker	Sr.	3V	Reno, NV/Galena HS
Mackenzie Pierce	Fr.	HS	Pfafftown, NC/ Forsyth Country Day
Marie Raffray	Fr.	RS	Coronado, CA/San Diego Academy
Gabriela Rios-Sotelo	Fr.	HS	Berkeley, CA/St. Mary's HS
Maja Ruznic	Sr.*	3V	San Francisco, CA/ International Studies HS
Lisa Sandoval	Jr.*	SQ	Pleasant Hill, CA/College Park HS
Whitney Schmucker	Jr.*	SQ	San Diego, CA/Georgetown
Amanda Thornberry	So.*	1V	San Jose, CA/Valley Christian HS
Brooke Wells	Jr.*	SQ	Carmel, CA/Carmel HS
Rebecca Yau	So.	1V	Moraga, CA/Campolindo HS

* has used a redshirt season

Head Coach: Tony Sandoval (14th season as men's and women's coach, 24th season as women's coach)

Volunteer Assistant Coaches: Chris Coffee, Magdalena Lewy

Graduate Assistant: Bolota Asmerom

SUMMARY OF PERSONNEL

RETURNING LETTERWINNERS

MEN (4)

Chris Chavez
Kevin Davis
Giliat Ghebray
Eric Roberts

WOMEN (7)

Bridget Duffy
Samantha Jones
Pippa Macdonald
Abby Parker
Maja Ruznic
Amanda Thornberry
Rebecca Yau

PRONUNCIATION

MEN

Giliat Ghebray GILL-ee-ot Gheh-BRAY
Yosef Ghebray yo-SEF Gheh-BRAY
Stephen Pottéy poh-TAY
Dawit Tesfasilassie dah-WHEAT TESS-fuh-SIL-oss-EE

WOMEN

Alysia Johnson ah-LEE-see-uh
Elizabeth Mayeda mah-YEE-duh
Gabriela Rios-Sotelo ree-OHS So-TELL-oh
Maja Ruznic MY-yuh RUZ-nick
Rebecca Yau yow

RETURNING REDSHIRTS

MEN (4)

Sean Carey
Eric Lee
Alex McClary
Andy McClary

WOMEN (2)

Alysia Johnson
Marie Raffray

LETTERWINNERS LOST

MEN (3)

John Eves
Girmay Guangul
Ozzie Piña

WOMEN (2)

Chloe Jarvis
Lindsey Maclise

INCOMING RUNNERS

MEN (5)

Yosef Ghebray
Mark Matusak
Matt Miller
Jake Schmitt
Dawit Tesfasilassie

WOMEN (2)

Mackenzie Pierce
Gabriela Rios-Sotelo

2005 COACHING STAFF

TONY SANDOVAL

Head Coach



Tony Sandoval, one of the most experienced and highly-regarded distance coaches in the United States, begins his 14th season as head coach of the California men's and women's cross country teams and his

24th year overall at the university.

Sandoval also was the head women's track and field and cross country coach at Cal from 1982-91, prior to the merger of the men's and women's programs into a single entity in 1992.

He has a proven track record of developing athletes during their collegiate careers. Those who have experienced post-graduate success include Bolota Asmerom, Peter Gilmore (marathon qualifier at 2005 World Championships), Magdalena Lewy (5th, marathon, 2004 U.S. Olympic Trials), Elissa and Lori Riedy and Richie Boulet.

In addition to Lewy, Sandoval had five other former athletes at last summer's U.S. Olympic Trials – Elissa Riedy, Asmerom (3rd, 5000m), Corey Creasy, Gilmore and Steve Moreno.

Sandoval also has created a positive environment for runners of East African descent in Berkeley, including Bolota and Yonathan Asmerom (Eritrea), Girmay Guangul (Ethiopia) and current Bears Giliat and Yosef Ghebray (Eritrea) and Dawit Tesfasilassie (Eritrea).

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

In the Bear women's first NCAA cross country team appearance in 1984, they finished 15th nationally and then returned in 1988 to take ninth place at the NCAA Championships, Cal's highest finish ever. Before Duffy's trip to NAAs in 2003, Riedy competed at the NCAA Championships in 1997 and 1998, earning All-America honors in the latter year.

