

MEET THE HUSKIES • Returners

2008 SEASON

RUNNERS

COACHES

2007 REVIEW

HISTORY

COURSE & FACILITIES

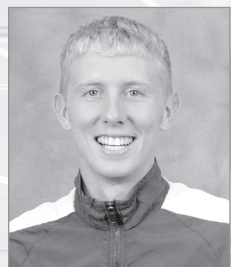
THE WASHINGTON WAY

AUSTIN ABBOTT FIVE-TIME NCAA TRACK ALL-AMERICAN



Chehalis, Wash. • W.F. West HS

SENIOR



MAJOR MEETS:

2005 MPSF TF 4th, mile	2006 NCAA-O 20th, 1500m
2005 NCAA-I 5th, DMR*	2007 MPSF TF 1st, Mile; 2nd, DMR
2005 Pac-10 TF 2nd, 1500m	2007 NCAA-I 4th, 800m*
2005 Regional TF 14th, 1500m	2008 Pac-10 TF 5th, DMR*
2006 MPSF TF 2nd, mile; 4th, DMR	2008 Pac-10 TF 4th, 800m
2006 NCAA-I 5th, DMR*	2008 Regional TF 4th, 800m
2006 Pac-10 TF 4th, 1500m; 6th, 800m	2008 NCAA-O 7th, 800m*
2006 Regional TF 3rd, 1500m	* - Indicates All-America Honor Won

COLLEGIATE BESTS:

800m - 1:48.14 1500m - 3:44.30 Mile - 3:59.47

A five-time NCAA All-American on the track and one of the best mid-distance runners in school history ... finished 7th in the 800m at the 2008 NCAA Outdoor meet ... one of just three four-minute milers in UW history ... ran in UW's top-five for the first time in cross country career last season at Pre-Nationals.

2007-08: Competed only two times for the Huskies but was impressive in consecutive races ... placed 13th overall and first among Huskies at the Willamette Invite in a career-best 8K time of 24:34 ... ran in UW's top-five for the first time at Pre-Nationals, placing 95th overall and fourth among Huskies in 24:36 ... placed 7th in the 800-meters at the NCAA Outdoor Championships despite only being seeded 20th entering the meet ... earned the fifth All-America honor of his career and first outdoors with NCAA showing, becoming the seventh male in UW history to earn five or more ... placed 4th at the Pac-10 Championships in the 800m in a career-best time of 1:48.14, the fifth-fastest in school history ... was 4th at West Regionals, earning an automatic spot at NCAA's ... won the 1500-meters at the WSU dual ... finished 3rd in the 800 at the Sun Angel Classic in 1:49.37 ... did not compete during indoor season. **2006-07:** For the third-straight year, ran the opening leg of UW's distance medley relay, propelling the relay to fifth at the NCAA Indoor Championships and earning his third All-American honor ... earned fourth All-American honor a day later with a fourth-place finish in the 800m, the first individual All-American honor of his career ... took first at the MPSF Championships in the mile (4:02.82) and first at the UW Indoor Preview in the 800m ... competed just once outdoors, running the 800m at the ASU Clif Bar Invitational ... competed once in the fall, placing 28th overall at the Willamette Invite. **2005-06:** Led UW's distance medley relay to fifth at the NCAA Indoor Championships for the second-straight year, capturing his second-career All-America honor ... led DMR to a school-record equaling 9:35.35 at Notre Dame in March ... ran just the third four-minute mile in UW history at the Feb. 11 Husky Indoor Classic, finishing in 3:59.47 ... ranked among the nation's top-10 in the mile at season's end, but declined an NCAA Championships invitation in order to focus on the DMR ... placed in both the 800m (6th) and 1500m (4th) at the 2006 Pac-10 Championships ... was 20th in 1500m at NCAA Champs outdoors ... placed third in the event at Regionals ... indoors, was second in the mile at MPSFs, and fourth in the DMR ... competed just once in the fall of 2005, running No. 7 for UW at the Sundodger Invite. **2004-05:** One of three Husky freshmen to earn All-America honors on the track, the first frosh to do so since 1999 ... helped UW's DMR to a record fifth-place finish at the NCAA Indoor meet ... set UW freshman records in the mile (4:02.25) and 1500m (3:44.36) ... one of four Huskies to break 1:50 in the 800m in 2005, the first such quartet in UW history ... placed second in the 1500m final at Pac-10s, in 3:45.85 ... redshirted the 2004 fall season.

High School and Personal: Parents are Kerry and Mike, both former college basketball players ... has two younger siblings, Brandon and Kiersten ... won a state title at 1600m in 2004, crossing the line in 4:14 ... also took second at state in the 800m in 2004, an improvement on his fifth-place 800m finish of a year before ... was second at state in the 1600m in 2003, and led W.F. West's 4x400m relay to eighth ... ran sixth in the mile at the 2004 Arcadia Invite ... took third in the 800m at the 2004 Washington-Oregon Meet of Champions ... also lettered three years in golf, and twice in basketball ... captained track, golf and basketball teams in 2003 and 2004 ... named school's Athlete of the Year in 2004.

CHRIS AHL

PAC-10 COMPETITOR



Seattle, Wash. • Bishop Blanchet HS

JUNIOR



MAJOR MEETS:

2007 Pac-10 XC 65th (9th UW)	2008 MPSF TF 19th, Mile; 6th, DMR
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COLLEGIATE BESTS:

1500m - 3:48.56 Mile - 4:05.67
3000m - 8:16.26 5000m - 14:17.65

2007 Pac-10 cross country competitor should vie for a spot in the top-seven ... ran Top-10 UW indoor times on the track last season in the mile and distance medley relay.

2007-08: Competed on three occasions for the Huskies, opening with identical times of 25:44 at the Sundodger and Dellinger Invite ... ran next at Pac-10's, placing 65th overall and ninth among Huskies in a season-best time of 24:53 ... was the Huskies' top miler indoors, running a personal-best of 4:05.67 at the Husky Classic ... mile time was 13 seconds faster than previous best entering the year ... ran the final leg of UW's DMR which placed 6th at MPSF's in a season-best time of 9:48.53, the 9th-best time in school history ... also finished 19th in the mile at MPSF's ... ran UW's second-best 3K of the season, clocking 8:16.26 at the UW Invitational ... placed 4th in the 1500m at the Pepsi Team Invite in a PR of 3:51.62 ... also 4th at the WSU dual in the 1500m. **2006-07:** Ran in UW's top-seven on three occasions during cross country season ... was fifth for UW at both the Sundodger and Dellinger Invites, and was UW's No. 7 runner at Pre-Nationals ... clocked a season-best 24:44 for 8K at Dellinger, and earned a season-best 24th-place finish at Sundodger ... ran three times indoors, setting a personal best in the 3000m ... competed unattached during the outdoor season, running a career best 5000m time of 14:17.65 at the Stanford Invitational, shaving nearly half a minute off his previous best entering the year ... ran the 1500m on three occasions, setting a personal best time of 3:48.56 at the Ken Shannon Invite, good for fourth place. **2005-06:** Competed at both 1500m and 5000m during the outdoor campaign ... ran season-best 1500m time of 3:55.05 in unattached debut at the UW Outdoor Preview ... ran 14:44.41 for 5000m indoors in unattached performance at the Last Chance Qualifier ... also ran the mile and 3K indoors ... redshirted the 2005 fall season.

