



WASHINGTON TRACK AND FIELD

Apr. 8, 2004

//For Immediate Release//

Contact: Brian Beaky

Fur n' Feathers Sure to Fly in Eugene as Dawgs, Ducks Renew Track Rivalry

On the Track: One of the nation's oldest track and field rivalries renews Saturday as Washington heads to Oregon's hallowed Hayward Field for a team-scoring battle with Minnesota, Colorado and the host Ducks. The meeting between Oregon and Washington will be the 93rd in the 105-year history of the rivalry, which began with a 62-50 Ducks win in Seattle in 1900. Events are scheduled to begin at noon with the men's javelin, and conclude with the 4x400-meter relay at 4:45 p.m. Just prior to the featured team competition, the Ducks will host the annual Oregon Mini-Meet, in which several Huskies are likely to compete. Mini-meet events begin at 9 a.m., with the last event scheduled for 10:45 a.m.

Dawgs-Ducks History: Those Huskies who compete Saturday will be seeking to break a three-year streak of victories for the Ducks in the famed rivalry, contested 92 times in the previous 104 years. Oregon's recent run of success has extended the Ducks' lead in the head-to-head series to 60-32, while a four-year streak on the women's side has Oregon ahead 21-6. This season is the sixth-straight in which the two teams have met in Eugene, with Oregon last making the trip to Husky Stadium in 1998 for what was the first of two consecutive series sweeps by Washington's men and women. Last year's Pepsi Team Invitational (the two teams have not met in a two-team dual since 2001) featured wins by the Ducks on both sides, with Minnesota taking second and Washington third, ahead of fourth-place Colorado.

Event Schedule: Following is a schedule of events for Saturday's Pepsi Team Invitational at Oregon's Hayward Field. All events are timed finals; all times are Pacific and subject to change.

12:00 p.m.	Javelin (M)	3:15 p.m.	High Jump (M)
12:05 p.m.	Hammer (M)	3:25 p.m.	400m Dash (W/M)
12:15 p.m.	Long Jump (W)	3:30 p.m.	Pole Vault (M)
1:00 p.m.	Pole Vault (W)	3:35 p.m.	100m Dash (W/M)
1:25 p.m.	Javelin (W)	3:45 p.m.	Triple Jump (M)
1:25 p.m.	High Jump (W)	3:45 p.m.	800m Run (W/M)
1:35 p.m.	Hammer (W)	3:50 p.m.	Discus (M)
1:45 p.m.	Long Jump (M)	3:50 p.m.	Shot Put (W)
2:15 p.m.	Triple Jump (W)	3:55 p.m.	400m Hurdles (W/M)
2:35 p.m.	Discus (W)	4:05 p.m.	200m Dash (W/M)
2:40 p.m.	4x100m Relay (W/M)	4:15 p.m.	3,000m Run (W)
2:45 p.m.	Shot Put (M)	4:30 p.m.	3,000m Run (M)
2:50 p.m.	1,500m Run (W/M)	4:45 p.m.	4x400m Relay (W/M)
3:10 p.m.	High Hurdles (W/M)		

Meet Results: Complete results of both the 2004 Pepsi Team Invite and Oregon Mini-Meet will be posted immediately following the meet to the www.goducks.com. For a complete rundown of UW action at the meet, including a recap of Huskies' highlights and quotes from head coach Greg Metcalf, visit the official site of Washington athletics, www.gohuskies.com.

2004 Husky Track Schedule

Indoor		
Date	Meet	Location
Jan. 17	UW Indoor Preview	Seattle
Jan. 31	Husky Invitational	Seattle
Feb. 7	Bronco Invitational	Boise, Idaho
Feb. 14	Pac-10 Invitational	Seattle
Feb. 27-28	MPSF Championships	Seattle
Mar. 6	UW Last Chance Qualifier	Seattle
Mar. 12-13	NCAA Champs.	Fayetteville, Ark.

Outdoor		
Date	Meet	Location
Mar. 20	Cal Poly Invite	San Luis Obispo, CA
Mar. 26-27	Stanford Invitational	Palo Alto, CA
Mar. 31-Apr. 4	Texas Relays	Austin, TX
Apr. 10	Pepsi Invitational	Eugene, OR
Apr. 16-18	Mt. SAC Relays	Walnut, CA
Apr. 17	Interstate Challenge	Pullman, WA
Apr. 22-24	Drake Relays	Des Moines, IA
Apr. 24	Oregon Invitational	Eugene, ORE
May 1	UW-WSU Dual	Pullman, WA
May 7-8	Pac-10 Multi Events	Tucson, AZ
May 8	Ken Shannon Invitational	Seattle
May 14-15	Pac-10 Championships	Tucson, AZ
May 28-29	NCAA Regional	Northridge, CA
June 9-12	NCAA Championships	Austin, TX
June 24-27	USATF Jr. Nat'l's	Buffalo, NY
July 9-18	U.S. Olympic Trials	Sacramento, CA
Aug. 20-29	Olympic Games	Athens, Greece

Bold font indicates Husky home meet. All home indoor meets held at Dempsey Indoor, all home outdoor meets held at Husky Stadium.

Hot off the Presses ...

- As many as 10 current and former Huskies could compete at the 2004 Summer Olympic Games in Athens, **p3**
- Freshman Ashley Lodree has broken UW records in seven of her nine hurdles races this year, and is the nation's top-ranked freshman, **p4**
- Sophomore Ingvill Makestad is Norway's top-ranked women's miler, **p4**
- Former UW linebacker Will Conwell has his sights set on an NCAA Championships berth in the discus, **p7**
- Sophomore Carly Dockendorf is an All-American UW gymnast on Fridays, and a nationally-ranked Canadian pole vaulter on Saturdays, **p7**