Sandoval's history of success has carried over to the men's cross country program. In 1993, Boulet became just the second men's runner in Cal history to earn All-America recognition, and the first Cal male athlete in any sport to win six All-America honors (five in track & field). Boulet posted three consecutive top five finishes at the Pac-10 Championships and advanced to the 1993 and 1994 NCAA Championships. He continued to race at the elite level after college, placing at the USATF and World Indoor Championships in 1998.

Recently, Cal has been represented at the NCAA cross country meet by Guangul (2000),

Bolota Asmerom (1999) and Gilmore (1999). Asmerom, who competed in the 2000 Olympics for Eritrea, received All-America honors in the 5000m with his runner-up finish at the 2001 NCAA Outdoor Track & Field Championships. Guangul broke Cal's 21-year-old record in the 10,000m in 2003.

Under Sandoval's tutelage, members of the Cal women's track and field team have garnered 22 All-America honors, with 800-meter runners Erin Belger (2002, outdoors), Chloe Jarvis (2005, indoors) and current Cal runner Alysia Johnson (2005, outdoors) being the most recent honorees. The Bears finished in the national outdoor top 20 three times between 1987 and 1990 and grabbed fourth at the 1990 NCAA Indoor Championships. Cal scored a school-record 23 points at the 1990 NCAA outdoor meet to claim 11th place, tying for the team's highest national finish ever.

The 1986 NorPac Conference Track and Field Coach of the Year, Sandoval has more than 30 years of coaching experience, beginning his career by developing the Duke City Dashers track club in Albuquerque, N.M. DCD became the "super club" with numerous national level and record-breaking boys and girls age group athletes in cross country and track and field. Under Sandoval, Lynn Bjorklund was DCD's most accomplished runner, winning three AAU cross country championships and two AAU two-mile crowns. Bjorklund was world ranked in the two mile/3000m in 1974 and 1975 and remains the high school record holder for the 3000m.

Sandoval 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. His UNM track team finished as high as ninth nationally, and he developed 10 All-Americans during his eight years with the Lobos.

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

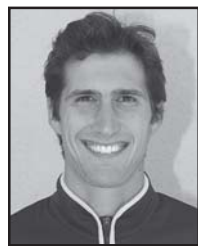
A 1968 graduate of New Mexico, Sandoval helped the Lobos to two Western Athletic Conference titles in cross country and three conference championships in track and field.

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

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

CHRIS COFFEE

Volunteer Assistant Coach



Chris Coffee begins his fifth season as a volunteer assistant coach for the Golden Bears.

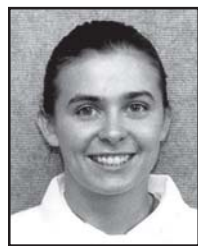
Coffee competed four years on the Cal cross country and track and field teams and emerged as the Bears' top 3000m-steeplechase runner as a senior. At the 2001 Pac-10 Championships, Coffee finished sixth in the event with a collegiate PR of 9:02.31.

The Walnut Creek, Calif., native continues to race the steeplechase, recording a time of 8:59.72 in 2002.

Coffee graduated from Cal in 2001 and is a successful architect in Berkeley.

MAGDALENA LEWY

Volunteer Assistant Coach



Magdalena Lewy, a former Cal track and field All-American, returned to her alma mater in 2003 as a volunteer coach for the Golden Bear cross country program. She also is the research director for Sports Street Marketing, which manufactures GU, an energy and electrolyte gel supplement.

Still an avid runner, Lewy placed fifth (2 hours, 30 minutes) in the marathon at the 2004 U.S. Olympic Trials.

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

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

On Cal's all-time performers list, Lewy ranks second in the 5000m (16:04.86), third in the 3000m (9:25.93) and eighth in the 1500m (4:23.34).

Originally from Poland, Lewy 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.

Lewy is married to Richie Boulet, a six-time All-American runner at Cal. The couple, along with their infant son, Owen, reside in Oakland.