High School and Personal: Parents are Anne and Bill ... has two older brothers, Matt and David ... led Bishop Blanchet to three state cross country titles in four prep seasons ... placed third at state in 2004, and 20th in 2003 ... also earned three individual top-six state track finishes, including a third-place finish in the 3200m in 2005 ... ran 28th in the 2004 Footlocker West Region Championships at Mt. SAC, finishing in 16:34 ... graduated from Bishop Blanchet with honors, and was a member of the National Honor Society.

RILEY BOOKER

NCAA REGIONAL COMPETITOR



San Diego, Calif. • University City HS **SOPHOMORE**



MAJOR MEETS:

2007 Pac-10 XC 58th (7th UW) 2008 MPSF TF 10th, 5000m
2007 Regional XC 64th (6th UW)

COLLEGIATE BESTS:

1500m - 3:57.07 Mile - 4:10.75 3000m - 8:20.78
5000m - 14:26.14i 10,000m - 30:54.47

Strong redshirt freshman season in which he ran in the top-seven at every race including Pac-10's and Regionals ... the 10th-place finisher at 2008 MPSF's in the 5000-meters ... Pac-10 All-Academic first team for track and second team for cross country.

2007-08: Finished in the top-seven at every varsity race, including a season-best No. 5 finish at the Bill Dellinger Invite and 54th-place overall finish ... Dellinger time of 24:29 was also an 8K personal best ... placed 58th overall and seventh among Huskies at Pac-10's ... was sixth on the team and 64th overall at Regionals ... also placed seventh among Huskies at the Sundodger and sixth at Pre-Nationals ... ran a variety of distances both indoors and out, from the 1500 and mile to the 10K ... placed 10th in the 5000m at the MPSF Championships in 14:26.14 ... lowered his mile PR by five seconds at the UW Invitational, running 4:10.75 ... one of only two Huskies to run the 10000m, clocking 30:54.47 at the Stanford Invite ... ran a PR in the 1500 at the Ken Shannon Invite in a time of 3:57.07 ... named first team Pac-10 All-Academic in track and second team for cross country. **2006-07:** Ran three times during UW's indoor track season ... placed 12th in the mile at the UW Indoor Preview with a time of 4:15.39 in his first collegiate appearance ... ran eighth in the 3000m at UW Last Chance Qualifier in 8:20.78 ... redshirted the 2006 cross country season to preserve a year of eligibility ... did not compete, attached or otherwise, in any UW meets.

High School and Personal: Parents are Cyndy and Matthew Booker ... the 2005 CIF and California State Champion ... also won CIF title in 2004, and was All-CIF as a sophomore in 2003 ... a member of the All-State team in each of his final two seasons, after making both the All-State Freshman Team and All-State Sophomore Team his first two years ... was second at state as a freshman, 16th as a sophomore and 17th as a junior ... a first-team All-West selection 2004, and a second-team honoree in 2005 ... placed 19th at the 2006 USA Jr. National Cross Country Championships in New York City ... ran seventh at the FootLocker West Regional Cross Country Championships in 2004, and was 11th in 2005 ... placed 30th at the FootLocker Nationals in 2004 ... named San Diego County Academic Team Captain for the sport of cross country ... prep teammate of current Huskies Dayna and Brooke Anderson.

ALEC BROMKA



Portland, Ore. • Caitlin Gable HS **JUNIOR**



COLLEGIATE BESTS:

3000m - 8:36.98i

A three-time top-five finisher at the state cross country championships is poised to contribute heading into his third season.

2007-08: Ran just once during the year, traveling to Pullman for the UW-WSU dual meet, where he placed 10th in the 3000-meters in a time of 9:09.22 ... did not compete during cross country. **2006-07:** Ran the 3000-meters once inside and outside ... ran a personal-best time of 8:36.98 at the UW Indoor Preview, placing 8th ... was 11th at the UW-WSU dual in the 3K, crossing in 9:12.38 ... also ran the 5K at the Indoor Invitational but did not finish ... did not compete during cross country. **2005-06:** Redshirted the 2005-06 track and cross country seasons to preserve a year of eligibility ... competed unattached just once in the fall, placing 52nd overall at the season-opening Sundodger Invitational ... did not compete in the spring.

High School and Personal: Parents are Julie Mancini and Dennis Bromka ... older brother, Peter, was a two-year captain of the cross country team at Tufts University ... earned top-five finishes at the state cross country championships in each of his last three years ... was third at state in 2002, fifth in 2003 and fourth in 2004 ... won the West Valley League cross country title in 2002 ... won league track titles at 1500m (2003) and 3000m (2004, 2005) ... earned top-10 state track finishes all four years, including second-place finishes in 2003 (1500m), 2004 (3000m) and 2005 (3000m), and an eighth-place finish in 2002 (1500m) ... set an Oregon Class 2A record for sophomores with a time of 4:06.87 for 1500m in 2003 ... a three-year participant in the Nike Border Clash meet ... lettered all four years at Catlin Gabel ... interested in majoring in economics.

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JOE DARDA



Ellensburg, Wash. • Ellensburg HS

JUNIOR



COLLEGIATE BESTS:

Mile - 4:28.08 3000m - 9:11.08 5000m - 15:45.38i

Former Top-10 state finisher has competed at each of the past three Sundodgers.

2007-08: Placed 57th and 12th among UW runners at the Sundodger in his only race of the season ... did not compete during track season. **2006-07:** Competed in the 3000 and 5000 meters in the outdoor track season, lowering his personal bests in both events ... competed three times during 2006 cross country season, debuting at the Sundodger Invitational with a time of 25:32, 57th overall and 10th among Huskies ... also ran at the Willamette Invitational, finishing fifth among Huskies, and the Mike Hodges Invitational, placing second among Washington finishers. **2005-06:** Redshirted the 2005 fall season to preserve a year of eligibility ... made unofficial collegiate debut in unattached run at the Sundodger Invitational, placing 49th overall ... redshirted both the indoor and outdoor track seasons ... ran unattached three times indoors, once each in the mile, 3000m and 5000m.

High School and Personal: Born in San Francisco, Calif. ... parents are Patty and Dave ... has two younger brothers, Zack and Sam ... won district meet as senior before placing eighth at state ... set 5000m cross country PR of 16:02 at 2004 state meet ... placed 27th at prestigious Border Clash cross country competition in 2004 ... was named the Mid Valley League's 2004 Cross Country Athlete of the Year ... also earned all-state honors as a senior, and was a three-time first-team All-MVL honoree ... a three-time state cross country championships participant ... earned three top-10 regional finishes during his prep career ... earned six high school letters, and served as cross country team captain in each of his final three seasons ... also lettered in soccer in 2003 ... graduated with a 3.928 GPA.

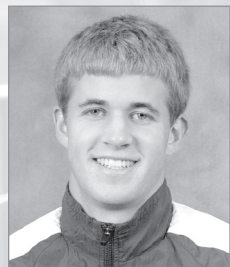
BRIAN GOVIER

PAC-10 TRACK COMPETITOR



Mercer Island, Wash. • Mercer Island HS

SOPHOMORE



MAJOR MEETS:

2007 MPSF TF.....5th, 800m 2008 MPSF TF.....13th, 800m; 6th, DMR
2007 Pac-10 TF.....10th, 800m 2008 Pac-10 TF.....14th, 800m
2007 Pac-10 XC.....59th (8th UW)

COLLEGIATE BESTS:

800m - 1:50.19i 1500m - 3:48.93 Mile - 4:11.31

A regular in UW's Top-10 last year during first cross country season and competed at Pac-10's ... one of UW's top 800-meter performers the past two seasons ... ranks 4th in the 800m on UW's indoor list, and is part of two DMR's in the Top-10.

