

W WOMEN'S

Following a landmark season that could easily be termed the best in program history, the encore performance for the Washington women's cross country figures to reach even higher notes. Head coach Greg Metcalf readily admits it is the most gifted team he has assembled in his tenure, and they have every intention on improving on the record-setting 8th-place finish at last year's NCAA meet. One of the first challenges when dealing with such aspirations will be simply remaining patient.

"I think that our women's team can be really good," said Metcalf. "But as with anybody else there are no guarantees in this sport, and just because you have this roster and this talent pool, it doesn't mean that anything is assured. I'm optimistic and confident about our team and our chances. Last year was our best finish ever at NCAA's, and I thought we ran average that day."

The two returners who led the way last year are senior Anita Campbell and junior Katie Follett. The duo crossed the finish line at NCAA's side-by-side last year, with Follett placing 19th and Campbell 20th in identical times. Each earned their first All-American honors, the first time in program history that two Huskies earned the distinction in the same season. Both returners should be in the lead pack of every race they enter this season.

Campbell has competed at the NCAA meet every year of her career, qualifying as an individual her first two seasons before leading the team to Terre Haute last year. 2007 was easily her best season yet, as Campbell finished sixth at Pac-10's and fourth at the NCAA West Regional, the best finish by a Husky since 1995. Campbell rested a nagging injury during the track season, but should be back at full strength this fall.

"I think it was the best decision for Anita to rest during track season," said Metcalf. "She's made progress and had a better summer this year than she had last summer. She's one of the toughest athletes I've ever coached."

Follett will be tasked with improving upon one of the best seasons in school history. She blossomed into one of the nation's best all-around distance runners, following up her cross country success with a sixth-place finish in the NCAA mile run, and then capturing the Pac-10 Conference title at 1500-meters. She made the semis of the U.S. Olympic Trials in July to cap things off.

"Katie Follett had just a fantastic track season. All of 2007-08 was great for her," said Metcalf. "There were times last year where I believed Katie was as good as anybody out there. She ran 2:06 at 800, 4:15 at 1500, and 16:01 at 5K. She ended last cross country season with All-Pac-10, All-Region, and All-American honors and she will be better this fall."

While returning a pair of Top-20 finishers is certainly a great place to start, the Huskies also possess excellent depth, bringing back six of their top seven runners.

All-Americans on the track, seniors Amanda Miller and Michelle Turner will end their college careers with a final cross country season. Miller was UW's No. 3 finisher at NCAA's last year, and ended her illustrious track career with her third and fourth All-American honors in the mile and 1500-meters. Turner was also a top-10 finisher in the mile at NCAA Indoors, and won the NCAA West Regional 1500m title. Miller, Turner, and Follett all ended their seasons at the U.S. Olympic Trials, running in the 1500-meters.

"Amanda has been a great athlete for us. She's tenacious and has run through a lot. Amanda brings an inherent toughness, and I've always appreciated that about her," Metcalf said. "Michelle has never run a full cross country season so she's kind of an unknown quantity for us. She's a fifth-year senior with different experiences, I think if she can go out and be patient in September and build to November, then she's going to have a great chance for success."

"From a race experience standpoint, this is the most experienced team we've ever had," Metcalf said. "Anita, Amanda, and Michelle are our seniors and I think they provide us supreme leadership."

Washington received outstanding seasons from a pair of freshmen last year, and both are in line for continued success as sophomores. Mel Lawrence was a second team All-Pac-10 performer in her first go round, and ran third for the Huskies much of the season. The best still lies ahead for one of the most talented runners to don the purple and gold.

"Mel had a great summer of training and is certainly ready to run well on the cross country course. We redshirted her during the track season for her benefit. She was a freshman and needed some time to adjust to school and training and changes," said Metcalf. "Mel is incredibly gifted and brings big meet experience to our group and that makes us better instantly."

Lauren Saylor also ran in UW's top-seven in every race as a freshman, and made the U.S. Junior National Cross Country team in February. Saylor rebounded quickly from the fall and made the U.S. Junior National Cross Country team in February. She also qualified for NCAA Regionals in the 5K during the track season.

