



Rebecca Yau
Sophomore



Bridget Duffy
Senior
2003 All-American


CALIFORNIA

GOLDEN BEARS

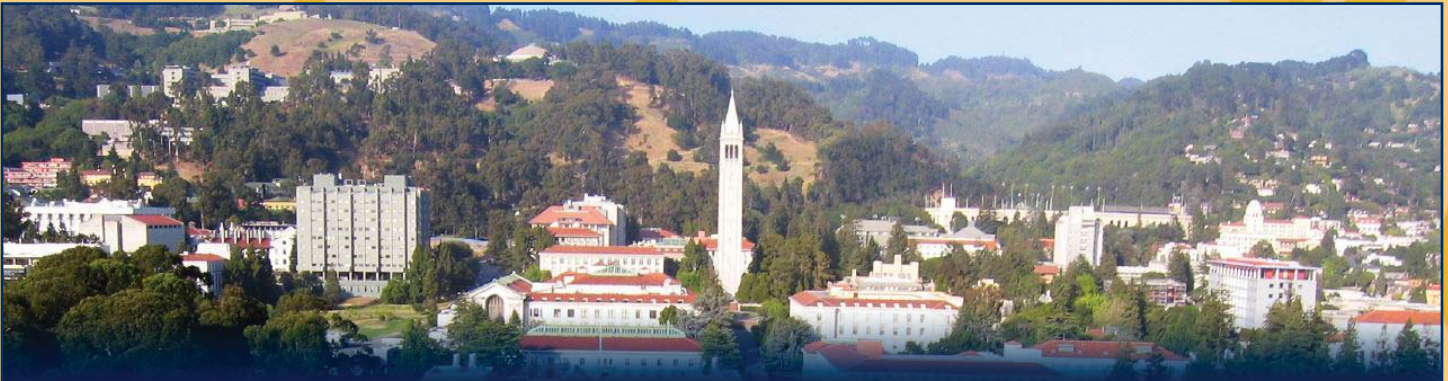
2006 CROSS COUNTRY MEDIA GUIDE



Jake Schmitt
Sophomore



Mark Matusak
Sophomore
2005 Pac-10
Men's Newcomer of the Year



2006 CALIFORNIA CROSS COUNTRY SCHEDULE

Sept. 2	at San Francisco Invitational	San Francisco, CA	9:15 a.m.
Sept. 9	at Aggie Open	Davis, CA	9:00 a.m.
Sept. 30	at Stanford Invitational	Stanford, CA	4:10 p.m.
Oct. 14	at Chile Pepper Invitational	Fayetteville, AR	8:00 a.m.
Oct. 21	at Shoreline Open	Mountain View, CA	9:00 a.m.
Oct. 28	at Pac-10 Championships	Stanford, CA	10:00 a.m.
Nov. 11	at NCAA West Regional	Portland, OR	11:00 a.m.
Nov. 19	at USATF West Regional	San Francisco, CA	11:00 a.m.
Nov. 20	at NCAA Championships	Terre Haute, IN	11:00 a.m.



Photo by Charles Benton

2006 CALIFORNIA CROSS COUNTRY TEAM



Front Row (L-R): Alysia Johnson, Rowena Tam, Gabriela Rios-Sotelo, Lisa Sandoval, Rebecca Palm, Bridget Duffy and Alison Greggor. **Second Row (L-R):** Dawit Tesfasilassie, Pippa Macdonald, Peter Deptula, Rebecca Yau, Chris Chavez, Mackenzie Pierce, Steve Sodaro and Elizabeth Mayeda. **Third Row (L-R):** Volunteer Assistant Coach Chris Coffee, Matt Miller, Micah Parker, Sean Carey, David Torrence, Andres Perezchica, Francis Gadayan, Undergraduate Assistant Coach Kevin Davis and Head Coach Tony Sandoval. **Back Row (L-R):** Mark Matusak, Jake Schmitt, Alex McClary, Michael Coe, Andy McClary, Yosef Ghebray and Eric Lee.

2006 SEASON OUTLOOK



Mark Matusak

CAL LOOKING FOR MORE IN 2006

The seeds for success have been planted and now the University of California cross country teams are ready to make the jump into national prominence in 2006.

Head coach **Tony Sandoval** wants the men's and women's teams to excel in the postseason. He wants the Bears to not only do well at the Pac-10 Championships, but also take their performances to the next level at the NCAA West Regional and at the NCAA Championships.

MEN'S OUTLOOK

Fresh off last season's third-place finish at the Pac-10 Championships - the best in school history - the Cal men's team is hoping to springboard off that success and make an even bigger impact in 2006.