YEAR-BY-YEAR RESULTS

CAL TEAM FINISHES - MEN

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

2004 RESULTS

MEN'S RESULTS

9/4 at USF Invitational (8 teams)

1. Stanford 15, 2. UCLA 49, 3. San Francisco 103, 4. Cal 109. **Winner:** Peter Meindl, Stanford, 23:29.2. **Cal:** 17. Ozzie Piña 25:08.9, 20. Chris Chavez 25:29.8, 27. Micah Parker 26:01.0, 29. Stephen Pottéy 26:07.1, 32. Dan Blomgren 26:22.2, 35. Wes Davison 26:37.8, 41. Tim Bardet 27:12.7, 42. Andres Perezchica 27:32.5.

9/11 Fresno State Invitational (7 teams)

1. Cal Poly 28, 2. Chico State 47, 3. UC Santa Barbara 55, 4. Cal 137. **Winner:** Chris Ashley, UC Santa Barbara, 25:13. **Cal:** 18. Ozzie Piña 25:50, 34. John Eves 26:45, 38. Micah Parker 27:07, 53. Dan Blomgren 27:39, 55. Andres Perezchica 27:45, 61. Wes Davison 28:24, 64. Tim Bardet 29:11, Stephen Pottéy DNF.

9/25 at Roy Griak Invitational (25 teams)

1. Wisconsin 21, 2. Butler 102, 3. Arizona State 116, 17. Cal 462. **Winner:** Matt Tegencamp, Wisconsin, 24:02.10. **Cal:** 44. Giliat Ghebray 25:23, 87. Kevin Davis 26:01, 112. Ozzie Piña 26:22, 114. John Eves 26:25, 125. Girmay Guangul 26:35, 147. Chris Chavez 26:52, 161. Micah Parker 27:03, 174. Stephen Pottéy 27:29, 192. Dan Blomgren 28:08, 196. Andres Perezchica 28:19.

10/2 at San Francisco State Invitational (NTS)

Cal did not compete as a team. **Winner:** Juan Vasquez, Sacramento State, 25:35.60. **Cal:** 8. Wes Davison 26:08.40, 19. Tim Bardet 27:13.10.

10/16 at Penn State Invitational (38 teams)

1. American 49, 2. Penn 83, 3. Penn State 135, 8. Cal 277. **Winner:** Ryan Sheehan, Unattached, 25:22. **Cal:** 11. Giliat Ghebray 25:53, 16. Girmay Guangul 26:03, 59. Kevin Davis 26:45, 107. Chris Chavez 27:12, 108. Stephen Pottéy 27:12, 150. John Eves 27:34, 175. Dan Blomgren 27:51, 190. Micah Parker 28:02, 192. Ozzie Piña 28:05, 271. Andres Perezchica 29:28.

10/30 at Pac-10 Championships (8 teams)

1. Stanford 37, 2. Arizona State 64, 3. Oregon 105, 8. Cal 199. **Winner:** 1. Robert Cheseret, Arizona, 23:48. **Cal:** 17. Girmay Guangul 24:56, 33. Kevin Davis 25:33, 50. John Eves 26:08, 57. Chris Chavez 26:18, 59. Ozzie Piña 26:26, 66. Micah Parker 26:47, 69. Giliat Ghebray 26:56, 72. Andres Perezchica 28:27.

11/13 at NCAA West Regional (21 teams)

1. Stanford 49, 2. Arizona State 68, 3. Cal Poly 86, 12. Cal 312. **Winner:** Ryan Hall, Stanford, 30:07. **Cal:** 30. Girmay Guangul 31:20, 52. Giliat Ghebray 31:50, 53. Kevin Davis 31:52, 90. Chris Chavez 33:00, 103. Ozzie Piña 33:30, 104. John Eves 33:33.