"Lauren has made a lot of progress in the calendar year. She continued to improve throughout last year and is ready to have a breakout cross country season," said Metcalf. "I'm incredibly excited about what's ahead for Lauren."



**Senior
Anita Campbell**

PREVIEW

PRONUNCIATION

Athletes

Nicole Aurigemma	Auree-jemma
Annaliese Chapa	ann-uh-LEASE CHAP-uh
Emilie Fruland	Emah-lee FROO-land
Mo Huber	HYOO-burr
Anna Imperati	im-purr-AUTTY
Stephanie Sauvage	sow-VAHJ
Bailey Schutte	SHOO-tee
Amanda Stopa	STO-puh

HUSKIES BY CLASS

Seniors

Brown	A. Campbell
Miller	Turner

Juniors

B. Anderson	Chapa	Collins
Follett	Huber	Imperati

Sophomores

D. Anderson	K. Campbell	Kirschman
Lawrence	Patrick	Sauvage
Schutte	Stopa	

Freshmen

Aurigemma	Babcock	Bonner
Evans	Fruland	Lightfoot
Linnell	McGuirk	Schaaf

Name

Anderson, Brooke
Anderson, Dayna
Aurigemma, Nicole
Babcock, Christine
Bonner, Ellie
Brown, Andrea
Campbell, Anita
Campbell, Kailey
Chapa, Annaliese
Collins, Emily
Evans, Kayla
Follett, Katie
Fruland, Emilie
Huber, Mo
Imperati, Anna
Kirschman, Lindsey
Lawrence, Marie
Lightfoot, Courtney
Linnell, Allison
Miller, Amanda
McGuirk, Adrienne
Patrick, Kenna
Sauvage, Stephanie
Saylor, Lauren
Schaaf, Kendra
Schutte, Bailey
Stopa, Amanda
Turner, Michelle

Yr

Jr. * 1V
So. SQ
Fr. HS
Fr. HS
Fr. HS
Sr. * 1V
Sr. 3V
So. * SQ
Jr. * 2V
Jr. * SQ
Fr. HS
Fr. 2V
Fr. HS
Jr. 1V
Jr. 2V
So. * SQ
So. 1V
Fr. HS
Fr. HS
Sr. * 3V
Sr. HS
So. TR
So. SQ
So. 1V
Fr. HS
So. * TR
So. * SQ
Sr. * SQ

Exp

Hometown (High School/Previous College)

San Diego, Calif. (University City)
San Diego, Calif. (University City)
Carlsbad, Calif. (Carlsbad)
Irvine, Calif. (Woodbridge)
Snohomish, Wash. (Snohomish)
Bellingham, Wash. (Mt. Baker/Kentucky)
Vancouver, B.C. (Aldergrove)
Seattle, Wash. (Ballard)
Portland, Ore. (Central Catholic)
Eugene, Ore. (Marist)
Tacoma, Wash. (Bellarmine Prep)
Fort Collins, Colo. (Fort Collins)
Everett, Wash. (Jackson)
Oakland, Calif. (Acalanes)
Portland, Ore. (Jesuit)
Redding, Calif. (Enterprise)
Reno, Nev. (Reno)
Oak Park, Calif. (Oak Park)
Colts Neck, N.J. (Marine Academy of Science & Tech.)
Wenatchee, Wash. (Eastmont)
Lake Oswego, Ore. (Jesuit)
Federal Way, Wash. (Thomas Jefferson/UPS)
Seattle, Wash. (Seattle Prep)
Clovis, Calif. (Buchanan)
Craven, Saskatchewan (Lumsden)
Portland, Ore. (Jesuit/UCLA)
Snohomish, Wash. (Snohomish/Oregon)
Orem, Utah (Timpanogos/BYU)

* Utilized red-shirt season

Head Coach Track & Field/Cross Country: Greg Metcalf (Washington '93), 7th year, 12th overall at UW
Assistant Coaches: Jimmy Bean (Greenville '02), 3rd year; Kelly Strong (Arizona State '02), 6th year.

Several other returners could make an impact this season, giving Coach Metcalf a wide array of options. Junior Brooke Anderson ran in UW's top-seven at Pac-10's and Regionals and Metcalf knows she will find a way to make a difference.