Husky Track Quick Facts

University of Washington
Athletic Department, Box 354070
Seattle, WA 98195-4070

Enrollment: 37,000 (26,000 undergraduate)
Founded: Nov. 4, 1861
President: Dr. Lee L. Huntsman
Director of Athletics: Barbara Hedges
Home Stadium: Dempsey Indoor/Husky Stadium
Press Row Phone: (206) 227-5709
Conference: Pacific-10
Head Coach: Greg Metcalf (2nd year)
Asst. Coach (Vault/Jumps): Pat Licari (8th year)
Asst. Coach (Sprints/Hurdles): Dion Miller (2nd year)
Asst. Coach (Throws): Bud Rasmussen (2nd year)
Asst. Coach (Distances): David Bazzi (3rd year)
Asst. Coach (Distances): . Kelly MacDonald (2nd year)
Track Office Phone: (206) 221-2625
Website: www.gohuskies.com
2003 Men's Pac-10 Finish: 9th
2003 Men's NCAA Finish: N/A
2003 Women's Pac-10 Finish: 6th
2003 Women's NCAA Finish: 29th (tied)
NCAA Competitors Returning/Lost: 6/5
Best Men's Conference Finish: 2nd (1976)
Best Men's NCAA Finish: 2nd (1929, 1930)
Best Women's Conference Finish: .. 4th (1995, '96, '98)
Best Women's NCAA Finish: 10th (1988)

Husky Media Relations

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2004 USTCA Dual Meet Power Rankings

Men		Women	
1. Arizona State	365.63	1. San Diego St.	336.75
2. Florida	345.60	2. Kansas State	335.69
3. BYU	344.58	3. BYU	320.48
4. Iowa State	338.02	4. Arizona	317.83
5. Illinois	325.29	5. Weber State	317.34
6. California	318.44	6. Cornell	316.26
7. Mississippi St.	318.35	7. Miami (FL)	312.12
8. Cincinnati	307.52	8. Miami (OH)	298.67
9. Wisconsin	307.23	9. Central Florida	296.58
10. Indiana State	304.83	10. Indiana State	293.91
11. Arizona	301.85	11. Colorado St.	293.57
12. Kansas State	291.86	12. Long Bch. St.	283.42
13. Washington	291.44	13. Florida	279.67
14. Penn State	288.76	14. Richmond	274.61
15. Idaho State	285.91	15. Idaho State	272.45
16. Colorado St.	285.70	16. Washington	272.29
17. Indiana	281.42	17. Louisville	271.02
18. Weber State	276.43	18. Purdue	269.83
19. Long Bch. St.	264.74	19. Ball State	269.76
20. Monmouth	261.73	20. Arizona State	267.30

* - Rankings as of Apr. 8

Rankings Report: Fresh off a 21st-place finish at the NCAA Indoor Championships, the Husky men debuted 13th in this week's opening of the 2004 U.S. Track Coaches' Association Dual Meet Power Rankings, which simulate head-to-head competition between the nation's elite collegiate squads. The UW men totaled 291.44 points, surpassing by 33 their total of 268.09 at this same point a year ago. Arizona State took top honors from the USTCA with 365.63 points, just ahead of second-place Florida. The Gators, took control in the Trackwire 25, ranking No. 1 with 55 points, five ahead of NCAA indoor champ LSU. The Husky men fell outside the top-25 with two points from Trackwire, which predicts team scoring at the 2004 NCAA Championships. The UW women debuted 16th in the USTCA Rankings, their 272.29 points second-most among Pac-10 schools, and 64 behind the 336.75 of top-ranked San Diego State. Defending champ LSU claimed top honors in the Trackwire poll, in which Washington went unranked.

Just Dandy, Thank You: The Huskies' lofty team rankings can be credited to the performances of several outstanding individuals, two of whom were recognized this week in Trackwire's Dandy Dozen. The list, which uses past performances and current national rankings to predict the top-12 finishers in each event at the NCAA Championships, slots freshman **Ashley Lodree** into 10th in the 100-meter hurdles — four spots better than her 14th-place NCAA finish indoors. Senior **Eric Garner** also merited Trackwire's mention at No. 7 in the 1,500 meters, a ranking which, if matched, would earn Garner his third All-America honor.

NCAA Championships By the Numbers: When **Brad Walker** won his second-straight NCAA pole vault title in March, the senior joined an elite class of UW athletes. Only four Huskies, including Walker, have ever earned more than one NCAA title, including just two — Walker and seven-time champion Scott Neilson — since 1930. Neilson was certainly the most prolific titlist in school history, graduating with three indoor weight throw crowns, and four-straight NCAA hammer titles from 1976-79. The remaining Huskies to earn multiple NCAA titles did so in the NCAA's infancy, including hurdler **Steve Anderson**, in 1929 and 1930, and **Gus Pope**, the shot and discus champion in 1921. Twenty-two Husky athletes have combined for 27 NCAA titles overall, including 23 for the men and three for the women, the latter NCAA members since just 1982. Interestingly, of the 21 Husky athletes to win titles prior to Walker, eight went on to compete in the Olympic Games, including three Olympic medalists.

New NCAA Format: For the second-straight season, the NCAA in 2004 will use Regional Championship meets to determine qualifying for the NCAA Track and Field Championships. Stating a desire to place an emphasis on competition, rather than best marks, the NCAA Championships will draw the top-five finishers in each individual event, and top-three relay teams from each of the four Regionals nationwide, to be contested May 28-29. Athletes will qualify for Regional meets by meeting pre-determined NCAA standards, or by winning their conference title. The NCAA will then round out the Championships field by selecting the highest-ranking individuals (approximately six per individual event and five per relay) from the national collegiate performance lists, provided those athletes competed at their respective Regional meets and were not among the finishers to earn automatic NCAA berths. The lone exceptions to the Regional qualifying system will be the 10,000-meter and multi-events, which will not be subject to Regional competition. Athletes will continue to qualify for the NCAA Championships in those events as they have in the past, by meeting pre-determined provisional and automatic-qualifying standards.

Washington's 2004 NCAA West Regional Championships Qualifiers

Men					Women				
Name	Event	Mark	Regional Ranking	National Ranking	Name	Event	Mark	Regional Ranking	National Ranking
Eric Garner	1,500m	3:43.40	1st	2nd	Ashley Lodree	100m HH	13.43w	1st	11th (tie)
John Russell	1,500m	3:45.06	4th	7th	Dallon Williams	5,000m	16:41.19	2nd	15th
Will Conwell	Discus	173-5	5th	34th	Megan Priestersbach	Javelin	164-2	4th	7th
Brian Harris	Javelin	219-10 1/2	5th	18th	Ingvill Makestad	1,500m	4:23.76	5th	12th
Rigel Wise	Javelin	215-0 1/4	7th	26th	Lindsey Egerdahl	1,500m	4:26.88	6th	13th
John Hickey	5,000m	14:14.24	8th	26th	Alison Tubbs	5,000m	16:49.51	6th	28th
Martin Bingisser	Hammer	185-2 3/4	13th	46th	Grace Vela	Long Jump	19-6 1/2	7th	31st (tie)
McKane Lee	Pole Vault	16-4 3/4	16th (tie)	36th (tie)	Tiffany Zahn	Javelin	154-9	8th	20th
					Lindsey Egerdahl	800m	2:09.70	9th	20th
					Stevie Marshalek	Pole Vault	12-10 1/4	10th	21st
					Kate Soma	Pole Vault	12-6 1/4	13th (tie)	35th (tie)
					Ashley Wildhaber	Pole Vault	12-3 1/2	19th (tie)	44th (tie)

* — The 10,000m and multi-events are not subject to Regional qualifying. Athletes in those events qualify for the NCAAs by meeting predetermined standards.