2007-08: Had a solid first cross country season, running a season-best 24:40 at Pac-10's where he finished eighth on the squad and 59th overall ... also was eighth among Huskies and 34th at the Sundodger ... placed 75th, No. 6 on the team at Dellinger Invite in 24:51 ... finished in 23rd place at Mike Hodges Invite ... on the track was UW's second-fastest 800-meter runner both indoors and out ... ran the 800m leg on UW's 6th-place DMR at the MPSF Championships, which clocked the 9th-fastest time in school history in 9:48.43 ... was 13th in the 800m at MPSFs ... placed second in the 800m at the WSU dual ... at Pac-10's was 14th overall in the 800m ... 7th in the 1500m at the Pepsi Team Invite ... Pac-10 All-Academic honorable mention in cross country and track. **2006-07:** Redshirted the 2006 cross country season to preserve a year of eligibility ... ran unattached at the Willamette Invitational, placing 47th overall in 25:32 ... would have been UW's No. 7 runner if competing in uniform ... consistently ran the 800m, 1500m, and mile in his first track campaign ... was UW's third-fastest 800m runner behind All-Americans Ryan Brown and Austin Abbott, turning in a season-best 1:50.19 at the UW Last Chance Qualifier ... took first in the 1500m-meters at the UW Outdoor Preview ... best 1500m time of 3:48.93 ranked fourth on the squad ... also ran the distance medley relay at the UW Indoor Invitational.

High School and Personal: Won the 2003 2A state cross country title ... earned top-10 state track championships finishes at both 800m and 1600m in each of his last two seasons ... was second at state at 1600m in 2005, and third in 2004, the latter race won by fellow Husky Austin Abbott ... ran fifth at state in the half-mile as a senior, and was seventh in the same event his junior year ... was the 2004 KingCo 3A conference champion for cross country ... also captured a KingCo track title later that year in the 800m, and was second at the KingCo meet in the 1600m ... one of eight runners named to DyeStat's Preseason All-Western United States second team in 2005.

JON HARDING

LINCOLN PARK RECORD HOLDER



Issaquah, Wash. • Issaquah HS

SENIOR



MAJOR MEETS:

2005 MPSF TF.....16th, 3000m	2006 Regional XC.....35th (6th UW)
.....6th, DMR	2006 NCAA XC.....220th (7th UW)
2005 USA Jr. XC.....13th	2007 MPSF TF.....14th, 3000m
2005 NACAC XC.....6th	2007 Pac-10 TF.....12th, 5000m
2005 Pac-10 XC.....37th (6th UW)	2007 Pac-10 XC.....20th (1st UW)
2006 MPSF TF.....6th, 3000m	2007 Regional XC.....51st (4th UW)
2006 Pac-10 XC.....39th (6th UW)	

COLLEGIATE BESTS:

1500m - 3:49.25 Mile - 4:05.29 3000m - 8:06.86 5000m - 14:20.90

The 2007 Team MVP ... led the Huskies three times during cross country, including a 20th-place overall finish at the Pac-10 meet ... set Lincoln Park course record with win at UW's Sundodger Invitational ... ranks in UW's all-time Top-10 indoors at 3000m and 5000m.

2007-08: Washington's most consistent runner up front, leading the team at three out of five races ... named Team MVP and shared Most Improved award ... broke Washington record and Lincoln Park course record with first-place finish at Sundodger Invite, running 23:36 to surpass former Stanford runner Jonathan Riley's mark from the 2000 Pac-10 Championships ... also ran under 24-minutes at the Pac-10 Championships, leading the Huskies with a 20th-place finish ... also led the team and placed 52nd overall at Pre-Nationals ... 27th overall (2nd UW) at Dellinger ... at Regionals, finished 51st, fourth among Huskies, in 31:29 ... Pac-10 All-Academic honorable mention ... redshirted the track season. **2006-07:** Ran in UW's top-seven at all three postseason meets ... was the team's No. 7 finisher at nationals, helping the Huskies to a 12th-place team finish ... ran sixth for UW at both Pac-10s and Regionals ... was also the team's No. 6 runner at Pre-Nationals ... finished a season-best 22nd at the Sundodger Invite ... named Academic All-Pac-10 honorable mention ... competed in the mile and 3000m indoors and the 1500m and 5000m outdoors during track season ... set personal best 4:05.29 in the mile at the UW Last Chance Qualifier, the third-fastest on the squad ... placed 12th at the Pac-10 Championships in 5000m, also competing in the 1500m, finishing 17th in the prelim ... lowered PR in 1500m by five seconds at Ken Shannon Invitational to 3:49.25 ... won the 3000m at the UW-WSU dual meet. **2005-06:** Ran in UW's top-seven at four of six varsity races in the fall ... ran sixth for UW, 37th overall, at Pac-10s, helping UW to fourth ... led all Husky finishers at the season-opening Sundodger Invite, placing fourth ... ran seventh for UW at Pre-Nationals, and was the team's No. 4 finisher, 14th overall, at the Willamette Invite ... raced just four times indoors in 2006, but three ranked among UW's all-time top-11 in their events ... placed sixth in the 3000m at the 2006 MPSF meet ... 3K time of 8:06.86 ranks eighth in UW history, and is the second-best ever by a Husky frosh ... clocked 14:22.59 for 5000m at UW's Last Chance Qualifier, the ninth-fastest indoor 5K time in UW history ... also ran a leg of UW's 11th-fastest DMR all-time, clocking 9:51.60 at the UW Indoor Invite ... competed just twice outdoors, once each at 1500m and 5000m ... earned Academic All-Pac-10 honorable mention for both track and cross country. **2004-05:** Redshirted the outdoor track and cross country seasons ... indoors, was 16th in the 3000m and sixth in the DMR at the 2005 MPSF meet ... made cross debut in the spring at the U.S. Junior Nationals, placing 13th ... ran sixth overall at the NACAC Championships in Florida, leading Team USA to sixth.

High School and Personal: Parents are Jill and Jim ... is the oldest of six siblings ... father is a 1978 UW grad ... the 2004 state champion at 3200m ... took third at the state cross country meet in 2002, and was the 28th-place finisher in 2001 ... led Issaquah cross country to second at state in 2002, and fourth in 2001 ... competed in the two-mile at the 2004 Arcadia Invitational, finishing in 9:22 ... ran 17th overall in the 2002 Border Clash cross country meet ... also competed at the Junior Olympics Nationals in 1998, running the 1500m ... named most inspirational by his track teammates in 2004 ... interests include skateboarding and video production, and is considering a career as a graphic artist.

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ZACK GUSSIN



Seattle, Wash. • Ballard HS

SOPHOMORE



MAJOR MEETS:

2008 MPSF TF 10th, Mile; 18th, 800m

COLLEGIATE BESTS:

800m - 1:56.97i 1500m - 3:55.76 Mile - 4:10.25

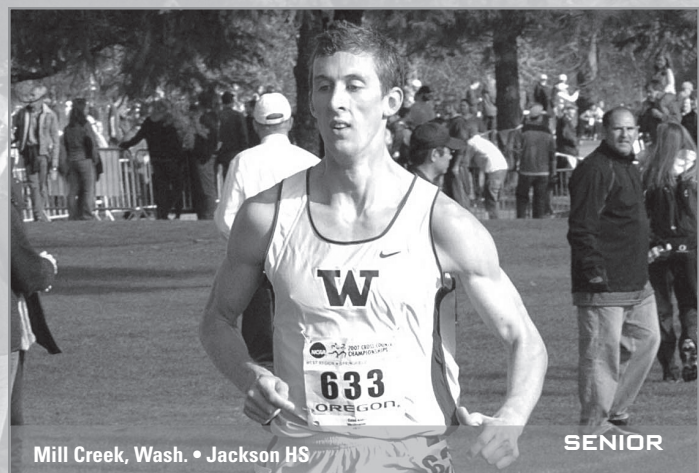
Ran three times for cross country in 2007 and will be looking to earn a spot in the top-10 this season ... set major PR's on the track in the mile and 1500m ... was 10th in the mile at the MPSF Championships.