"If we could make it as a team in our region (to the NCAA Championships), which is probably the deepest and most competitive distance region in the country, then I think it says something," said Sandoval, who begins his 15th season at the helm of the men's team and 25th in charge of the women's program. "If you can make it, even if you're the third, fourth or fifth team, you can still be in the top 20. Anytime you can have a team in the top 20, I think that is a feather in the cap."

The team will be led by last year's Pac-10 Newcomer of the Year, freshman **Mark Matusak** (Torrance, Calif.), as well as sophomore **Jake Schmitt** (Kentfield, Calif.), and junior **David Torrence** (Reseda, Calif.).

Matusak will be looking for repeat success this year. Two of his best finishes of 2005 came at the biggest meets of the season. At the Pac-10 Championships, Matusak finished second among the Bears, taking 17th overall (24:26) and first among conference rookies. At the Stanford Invitational, he led Cal with a time of 24:24

and took 17th.

Schmitt also ran a strong race at the Stanford Invitational, crossing the finish line in 25:03. Schmitt came in 70th (32:01) at the NCAA West Regional.

Torrence returns to the team after competing as a freshman in 2003. That year, he placed 19th at the Stanford Invitational (12:30) and took 44th at the Pac-10 Championships (26:28).

Two other runners who will play vital roles are sophomore **Yosef Ghebray** (Union City, Calif.) and junior **Chris Chavez** (Culver City, Calif.). Both Ghebray and Chavez clocked in with good times at the Stanford Invitational, finishing in 24:34 and 25:15, respectively. At the Pac-10 Championships, Ghebray crossed in 20th with a time of 25:01.

Returning for their sophomore seasons are twins **Andy** and **Alex McClary** (Shelton, Wash.). Andy came in 46th at the Pac-10 Championships and competed at the NCAA West Regional.

Cal's top newcomer in 2006 is **Michael Coe** (Lompoc, Calif.). Coe was a runner-up at the Footlocker National Championships and finished first at the California state cross country meet. Sandoval said Coe may be one of the top five Bears right off the bat. Coe is joined by **Francis Gadayan** (San Francisco, Calif.), a two-time junior college state champion in the 800m, and **Steve Sodaro** (Tiburon, Calif.), who was Schmitt's former high school teammate.

Redshirt freshman **Dawit Tesfasilassie** (Santa Rosa, Calif.) should be an important contributor this year.

The rest of the Bears who will be competing for spots in the top seven are senior **Micah Parker** (Reno, Nev.), junior **Andres Perezchica** (Cathedral City, Calif.), sophomores **Sean Carey** (Albany, Calif.), **Eric Lee** (San Anselmo, Calif.) and **Matt Miller** (Manhattan Beach, Calif.), and freshman **Peter Deptula** (Kailua, H.I.).

WOMEN'S OUTLOOK

The goal for the 2006 women's team is also to reach a new plateau and elevate the program to the next level. Following an 11th-place finish at the 2005 NCAA West Regional, Cal is looking to get into the top 10 this year.

The senior leadership will come from three-year letterwinner **Bridget Duffy** (Oakland, Calif.). Duffy, a 2003 All-American, finished 34th at the Pac-10 Championships and the NCAA West Regional last fall.

Junior **Rebecca Yau** (Orinda, Calif.) turned in an impressive 2006 campaign, grabbing 27th place (22:04) to lead the Bears at the Pac-10 Championships.



Rebecca Yau

She also clocked in at 22:55 (46th) at the Stanford Invitational and 21:59 (46th) at the Chile Pepper Festival. Yau's success in the fall carried over into the spring track and field schedule. She set an indoor school record at the MSPF Championships in the 5000m (16:52). In the same competition, she set a new personal best in the 3000m (9:39).

"I think the key (for the women's team) is going to be the development of our freshmen and redshirts," Sandoval said. "We have the beginning parts to that. We're going to have two very good runners that will probably finish in the top 20 in most meets, and that's Rebecca (Yau) and Bridget (Duffy)."

Sophomore **Alysia Johnson** (Canyon Country, Calif.) is hoping her successful 2006 track season will carry over into the fall. At the Chile Pepper Festival, Johnson toured the course at 22:08 to take 46th. In track and field, she set an indoor school record at the 2006 NCAA Indoor Championships, clocking in at 2:05.49 in the 800m. She earned All-America honors for her sixth-place finish in the 800m at the 2006 NCAA Championships, and finished second in the USATF Championships with a PR of 2:01.80.

Cal's other senior, **Elizabeth Mayeda** (Aptos, Calif.), she took 48th at the 2005 Pac-10 Championships with a time of 22:51.