Beating the System: Washington took full advantage of the new regional-qualifying system in 2003, with six Huskies earning automatic NCAA berths at the West Regional, including four who entered the meet ranked 30th or lower nationally in their events, and likely would not have qualified under the old format. A total of 30 Huskies qualified for last year's regional championships, and already 20 are qualified in 2004, including four in both the javelin and 1,500 meters. For a complete list of Washington's 2004 NCAA West Regional Championships qualifiers, see the box above.

Walker Watch: If the Huskies are to capitalize on an outstanding indoor season in 2004, they'll have to do it without four-time All-American **Brad Walker**, who finished his collegiate career in March by winning his second-straight NCAA indoor pole vault title. The four-time All-American will begin his campaign for the 2004 Olympic Games next week at Mt. SAC, and there's no reason to think Walker doesn't belong among America's elite. In 2003, the Husky led all American vaulters indoors and tied for third in the world with a Pac-10 record mark of 19-0 1/4 that equaled the winning height at the IAAF World Indoor Championships. Walker has matched up twice against America's best this season and has stepped up to the challenge both times, placing second at the U.S. Pole Vault Summit, and fourth at the U.S. Indoor Championships. Already an Olympic "A" qualifier, Walker needs to finish among the top-three at July's U.S. Olympic Trials to earn a trip to Athens for the 2004 Olympic Games in Athens, Greece, with the fourth-place finisher traveling as an alternate.

Olympics History: Washington has qualified at least one athlete for all but four of the 19 Olympic Games held since 1924, with a record four Huskies — including head coach **Ken Shannon**, a U.S. assistant — participating in the 1984 Olympics in Los Angeles. Of the 36 Huskies who have competed in Olympic Games all-time, four have earned medals, and 18 have placed among the top-five in their events. Only once, in 1928, have two Huskies medaled at the same Games, with hurdler **Steve Anderson** and shot-putter **Herman Brix** earning matching silver medals in Amsterdam. The two would go on to set World Records in their events later that same year.

The Road to Athens: Walker is far from the only Husky seeking Olympic glory this summer. Chief among Washington's Olympic hopefuls is former Husky **Aretha Hill**, who is automatically qualified for July's Olympic Trials as the reigning U.S. discus champion. Hill, a 1996 U.S. Olympian, is one of three former Huskies — including Swiss steepler **Christian Belz** and Ellensburg, Wash., native **Ja'Warren Hooker** — seeking return trips to the Games. Both Olympians in 2000, Belz was Switzerland's top-ranked steepler in 2003, while Hooker will be among a field of 10-15 runners competing for six spots in the U.S. 400-meter pool. Should any of the three qualify for the 2004 Games, they would become just the fifth Husky to qualify for multiple Olympics. Thrower Gus Pope threw the discus at both the 1924 and 1928 Games, earning a bronze in 1924. Hurdler Terry Tobacco also competed twice, in 1956 and 1960, while thrower Adam Setliff tossed the discus at the 1996 and 2000 Olympics, placing fifth in Sydney. Former javelin All-American and current UW volunteer assistant coach Duncan Atwood is the fourth Washington athlete to have qualified for multiple Olympics, having done so in 1980 and 1984, but competed only in the latter Games, missing the 1980 Olympics in Moscow as a result of the U.S. boycott.

Olympics Hopefuls: The Olympic veterans are joined by a banner crop of current and former Huskies of legitimate Olympic-caliber who are seeking their first Games invitations. In addition to Walker — the fourth-place finisher at the 2004 U.S. Indoor Championships — Husky sophomore **Ingvill Makestad** boasts a good shot of toeing the line in Athens for her native Norway, needing only to lower her 1,500-meter PR from 4:13 to the Olympic "B" standard of 4:07 to likely earn a bid. That's also the time being targeted by former Husky **Courtney Inman** — currently Canada's fourth-ranked women's miler — who could make the Games with an impressive outdoor campaign. Vaulters **Kate Soma** and **Carly Dockendorf** will also be seeking to bring their personal bests in line with Olympic standards, though the challenge is steep. For Soma, the magic number is the U.S. Trials standard of 14-8 — 10 inches beyond her current best — while for Dockendorf, the target mark is the Canadian "A" standard of 14-5 1/4, which would be an 18-inch PR.

The 'Lo' Down: It only took **Ashley Lodree** one collegiate outdoor meet to crush the Huskies' 100-meter hurdles record. But then, everything the Husky freshman does is fast — whether breaking the UW's freshman record in the 60-meter hurdles in her first collegiate race, or reaching the NCAA Championships just five weeks after her first college meet. So, it should be no surprise that in her first collegiate 100-meter hurdles final, Lodree blazed to a wind-aided time of 13.43 seconds, breaking the UW record of 13.55 set by **Claudine Robinson** in 1994. After Robinson's record stood for 10 years, Lodree's stood for only eight days, as the freshman lowered it again, to a wind-aided 13.39, in the finals at the Texas Relays. Currently ranked No. 1 in the West Region, Lodree finds herself running out of records to set. On Mar. 6, the Richmond, Calif., native lowered her 60-meter hurdles best to 8.19 seconds, knocking Robinson off the top of the UW indoor charts while qualifying for the NCAA Indoor Championships. One of just two freshmen in the NCAA field, Lodree earned 14th-place overall and closed the indoor season as America's top-ranked collegiate freshman hurdler. Lodree, however, isn't one to be fazed by national acclaim. Last year, she ranked among the top-five preps nationally in both the 100- and 300-meter hurdles, and placed third in the former at the U.S. Junior Nationals. Lodree is also making an assault on the UW's long jump records, having climbed to sixth all-time indoors with a Pac-10 qualifying best of 19-6 1/4. With seven records (either freshman or school) in her first nine collegiate hurdles races, Lodree has established herself as one to watch over the next three-plus years. Who are likely to be Lodree's chief rivals? Following is a list of 2004's top collegiate freshman hurdlers:

2004 NCAA 100-Meter Hurdles Freshman Rankings

Name	School	Mark
1. Ashley Lodree	Washington	13.39
2. MaKeatha Cooper	TCU	13.41
3. Jacquelyn Johnson	Arizona State	13.53
4. Ronetta Alexander	South Carolina	13.64
5. Fatmata Fofanah	Pittsburgh	13.83
6. Tiffany McDonald	Arizona	13.87

Norse by Northwest: Sophomore transfer **Ingvill Makestad** shook up the national rankings in February with a dramatic win in her first-career collegiate mile, at the MPSF Championships. The 22-year old Norwegian, who blew past Stanford All-American Sara Bei on the homestretch, crossed the line in 4:42.17, fastest by a Norwegian runner this year and just two seconds off the school record established by **Courtney Inman** a year ago. Makestad placed 15th in the mile at her first-career NCAA Indoor Championships in March, and has now set her sights on improving that performance in either the 800- or 1,500 meters at the NCAA outdoor meet this June, while also seeking the Olympic "B" qualifying standards of 2:01.30 and 4:07.15, respectively. The sophomore qualified for NCAA Regional competition in her first collegiate 1,500 meters in March, clocking a time of 4:23.76 at Stanford that was UW's ninth-fastest all-time. Should Makestad better the Olympic standards, she won't be fazed by the talented international field, as she already boasts loads of experience competing against the world's best college-age athletes. Last summer, Makestad won her nation's 800 meter title, just weeks before placing fourth in the 1,500 meters at the Under-23 European Championships in Poland, in a career-best time of 4:13.58. Since arriving at UW in the fall, Makestad has found nothing but success, taking ninth at the Pac-10 Cross Country Championships — just her second-ever cross country competition — and fifth at the NCAA Regional. Ironically, at the Regional Makestad placed just ahead of USC's Iryna Vaschuk, who also finished just behind Makestad in the Under-23 European 1,500 meters.

Monster PR of the Week: With only 12 athletes in action at last week's Texas Relays, the pool for Monster PR of the Week was pretty slim. Of those 12, three achieved UW career-best marks, but just one was a lifetime PR. Thus, this week's honoree is freshman **Ashley Lodree**, whose wind-aided time of 13.39 seconds in the finals of the 100-meter hurdles was the fastest in school history, and 10th-fastest in the nation this year. For more on Lodree, see the note entitled "The 'Lo' Down" in this release.

2004 Husky Track and Field Statistical Leaders

Women's		
100m Dash	Lauran Dignam	12.09w
200m Dash	Lauran Dignam	24.70
400m Dash	No competitors	
800m Run	Lindsey Egerdahl	2:09.70**
1,500m Run	Ingvill Makestad	4:23.76**
Steeplechase	Camille Connelly	11:18.44
5,000m Run	Dallon Williams	16:41.19**
10,000m Run	No competitors	
100m Hurdles	Ashley Lodree	13.39w**
400m Hurdles	Cambrielle Jensen	1:01.80*
4x100m Relay	Lodree/Dignam/Vela/Steward	46.67
4x400m Relay	Jensen/Steward/Lodree/Dignam	3:47.65
High Jump	Sidney Brown	5-4 1/4
Pole Vault	Stevie Marshalek	12-10 1/4**
Long Jump	Grace Vela	19-6 1/2**
Triple Jump	Brittney Roberts	38-5 1/4w*
Shot Put	Cherron Davis	45-4 1/4i*
Discus	No competitors	
Hammer	Cherron Davis	146-7 1/4
Javelin	Megan Priestersbach	164-2**
Heptathlon	No competitors	

Men's		
100m Dash	Davaon Spence	10.55w*
200m Dash	Davaon Spence	21.67
400m Dash	Phil McCary	48.19
800m Run	Carl Moe	1:51.84
1,500m Run	Eric Garner	3:43.40**
Steeplechase	No competitors	
5,000m Run	Jon Hickey	14:14.24**
10,000m Run	Mark Mandi	29:48.92
110m Hurdles	Marc James	14.49w*
400m Hurdles	Brandon Bailey	53.33*
4x100m Relay	James/Spence/Davidson/S. Williams	41.09
4x400m Relay	Washington	3:11.56
High Jump	Doug Blaty	5-5
Pole Vault	McKane Lee	16-4 3/4**
Long Jump	Vinh Chung	20-4 1/4
Triple Jump	Vinh Chung	42-6 3/4
Shot Put	Evan Wilson	49-6 1/2
Discus	Will Conwell	173-5**
Hammer	Martin Bingisser	189-9*
Javelin	Brian Harris	219-10 1/2**
Decathlon	Doug Blaty	5,892

* - Pac-10 qualifier % - NCAA Regional qualifier
i - Indoor mark w - Wind-aided mark

Jamaican Sensations: Don't blame second-year sprints/hurdles coach **Dion Miller** for catching a bit of island fever — the island nation of Jamaica is producing some impressive track talent. Washington's 2004 roster includes two athletes from the Caribbean nation, juniors **Patrick Davidson** and **Davaon Spence**. The two grew up friends at St. Jago HS in Kingston, Jamaica, and competed together on relay squads that swept Jamaican national titles in 2003. After splitting up to attend U.S. junior colleges, the two reunited at Washington this season, providing the UW a pair of top-flight sprinters to bolster a team already strong in the distances and field events. Davidson's career-best marks of 10.50 for 100m and 21.50 for 200m would each have scored at the 2003 Pac-10 Championships, while Spence adds big-meet experience from years of competition at the World Youth Championship. The two have already made their presence felt at Washington, with Spence winning both the 100- and 200-meter crowns at March's Cal Poly Invite, the former in a wind-aided time of 10.55 seconds that was just .01 off the UW's all-time top-10. Spence ranks ninth on the UW's all-time 200m list indoors, and Davidson ran a leg of the school's 10th-fastest indoor 4x400m.