2007-08: Opened the season with 39th-place finish (9th UW) at Sundodger in 25:12 ... ran twice more during the year, placing third among Huskies at the Willamette and fourth at the Mike Hodges Invite ... made significant improvements during the track season ... ran lifetime-best mile time of 4:10.25 at the MPSF Championships, finishing 10th overall and running seven seconds faster than his PR entering the season ... also finished 18th in the 800m at MPSFs ... knocked four seconds off his best time in the 1500m, running 3:55.76 at the Oregon Invite. **2006-07:** Competed in the mile three times during indoor track season, with best time of 4:17.70 coming at the UW Last Chance Qualifier ... ran twice unattached in the 1500m during outdoor season ... redshirted the cross country season to preserve a year of eligibility.

High School and Personal: Parents are Jordan and Debra ... has one older brother, Stephen ... is a triplet along with two sisters Rachel and Emily ... placed eighth at state in 2004 and 2005 ... was in the lead pack at state in 2003 before falling and finishing 66th ... won KingCo Conference cross country title in each of his final two seasons, and was the KingCo runner-up in 2003 ... placed second at the 2006 Brooks Meet of Champions in Portland ... ran eighth at the 2006 Washington/Oregon Border Clash meet, and was 16th at Border Clash in 2005 ... was sixth at state in the 1600m as a senior, and sixth in the 3200m his junior year ... prep teammate of fellow UW runner Kailey Campbell.

CALEB KNOX

NCAA REGIONAL COMPETITOR



Mill Creek, Wash. • Jackson HS

SENIOR



MAJOR MEETS:

2004 Pac-10 XC 54th (8th UW) 2007 Pac-10 XC 33rd (2nd UW)
2005 MPSF TF 21st, 3000m; 6th, DMR 2007 Regional XC 49th (3rd UW)
2006 Pac-10 TF 11th, Steeple 2008 MPSF TF 20th, 3000m

COLLEGIATE BESTS:

1500m - 3:56.99 Mile - 4:11.13 3000m - 8:20.52i
Steeple - 9:12.97 5000m - 15:33.21

Shot into UW's top-three for the first time in cross country's two postseason meets this fall ... was named the team's Most Improved runner ... set personal-bests during the 2008 indoor season in the mile and 3000-meters.

2007-08: Came on very strong at the end of the season, rising into UW's top-three after never running in the top-seven prior ... finished second among Huskies at the Pac-10 Championships (33rd overall) in 23:53, his first time under 24-minutes ... followed that up with a Top-50 finish at Regionals, taking 49th and third on the team ... named co-winner of the team's Most Improved award ... led all Huskies at the Mike Hodges Invite, running seventh overall to lead the team to second-place ... took 19th-place at the Sundodger (5th UW) and 90th (8th UW) at Dellinger Meet ... ran four times during the indoor track season, setting PR's in the mile and 3000-meters ... ran best 3K time of 8:20.52 at the Husky Classic, a 12-second improvement ... finished 20th in the 3K at the MPSF Championships ... ran a 4:11.13 mile at the Last Chance Qualifier ... only competed once outdoors, finishing 9th in the 1500m at the Pepsi Team Invitational. **2006-07:** Third for the Huskies in the steeplechase with a season-best 9:16.50 at the UW-WSU dual ... also competed once in the mile indoors, and once in the 1500m outdoors, setting PR's in both runs ... did not compete in cross country for the second-straight year. **2005-06:** Was UW's No. 2 steepler for the second-straight year ... season-best of 9:12.97, at the Cardinal Invite, was an eight-second personal best ... ran 11th in the steeple at Pac-10s ... also ran the 5K at Pac-10s, but did not finish ... made his 2005-06 debut in the indoor season finale at Dempsey Indoor, running the 3000m ... redshirted the fall cross country season. **2004-05:** Ran in four cross country meets as a true freshman in 2004, including two unattached ... was the eighth UW finisher, 54th overall, at Pac-10s ... also ran attached at the Emerald City Invite, placing 21st ... was UW's No. 2 steepler, clocking a best of 9:20.65 at the Ken Shannon Invite ... indoors, was sixth in the DMR, and 21st in the 3000m, at the MPSF Championships ... also competed in the mile, 1500m and 5000m.

High School and Personal: Born in Aurora, Colo. ... parents are Linda and Steve ... has a younger sister, Aubrea ... ran 14th overall at the 2003 state cross country championships ... placed 26th at the 2004 Border Clash cross country meet ... finished the 2004 indoor track season ranked ninth in the nation at two miles, with a best of 9:13.79 ... missed the 2004 track season with an injury ... named to DyeStat's "Hot 100" list of West Region preps in the fall of 2003 ... ran 10th in the 1600m, and 14th in the 3200m, at the 2003 state track meet ... a first-team All-WesCo 4A selection at both 1600m and 3200m in 2003 ... also earned first-team All-WesCo honors in 2002 ... placed second at the 2002 district cross country meet ... was sixth in the 3200m at the 2003 Pasco Invite, in 9:30.41 ... clocked personal-best 3000m time of 8:32 at the 2004 Last Chance Qualifier at Dempsey Indoor.

JEREMY MINEAU

ALL-PAC-10 FIRST TEAM



Menlo Park, Calif. • Menlo Atherton HS

SENIOR



MAJOR MEETS:

2004 Pac-10 XC.....27th (3rd UW)	2006 Pac-10 TF.....21st, 5000m
2004 Regional XC.....93rd (7th UW)	2006 NCAA-O.....21st, 10000m
2005 USA Jr. XC.....5th	2006 Pac-10 XC.....7th (1st UW)
2005 World Jr. XC.....68th (6th US)	2006 Regional XC.....5th (1st UW)
2005 Regional XC.....16th (2nd UW)	2006 NCAA XC.....53rd (1st UW)
2005 NCAA XC.....93rd (1st UW)	2007 MPSF TF.....2nd, 5000m
2006 MPSF TF.....2nd, 5000m	

COLLEGIATE BESTS:

1500m - 3:54.21 Mile - 4:11.68 3000m - 8:15.00
5000m - 13:54.03i 10000m - 28:49.69

UW's 2006 Team MVP, was the No. 1 Husky finisher at the 2005 and 2006 NCAA Cross Country Championships ... an NCAA Track and Field Championships competitor at 10000m in 2006 ... holds UW record indoors at 5K (13:54.03), and is second outdoors at 10K (28:49.69).

