

2000 USA CROSS COUNTRY WINTER NATIONALS
GREENSBORO, NORTH CAROLINA
FEBRUARY 12-13, 2000

JUNIOR COMPETITION

Race Conditions: 42 degrees with steady rain and winds 5-10 mph. The course is wet and muddy with sizeable puddles throughout.

Race In Review: The first mile was passed in 5:43 by Sheila Agrawal. By the end of the first 2 kilometers, a pack of four ran together including Lauren Fleshman, Shalane Flanagan, Agrawal and Erin Sullivan. Entering a sharp S-turn of 100 meters, all of which was underwater, the athletes continued into the second lap of the course. The lead pack of four ran together through the second loop, and splashed through the underwater section together. On the backstretch of the final loop, there was a gradual separation, but all ran strong races forming the nucleus of a strong junior team.

Shalane Flanagan - winner: Flanagan is a high school senior from Marblehead, MA. Will attend the University of North Carolina in the fall. She won the high school mile at the Millrose Games in New York last weekend. Flanagan's mother, the former Cheryl Bridges, is a five-time U.S. world cross country team member. Her best finish was fourth in 1969.

Flanagan quotes: "It was an awesome race. I thought the other girls were going to take it out and I was going to be fighting to make the top six. Those girls are awesome. I felt really good from the start and I just went with it. It's very muddy and very wet out there. I wanted to run a smart race and qualify for the world championships team. I didn't care what place I came in. It was like the weather at home so I felt right at home. The conditions didn't bother me at all I like it like this."

SENIOR MEN 4-KILOMETER CHAMPIONSHIP

Race Conditions: 42 degrees with steady rain and light winds. The course is wet and muddy with sizeable puddles throughout.

Race in Review: Through the chilly rain and wind on this waterlogged and muddy course, Adam Goucher amazed with a 4:29 first mile split. Robert Gary was 20 meters behind, followed by Mark Croghan in third. At the 2 kilometer point Goucher was still well in front, followed by Gary, Croghan and Jason Stewart, each separated by about 15 meters. Goucher continued to race strongly, extending his lead to the finish.

Adam Goucher - winner: In winning his second U.S. 4km cross country title in a row, Goucher continues to demonstrate that he is America's fastest rising middle-distance star. At the 1999 U.S. Championships in Tacoma, Goucher won with an impressive 11-second victory over the rest of the field. At his first-ever IAAF World Cross Country Championships in March, Goucher placed 12th at 4000 meters. Later in 1999, Goucher won the 5000 meters at the USA Outdoor Championships and he finished and impressive 12th in that event at the IAAF World Outdoor Championships in Seville, Spain. He ended the '99 campaign ranked 7th in the U.S. in the 1500m, 2nd nationally in the 3000m and 2nd in the 5000 meters. Goucher won the 1998 NCAA Cross Country title as a junior at Colorado. In his spare time, Goucher likes playing the drums and flying sailplanes. He resides in Boulder, Colo.

Goucher quotes: "The course was absolutely terrible. My feet were frozen before I even started the race, just from being so wet. Through the course of the race I couldn't even push off. It felt like my shoes had fallen off, my feet were so cold. There's spots where the course is so muddy that it's like quicksand. You just slosh through there and it feels like you're not going anywhere. The weather made the race a lot tougher because it was soggy. You had no response when you take a step and you just sink in. It's crazy. I wanted to get out and get good position. The last thing you want to do is get boxed in and not have a chance to move. I've always loved cross country and it's a lot of fun. It's a totally different element. You race not only against the other competitors, but against the weather and the course."

Goals at the world championships: "My goal is to hopefully get into the top five. I'm training a lot harder and my training has been going really well. I've had a bit of a knee injury the last few weeks but it's not holding me back much. I'll probably take a couple of days off after this weekend and make sure it's better. I'll wait until tomorrow to decide if I'll run in the 12k race."

SENIOR WOMEN 8 KILOMETER CHAMPIONSHIP

Race Conditions : 40 degrees, wet and muddy with large puddles throughout the course. Light breeze, 5-10 mph.

Race in Review: The rain had stopped by the start of this women's race. The first 2 kilometers loop separated the pack, thanks to strong front running by Deena Drossin, who led by 20 meters at 2km. Jen Rhines was in second, followed by Joan Nesbit in third, and then Elva Dryer. Drossin's first mile time was 5:20. Nesbit soon dropped out, and over the next 2km loop the space between the top athletes slowly separated, and it was single-file with Drossin, Rines, Dryer, Rachel Sauder, Kim Fitchen, and Donna Garcia. The 4 kilometer split time was 13:35, the 5 kilometer split was 10:40, and by the end of six kilometers, Drossin's lead had extended to 38 seconds. These six maintained pace, splashing through the water and mud to the finish.