20 Years of Spear Success: From **Fred Luke** and **Duncan Atwood** to **Darryl Roberson** and **Helena Uusitalo**, the UW has a long-standing tradition of excellence in the javelin. Since 1982, when women's track and field joined the NCAA, the Huskies have sent at least one javelin thrower to all but three NCAA Championships, including **Heather Reichmann's** All-America performance in 2003. The list of UW javelin greats includes four Pac-10 Champions (Uusitalo, '87; Roberson, '88-89; Troy Burkholder, '96), one NCAA champion (Uusitalo, '86) and a U.S. Olympian (Atwood, '80, '84). In all, three different Huskies have thrown the javelin for the U.S. at the Olympic Games and three more have earned NCAA titles. In UW history, no event has featured more separate NCAA champions than javelin's three, with only the four hammer throw titles won by Scott Neilson eclipsing the UW's success in the spear. Already this year, four Huskies have qualified for NCAA Regional competition in the spear, including senior **Megan Priestersbach's** school-record effort of 164-2 at the Stanford Invite. Priestersbach will have to hold off a challenge by sophomore **Tiffany Zahn**, whose season-best of 154-9 is an NCAA qualifier, while junior **Rigel Wise** will battle **Brian Harris** for team supremacy on the men's side. America's fourth-ranked prep javelin thrower in 2003, Harris' throw of 219-10 1/2 at the Cal Poly Invite would have won the 2003 Pac-10 title, while Wise boasts a 10-foot PR of 215-0 1/4. Of the four, only Priestersbach boasts NCAA experience, having placed 18th in 2001.

Husky Greats Give Back: Looking for a reason for the Huskies' remarkable javelin success in 2004? Look no further than former U.S. Olympian **Duncan Atwood**, now in his second year volunteering his time to his alma mater as a throws coach, working with assistant coach **Bud Rasmussen**. The results speak for themselves: in 2003, four UW javelin throwers qualified for the NCAA Regional, and **Heather Reichmann** earned All-America honors with a throw of 159-6 that was 10th-best by a U.S. woman in 2003. Atwood joins two fellow Huskies on the UW staff, including second-year head coach **Greg Metcalf** — a two-time steeplechase All-American at UW and a participant at the 1996 U.S. Olympic Trials — and two-time Husky All-American **David Bazzi**, now a UW assistant coach.

It's Not the Size of the Dog in the Fight: Two-time All-American pole vaulter **Kate Soma** may stand only an inch above 5'-0", but the Husky junior towers over UW female vaulters past and present. In March, Soma earned her second-straight NCAA All-America accolade with a fifth-place finish at the NCAA indoor meet, backing up her seventh-place performance outdoors in 2003. One of just two Husky women ever to clear 13 feet in the vault, Soma is the only Husky female ever to have done so both indoors and out, owning school records in both. The Portland, Ore., native cleared 13-5 1/2 at June's NCAA outdoor meet, and might have gone higher if not for a broken pole that lacerated her right hand on her third attempt at 13-10. The meet marked the third NCAA appearance for Soma, who was the 12th-place finisher at the 2003 NCAA Indoor Championships, and 16th-place finisher outdoors in 2002. Soma vaulted herself in the Pac-10's all-time elite at last year's NCAA West Regional Championships, clearing 13 feet, 10 inches to break her own Washington outdoor record by more than eight inches and climb to eighth in Pac-10 history. The sixth-place finisher at the 2003 Pac-10 Championships, Soma was bested at the Regional only by Oregon's Becky Holliday, who set a collegiate outdoor record of 14-8 in her Regional win. Soma's has broken UW's indoor and outdoor records in all five of her collegiate "seasons," including three indoors and two outdoors, a tradition she began as a freshman by setting UW benchmarks of 13-1 1/2 outdoors, and 12-11 1/2 indoors. Soma entered the UW with a best of 12-0 at Grant High School, but improved that mark by more than a foot in 2002.

All-Time Pac-10 Pole Vault Top-10

Name	School	Year	Mark
1. Chelsea Johnson	UCLA	2004	15-0
2. Amy Linnen	Arizona	2002	14-10 1/4
3. Becky Holliday	Oregon	2003	14-8
4. Tracy O'Hara	UCLA	2000	14-7 1/4
5. Tamara Diles	Wash. State	2003	14-3 1/4
6. Nikki McEwen	Oregon	2003	14-1 1/4
Connie Jerz	Arizona	2003	14-1 1/4
8. Kate Soma	Washington	2003	13-10
9. Andrea Dutoit	Arizona	2001	13-9 1/4
10. Erica Hoerning	UCLA	2001	13-7

The Kids Are Alright: If Track and Field News needed any evidence to support their No. 6 national ranking of Washington's women's recruiting class, they need look no further than the national indoor performance lists. Husky women's frosh lit up the lists with outstanding performances, including four freshman records. Bothell's **Amy Lia** boasted two of those records, in the 800m and mile, including a half-mile best of 2:09.73 that is the school's second-best all-time. Two-time prep All-American **Ashley Lodree**, meanwhile, set the school record in the 60-meter hurdles and tied for sixth-best ever in the long jump, while pole vaulter **Stevie Marshalek** became just the second UW woman to clear 13 feet with a freshman record vault of 13-3 at the Last Chance Qualifier. Proving that they might have been overlooked by Track and Field News, however, the Husky men's freshmen are throwing up some mighty marks of their own. Spear specialist **Brian Harris** is an NCAA qualifier at 219-10 1/4, as is hammer thrower **Martin Bingisser**, who ranks just six inches off of UW's all-time top-10 with a best of 189-9. Currently, freshmen and transfers lead all Husky competitors in 14 events, including nine on the men's side, and five on the women's.