Adding depth to the roster will be senior **Lisa Sandoval** (Pleasant Hill, Calif.) and sophomores **Rebecca Palm** (Campbell, Calif.) and **Mackenzie Pierce** (Pfafttown, N.C.). Also in the mix are two returning redshirts from 2005, **Pippa Macdonald** (Kailua, H.I.) and **Gabriela Rios-Sotelo** (Berkeley, Calif.).

The incoming freshmen who the Bears expect to make a huge impact are **Alison Greggor** (Novato, Calif.) and **Rowena Tam** (San Diego, Calif.). Greggor holds her high school record for the 800m (2:21), 1600m (5:00.5) and the 3200m (11:17).



2006 ATHLETE PROFILES

MICHAEL COE FRESHMAN, LOMPOC, CA



Cal: Joins the Golden Bears as one of the most decorated incoming recruits in program history and could be among the top five on the team. **High School:** Runner-up at the Footlocker National Championships...Div. III state cross country champion (fastest time in the state for all divisions)...in track and field, finished second at the California state meet in the 1600m... Nike Indoor National Champion in the two mile...Nike Outdoor National Champion in the mile...PRs include: mile (4:07) and two mile (8:56). **Personal:** Born Dec. 4, 1987, in Lompoc...has one sister, Danielle, who currently attends Cal...parents are Scott and Margie Coe...undeclared major.

BRIDGET DUFFY SENIOR, OAKLAND, CA



Cal: The 2003 All-American hopes to lead the Golden Bears in her final season. **Cross Country:** Led Cal in three of the four meets she competed in during the 2005 season...in 17 career competitions, Duffy has paced the Bears all but two times...came in 34th at both the 2005 Pac-10 Championships and the NCAA West Regional, leading Cal at the regional with a time of 21:28...redshirted the 2004 season...earned All-America honors in 2003 and is a two-time Most Valuable Performer for her team...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:** Set two indoor school records at the 2006 MPSF Championships, in the mile with a time of 4:49.04 and in the 3000m with a time of 9:39.26...in 2004, posted PRs in the 800m (2:08.75) and 1500m (4:22.55, seventh all-time at Cal)...as a freshman, placed fifth in the 1500m at the 2003 U.S. Junior National Championships after advancing to the finals in 2002. **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.

YOSEF GHEBRAY SOPHOMORE, UNION CITY, CA



Cal: Will play a vital role in the success of the team. **Cross Country:** Came in 20th at the 2005 Pac-10 Championships...finished 55th at the NCAA West Regional. **Track:** Redshirted the 2006 season. **High School:** Placed 27th at 2004 Footlocker Cross Country Nationals and second at the Footlocker regional 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. **Personal:** Born May 18, 1987, in Fresno...father is Berhane Mehari and mother is Genet Waldemariam...his brother, Giliat, was an All-American in the 5000m for Cal last year...undeclared major.

ALISON GREGGOR FRESHMAN, NOVATO, CA



High School: State qualifier in 2005...Mt. Sac Div III cross country winner her senior season...track and field state qualifier...school record holder for the 800m (2:21), 1600m (5:00.5) and 3200m (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...integrative biology major.

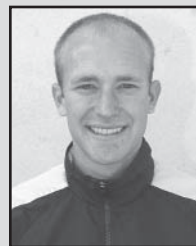
ALYSIA JOHNSON SOPHOMORE, CANYON COUNTRY, CA



Cal: After a strong track and field campaign earlier this year, Johnson is looking to continue that success into cross country this season. **Cross Country:** Competed in four of the six competitions

in 2005...third among Cal runners at the Chile Pepper Festival, clocking in at 22:08.6 (49th)...redshirted the 2004 season. **Track:** Earned All-America honors for her sixth-place finish in the 800m at the 2006 NCAA Championships...set an indoor school record at the 2006 NCAA Indoor Championships, clocking in at 2:05.49 in the 800m...took second at the USATF Championships with a PR of 2:01.80...owns Cal's best indoor time and second-best outdoor time. **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. **Personal:** Born April 23, 1986, in Queens, N.Y....parents are Eric and Yvonne Johnson...undeclared major.

MARK MATUSAK SOPHOMORE, TORRANCE, CA



Cal: Matusak will be one of the top runners for the Bears this season after being named the 2005 Pac-10 Cross Country Newcomer of the Year. **Cross Country:** At the Pac-10 Championships, came in 17th, clocking in at 24:56 and finished second among Cal runners...came in 21st at the NCAA West Regional with a time of 30:53. **Track:** Led the Bears at the Pac-10 Championships in the 1500m with a time of 3:45.04...finished second among Cal runners at the MPSF Championships in the 3000m, crossing the finish line with a season-best time of 8:06.18 (5th). **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...won the 2005 Nike Outdoor two-mile (8:51.13)...helped his high school to the 2002 and 2004 state cross country titles and a No. 6 national ranking in 2002...school was the 2005 state track and field runner-ups. **Personal:** Born June 27, 1986, in Torrance...parents are Jan and Elizabeth Matusak...undeclared major.