"Brooke Anderson is a team player and I think has a really intense desire for our team to be great, and she'll do everything it takes. If that means running in our top-seven, that's great, if not then she's probably doing something else to impact our team."

Sophomore transfers Bailey Schutte (UCLA) and Kenna Patrick (UPS) will compete for the first time in cross country after running for the track team in the spring. Junior Mo Huber, sophomore Kailey Campbell and junior Anna Imperati could also contribute.

"Bailey ran great at the Pac-10 Championships and that was her first 5K as a college athlete," said Metcalf. "She's had a great summer of training and has been a great addition to our team. Kailey Campbell is ready for her best ever cross country season. She made the Pac-10 final last year at 1500-meters. At this point in her career she's been better on the track but there were points last year where she ran great cross country. Mo Huber is one of the emotional leaders and provides great energy to our team. Mo is an athlete that I believe has all the talent in the world to go do this."

"What I believe will happen right now and what actually does happen on November 24, remains to be seen. "We will progress every week and look forward to being at our best in November."

Then you come to the freshman class. Without them, Metcalf says, the women are already a very good team. But with arguably the best group of freshman runners in the nation, things get particularly interesting. Heading the incoming group is Kendra Schaaf from Saskatchewan, Canada and Christine Babcock of Irvine, Calif. Schaaf was the Canadian junior national cross country champion,

and finished 20th at the Junior World Cross Country meet, and 7th in the 5000m at the Junior World Track meet. Babcock broke national high school records which had stood for more than 20 years in the 1500 and 1600 this past spring, and ran in the Olympic Trials.

"Coach Strong did a phenomenal job recruiting this awesome group of young people," Metcalf said. "These women can impact immediately. When you add an athlete in Kendra Schaaf, who has run 4:20 (1500m) and 16:05 (5000m) — she's going to help make us better. It will be exciting to follow her career."

"Christine is really, really good. She was undefeated in Cross Country her final two years of high school and is one of or the best high school miler ever," said Metcalf. "When you add those two, they're going to make our team, they're that talented and they have those kinds of expectations. It's going to be fun to watch them run. I want them to come in, be able to play a role on our team, and I think they're good enough that they'll get to go do that."

The class is also deep and well-rounded, with nine women altogether joining the fray. Kayla Evans of Tacoma was the runner-up at the Washington state cross meet last year, while Adrienne McGuirk was the Oregon state champ at 3000-meters. Allison Linnell from New Jersey was a prep All-American, and Courtney Lightfoot had two Top-10 finishes at the California state XC meet.

Armed with an assemblage of top-flight talent, quality depth, senior leadership and a wave of gifted freshmen, the 2008 season could be a memorable one for Washington. Metcalf already likes the sense of unity he sees developing.

"The common goal for our women is they want to go get it done for each other," says Metcalf. "No one wants to let their teammate down, and I think our women's team has great energy and belief and I think that's going to lead to great things on November 24th."

WOMEN'S PR

The 2008 Huskies should rebound from their absence from the 2007 NCAA Championships with the return of an outstanding group of upperclassmen as well as the growth of several up and coming underclassmen. It is a group that is somewhat unproven but could steadily gain momentum with the mix of veteran leadership and young talent. Head Coach Greg Metcalf, when asked to speak on the presence of frontrunners Jeremy Mineau, Jake Schmitt, and Jon Harding, clearly stated, "They provide our men's group with not only ability on race day, but also a calming influence in our daily practice that will do wonders in helping us accomplish our goals for the 2008 season and beyond."

"At the end of every season it's a coaches' job to evaluate where we are, where we're headed, what we've done, and then evaluate personnel," said Metcalf. "At the end of last year we clearly fell short of our goals, and as a coaching staff and program, we made a concerted effort to ensure that would not happen in coming years. This summer seeing the commitment to consistency in training from our young men showed that not only would we be prepared for success, but that we're working with a more mature group than we've had in several years, mentally and emotionally."

Mineau's return for his senior season is expected to invigorate the team. He was Washington's top finisher at the NCAA Championships in 2005 and 2006, and brings leadership on the course that Metcalf expects will benefit the team as a whole. Mineau boasts top 10 finishes at the Pac-10 Championships and NCAA West Regionals, and carries one of the finest running resumes of any Husky in Metcalf's stint as UW Head Coach.