2004 Updates to UW Indoor School Records

Men					Women				
Name	Event	Mark	All-time UW Rank	School Record	Name	Event	Mark	All-time UW Rank	School Record
Doug Blaty	Heptathlon	4,609	1st	Same	Ashley Lodree	60m Hurdles	8.19	1st	Same
Garner/S. Williams/Moe/Russell	DMR	9:35.35	1st	Same	Kate Soma	Pole Vault	13-5 3/4	1st	Same
Andy Fader	5,000m	14:10.81	2nd	13:58.51	Lia/Jensen/Makestad/Egerdahl	DMR	11:23.12	1st	Same
Russell/S. Williams/Arnold/Moe	DMR	9:38.09	2nd	9:35.35	Amy Lia	800m	2:09.73	2nd	2:08.39
John Hickey	5,000m	14:11.39	3rd	13:58.51	Ingvill Makestad	Mile Run	4:42.17	2nd	4:40.24
Carl Moe	3,000m	8:02.82	3rd	7:54.13	Stevie Marshalek	Pole Vault	13-1 1/2	2nd	13-5 3/4
John Russell	Mile Run	4:03.77	3rd	3:58.93	Grace Vela	Pentathlon	3,592	2nd	3,692
N. Williams/Adams/McCary/S. Williams	4x400m	3:10.67	3rd	3:07.33	Lindsey Egerdahl	Mile Run	4:47.82	3rd	4:40.24
Andy Fader	Mile Run	4:05.45	4th	3:58.93	Carly Dockendorf	Pole Vault	12-9 1/2	3rd (tie)	13-3 3/4
Mark Mandi	3,000m	8:04.92	4th	7:54.13	Lauran Dignam	400m	25.13	4th	24.49
Mark Mandi	5,000m	14:12.51	4th	13:58.51	Lindsey Egerdahl	3,000m	9:35.08	4th	9:32.28
Russell/S. Williams/Jackson/Moe	DMR	9:43.59	4th	9:35.35	Kira Harrison	800m	2:11.77	5th	2:08.39
Marc James	60m Hurdles	8.08	5th	7.82	Ashley Wildhaber	Pole Vault	12-5 1/2	5th	13-5 3/4
Russell/Jackson/Moe/Fader	DMR	9:49.73	5th	9:35.35	Amy Lia	Mile Run	4:50.51	6th	4:40.24
Eric Garner	800m	1:51.91	6th	1:50.65	Egerdahl/Harrison/McLeod/Wishaar	DMR	11:46.30	6th	11:23.12
Travis Boyd	5,000m	14:29.90	7th	13:58.51	Ashley Lodree	Long Jump	19-6 1/4	6th (tie)	20-5 1/2
Nik Williams	400m	48.29	8th	46.45	Grace Vela	Long Jump	19-6 1/4	6th (tie)	20-5 1/2
Carl Moe	Mile Run	4:07.15	9th	3:58.93	Brynne Steward	60m Hurdles	8.64	7th	8.21
Davaon Spence	200m	21.82	9th (tie)	20.56	Carin Trygg	Weight Throw	47-7 1/4	7th	55-2
McKane Lee	Pole Vault	16-7 1/4	10th	19-0 1/4	Alison Tubbs	5,000m	17:14.83	7th	16:22.13
Bruce Jackson	800m	1:52.19	10th	1:50.65	Camille Connolly	5,000m	17:15.53	8th	16:22.13
Adams/Davidson/McCary/N. Williams	4x400m	3:12.99	10th	3:07.33	Amy Groesbeck	Pole Vault	11-3 3/4	8th (tie)	13-5 3/4
Phil McCary	400m	48.35	10th (tie)	46.45	Merilee Jones	Pole Vault	10-11 3/4	10th (tie)	13-5 3/4

Scandinavian Invasion: Don't think that **Ingvill Makestad** is the only Norwegian 800-meter champion on the Washington track and field roster. The Huskies, in fact, boast the odd coincidence of having *both* of Norway's reigning half-mile titlists competing in purple and gold this season, including Makestad and men's champ **Stig Ellingsen**. A native of Tromso, Ellingsen clocked a winning time of 1:51.30 in the 800-meter final at the 2003 Norwegian Outdoor Track and Field Championships, after sweeping junior titles every year from 1999-2002. The junior, who was also an outstanding prep soccer player, has competed for years on the European amateur circuit, with a best finish of sixth in the half-mile at the 2002 European Cup in Banska Bstryka. Ellingsen clocked a 4:03.85 in his first collegiate 1,500 meters at Cal Poly, and went 1:52.67 in his first 800 a week later, at the Stanford Invitational.

Mile Mayhem: Washington's sprinters and jumpers may be catching up quickly, but the list of Pac-10 Championships qualifiers leaves no doubt that distance running is still the UW's bread and butter. A stunning 15 Huskies have posted Pac-10 qualifying marks in the 1,500 meters, which includes converted indoor mile marks. That total already surpasses the record 11 1,500-meter qualifiers from 2003 — in fact, the Husky women nearly surpass that mark on their own, with a remarkable 10 UW women currently included in the Pac-10's 1,500-meter rankings. While the team boasts its share of savvy veterans, it is a bumper crop of newcomers that have pushed the unit to record levels of success, with seven of the 15 qualifiers currently in their first collegiate seasons. However many of these 15 end up competing at the Pac-10 meet remains to be seen, but those that do will have history on their side. At least one UW runner has scored in the 1,500 meters at every Pac-10 Championships since 1989, including a record five 1,500-meter scorers (three men, two women) in 2003.

Garnering Acclaim: When hunting for breaking news, it can be easy to overlook those for whom success is routine. By earning his second-career All-America honor with an eighth-place finish in the mile at March's NCAA indoor meet, and debuting outdoors with the school's sixth-fastest 1,500-meter time, senior **Eric Garner** has ensured that his name will come up in any future discussion of Washington's legendary distance-running tradition. A graduate of Kelso (Wash.) High School, Garner burst onto the scene in 2002 with a school-record 3:58.93 mile at Dempsey Indoor, the first four-minute mile ever by a Husky on Washington soil. Garner earned All-America honors with a 13th-place finish in the mile that season at the NCAA indoor meet, and returned in 2003 to become the UW's most prolific postseason qualifier. Garner placed third in the 1,500 meters at the 2003 Pac-10 meet, and earned an NCAA berth with a fourth-place finish at the Regional. With one full track season remaining, Garner already owns the all-time UW indoor marks in the mile and distance medley relay, ranks second in the indoor 3,000m and is sixth all-time indoors at 800m, and outdoors at 1,500m. At the 2004 MPSF Championships, Garner accounted for more than a quarter of the UW's 47.5 team points, winning the mile in an NCAA-qualifying 4:00.53 just 24 hours after taking sixth in the 3,000m. In addition to ranking among the team leaders in nearly every distance event, Garner is also the UW's top cross country competitor, having led UW at all but one varsity meet over the previous two seasons.

Triple Double: Teammates **Brittany Roberts** and **Sidney Brown** became, in 2003, the first UW women's tandem ever to triple-jump 40 feet in the same season, with Roberts' best of 41-4 1/2 ranking second all-time at Washington, and Brown's 40-1 1/4 the UW's sixth-best mark. For perspective, only three UW women in the entire decade of the 1990s ever reached 40 feet in the event, and only six (including Roberts and Brown) have done it at Washington all-time.