ELIZABETH MAYEDA SENIOR, APTOS, CA

Cal: After a strong season last year,



2006 ATHLETE PROFILES



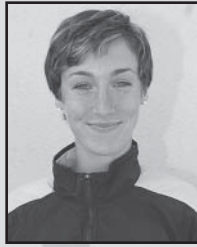
she will be a key to Cal's success. **Cross Country:** Clocked in at 22:52 and took 48th place at the Pac-10 Championships...came in at 22:57 (116th) at the NCAA West Regional...ran a 23:00.7 (98th) at the Chile Pepper Festival...took 61st with a time of 23:19 at the Stanford Invitational...at the 2004 Pac-10 Championships, she crossed the finish line at 25:05 in 90th...took 57th (24:40.00) at the 2003 Pac-10 Championships...finished at 23:34 (145th) at the 2003 NCAA West Regional. **Track:** PRed at the Jim Bush Invitational (17:46)...Cal's top finisher in the 5000m at the Stanford Invitational with a time of 17:57.35. **High School:** Team captain in 2000 and 2001...track team captain in 2002...Aptos High was CCS Division II cross country runner-up in 1998 and CCS Division I runner-up in 2000. **Personal:** Born Nov. 26, 1984, in Oakland...parents are Robert and Dorothy Mayeda...has two younger siblings: brother, Walter and sister, Mary...integrative biology major.

ANDY McCLARY SOPHOMORE, SHELTON, WA



Cal: Made an impact as a redshirt freshman in 2005. **Cross Country:** Earned 46th place at the Pac-10 Championships with a time of 25:45...competed at the NCAA West Regional...received honorable mention academic all-conference accolades...redshirted the 2004 season. **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...placed second at the 2002 league cross country championships...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...classical civilizations major.

MACKENZIE PIERCE SOPHOMORE, PFAFFTOWN, NC



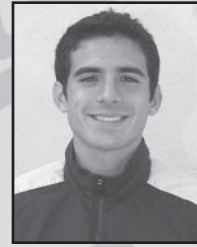
Cal: Looking to have a strong season in 2006, spring boarding off of last year's success. **Cross Country:** Finished 19th at the San Francisco State Invitational with a time of 24:38...competed in three of the six competitions. **Track:** NCAA provisional qualifier with her 2:07.37 time in the 800m...ran the best 1500m of the year for any Cal runner at the Hornet Invitational with a time of 4:32.52. **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. **Personal:** Born June 18, 1986, in Winston Salem, N.C....parents are Doug and Lezlie Pierce...undeclared major.

JAKE SCHMITT SOPHOMORE, KENTFIELD, CA



Cal: Will play an important role for the Bears this season...qualified for the World Junior Championships in track and field in August. **Cross Country:** Competed in the NCAA West Regional, taking 70th (32:01)...clocked in at 25:51 (49th) at the Pac-10 Championships...came in at 25:03 (46th) at the Stanford Invitational...at the Chile Pepper Festival finished 52nd at 30:55. **Track:** Competed in two events at the MPSF Championships, the 5000m (14:44.92) and the 3000m (8:19.76)...clocked in at 25:51 (49th) at the Pac-10 Championships. **High School:** Grabbed 19th place at the 2004 Footlocker Cross Country Nationals...claimed the Division IV 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...six-time North Coast Section champion in cross country and track and field. **Personal:** Born March 27, 1987, in San Francisco...parents, Tom and Laura Schmitt (Starrett), competed in cross country and track and field at Cal...his mom coaches Redwood High School's cross country team...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.

DAVID TORRENCE JUNIOR, RESEDA, CA



Cal: Torrence returns to the squad this season after missing the past two seasons for academic reasons...competed on the 2003 team as a freshman...some PRs include: in 2005, 1:50.75 in the 800m and in 2006, 3:41.52 in the 1500m and 8:20.95 in the 3000m. **Cross Country:** As a freshman, took 44th at the 2003 Pac-10 Championships at 26:28.60...at the 2003 NCAA West Regional, finished in 73rd at 31:36. **Track:** Ran a mile time of 4:07.55 at the Brutus Hamilton Invitational...in the 1500m at the IAAF World Juniors, set a Cal freshman record time of 3:43.62...set a personal best of 1:52.03 in the 800m at the Golden Bear Qualifier. **High School:** In 2003, recorded a time of 4:11.54 in the 1600m and 9:05 in the 3200m...in his senior year, was a member of Loyola High School's cross country state and CIF championship team...individually as a senior, was third at the California state meet in the 1600m (4:11.5)...ranked in the top 10 in the state in both the 1600m and 3200m. **Personal:** Born Nov. 26, 1985, in Okinawa, Japan...parents are Bill Handley and Bianca Torrence...ethnic studies major.