2007-08: Redshirted the cross country season. **2006-07:** Led the Huskies in all five meets he entered, including all-three postseason meets ... earned first-team All-Pac-10 and first-team All-West Region honors ... was seventh at the Pac-10 meet and fifth at the Regional, the latter matching the fifth-best ever by a Husky men's runner ... was 53rd overall at NCAAs, leading the Husky men to a 12th-place team finish ... team finish was UW's best since 1993 ... earned Team MVP and a coaches' award for leadership following the season ... also earned Academic All-Pac-10 second-team acclaim ... competed just three times during track campaign, highlighted by a second-place finish at the MPSF Championships in the 5000m, clocking in at 14:06.34. **2005-06:** Was dynamic in the fall, leading the UW men to 27th at the NCAA XC Championships, his 93rd-place finish tops on the team ... missed the Pre-National and Pac-10 meets with an injury before coming back strong at Regionals ... was UW's No. 2 runner at Regionals, his 16th-place finish the second-best by a UW men's runner since 2001, and a 77-spot improvement over his finish at the same meet in 2004 ... shaved more than 2:30 off of his 10K cross country best at the Regional, finishing in 30:43 ... also competed at the Willamette Invite, placing ninth ... earned second-team Academic All-Pac-10 honors on the track, and was honorable mention in the fall ... was a sophomore during the indoor season, but a redshirt freshman outdoors ... competed just six times, total, from January to June ... broke 15-year-old UW 5000m record indoors, clocking 13:54.03 at the MPSF Championships to take second ... time was a 17-second personal best, and four seconds faster than the previous UW record ... outdoors, qualified for first NCAA Championships with a time of 28:49.69 for 10000m at Stanford ... time was UW's second-best ever, and fastest ever by a Husky frosh ... was 21st in the 10000m at NCAAs, and was 21st in the 5K at Pac-10s. **2004-05:** Was UW's top freshman during the cross country season ... one of three freshmen in UW's top-10 at Pac-10s ... was UW's No. 3 runner, 27th overall, at Pac-10s, second-best among Pac-10 frosh ... also ran third for UW at Pre-Nationals, and was team's No. 7 runner at the NCAA West Regional, his first-ever 10000m competition ... beat all but two Husky finishers in unattached debut at the Sundodger Invite, placing eighth ... qualified for the world cross country championships with a fifth-place finish at the U.S. Junior Nationals in February ... was Team USA's No. 6 finisher at worlds, placing 68th overall ... ran the 5000m in 14:11.81 indoors, then UW's fourth-best ever ... redshirted the outdoor season, competing unattached at 1500m and 5000m.

High School and Personal: Parents are Diana Gibson and David Mineau ... ranked second in the state, and 12th in the nation in 2004 with a 3200m PR of 9:01.54 ... swept Central Coast Section Cross Country Runner of the Year and Middle-Distance Runner of the Year honors in 2003-04 ... won CCS cross country titles in 2002 and 2003, including a course record in 2002 ... also won back-to-back section titles in the 3200m ... placed second at the 2003 Division-I state cross country meet ... captained Menlo-Atherton as a senior ... earned a 3.9 GPA.

MAX O'DONOGHUE-McDONALD TWO-TIME STATE CHAMP



Seattle, Wash. • Seattle Prep

SOPHOMORE



MAJOR MEETS:

2007 Pac-10 XC.....40th (4th UW) 2007 Regional XC.....46th (2nd UW)

COLLEGIATE BESTS:

Mile - 4:11.13 8,000m (XC) - 24:05 10,000m (XC) - 31:18

Washington's Newcomer of the Year in 2007 on the cross country squad ... ran in top-five at every varsity meet and placing second on the team at NCAA Regionals ... Washington state 3A cross country champion in 2005 and 2006, and runner-up in 2004.

2007-08: Top freshman on the squad, running in the top five at every varsity meet ... ended on a high note, finishing second on the team and 46th overall at Regionals in a time of 31:18 ... finished 40th in his first Pac-10 Championships, the fourth Husky across the line ... was the third UW finisher, sixth overall, in college debut at Sundodger ... also ran in UW's top-five at Dellinger and Pre-National meets ... competed just once during track season, a 4:11.13 mile run at the UW Indoor Preview, before redshirting the remainder of the season.

High School and Personal: Parents are Amy O'Donoghue and Greg McDonald ... has younger brother, Drew, and younger sister, Lily ... one of the best prep distance runners in Washington state history ... 2006 Footlocker Cross Country Third Team All-American after placing 15th at the Footlocker Cross Country National Championships ... 3A state cross country champion in 2005 and 2006, runner up in 2004 ... as a senior in 2006, won state in a time of 15:32, over 30 seconds faster than second-place finisher ... Seattle Prep finished top-five at state all four years of his prep career ... 3A state track champion at 3200m in 2005 and 2007 ... also finished fourth in the 1600m race at state in 2007 ... Metro League and King County District cross country champ from 2004-06 ... won 2006 Nike WA/OR Border Clash in time of 14:01 over 4,400m ... Seattle Prep Athlete of the Year for 2007 ... prep teammate of fellow Husky Ryan Styrk ... graduated with 3.6 GPA ... undeclared major.

JAKE SCHMITT

NCAA TRACK COMPETITOR



Kentfield, Calif. • Redwood HS • California

JUNIOR



MAJOR MEETS:

2005 Pac-10 XC.....49th (7th Cal) 2006 Pac-10 XC.....50th (3rd Cal)
2005 Regional XC.....70th (5th Cal) 2006 World Jr. TF.....17th, 10000m
2006 MPSF TF.....15th, 3000m; 20th, 5000m 2008 MPSF TF.....6th, 3000m; 6th, 5000m
2006 Pac-10 TF.....10th, 10000m 2008 NCAA-O.....21st, 10000m

COLLEGIATE BESTS:

1500m - 3:54.40 Mile - 4:09.67 3000m - 8:09.17
5000m - 14:04.40 10,000m - 28:56.05

Should make a major impact this season in first eligible year on the UW squad ... placed 21st in the 2008 NCAA Outdoor Championships in the 10000-meters ... ran the school's 3rd-fastest 10K last spring ... would have been one of UW's top cross country competitors last year if running attached ... a World Junior Track Championships participant in 2006.

2007-08: Competed twice unattached in cross country while redshirting season following transfer from Cal ... UW's top unattached competitor, beginning with No. 4 finish at Sundodger which would have been second on the squad ... placed third overall at the Willamette Invite in 24:02 ... qualified for his first NCAA Championships during track season, making the field in the 10000-meters outdoors ... finished 21st at NCAA's in 30:44.12 ... ran the 3rd-best 10K in school history at the Stanford Invitational, where he finished 18th against top college and professional athletes in 28:56.05 ... indoors, ran an NCAA Provisional time of 14:04.40 in the 5000-meters at the Husky Classic, the 3rd-fastest indoors in Husky history ... placed sixth at the MPSF Championships in both the 3000-meters and 5000-meters ... improved his mile and 3K personal-bests, running 4:09.67 and 8:09.17, respectively. **2006-07 (Cal):** Competed in 2006 Junior World Track Championships in Beijing, China, placing 17th in the 10,000m ... ran twice for the Golden Bears during 2006 cross country season, once at the Chile Pepper Festival where he ran fourth for Cal in 30:37.04 over 10k, and once at the Pac-10 Championships where he was Cal's No. 3 runner and 50th overall in a time of 24:58.02 ... did not compete during track season. **2005-06 (Cal):** Competed five times for Cal during freshman cross country season, running in Bears' top-seven in every outing ... in the NCAA West Regional, placed 70th overall in 32:01 ... finished 49th at the Pac-10 Championships, clocking 25:51 ... ran distance events during track season ... 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 ... in the 10,000m at the Stanford Invitational, finished at 30:15.38.