"Jeremy's return to our team is substantial. He just has a certain level of confidence. That's the kind of athlete we missed last year. Not only is Jeremy an instant improvement to our team from a running standpoint, but his knowledge and passion for the sport instantaneously infuses our group with something special. Whether he's 100% or not, you know he is going to have an outstanding attitude. That transfers to race day when he's standing on the starting line; you know he's going to go beat people."

Looking to catapult off a great first track season with the program is Jake Schmitt. A transfer from Cal, Schmitt ran unattached during the cross country season before shining on the track and reaching the NCAA Outdoor Championships in the 10,000-meters. He also ran under 29-minutes in the 10K, something only two other

Huskies have ever done, one of which is Mineau.

"Jake made significant strides, running major personal bests at every distance on the track," said Metcalf. "He has been an indescribable addition to our team, and gives us yet another guy who has a mind and body prepared to be at the front of every race we enter into this season."

Harding, voted the Team MVP last season, opened the season as if shot from a cannon, winning the Sundodger Invitational in a meet and course record time. He led UW in three of five varsity races, including a career-best 20th-place finish at the Pac-10 Championships. With moments of real excellence on the track and his best cross country season under his belt, he appears poised for another stellar season of running over grass.

"Jon showed flashes of brilliance last year, starting with the Sundodger," said Metcalf. "Now with the addition of Jeremy and Jake into our front group, I think it gives Jon just what he needs in finding comfort in the front of workouts and races. With this being his last season I think he is expecting great things and he always gives it his all when he sets foot on the course."

Perhaps the Huskies' most consistent runner last season was Kelly Spady, now entering his junior season. Spady led the Huskies at the Bill Dellinger Invite and at NCAA Regionals and his continued growth as a top contender could give UW a significant boost.

"Kelly's very talented," said Metcalf. "He was our number one guy at the

**Senior
Jon Harding**



end of last year and followed that with a solid track season in his sophomore season. With a setback this summer, we don't expect him to return to our group until mid-October, but it should provide a nice jolt to our group as we approach championship season."

With the decision to redshirt last year's freshman standout Max O'Donoghue-McDonald, senior Caleb Knox will be relied upon for steady performance up front, and appears ready to jump at the opportunity. The two best races of his career came in Washington's two postseason meets last year, as Knox finished second among Huskies at Pac-10's, and third at West Region-

VIEW

als, despite only running in the top-five once before in his career.

"In listening to Caleb talk, he's full of expectations and confident with our group, and he's worked hard and finally come into his own, and I'm excited about what he's going to go do this fall," Metcalf said.

Three juniors and one sophomore pad the Huskies' depth and could be poised for a breakout along the lines of Knox last fall. Juniors Chris Ahl, Jordan Swarthout, and Colton Tully-Doyle all turned in solid seasons both in cross country and track and field last year and could put all the pieces in place in 2008. Tully-Doyle ran in the Dawgs' top-seven at the two postseason meets, as did sophomore Riley Booker, who should also greatly benefit from his first year of college race experience.

"Chris Ahl is a very talented young man and put in yet another great summer of training. If the culmination of years of experience and talent are any determinant, Chris is going to be a real factor this fall," said Metcalf. "Looking at the rest of our team, Jordan Swarthout was running as well as anyone on our team at the end of last season. I asked the guys who they thought the top-seven guys were going to be and everybody had him at least in the top 10 and some guys had him in the top five. They see that Jordan has put his nose to the grindstone this summer. Last year was the first competitive year for Colton Tully-Doyle, and he has built upon it with by far his best summer of training."

While freshmen rarely star on the collegiate level, taking time to adjust to the longer distances, they can still be significant contributors, as O'Donoghue-McDonald can attest after his 2007 season. This year four freshmen are welcomed to the fold, led by a pair of local recruits in Joey Bywater of Lake Stevens and Rob Webster, Jr. of Puyallup. Bywater won three Washington state 4A track titles and was the cross country second-place finisher his

junior year. Webster, whose father was the former 800m school record holder, was runner-up at the state 4A cross country meet in 2007.