REBECCA YAU JUNIOR, ORINDA, CA



Cal: Emerged as one of the top runners for Cal in 2005. **Cross Country:** Placed in the top 15 in two of the six meets she ran in 2005...led the Bears at the 2005 Pac-10 Championships, coming in 27th at 22:04...at the 2005 NCAA West Regional finished 41st at 21:33. **Track:** Set an indoor school record in the 5000m at the MPSF Championships with a time of 16:52.66...also competed in the 3000m at the MPSF Championships, clocking in at 9:39.35...ran the fifth-best time in school history in the 10,000m at the Stanford Invitational (35:11.07). **High School:** Team captain of her cross country team in 2004...in 2004, awarded Most Inspirational...set personal records of 5:18 in the 1600m and 11:24 in the 3200m. **Personal:** Born Sept. 30, 1986, in San Francisco...parents are John and Roxana Yau...lived in Hong Kong for two years...public health major.

2006 ATHLETE PHOTOS



CALIFORNIA CROSS COUNTRY



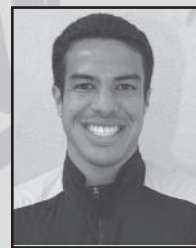
Sean Carey



Chris Chavez



Peter Deptula



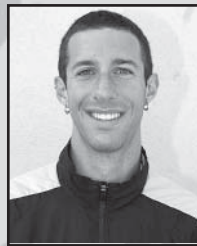
Francis Gadayan



Eric Lee



Pippa Macdonald



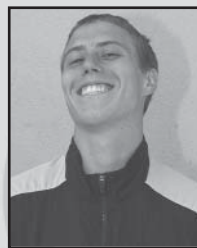
Alex McClary



Matt Miller



Rebecca Palm



Micah Parker



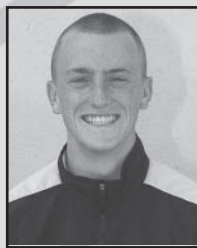
Andres Perezchica



Gabriela Rios-Sotelo



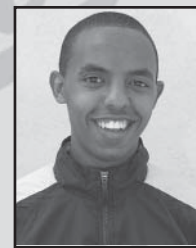
Lisa Sandoval



Steve Sodaro



Rowena Tam



Dawit Tesfasilassie



2006 CALIFORNIA ROSTERS

MEN

Name	CL	Exp.	Hometown/Last School
Sean Carey	So.*	SQ	Albany, CA/Albany HS
Chris Chavez	Jr.	2V	Culver City, CA/ Santa Monica HS
Michael Coe	Fr.	HS	Lompoc, CA/Cabrillo HS
Peter Deptula	Fr.	HS	Kailua, HI/Punahou HS
Francis Gadayan	Jr.	JC	San Francisco, CA/ City College of San Francisco
Yosef Ghebray	So.	1V	Union City, CA/Logan HS
Eric Lee	So.*	SQ	San Anselmo, CA/ Sir Francis Drake HS
Mark Matusak	So.	1V	Torrance, CA/Loyola HS
Alex McClary	So.*	SQ	Shelton, WA/Shelton HS
Andy McClary	So.*	1V	Shelton, WA/Shelton HS
Matt Miller	So.	SQ	Manhattan Beach, CA/ Loyola HS
Micah Parker	Sr.	SQ	Reno, NV/Lassen College
Andres Perezchica	Jr.	SQ	Cathedral City, CA/ Cathedral City HS
Jake Schmitt	So.	1V	Kentfield, CA/Redwood HS
Steve Sodaro	Fr.	HS	Tiburon, CA/Redwood HS
Dawit Tesfasilassie	Fr.*	RS	Santa Rosa, CA/Piner HS

WOMEN

Name	CL	Exp.	Hometown/Last School
Bridget Duffy	Sr.*	3V	Oakland, CA/St. Mary's HS
Alison Greggor	Fr.	HS	Novato, CA./San Marin HS
Alysia Johnson	So.*	1V	Canyon Country, CA/ Canyon HS
Pippa Macdonald	Jr.*	1V	Kailua, HI/Punahou HS
Elizabeth Mayeda	Sr.*	1V	Aptos, CA/Aptos HS
Rebecca Palm	So.	TR	Campbell, CA/San Jose State
Mackenzie Pierce	So.	SQ	Pfafftown, NC/ Forsyth Country Day
Gabriela Rios-Sotelo	Fr.*	RS	Berkeley, CA/ St. Mary's HS
Lisa Sandoval	Sr.*	SQ	Pleasant Hill, CA/ College Park HS
Rowena Tam	Fr.	HS	San Diego, CA/University HS
Rebecca Yau	Jr.	2V	Orinda, CA/Miramonte HS