Raising Arizona: Already in 2004, 42 Husky athletes have punched their tickets to Tucson for the 2004 Pac-10 Championships at the University of Arizona. Those 42 athletes have combined for 50 qualifying marks, nearly equaling last year's total of 55, with seven weeks remaining before the meet. Pac-10 teams can bring a maximum of 24 athletes and two wild cards per team to the meet, and in addition may place one athlete in each event for which the school has no qualifier. Thus, some athletes to post qualifying marks may not compete, and others not qualified may be entered in some events. Following is a list of UW's 2004 Pac-10 Championships qualifiers:

Men		
<u>Name</u>	<u>Event</u>	<u>Mark</u>
Todd Arnold	1,500m	3:48.37
Brandon Bailey	400m Hurdles	53.33
Travis Boyd	5,000m	14:29.90
Preston Brashers	5,000m	14:35.05
Will Conwell	Discus	173-5
Phillippe Cook	High Jump	6-8 3/4
Warren Eickhoff	High Jump	6-8 3/4
Andy Fader	1,500m	3:48.34
	5,000m	14:10.81
Eric Garner	1,500m	3:43.40
Brian Harris	Javelin	219-10 1/2
John Hickey	5,000m	14:11.39
Marc James	110m Hurdles	14.49w
McKane Lee	Pole Vault	16-7 1/4
Mark Mandi	5,000m	14:12.51
Carl Moe	1,500m	3:51.31
Sam Roberts	Pole Vault	16-6
Davaon Spence	100m Dash	10.55w
John Russell	1,500m	3:45.06
Rigel Wise	Javelin	215-0 1/4

Women		
<u>Name</u>	<u>Event</u>	<u>Mark</u>
Mary Beeman	Shot Put	44-0 3/4
Camille Connelly	1,500m	4:34.80
	5,000m	17:15.53
Cherron Davis	Shot Put	45-4 1/4
Carly Dockendorf	Pole Vault	12-9 1/2
Lindsey Egerdahl	800m	2:09.70
	1,500m	4:26.88
Marie Foushee	1,500m	4:41.08
Laura Halverson	1,500m	4:46.64
Kira Harrison	800m	2:10.58
	1,500m	4:33.50
Cambrielle Jensen	400m Hurdles	1:01.80
Amy Lia	800m	2:09.73
	1,500m	4:39.53
Ashley Lodree	110m Hurdles	13.43
	Long Jump	19-6 1/4
Ingwill Makestad	1,500m	4:23.76
Stevie Marshalek	Pole Vault	13-3
Brianna McLeod	1,500m	4:32.82
	5,000m	16:59.50
Brittany Roberts	Triple Jump	39-6
Kate Soma	Pole Vault	13-5 3/4
Megan Spriestersbach	Javelin	164-2
Alison Tubbs	5,000m	16:49.51
Grace Vela	Long Jump	19-6 1/2
Ashley Wildhaber	Pole Vault	12-9
Dallon Williams	Mile	5:00.67
	5,000m	16:41.19
Angela Wishaar	1,500m	4:33.37
Tiffany Zahn	Javelin	154-9

Remember Me?: To the casual Husky fan, junior **Will Conwell** may have fallen off the radar early last year when he gave up football — where he was a scholarship linebacker for the Huskies — in favor of a career in track and field. After redshirting the 2003 season to rehabilitate some lingering injuries, Conwell has exploded back onto the front page in 2004, earning an NCAA Regional Championships bid with a discus throw of 173-5 in his season debut. Once expected to follow his uncle, Husky legend **Ernie Conwell**, to football glory, Conwell is instead focusing on matching his famous uncle's track accomplishments. A five-year letterwinner in track and field at Washington, the elder Conwell climbed as high as fourth on the UW's all-time shot put list, and was an All-American in the event at the 1996 NCAA Championships, placing fifth.

Double-Duty Dockendorf: Washington has had plenty of two-sport athletes over the years, but few, if any, have attempted to compete in two sports in one season. That was the feat accomplished this winter by gymnast/pole vaulter extraordinaire **Carly Dockendorf**, who in February entered an even more select group by competing in two different sports on the same weekend — *on the road*. With both teams in Boise, Dockendorf found time to win the all-around competition for the Husky gymnasts Friday night, then place fourth in the pole vault on Saturday morning at the United Heritage Invitational. Two-sport excellence is nothing new for Dockendorf — in 2003, the Port Moody, B.C., native set a UW gym record with three perfect 10s while pole vaulting her way to second all-time at Washington, and into the top-10 in Canadian history. A redshirt freshman in 2003, Dockendorf improved weekly, culminating with an eighth-place finish at the 2003 Pac-10 Championships, in 12-11 1/2, the second-best outdoor mark in UW history. The weekend of Mar. 1, 2003, though, may have marked the most impressive display of Dockendorf's athletic ability. On Friday, Feb. 28, the redshirt freshman scored a perfect 10 on the floor exercise to lead UW to a dual-meet win, then turned around barely 12 hours later and soared 12-0 in the pole vault at the Pac-10 Invitational, among the best marks ever at UW. During the 2003 season, she established herself as one of Washington's top gymnasts, earning All-America honors and sharing the conference crown in the floor exercise with a perfect 10 at the Pac-10 Championships. A provincial pole vault champion as a prep, Dockendorf's vault best of 12-11 1/2 tied for fourth in the 2003 Athletics Canada rankings, and was the ninth-best ever by a Canadian woman. To qualify for Olympic competition, Dockendorf will have to clear 14-5 1/4 at least twice before July 11, while also finishing among the top-three at July's Canadian Olympic Trials.