High School and Personal: Born in San Francisco, California ... parents are Tom and Laura Schmitt ... both parents competed in cross country and track and field at Cal ... mother coaches Redwood High School's cross country team ... two younger sisters, Meagan and Caitlin ... sister Meagan plays volleyball at Cal ... Grabbed 19th place at the 2004 Footlocker Cross Country Nationals ... claimed the California state cross country title as a senior at Redwood HS ... placed fifth in the 3200m at the 2005 state meet ... a 2004 Verizon Junior All-American in track and field and honorable mention All-American in cross country ... 11-time Marin County Athletic League champion in cross country and track and field ... six-time North Coast Section champion in cross country and track and field ... led high school to three league cross country titles and one in track and field ... considering acting as a profession ... majoring in psychology.

KELLY SPADY

NCAA REGIONAL COMPETITOR



Mukilteo, Wash. • Kamiak HS

JUNIOR



MAJOR MEETS:

2006 MPSF TF.....14th, 3000m	2007 Regional XC.....31st (1st UW)
2007 MPSF TF.....10th, 3000m	2008 Pac-10 TF.....16th, 1500m
2007 Pac-10 TF.....11th, 5000m23rd, 5000m
2007 Pac-10 XC.....37th (3rd UW)	

COLLEGIATE BESTS:

1500m - 3:50.68	Mile - 4:09.56	3000m - 8:07.69
	5000m - 14:17.04i	

One of the top returners on the squad, led UW at the 2007 West Regionals, placing 31st overall ... ran in UW's top-three at every meet ... ranks in UW's indoor Top-10 in both the 3K and 5K.

2007-08: Had a breakthrough sophomore season, running in UW's top three at every varsity race including leading the team at West Regionals with a 31st-place finish ... came just six seconds short of earning All-Region honors ... top Husky finisher at Dellinger Invite, placing 21st in season-best 23:57 ... opened with a No. 5 finish (2nd UW) at the Sundodger ... also ran third for the Huskies at Pre-Nationals and the Pac-10 Championships, finishing 37th at the conference meet ... competed just once indoors, running 4:11.74 in the mile at the UW Last Chance meet ... ran a full slate outdoors, and competed in both the 1500m and 5000m at Pac-10's ... 1st in the 1500m at the UW Outdoor Preview in 3:55.84 ... took 7th in the 5K at the Pepsi Team Invite ... finished 6th in the 3000m at the WSU. **2006-07:** Ran with UW's top-seven at each of the first two meets of the year ... was the No. 2 UW finisher, in 11th overall, at Sundodger, and was Washington's No. 7 finisher at the Dellinger Invite ... also ran in the open race at Pre-Nationals, placing 103rd overall ... clocked 8K cross country best of 24:26 at Sundodger ... UW's top performer in 3000m indoors, running a season-best 8:07.69 at the MPSF Championships for 10th place ... placed 11th at the Pac-10 Championships in the 5000m with a time of 14:35.93 ... also competed in the 1500m and 3000m outdoors and the DMR and mile indoors ... 4:09.56 mile time at Last Chance Qualifier was a new PR. **2005-06:** Redshirted the 2005 cross country season to preserve a year of eligibility ... competed twice unattached ... would have been UW's No. 7 runner at the Sundodger Invitational, placing 28th in unofficial collegiate debut ... also ran unattached at Willamette, placing 57th ... competed indoors in the mile and 3000m ... placed 14th in the 3K at the MPSF Championships ... clocked a season mile best of 4:11.42 at the Husky Classic.

High School and Personal: Parents are Sheri Henderson and Bob Spady ... has three younger siblings ... the 2004 state 4A cross country champion ... time of 15:24 on the 5000m course was third-fastest in meet history ... ran 10th at state in 2003, and 12th in 2002 ... placed 13th at the 2004 Foot Locker Cross Country Regionals in Walnut, Calif. ... finished sixth in prestigious Border Clash event in 2004 ... swept league and district titles in 2004 after finishing second and third, respectively, in previous season ... led team to top-10 state finishes in 2003 and 2004 ... earned 4A State All-Star honors as senior ... ran fourth in 3200m at state in 2005, and 13th in 2004 ... captained the cross country squad in 2004.

JORDAN SWARTHOUT

PAC-10 TRACK COMPETITOR



Olympia, Wash. • Capital HS

JUNIOR



MAJOR MEETS:

2008 Pac-10 TF.....25th, 5000m

COLLEGIATE BESTS:

1500m - 3:58.63	3000m - 8:24.74	5000m - 14:32.72
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Expected to contend for a spot in the top-seven coming off a strong outdoor track season where he ran UW's top times in both the 3000-meters and 5000-meters ... placed 25th in the 5K at Pac-10's.

2007-08: Ran three times, beginning with a 74th-place finish at the Sundodger ... ran at the Willamette invite, placing 82nd (4th UW), and the Mike Hodges Invite, taking 43rd-place ... was one of UW's top distance runners during the outdoor track season, leading the team at both 3000 and 5000-meters ... ran a 3000m PR of 8:28.28 at the WSU dual for 2nd place ... placed 6th in the 5K at the Pepsi Team Invite ... clocked a 5K personal-best of 14:32.72 at the Oregon Invite ... made first appearance at Pac-10's, finishing 25th in the 5000-meters in 14:58.33 ... indoors ran the 3K on two occasions, with a best of 8:24.74 at the UW Last Chance Qualifier. **2006-07:** Competed just once in cross country, finishing 86th at the Willamette Invitational in a time of 26:10 ... did not compete during track season.

High School and Personal: Parents are Mike and Kathi Swarthout ... has one younger sister, Kailyn ... a six-time state championships participant, including three in cross country, two in track and one in swimming ... placed 11th at the state cross country championships as a senior, and was ninth in 3200m at 2006 state track meet also competed at state cross country in 2003 and 2004, and at state track in 2004 ... won 3200m league titles in 2004 and 1600m league title in 2006, and was second at 1600m in 2005 ... set school records in both track (3200m) and cross country (5000m) ... placed 23rd at the 2005 Washington/Oregon Border Clash meet ... competed in the 1600m at the Golden West Games in 2006 ... was named The Olympian's Boys Cross Country Runner of the Year in 2004 ... winner of the 2006 "Scholar Athlete Milk Mustache of the Year Award," presented by USA Today ... twice named most inspirational by his teammates ... also lettered four years in swimming, earning mention on The Olympian's 2005 list of "South Sound's Top Swimmers" ... a 12-time letterwinner and five-time team captain (three sports total) ... earned a 3.98 GPA.

COLTON TULLY-DOYLE

NCAA REGIONAL COMPETITOR



San Diego, Calif. • Rancho Bernardo HS • UCSB

JUNIOR



MAJOR MEETS:

2007 Pac-10 XC.....53rd (6th UW) 2008 MPSF TF.....24th, 3000m
 2007 Regional XC.....123rd (7th UW)

COLLEGIATE BESTS:

1500m.....4:08.69 Mile.....4:14.29 3000m.....8:27.92

During first season with the Huskies, entered UW's top-seven for the first time at the Pac-10 Championships and NCAA Regionals ... came to Washington last fall after from UC Santa Barbara.

2007-08: Made UW's top-seven for the first time in the Huskies' two postseason meets ... placed 53rd, sixth on the team, at Pac-10's in 24:25 ... ran seventh on the Huskies at Regionals ... strong showing at Mike Hodges Invite, placing 22nd (2nd UW) ... competed unattached at the Sundodger but was 17th overall and sixth among all Husky team members ... first track appearance came at the MPSF Championships, where he ran the 3000-meters ... competed just twice outdoors. **2006-07 (UCSB):** Running cross country, placed 10th overall and fifth among Gauchos at Titan Invitational ... Finished 23rd overall in season-opening Annual Alumni Meet dual with Cal Poly ... placed 54th at UC Irvine Invitational with a time of 26:46.3 over five miles ... also competed at the Stanford Invitational, running 26:16.