* has used a redshirt season

Head Coach: Tony Sandoval (15th season as men's and women's coach, 25th season as women's coach)

Volunteer Assistant Coaches: Chris Coffee and Abby Parker

Undergraduate Assistant Coaches: Kevin Davis and Giliat Ghebray

Strength Coach: Hank Behrens

C-C Trainer: Elaine Garcia and Melissa Balandres

SUMMARY OF PERSONNEL

RETURNING LETTERWINNERS

Men (5)

Chris Chavez
Yosef Ghebray
Mark Matusak
Andy McClary
Jake Schmitt

Women (5)

Bridget Duffy
Alysia Johnson
Pippa Macdonald
Elizabeth Mayeda
Rebecca Yau

RETURNING REDSHIRTS

Men (1)

Dawit Tesfasilassie

Women (1)

Gabriela Rios-Sotelo

LETTERWINNERS LOST

Men (2)

Kevin Davis
Giliat Ghebray

Women (2)

Abby Parker
Maja Ruznic

PRONUNCIATION

Yosef Ghebray yo-SEF Gheh-BRAY
Alysia Johnson ah-LEE-see-uh
Elizabeth Mayeda mah-YEE-duh
Gabriela Rios-Sotelo ree-OHS So-TELL-oh
Dawit Tesfasilassie dah-WHEAT TESS-fuh-SIL-oss-EE
Rebecca Yau yow

INCOMING RUNNERS

Men (4)

Michael Coe
Peter Deptula
Francis Gadayan
Steve Sodaro

Women (3)

Alison Greggor
Rebecca Palm
Rowena Tam

2006 COACHING STAFF

TONY SANDOVAL

HEAD COACH



Tony Sandoval, one of the most experienced and highly-regarded distance coaches in the United States, begins his 15th season as head coach of the California men's and women's cross country teams and his 25th year overall at the university.

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

He has a proven track record of developing athletes during their collegiate careers, and many of them have gone on to race after college. Those who have experienced post-graduate success include Bolota Asmerom, Peter Gilmore (marathon qualifier at 2005 World Championships), Magdalena Lewy (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 the 2004 U.S. Olympic Trials—Elissa Riedy, Asmerom (3rd, 5000m), Corey Creasy, Gilmore and Steve Moreno.

Under Sandoval's guidance, Cal runners Bridget Duffy, Kirsten O'Hara, Marilyn Davis, Sally Wood, Sabrina Han and Elissa Riedy combined for eight cross country All-America citations between 1985 and 2004. Duffy, who is a redshirt senior this season, is the most recent success story in the Sandoval era.

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, 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. Last season at the Pac-10 Championships, the men's team finished third for its best showing in the history of the program. In 1993, Boulet became just the second men's runner in Cal history to earn All-America recognition, and the first Cal male athlete in any sport to win six All-America honors (five in track & field). 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.

Cal was represented at the NCAA cross country meet last year by Giliat Ghebray. The other recent Bears to reach the meet were 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, earning a bid to the NCAA Championships.

Under Sandoval's tutelage, members of the Cal women's track and field team have garnered All-America honors on 22 different occasions, with Giliat Ghebray (5000-meter, outdoors) and 800-meter runners Erin Belger (2002, outdoors), Chloe Jarvis (2005, indoors) and current Cal runner Alysia Johnson (2005 and 2006, indoors and 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. crowns. Bjorklund was world ranked in the two mile/3000m in 1974 and 1975.

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

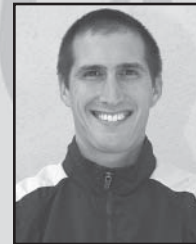
conference championships in track and field.

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 sixth 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

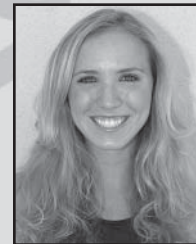
as the Bears' top 3000m-steeplechase runner as a senior. At the 2001 Pac-10 Championships, Coffee finished sixth in the event with a collegiate PR of 9:02.31.

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 with a degree in architecture and is a successful architect in Berkeley.

ABBY PARKER

VOLUNTEER ASSISTANT COACH



After competing for the past five years as one of Tony Sandoval's runners, Abby Parker will return to Cal this fall as a first-year assistant coach.