WOMEN'S RESULTS

9/4 at USF Invitational (10 teams)

1. Stanford 15, 2. UCLA 53, 3. San Francisco 98, 5. Cal 118. **Winner:** Anita Siraki, Stanford, 17:20.8. **Cal:** 25. Amanda Thornberry 18:40.9, 26. Lindsey Maclise 18:46.2, 28. Rebecca Yau 18:53.4, 33. Pippa Macdonald 19:15.9, 37. Brooke Wells 19:23.6, 38. Whitney Schmucker 19:24.1, 45. Elizabeth Mayeda 19:43.3, 46. Chloe Jarvis 19:45.5, 58. Whitney Russell 20:14.8, 69. Lisa Sandoval 20:50.5, 78. Lauren Barbieri 21:21.0.

9/11 Fresno State Invitational (10 teams)

1. UC Santa Barbara 20, 2. Chico State 52, 3. Cal Poly 77, 5. Cal 144. **Winner:** Kara June, Unattached, 17:56. **Cal:** 15. Samantha Jones 18:31, 28. Lindsey Maclise 18:50, 39. Elizabeth Mayeda 19:09, 40. Maja Ruznic 19:09, 47. Pippa Macdonald 19:25, 59. Chloe Jarvis 19:28, 66. Brooke Wells 19:33, 72. Whitney Russell 19:59, 82. Lisa Sandoval 20:37.

9/25 at Roy Griak Invitational (29 teams)

1. Providence 58, 2. Arizona State 81, 3. UC Santa Barbara 145, 26. Cal 688. **Winner:** Kim Smith, Providence, 21:10. **Cal:** 123. Samantha Jones 23:21, 129. Maja Ruznic 23:26, 137. Rebecca Yau 23:33, 187. Chloe Jarvis 24:06, 198. Amanda Thornberry 24:17, 211. Lindsey Maclise 24:25, 223. Brooke Wells 24:43, 228. Pippa Macdonald 24:54, 235. Elizabeth Mayeda 25:03.

10/2 at San Francisco State Invitational (6 teams)

1. Cal 24, 2. San Francisco State 38, 3. Sacramento State 80. **Winner:** Luzy Miller, San Francisco, 18:23.30. **Cal:** 2. Whitney Russell 18:39.40, 3. Whitney Schmucker 18:40.70, 7. Diane Reed 18:52.50, 10. Beth Wittry 19:03.80, 24. Lisa Sandoval 19:38.70, 32. Lauren Barbieri 19:59.30.

10/16 at Penn State Invitational (41 teams)

1. Providence 49, 2. Duke 60, 3. West Virginia 194, 19. Cal 500. **Winner:** Kim Smith, Providence, 19:46. **Cal:** 65. Samantha Jones 22:24, 101. Maja Ruznic 22:45, 119. Chloe Jarvis 23:04, 121. Lindsey Maclise 23:05, 129. Rebecca Yau 23:07, 131. Pippa Macdonald 23:07, 137. Amanda Thornberry 23:10, 185. Whitney Russell 23:39, 190. Elizabeth Mayeda 23:44, 196. Brooke Wells 23:46.

10/30 at Pac-10 Championships (10 teams)

1. Stanford 30, 2. Arizona State 47, 3. Washington 100, 9. Cal 237. **Winner:** Amy Hastings, ASU, 20:19. **Cal:** 40. Lindsey Maclise 22:24, 41. Maja Ruznic 22:25, 54. Samantha Jones 22:44, 67. Amanda Thornberry 23:09, 69. Pippa Macdonald 23:11, 71. Rebecca Yau 23:21, 75. Chloe Jarvis 23:29, 83. Diane Reed 24:03, 90. Elizabeth Mayeda 25:05, 92. Lisa Sandoval 25:59.

11/13 at NCAA West Regional (NTS)

Cal did not compete as a team. **Winner:** Alicia Craig, Stanford, 20:03. **Cal:** 60. Maja Ruznic 22:09, 66. Lindsey Maclise 22:16.