High School and Personal: Born in Santa Rosa, California ... parents are Juli Tully and Dennis Doyle ... the youngest of six siblings (four brothers, one sister) ... a three-time Palomar League Champion in track ... named All-CIF cross country in 2005 and 2006 ... named All-CIF track in 2005 and 2006 ... placed eighth at the 2006 California state meet in the 1600m in 4:14 ... competed at the 2006 Golden West meet, finishing second in the 3200m ... finished sixth at the 2006 Arcadia Invite in the 3200m ... majoring in political science and business with a minor in Italian.



FAISAL ABDULLAHI

Kelso, Wash. • Kelso HS

RS Freshman



COLLEGIATE BEST TIMES:

1500m 4:01.12

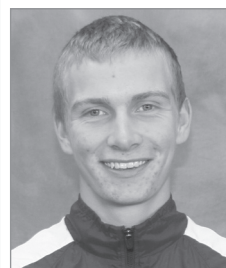
HIGH SCHOOL AND PERSONAL:

2007-08: Redshirted his freshman season in cross country and track ... competed unattached in the 1500-meters at both UW outdoor home meets ... season-best 1500 time of 4:01.12 at the Ken Shannon Invitational.

GRAYDON MANNING

Olympia, Wash. • Capital HS

RS Freshman



PERSONAL BEST TIMES:

800m 2:00.03
1600m 4:16.32
3200m 9:10.01

2007-08: Redshirted his first year with the cross country and track and field squads ... did not compete unattached.

High School and Personal: Mother is Lorraine Manning ... placed fifth in the 1600m at the 3A state championships in 2007 and fourth in the 3200m ... named All-Narrows League in cross country and track as a freshman, junior and senior ... all-district junior and senior year in track and senior year cross country, and all-state track senior year ... Narrows League MVP senior year of cross country ... won Narrows League cross country title in 2006, and finished eighth at districts ... also threw discus and did long jump ... prep teammate of current Husky Jordan Swarthout ... graduated with 3.55 GPA ... undecided on major.

DAVID McCARY

Kirkland, Wash. • Juanita HS

RS Freshman



COLLEGIATE BEST TIMES:

800m 1:57.09
Mile 4:21.01
3000m SC 9:38.98

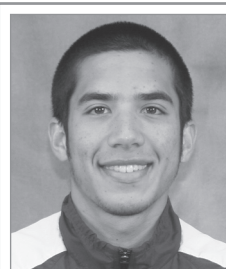
2007-08: Competed at two meets unattached for UW ... placed 84th at Sundodger, and 59th at Mike Hodges Invite ... competed frequently during indoor track season, running the mile and the 800-meters ... best mile run was 4:21.01 at the UW Last Chance Qualifier ... competed twice unattached outdoors, running 9:38.98 in the steeplechase at the Ken Shannon Invite, finishing third.

High School and Personal: Parents are Kathy and Doug McCary ... youngest of four siblings ... brother Phil ran track for UW from 2002-05, running sprints and hurdles ... also wrestled his senior year and was undefeated in Kingco competition ... state cross country competitor in 2005 and 2006 with top finish of 26th his junior year in 2005 ... placed second in Kingco during senior season ... named cross country all-district in 2005 and 2006, and all-state in 2005 ... graduated with 3.91 GPA ... undecided on major ... considering career as engineer or teacher.

LOGAN ORDOÑA

Everett, Wash. • Everett HS

RS Freshman



COLLEGIATE BEST TIMES:

800m 1:52.90

2007-08: Ran the 800-meters every time out, competing attached during the indoor season then redshirted the outdoor campaign ... season-best indoor time of 1:55.82 came at the Husky Classic and ranked him fourth on the squad ... ran a new lifetime-best of 1:54.96 at the Ken Shannon Invite unattached, placing 8th.

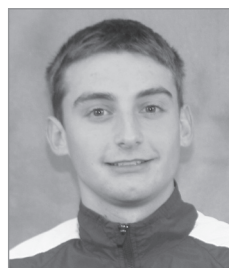
High School and Personal: Parents are Michele and Dan Ordoña ... has one older brother, Zach ... led Everett to 3A state track title as a senior in 2007 ... finished second in 800m at 2007 Washington 3A track meet ... won WESCO league and district titles in the 800m as a senior ... also competed in wrestling ... won silver at nationals in 2004 Scholastic, Arts, & Writing Awards ... co-founded Everett Knitting/Crocheting Club ... graduated with a 3.96 GPA ... undeclared major.

MEET THE HUSKIES • Returners

ETIENNE PIERSON

Woodinville, Wash. • Woodinville HS

RS Freshman



COLLEGIATE BEST TIMES:

800m	1:59.41
Mile	4:20.35
1500m	4:09.19

2007-08: Ran a full indoor track season after redshirting cross country ... competed five times in the mile run, with a season-best time of 4:20.35 at the Husky Classic ... also ran the 800m once in 1:59.41 ... redshirted the outdoor season, competing twice unattached in the 1500m.

High School and Personal: Born in Kodiak, Arkansas ... Parents are Janet Pierson and Alain Aridj ... one younger sister, Emilie Aridj ... also lettered in soccer and wrestling ... placed second at the 2007 Kingco Championships in the 800m and 3rd in the 1600m ... placed in the top-20 at the 2007 4A state track championships in the 800m and 1600m ... earned Coaches' Award in 2006 and High Point Award in 2007 at Woodinville ... plans to major in engineering with a business minor.

RYAN STYRK

Seattle, Wash. • Seattle Prep

RS Freshman



COLLEGIATE BEST TIMES:

1500m	3:57.14
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2007-08: Redshirted cross country as well as the indoor and outdoor track seasons ... did not compete unattached.

High School and Personal: Parents are Linda and Gregory Styrk ... has a younger sister, Jenni ... aunt Karen Williams attended UW in the 1970's, rowing crew her freshman year ... prep teammate of fellow Husky Max O'Donoghue-McDonald ... won Metro League title as sophomore, junior, and senior ... helped lead team to three consecutive top-five finishes at 3A state cross country meet from 2004-06 ... finished 13th at 3A state meet as a senior ... named Most Inspirational and Best All-Around athlete junior and senior years in high school ... twice competed in the 800m at Arcadia meet in 2006 and 2007 ... attended Seattle University during senior year in high school, thus entering UW with 45 college credits ... considering business major to pursue investment banking or market analysis.

CAMERON QUACKENBUSH WASHINGTON STATE CHAMPION

Spokane, Wash. • Ferris HS

RS Freshman



COLLEGIATE BEST TIMES:

Mile	4:22.93
3000m	8:35.83
5000m	15:20.24

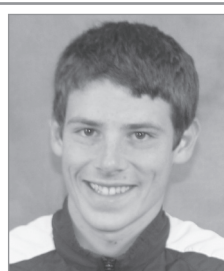
2007-08: Ran unattached in the fall at the Sundodger and at the Mike Hodges Invite ... placed 29th at the Mike Hodges, which would have been sixth on the squad ... ran twice unattached both indoors and outdoors on the track ... season-best mile time was 4:22.93 ... ran the 3000m and 5000m outdoors.