"Joey Bywater was in our opinion 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 in college," said Metcalf. "We believe those tools will propel him to be something special in our program. Rob certainly bleeds purple and gold from his father, but is a very accomplished distance runner in his own right. He is a great competitor and will be a fun one to coach because he will do all he is asked to become great. We will most likely keep our freshmen group at bay and allow them to adapt to all of the training and environmental changes here, and prepare them for future seasons."

Taking stock of the team as a whole, Metcalf sees a desire and attitude reminiscent of Washington's 12th-place NCAA squad from just two years ago. That group rode a total team effort to one of the best seasons in program history. Several members of that team remain, including the three seniors on the roster—Mineau, Harding, and Knox—who have shared the peaks and valleys inherent to any distance runner, and are determined to make the trek back to Terre Haute and the NCAA Championships.

"Making the national meet is always the expectation, and I see great potential in these men," said Metcalf. "Realizing our full capability as a unit depends on our group working together and having a great collective attitude, staying healthy, and firing on all cylinders once the calendar turns to November. Getting to the NCAA meet from the West Region is always a challenge. With the variables currently in place for our team, it is a real possibility that we will go to the national meet and perhaps be a surprise team in Indiana."

PRONUNCIATION

Athletes

Chris Ahl.....	ALL
Brian Govier.....	GO-vee-ur
Zack Gussin.....	GUSS-in
Jeremy Mineau.....	min-O
Etienne Pierson.....	A-tee-en
Kelly Spady.....	SPAY-dee
Ryan Styrk.....	Sturk

HUSKIES BY CLASS

Seniors

Abbott	Harding	Knox
Mineau		

Juniors

Ahl	Bromka	Schmitt
Spady	Swarthout	Tully-Doyle

Sophomores

Booker	Govier	Gussin
O'Donoghue-McDonald		

RS Freshmen

Abdullahi	Manning	McCary
Ordoña	Pierson	Quackenbush
Styrk	Williams	

Freshmen

Bywater	Drosky	Partin
Webster, Jr.		

Name

Abbott, Austin
Abdullahi, Faisal
Ahl, Chris
Booker, Riley
Bromka, Alec
Bywater, Joey
Darda, Joe
Drosky, Greg
Govier, Brian
Gussin, Zack
Harding, Jon
Knox, Caleb
Manning, Graydon
David McCary
Mineau, Jeremy
O'Donoghue-McDonald, Max
Ordoña, Logan
Partin, Alex
Pierson, Etienne
Quackenbush, Cameron
Schmitt, Jake
Spady, Kelly
Styrk, Ryan
Swarthout, Jordan
Tully-Doyle, Colton
Webster, Jr., Rob
Williams, Charlie

Yr

Sr.
RFr.
Jr.
So.
Jr.
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RFr.
Jr.
Jr.
Fr.
RFr.

Exp

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RS
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HS
RS
SQ
1V
HS
RS

Hometown (High School/Previous College)

Chehalis, Wash. (W.F. West)
Kelso, Wash. (Kelso)
Seattle, Wash. (Bishop Blanchet)
San Diego, Calif. (University City)
Portland, Ore. (Caitlin Gable)
Lake Stevens, Wash. (Lake Stevens)
Ellensburg, Wash. (Ellensburg)
Walnut Creek, Calif. (Las Lomas)
Mercer Island, Wash. (Mercer Island)
Seattle, Wash. (Ballard)
Issaquah, Wash. (Issaquah)
Mill Creek, Wash. (Jackson)
Olympia, Wash. (Capital)
Kirkland, Wash. (Juanita)
Menlo Park, Calif. (Menlo-Atherton)
Seattle, Wash. (Seattle Prep)
Everett, Wash. (Everett)
Bellevue, Wash. (Bellevue)
Woodinville, Wash. (Woodinville)
Spokane, Wash. (Ferris)
Kentfield, Calif. (Redwood/California)
Mukilteo, Wash. (Kamiak)
Seattle, Wash. (Seattle Prep)
Olympia, Wash. (Capital)
San Diego, Calif. (Rancho Bernardo/UCSB)
Puyallup, Wash. (Puyallup)
Gig Harbor, Wash. (Gig Harbor)

* Utilized red-shirt season

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