



In addition to the annual Sundodger meet, Lincoln Park also played host to the 2000 Pac-10 Championships, won by Stanford's Jonathon Riley. The Pac-10 meet returns to the course in 2010.

Lincoln Park

Winding through wooded hills on the shores of Puget Sound, Lincoln Park — the official home course of the Washington Huskies — provides runners some of Seattle's most scenic running trails. In addition to the annual Sundodger Invitational, held each year since 1992, Lincoln Park has played host to the 2000 Pac-10 Cross Country Championships, and is used throughout the year for all-comers cross-country and trail-running competitions. The park's featured event in 2007 will be the 16th-Annual Sundodger Invitational on Sept. 15, featuring invitational and open races for both men and women, starting at 9:00 a.m.

Cross Country Scoring

Teams win by having the lowest point total, based on the places of its top five runners added together. The squad size is seven, with each team's sixth and seventh finishers displacing scorers from other teams.

The Course

This year's Sundodger Invitational will include 8,000-meter (4.97 mile) invitational and open races for men, 6,000-meter invitational and open races for women, and a 6,000-meter community open race. All three courses are relatively flat, featuring a variety of terrain including dirt, grass, light gravel and woodchips. Current Husky senior Jon Harding broke the course record last year, covering the 8,000-meters in 23 minutes, 36 seconds. Prior to that, Stanford's Jonathan Riley held the park's record for seven years, running 23 minutes, 40 seconds at the 2000 Pac-10 meet. Former Husky Sabrina Monro lowered the 6,000-meter women's record to 20:10 at the Sundodger meet in 2004. Held at 5,000 meters from 1992-1999, the Sundodger Invitational women's race was extended to 6,000 meters in 2000 in preparation for the 2000 Pac-10 Championships. The course returned to its regular 5,000-meter distance from 2001-03, before making a permanent change to 6,000 meters in 2004. Simon Fraser's Emilie Mondor holds the course record at the former 5,000-meter distance, with a time of 16:05 in 2002.

DIRECTIONS

To Lincoln Park, West Seattle

From I-5 Going North or South

1. Follow the signs to Seattle.
2. Take the West Seattle exit (#163-A).
3. If you are heading North on I-5, stay left.
4. If you are heading South on I-5, stay right.
5. Continue west on the West Seattle Bridge and veer left up the hill.
6. Follow the signs to Fauntleroy Way SW.
7. Turn left onto Fauntleroy Way.
8. Proceed on Fauntleroy Way, weaving south and west for approximately 3 miles.
9. Stay on Fauntleroy Way SW until you arrive at Lincoln Park on the right hand side of the street.
10. You can also follow the signs for the Vashon Ferry Terminal, which is located directly south of Lincoln Park (you will come to the Park before you reach the ferry terminal).
11. Park in the Lincoln Park lots or on the street, but please pay attention to parking signs and restrictions. Violators could be towed.

To University of Washington

From I-5 Going North or South

1. Follow the signs to Seattle.
2. Just north of the city, take Hwy. 520 exit toward Bellevue-Kirkland (east).
3. Travel 1/4 mile and take the Montlake Boulevard exit.
4. At the end of the off ramp there is a stop light at Montlake Boulevard. Turn left.
5. Travel across the Montlake Bridge. Husky Stadium, Bank of America Arena and the Graves Building (athletic offices) will be visible on the right.

LINCOLN PARK COURSE RECORDS

Men's (8,000m)

Name	Team	Year	Time
1. Jon Harding	Washington	2007	23:36
2. Jonathan Riley	Stanford	2000*	23:40
3. Paul Kezes	Western Wash.	2002	23:42
4. Scotty Bauhs	Chico State	2006	23:43
5. Paul Limpf	Eastern Washington	2007	23:46
6. David Bazzi	Club Northwest	2000^	23:48
7. Jason Hartman	Oregon	2000*	23:48
8. Louis Luchini	Stanford	2000*	23:50
Uli Steidl	Club Northwest	2000^	23:50
10. Grant Robison	Stanford	2000*	23:51
Tom Prindville	Arizona	2000*	23:51

Washington Course Record

Jon Harding, 23:36 (2007)

Women's (6,000m)

Name	Team	Year	Time
1. Sabrina Monro	Club Northwest	2004	20:10
2. Tara Chaplin	Arizona	2000*	20:11
3. Erin Webster	Michigan	2006	20:17
4. Anita Campbell	Washington	2007	20:20
5. Lisa Aguilera	Arizona State	2000*	20:29
6. Haley Paul	Washington State	2006	20:31
7. Dee Olson	Unattached	2006	20:34
8. Lauren Fleshman	Stanford	2000*	20:35
9. Katie Follett	Washington	2007	20:37
10. Cami Matson	Washington	2000*	20:43

Washington Course Record

Anita Campbell, 20:20 (2007)

* - mark set at the Pac-10 Championships; ^ - mark set at 2000 PNPF Cross Country Championships; all other marks set at Sundodger Invitational in year indicated.



Much of the recent success of the Washington track and field program can be attributed in part to the opening of Dempsey Indoor, one of the finest competitive indoor track and field venues on the West Coast.

Home to seven indoor meets this winter, the 80,000-square foot home of UW indoor track and field has become one of the premier destinations for indoor competition, while also serving year-round as a training facility for Washington's track and field teams.

The 2008 indoor season was another memorable year in the Dempsey, with several Top-10 world performances turned in by elite athletes raising the facility's profile even more.