Athletics Canada All-Time Women's Pole Vault Rankings

<u>Name</u>	<u>Year</u>	<u>Mark</u>
1. Stephanie McCann	2002	14-3 1/4
2. Dana Ellis	2003	14-1 1/4
3. Ardin Tucker-Harrison	2002	13-9 3/4
4. Kelsie Hendry	2003	13-8 1/4
5. Trista Bernier	1998	13-7 1/4
6. Jackie Honey	2001	13-6 1/4
7. Simona Kovacic	2003	13-2 1/4
8. Adrienne Vangool	2003	13-1 3/4
9. Carly Dockendorf	2003	12-11 1/2
Rebecca Chambers	1999	12-11 1/2
Melissa Feinstein	2000	12-11 1/2
Sue Kupper	2004	12-11 1/2

World-Class Walker: He may have finished his collegiate career in March, but **Brad Walker's** legacy at Washington will undoubtedly last for decades. The senior, who had only indoor eligibility left in 2004, capped his career in Fayetteville, Ark., with a second-straight NCAA indoor pole vault title, successfully defending the crown he won a year before. Walker needed only to clear 18-8 1/4 to win this year's title, after having crushed the field by nine inches to win the 2003 crown with a height of 19-0 1/4 that was better than all but two indoor marks in the *world* in 2003, and equaled the winning mark at the 2003 IAAF World Indoor Championships. Walker finished the 2003 indoor season tied for third in the world with American Derek Miles and Romain Mesnil of France, and tied Miles for the U.S. best. Even having not competed at any of the major professional meets in the summer and fall, Walker still finished among the top-12 vaulters in the final IAAF World Rankings, and was named MONDO's West District Athlete of the Year. Walker crushed his own UW record by more than six inches, and became the first Pac-10 vaulter ever to clear the 19-foot mark, shattering by three inches the record of 18-9 1/4 set by Stanford's Toby Stevenson. Having already bested the Olympic Trials standard of 18-8 1/2, Walker now needs only to finish among the top-three at July's U.S. Olympic Trials to earn a trip to Athens for the Olympic Games. The former Husky has already matched up well against his closest rivals this season, taking second at the U.S. Pole Vault Summit in January, and fourth at the U.S. Indoor Championships in February.

All-Time Collegiate Pole Vault Top-10

Name	School	Year	Mark
1. Lawrence Johnson	Tennessee	1996	19-7 1/2
2. Istvan Bagyula	George Mason	1991	19-5
3. Jacob Davis	Texas	1998	19-4 1/4
4. Bill Payne	Baylor	1991	19-2 3/4
5. Joe Dial	Oklahoma State	1985	19-2 1/4
6. Brad Walker	Washington	2003	19-0 1/4
Russ Buller	Louisiana State	1999	19-0 1/4
Jim Davis	Fresno State	2000	19-0 1/4
9. Doug Fraley	Fresno State	1986	18-11
10. Jeff Buckingham	Kansas	1983	18-10 1/2

2004 Indoor Season Recap: For the second-consecutive season, Seattle's Dempsey Indoor was the place to be for indoor track and field on the West Coast. Five collegiate and three open meets kept the Dempsey Indoor statkeepers busy, with numerous U.S.-leading and top-10 world marks requiring constant revisions to the facility records. Twenty such records fell between January and March, while Husky athletes recorded five school records and 46 marks among UW's all-time indoor top-10. At the NCAA Championships, senior pole vaulter **Brad Walker** won his second-consecutive national title—a feat accomplished by just four Huskies all-time—while pole vaulter **Kate Soma** and miler **Eric Garner** each earned their second-career All-America honors, giving the UW three individual-event indoor All-Americans for the first time since 1988. The Huskies also played host to the 2004 MPSF Championships, with Garner and miler **Ingvill Makestad** thrilling the crowd with dramatic mile victories, leading the Husky women and men to third- and eighth-place finishes, respectively. The season was also notable for the performances of the Husky freshmen, who combined for five freshman records. First-year hurdler **Ashley Lodree** was the nation's top-ranked freshman sprint hurdler, clocking a best of 8.19 seconds that broke **Claudine Robinson's** 10-year-old school record of 8.21.

2004 NCAA Indoor Championships Recap: The five Huskies who traveled to Fayetteville, Ark., in March represented not only the team's largest indoor championships contingent since 1998, but also one of its most talented in the last decade. Three of the five Husky athletes earned All-America honors—the most individual UW All-Americans indoors since 1988—while the Husky men earned their fifth top-25 finish in the last five years. The meet, however, belonged to senior **Brad Walker**, who in his final collegiate performance earned his second-straight NCAA indoor pole vault title. Joining Walker on the awards podium were junior **Kate Soma**, who became the first UW women's indoor All-American since 1994 with a fifth-place finish in the pole vault, and senior **Eric Garner**, whose eighth-place mile finish earned his second-career All-America certificate. Also competing for Washington were a pair of NCAA first-timers, including freshman hurdler **Ashley Lodree**, the 14th-place finisher in the 60-meter hurdles, and sophomore **Ingvill Makestad**, the 15th-place mile finisher.

Star-Studded Staff: Washington's assistant coaching staff in 2004 is in no way short on accolades. Eighth-year vaults/jumps coach **Pat Licari** has directed six All-Americans, including two-time NCAA champion **Brad Walker**. Second-year throws coach **Bud Rasmussen** founded the prestigious Iron Wood Thrower Development Camp, and in seven years at North Idaho College mentored 82 NJCAA All-Americans, 18 national champions and five NJCAA record holders. Second-year sprints/relays coach **Dion Miller** in 2002 led Texas Tech sprinters to 13 All-America accolades, and a Big 12 title in the 4x100-meter relay, and is one of the most dynamic recruiters on the West Coast. Third-year distance coach **David Bazzi**, a Washington alum, was the 2001 Pac-10 champion at 10,000 meters, and still holds three all-time school records. Rounding out the all-star cast is second-year distance coach **Kelly MacDonald**, who graduated from Arizona State in 2002 with five All-America honors and three Pac-10 titles, and is largely credited with putting together a women's recruiting class in 2003 that was ranked sixth in the nation by Track and Field News. Ironically, the most accomplished members of the Husky coaching staff are the team's two volunteer assistants—former Olympians **Duncan Atwood** and **Hugo Munoz**. Atwood, a UW All-American and two-time Olympian, works with the Husky throwers, while Munoz, who competed in the high jump for Peru at the 2000 Olympic Games, mentors the jumpers.

Head Coach Greg Metcalf: Former Husky All-American **Greg Metcalf** is in his second year as Washington's head coach of track and field and cross-country, and his seventh year overall on the UW coaching staff. In his first season at the helm, Metcalf led the UW women to 29th at the NCAA Championships, equaling their highest point total since the 1998 season, and guided seven UW distance runners to NCAA Championships appearances. In seven years directing Washington's cross country program, Metcalf has led the women's cross country team to seven-consecutive NCAA Championships, the seventh-longest active streak in the nation. Metcalf has coached nine All-Americans, five Pac-10 champions, 13 school-record setters and 62 NCAA qualifiers. A 1993 UW graduate, Metcalf was a two-time All-American in the steeplechase, and ran in the 1996 U.S. Olympic trials.