In 2003, Parker was the second-fastest runner for Cal at the Pac-10 Championships and the NCAA West Regional. She was also an honorable mention Pac-10 All-Academic choice in 2003. The year before, Parker once again posted second-best performances for the Bears at the Pac-10 Championships and at the NCAA West Regional.

She competed on the track team, as well, during her tenure at Berkeley. In 2005, Parker posted a career-best 5000m indoor time of 17:14.44 at the Husky Classic. The second-team Pac-10 All-Academic choice also clocked Cal's fastest time of the 2004 season in the 3000mSC (10:48.10).

Parker graduated from Cal in 2006 with a degree in integrative biology.



YEAR-BY-YEAR RESULTS

CAL TEAM FINISHES - MEN

YEAR	PAC-10	NCAA REGION	NCAA CHAMP.
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	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	NCAA REGION	NCAA CHAMP.
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	-

2005 RESULTS

MEN'S RESULTS

9/3 at USF Invitational (8 teams)

1. Arizona 24, 2. Stanford 35, 3. Santa Clara 92. Cal did not compete as a team. Winner: Obed Mutanya, Arizona, 24:40.7. Cal: 20. Eric Roberts 26:21.2, 24. Micah Parker 26:37.6, 26. Eric Lee 26:39.7, 50. Sean Carey 28:06.4.

9/10 Aggie Invitational (8 teams)

1. Cal 21, 2. UC Davis 35, 3. San Francisco 91. Winner: Giliat Ghebray, Cal, 25:39.6. Cal: 2. Mark Matusak 25:43.60, 3. Jake Schmitt 25:49.10, 5. Chris Chavez 25:56.70. 13. Yosef Ghebray 26:49.70, 16. Matt Miller 27:01.10, 17. Alex McClary 27:02.10, 19. Andy McClary 27:06.10, 23. Eric Roberts 27:24.60, 30. Eric Lee 27:35.90.

9/24 at Stanford Invitational (13 teams) 8000m

1. Stanford 50, 2. Chico State 66, 3. UC Santa Barbara 102, 5. Cal 141. Winner: Josh McDougal, Liberty, 23:24.2. Cal: 17. Mark Matusak 24:24, 19. Giliat Ghebray 24:27, 23. Yosef Ghebray 24:34, 46. Jake Schmitt 25:03, 57. Chris Chavez 25:15, 63. Matt Miller 25:20, 65. Eric Roberts 25:24.

9/24 at Stanford Invitational (13 teams) 4000m

Cal: 5. Kevin Davis 12:22, 15. Eric Lee 12:48, 35. Sean Carey 13:08.

10/1 at San Francisco State Gator Invitational (5 teams)

1. Cal 15, 2. Cal State Stanislaus 52, 3. California Lutheran 85. Winner: David Torrence, unattached, 25:30. Cal: 2. Kevin Davis 25:57, 3. Andy McClary 26:11, 4. Alex McClary 26:17, 6. Eric Lee 26:40, 7. Micah Parker 26:40, 25. Randy Fair 28:01, 26. Sean Carey 28:05.

10/15 at Chile Pepper Invitational (35 teams)

1. Arkansas 57, 2. Arizona 97, 3. UTEP 94, 5. Cal 176. Winner: Josphat Boit, Arkansas, 28:27.6. Cal: 24. Giliat Ghebray 29:51.3, 45. Mark Matusak 30:40.3, 47. Yosef Ghebray 30:41.9, 50. Kevin Davis 30:54.7, 52. Jake Schmitt 30:55.8, 67. Eric Roberts 31:25.7, 71. Chris Chavez 31:32.9, 119. Matt Miller 32:25, 142. Alex McClary 32:46.6, 178. Andy McClary 33:44.6.

10/29 at Pac-10 Championships (8 teams)

1. Stanford 46, 2. Arizona 78, 3. Cal 107. Winner: 1. Robert Cheseret, Arizona, 23:57. Cal: 8. Giliat Ghebray 24:30, 17. Mark Matusak 24:56, 18. Kevin Davis 24:58, 20. Yosef Ghebray 25:01, 46. Andy McClary 25:45, 47. Chris Chavez 25:45, 49. Jake Schmitt 25:51, 57. Eric Roberts 26:12, 64. Alex McClary 26:31, 68. Matt Miller 26:52.

11/12 at NCAA West Regional (23 teams)

1. Arizona 33, 2. Stanford 80, 3. Arizona State 100, 8. Cal 205. Winner: Robert Cheseret, Arizona, 30:03.3. Cal: 15. Giliat Ghebray 30:38.2, 21. Mark Matusak 30:53.6, 48. Kevin Davis 31:24.0, 55. Yosef Ghebray 31:33.4, 70. Jake Schmitt 32:01.9, 81. Chris Chavez 32:18.6, 97. Andy McClary 32:59.3.