A total of 10 athletes from the Beijing Olympic Games competed inside the Dempsey this past season, including gold medal-winning decathlete Bryan Clay, and U.S. team members Nicole Teter (800m), Loree Smith (hammer throw), Erica McLain (triple jump), Andrew Wheating (800m), and Jackie Johnson (heptathlon). Dozens more Dempsey competitors went on to the U.S. Olympic Trials as well.

Nine new Dempsey records were set last year, and nearly every record is held by a current or former Olympian. Nine 4-minute miles were also turned in last season, including Steve Sherer's stunning 3:56.00, the fastest time run by an American in 2008 by over a second. Another highlight was Husky senior Norris Frederick going out on top with a facility record long jump of 26-7 3/4 to win the MPSF Championship.

Renowned for blazing fast times, many of the nation's top teams come to Seattle each year to chase NCAA qualifying marks. Teams such as Florida State, Baylor, Wisconsin, Arkansas and Michigan have visited over the past two years, in addition to regular visitors Stanford, Arizona State, Oregon, UCLA and other Pac-10 institutions.

Since 2003, competitions at Dempsey Indoor have produced dozens of top-10 world marks, numerous U.S.-leading marks, 36 UW records and over 1,000 NCAA qualifying efforts.

In 2004, the facility became the host site of the MPSF Championships, the indoor conference championships for most major West Coast Division-I teams. The 2009 MPSF meet is one of seven on the 2009 Dempsey Indoor schedule, including six collegiate meets and one open meet.

The facility includes a permanent 307-meter MONDO track (six lanes on the straight-away, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

The facility is named for California businessman Neal Dempsey, a 1964 Washington graduate who, along with his wife, Janet, gave \$10 million to the University in January of 2001.

DEMPSEY INDOOR RECORDS

MEN

60m Dash	6.63, Ja'Warren Hooker, Asics, 2/1/03
60m Hurdles	7.77, Jeff Hunter, Arizona, 3/4/06
200m	20.93, Brent Gray, Long Beach St., 2/29/08
400m	46.17, Andre Ammons, Unattached, 2/15/03
800m	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03
Mile	3:56.00, Steve Sherer, Athletic Performance, 2/2/08
3000m	7:48.59, Bolota Asmeron, NIKE, 1/31/04
5000m	13:30.74, Chris Solinsky, Wisconsin, 2/10/07
4x400m Relay	3:06.98, Oregon, 2/26/05
DMR	9:31.52, Stanford, 2/29/08
High Jump	7-6 1/2, Michael Mason, UBC, 1/19/08
Pole Vault	19-0 3/4, Toby Stevenson, Unatt., 1/31/04
Long Jump	26-7 3/4, Norris Frederick, Washington, 2/29/08
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03
Shot Put	70-5 1/4, Ryan Whiting, Arizona St., 3/1/08
Weight Throw	76-5 1/2, James Parker, Team XO, 2/16/08
Heptathlon	5,784, Josh Hustedt, Stanford, 3/1/08

WOMEN

60m Dash	7.31, Janice Davis, Stanford, 2/25/05
60m Hurdles	7.98, Virginia Powell, USC, 3/4/06
200m	23.46, Janice Davis, Stanford, 2/25/06
400m	53.57, Ashley Purnell, Stanford, 3/5/05
800m	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
Mile	4:31.87, Courtney Babcock, MWTC, 2/11/06
3000m	8:56.72, Sally Kipyego, TXTCH, 1/27/07
5000m	15:30.17, Amy Hastings, ASU, 2/10/07
4x400m Relay	3:35.06, UCLA, 3/3/03
DMR	11:05.16, Stanford, 1/31/03
High Jump	6-1 1/2, Ebba Jungmark, Wash. St., 2/16/08
Pole Vault	14-9 1/2, Mary Sauer, Unatt., 2/11/06
Long Jump	21-6, Grace Upshaw, NIKE, 2/14/04
Triple Jump	45-7 1/4, Erica McLain, Stanford, 2/26/05
Shot Put	58-6, Jill Camarena, Unatt., 2/11/06
Weight Throw	72-6 1/4, Loree Smith, NYAC, 2/10/07
Pentathlon	4,207, Jackie Johnson, ASU, 2/24/06

COURSE & FACILITIES • Alter-G Treadmill

Washington Track & Field athletes now benefit from the presence of the Alter-G treadmill, located in the renowned Dempsey Indoor facility. UW distance runners, jumpers, sprinters, and throwers alike have access to a piece of equipment many amateur and professional athletes are finding to be a necessity not only for rehabilitation but also injury prevention and general fitness growth. The Alter-G, while being used currently by many professional baseball, basketball, and football franchises, has been identified as a great tool for training by many of this year's track & field athletes on the American Olympic Team. Now paired with the one-of-a-kind Dempsey Indoor and

the recently renovated Sports Performance Center, Washington Track & Field athletes have access to state-of-the-art resources necessary to succeed at the Pac-10 and NCAA level.

This anti-gravity treadmill is a groundbreaking training device that allows athletes to run naturally while moving at a prescribed percentage of body weight. With the Gravity Differential

Technology, touch screen control, and Alter-G software, athletes are able to intelligently approach training in a way that prevents injury and also allows athletes speedy recovery from injury. G-Trainers combine five areas of technology all working together: patented Gravity Differential Technology, an advanced air pressure regulation system, enclosure sealing component, a customized treadmill, and a touch screen control panel that creates an unprecedented training environment for the track & field athlete looking for an alternative approach to running. Due to the growing generosity and support of alums and donors, the Alter-G's cutting edge technology is yet another reason why Husky Track & Field is on the rise.