High School and Personal: Born in Mount Pleasant, Missouri ... parents are Darlene and Rob Quackenbush ... has one older brother, Michael, and younger brother, Taylor ... Michael runs cross country for the University of Portland ... did not run cross country as a freshman, but by senior year was the 4A state champion in a time of 15:44 ... placed 24th in state as a junior in 2005 ... named first team Greater Spokane League in 2005 and 2006 and all-state in 2005 and 2006 ... led Ferris to first at state junior and senior years ... competed at the Nike Team Nationals in 2006, placing fifth in the 5k ... placed 12th at 2006 Stanford Invitational ... ran sixth in the 3200m at 2007 Shoreline meet ... undecided on major.

CHARLIE WILLIAMS PAC-10 TRACK COMPETITOR

Gig Harbor, Wash. • Gig Harbor HS

RS Freshman



MAJOR MEETS:

2008 MPSF TF	13th, Mile; 6th, DMR
2008 Pac-10 TF	15th, 1500m

COLLEGIATE BEST TIMES:

800m	1:52.21i / 1:52.14
1500m	3:50.27
Mile	4:06.04

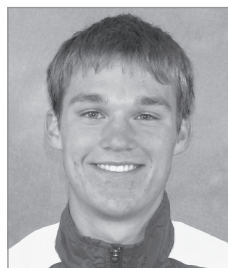
2007-08: UW's most frequent unattached competitor, running at the Sundodger, Willamette, and Mike Hodges invites ... finished 41st in first run at Sundodger, UW's No. 3 unattached competitor ... crossed the line 24th at Mike Hodges (4th UW) ... placed 35th at Willamette in 25:07 ... was UW's top 800m runner indoors, with a time of 1:52.21 at the UW Invitational in his only run at that distance ... second on the team in the mile run, clocking 4:06.04 at the Husky Classic ... placed 13th in the mile at the MPSF Championships, and 6th as part of UW's DMR which ran 9:48.43 for 9th-place in school history ... outdoors, ranked second on the team in the 1500m, running 3:50.27 at the Oregon Invitational ... placed 15th overall in the 1500m at the Pac-10 Championships.

High School and Personal: Parents are Erin and Chuck Williams ... has one younger sister, Kelly ... grandfather James Kelly competed in cross country and track from 1947-51 and ran at the Olympic Pre-Trials ... captained Gig Harbor to a pair of top-10 state finishes his junior and senior years ... helped Gig Harbor track and field to the 4A state championship in 2005 and 2007, and a runner-up finish in 2006 ... compiled four Narrows League titles during prep career ... senior year in 2007, placed second at 4A state championships in the 800m and the 1600m ... ran at the 2007 Arcadia Invitational in Arcadia, Calif., taking sixth in the 800m ... won the Shoreline Invitational 800m in 2007 ... eagle scout who has been awarded the gold palm.

JOEY BYWATER STATE 4A RUNNER-UP

Lake Stevens, Wash. • Lake Stevens HS

Freshman



METCALF ON BYWATER:

"Joey was the guy we had to have in our program. He is gifted mentally and physically, possesses great racing instincts, and has a toughness that will serve him well. We believe those tools, will propel him to be a special part of our program."

HIGH SCHOOL AND PERSONAL:

Born in Bellevue, Washington ... parents are Cindy Brooks and John Bywater ... has one younger brother, Johnny, and one younger sister, Cia ... was the Washington State 4A Cross Country runner-up as a junior in 2006 ... also placed 12th as a senior and 21st as a sophomore ... won the Washington State 4A Track title at 3200-meters in both 2006 and 2007 ... also captured the 1600m state title in 2007, running a personal-best time of 4:10.70 ... finished 11th at the 2006 Nike BorderClash, and 21st in 2005 ... ran at the 2006 Footlocker West Regional, taking 11th-place ... led team to a top-five finish at state in his final three years ... helped track team to second at state in 2007 ... first team All-WesCo all four years in track, and three years in cross country ... considering a major in mathematics.

PERSONAL BEST TIMES:

800m - 1:55 1600m - 4:10 3200m - 9:03 3-mile (XC) - 14:52

ALEX PARTIN

Bellevue, Wash. • Bellevue HS

Freshman



METCALF ON PARTIN:

"Alex is an outstanding young man. He came on strong at the end of his high school career and we hope with hard work and consistency he will make similar improvement during his time as a Husky."

HIGH SCHOOL AND PERSONAL:

Born in Kirkland, Washington ... parents are Karen Gillespie and Bill Partin ... has two older brothers, Ryan and Brett ... Brett graduated from Washington in 2007 ... best finish at Washington State 3A Cross Country meet was 38th as a senior ... also placed 87th as a junior in 2006 ... had a pair of top-10 State track finishes as a senior in 2008, placing 8th in the 1600m and 9th in the 3200m ... won the 3200m at the Bellevue Invite in 2008 ... was fifth in the 1600m at the Shoreline Invite in a personal-best 4:19 ... took 8th in the 5K at the Salt Creek Invite in Port Angeles, Wash. ... contemplating a business major.

PERSONAL BEST TIMES:

800m - 1:59 1600m - 4:19 3200m - 9:28 5000m (XC) - 16:02

GREG DROSKY

Walnut Creek, Calif. • Las Lomas HS

Freshman



METCALF ON DROSKY:

"Greg made a lot of progress as a senior in high school. We feel he is untapped in terms of potential and we look forward to him transforming into an excellent distance runner for us."

HIGH SCHOOL AND PERSONAL:

Born in San Francisco, California ... parents are Raquel and Carl Drosky ... both parents ran track in college ... competed at Footlocker West Regionals and the Arcadia Invitational in 2006 and 2007 ... was the North Coast Section Cross Country Champion in 2006, with the fastest time across all divisions ... a three-time state cross country competitor, placing 9th in his division in 2007 ... team MVP in 2006 and 2007 ... state track competitor in the 3200m in 2006 ... named to the Oakland Tribune all-area cross country team in 2006 ... one of Dyestat's Top-50 California distance runners in 2007.

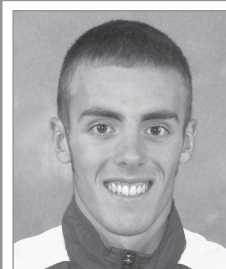
PERSONAL BEST TIMES:

1600m - 4:20 3200m - 9:20 5000m (XC) - 15:18

ROB WEBSTER, JR. STATE 4A RUNNER-UP

Puyallup, Wash. • Puyallup HS

Freshman



METCALF ON WEBSTER:

"Rob is a very well-rounded young man who excels in the classroom and in competition. He's an accomplished distance runner and will be fun to coach because he will do all he is asked to become great."

HIGH SCHOOL AND PERSONAL:

Born in Tacoma, Washington ... parents are Becky Monette and Rob Webster, Sr. ... brothers Steven and Andrew ... father Rob was an All-American mid-distance runner at Washington from 1979-82, placing 9th in the 800-meters at the 1982 NCAA Championships ... Webster Sr.'s best 800m time of 1:47.21 ranks second all-time at Washington and was the school record for 24 years ... took second place as a senior at the 2007 Washington State 4A Cross Country Championships ... finished 7th at the Nike BorderClash in 2007 ... 7th in the 3200m at the Golden West Invitational in a personal best 9:20 ... competed at the Footlocker West Region Championships in 2007, finishing 15th ... placed 4th in Best of the U.S. Amateur Nationals representing Washington ... also competed in swimming and diving in high school ... competes regularly in triathlons and placed fourth in the national triathlon championships in Florida in Oct. of 2007 ... named a Boys Cross Country All-Star by the Seattle P-I.

PERSONAL BEST TIMES:

800m - 1:57 1600m - 4:21 3200m - 9:20 5000m (XC) - 15:15