11/21 at NCAA Championships (31 teams)

1. Wisconsin 37, 2. Arkansas 105, 3. Notre Dame 178. Winner: Simon Bairu 29:16. Cal: 63. Giliat Ghebray 30:39.5.

WOMEN'S RESULTS

9/3 at USF Invitational (12 teams)

1. Stanford 42, 2. Arizona 56, 3. San Jose State 70, Cal did not compete as a team. Winner: Arianna Lambie, Stanford, 18:18.3. Cal: 8. Amanda Thornberry 18:44.1, 10. Brooke Wells 18:49.1, 13. Rebecca Yau 18:54.6,

9/10 Aggie Invitational (6 teams)

1. Cal 23, 2. San Jose State 56, 3. UC Davis 58.4. Winner: Tiffany Hall, San Jose State, 18:17.90. Cal: 2. Bridget Duffy 18:22.00, 3. Abby Parker 18:22.90, 5. Rebecca Yau 18:35.0, 6. Alysia Johnson 18:38.30, 7. Amanda Thornberry 18:38.90, 15. Elizabeth Mayeda 19:00.60, 17. Brooke Wells 19:06.90, 18. Maja Ruznic 19:07.20, 20. Marie Raffray 19:09.20.

9/24 at Stanford Invitational (32 teams) 6000m

1. Stanford 31, 2. Chico State 136, 3. Portland 155, 8. Cal 246. Winner: Arianna Lambie, Stanford, 21:15. Cal: 37. Bridget Duffy 22:45, 46. Rebecca Yau 22:55, 53. Abby Parker 23:05, 61. Elizabeth Mayeda 23:19, 67. Alysia Johnson 23:25, 72. Marie Raffray 23:30, 163. Amanda Thornberry 24:55.

9/24 at Stanford Invitational (32 teams) 4000m

Cal: 34. Brooke Wells 15:25

10/1 at San Francisco State Gator Invitational

1. Cal 27, 2. Cal State Stanislaus 49, 3. California Lutheran 102. Winner: Marie Raffray, Cal, 23:00. Cal: 3. Maja Ruznic 23:13, 4. Amanda Thornberry 23:27, 5. Brooke Wells 23:40, 19. Mackenzie Pierce 24:38.

10/2 at San Francisco 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, 129. Rebecca Yau 23:07, 131. Pippa Macdonald 23:07, 137. Amanda Thornberry 23:10, 190. Elizabeth Mayeda 23:44, 196. Brooke Wells 23:46.

10/15 at Chile Pepper Festival (37 teams)

1. Oklahoma State 64, 2. Arkansas 71, 3. Baylor 82, 6. Cal 279. Winner: Miriam Kaumba (unattached) 19:36.5. Cal: 41. Bridget Duffy 21:55.7, 46. Rebecca Yau 21:59.6, 49. Alysia Johnson 22:08.6, 79. Abby Parker 22:39.4, 96. Brooke Wells 22:59.0, 98. Elizabeth Mayeda 23:00.7, 111. Marie Raffray 23:11.5, 129. Amanda Thornberry 23:23.7, 237. Mackenzie Pierce 25:48.7.

10/29 at Pac-10 Championships (10 teams)

1. Stanford 34, 2. Arizona State 40, 3. Oregon 86, 7. Cal 188. Winner: Arianna Lambie, Stanford, 20:20. Cal: 27. Rebecca Yau 22:04, 34. Bridget Duffy 22:27, 46. Abby Parker 22:45, 48. Elizabeth Mayeda 22:51, 53. Marie Raffray 23:03, 70. Brooke Wells 23:51, 74. Maja Ruznic 24:21, 76. Alysia Johnson 24:25, 82. Amanda Thornberry 25:30, 86. Mackenzie Pierce 28:43.

11/12 at NCAA West Regional (30 teams)

1. Stanford 24, 2. Arizona State 48, 3. Washington 117, 11. Cal 313. Winner: Arianna Lambie, Stanford, 19:29.3. Cal: 34. Bridget Duffy 21:28.2, 41. Rebecca Yau 21:33.0, 46. Abby Parker 21:38.6, 85. Marie Raffray 22:29.9, 116. Elizabeth Mayeda 22:57.4, 158. Maja Ruznic 23:46.9.



TOP INDIVIDUAL FINISHERS

MEN

PAC-10 CONFERENCE CHAMPIONSHIPS

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 REGION VIII CHAMPIONSHIPS

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

NCAA CHAMPIONSHIPS

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	111	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

2005	27th	Rebecca Yau	22:04
2004	40th	Lindsey MacClise	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 REGION CHAMPIONSHIPS

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