TOP INDIVIDUAL FINISHERS

TOP CAL MEN

PAC-10 CONFERENCE CHAMPIONSHIPS

2004	17th	Girmay Guangul	24:56
2003	28th	Girmay Guangul	25:56.90
2002	22nd	Martin Conrad	24:44
2001	26th	Corey Creasey	25:42.3
2000	20th	Girmay Guangul	24:25.53
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	32:15.3
1985	6th	Jay Marden	31:04.9
1984	11th	Mike McCollum	30:56.9
1983	19th	Jay Marden	31:27.5
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 REGION VIII CHAMPIONSHIPS

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	30:50.10
1996	42nd	Simon Mudd	32:45
1995	8th	Richie Boulet	30:59.3
1994	2nd	Richie Boulet	31:07.9
1993	4th	Richie Boulet	30:04.8
1992	28th	Tesafaye Beyene	32:51.1
1989	13th	Dave Ottaway	31:09.3
1988	6th	Calvin Gaziano	30:46.3
1986	33rd	Jason Flamm	31:35.3
1985	2nd	Jay Marden	29:58
1984	28th	Mike McCollum	32:54.6
1982	2nd	Tom Downs	29:25
1981	4th	Tom Downs	31:05

NCAA CHAMPIONSHIPS

2000	151st	Girmay Guangul	32:13
1999	90th	Peter Gilmore	31:59.90
1994	DNF	Richie Boulet	-
1993	33rd	Richie Boulet	30:34.8
1988	111	Calvin Gaziano	31:24
1985	73rd	Jay Marden	31:18.95
1982	14th	Tom Downs	30:35.7
1981	13th	Tom Downs	29:41

TOP CAL WOMEN

PAC-10/NORPAC CONFERENCE CHAMPIONSHIPS

2004	40th	Lindsey Maclise	22:24
2003	13th	Bridget Duffy	22:15.70
2002	35th	Bridget Duffy	22:08

2001	45th	Camille Stanley	23:33.3
2000	41st	Erin Belger	22:34.96
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	17:33.6
1985	1st	Kirsten O'Hara	17:37
1984	4th	Kirsten O'Hara	17:01.4
1983	6th	Marilyn Davis	18:07
1982	5th	Louise Romo	16:49
1981	6th	Suzanne Richter	17:14
1980	2nd	Jan Oehm	17:15.2
1979	1st	Cindy Schmandt	17:19.5

NCAA/AIAW REGION CHAMPIONSHIPS

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	17:39.6
1994	22nd	Lisa Lopez	18:37.0
1993	3rd	Tenaya Soderman	16:49.11
1992	11th	Janet Bowie	17:58.72
1991	13th	Janet Bowie	17:34
1990	5th	Sabrina Han	17:02.1
1989	4th	Sabrina Han	17:02.3
1988	3rd	Sally Wood	16:50
1987	4th	Kirsten O'Hara	16:38
1986	5th	Marilyn Davis	16:53.6
1985	3rd	Kirsten O'Hara	17:10.13
1984	5th	Kirsten O'Hara	17:40.71
1983	11th	Marilyn Davis	18:07
1982	12th	Louise Romo	16:49
1981	1st	Suzanne Richter	17:19.6
1980	7th	Jan Oehm	17:11
1979	3rd	Jan Oehm	16:53.2
1978	4th	Jan Oehm	17:13.7
1977	14th	Sally Metteer	19:08

NCAA/AIAW CHAMPIONSHIPS

2003	42nd	Bridget Duffy	20:49
1998	35th	Elissa Riedy	17:38.74
1997	52nd	Elissa Riedy	17:36
1993	37th	Tenaya Soderman	17:25.6
1990	21st	Sabrina Han	16:54
1989	-	Sabrina Han	DNF
1988	27th	Sally Wood	17:14
1987	11th	Kirsten O'Hara	16:26.95
1986	21st	Marilyn Davis	17:38.25
1985	20th	Kirsten O'Hara	16:55.90
1984	31st	Kirsten O'Hara	17:20.8
1983	62nd	Marilyn Davis	17:59
1982	-	Louise Romo	DNF
1981	14th	Lynne Hjelte	18:22
1980	20th	Jan Oehm	17:36.0
1979	17th	Jan Oehm	17:17.5
1978	17th	Jan Oehm	17:50.3
1977	85th	Sally Metteer	19:14.6
1976	69th	Sally Metteer	18:14.2