Deena Drossin - winner: Deena Drossin, who won seven Southeastern Conference championships as a collegian at Arkansas, captured her third 8km U.S. cross country title in a row with a dominating performance today in Greensboro. Drossin, who captured her second U.S. crown in Tacoma last year, ranked seventh nationally in the 5000 meters in 1998 by Track & Field News. Drossin finished the 1997 campaign ranked fourth nationally in the 10,000 meters. Following her success as last year's cross country nationals, Drossin enjoyed her best-ever outdoor campaign. She ended the season ranked nationally in three events --- the 3000 meters (3rd), 5000 meters (2nd) and 10,000 meters (#1). Drossin, who placed third at last year's U.S. Championships at 10,000 meters in Eugene and 11th at that event at the IAAF World Outdoor Championships in Seville, Spain, occasionally goes on training runs with her dog, Aspen, a chocolate lab. She placed 29th at the IAAF World Cross Country Championships at 6700 meters in 1997 and 29th at 8000 meters in 1998. Drossin finished 10th at last year's world championships in Belfast.

Drossin quotes: "I had a lot of confidence coming into this race. I have a lot of work to do between now and the world championships. The course was great. It was definitely a cross country race out there today with the weather conditions. It was really challenging in a variety of ways. It was tough out there, and I could tell that I was getting really fatigued. I put high expectations on myself, and a lot of people had high expectations of me, so going across the finish line I was doing it for my family and my coach. I've been training with a really fantastic group of athletes in San Diego the last month and they help push me day in and day out to a higher level. Each year I get a little bit stronger and each training season I'm getting stronger, so I'm hoping this year will be a good one for me."

FEBRUARY 13, 2000

JUNIOR MEN 8-KILOMETER CHAMPIONSHIP NOTES & QUOTES

Race Conditions: 42 degrees -- course slick and muddy.

Franklyn Sanchez - winner: Sanchez will be 18 years old next month. He resides in Lynn, MA, and he is a graduate of Cushing Academy in Massachusetts. He has yet to choose a college.

Sanchez quotes: "I was really nervous before the race because of so many great runners like Louis Luchini in this race. Me and my coach just decided that we'd just try to hold on and wait to see what happens. I wanted to get a good sense of the course to see how tough it would be, and then whatever happens, happens. The course was tough for me. I've never really trained for a course like this, and I've been on the treadmill a lot because of all the snow we've had. I found a stride and I felt comfortable. I guess I just kept going. I ran in two indoor meets recently just to see how I was feeling. I'm lucky and very fortunate to do so well in this race. I was surprised to be so far ahead. I just wanted to come out here to compete and do the best I can. I'm really looking forward to the world championships."

SENIOR WOMEN 4-KILOMETER CHAMPIONSHIP

Race Conditions: 42 degrees -- course slick and muddy.

Deena Drossin - winner: By winning today's 4km U.S. title, Drossin has become the first ever to win the women's 8km and 4km titles at the USA Cross Country Championships. Drossin, who finished second to two-time defending 4km champ Amy Rudolph last year in Tacoma, took a commanding lead early this afternoon and ran away with the title. Drossin (13:30) won by a whopping 16-second margin over Rudolph who finished second. By winning yesterday's 8km race for the third time in a row, and with today's victory, Drossin has firmly established herself as the dominant force in U.S. women's cross country running. In addition, Drossin enjoyed her best-ever outdoor campaign last season. She ended the campaign ranked nationally in three events by Track & Field News, 3000 meters (3rd), 5000 meters (2nd) and 10,000 meters (#1). Drossin, who placed third at last year's U.S. Championships at 10,000 meters in Eugene and 11th at that event at the IAAF World Outdoor Championships in Seville, Spain, occasionally goes on training runs with her dog, Aspen, a chocolate lab. She placed 29th at the IAAF World Cross Country Championships at 6700 meters in 1997 and 29th at 8000 meters in 1998. Drossin finished 10th at last year's world championships in Belfast. Drossin resides in Alamosa, Colo.

Drossin quotes: "I felt Cheri (Kenah) and Amy (Rudolph) on me the whole time, and they didn't make the race easy on me by any means. I was gritting my teeth on every step. They gave me an honest race out there and this weekend is one of the strongest performances that I've ever had so I'm very pleased. Last year I just didn't have the strength behind me to carry out the second day. Amy is always a tough competitor and she gave me a race for the money last year and she did it again this year. I really worked hard this year, and the accumulation of strength training over the last couple of years has added up. In a 4K you just got to take it out hard and try to maintain as much as you can and that's what I did today."

On competing and winning today after such a tough race in brutal conditions yesterday: "The conditions weren't ideal but we were all in it. I respect all of the girls for getting on the starting line. A lot of people changed their minds when they saw the weather, but the girls who stepped up to the starting line yesterday and today put their hearts in it and I congratulate them."

On winning both titles in Greensboro: "This is very special for me because my training group has helped me tremendously over the last couple of months, and they made it possible for me. My parents have given me wonderful support over the years, and my sister called yesterday the longest two hours of her life because she had never been so cold, so for her to be out here supporting me really means a lot."

SENIOR MEN 12-KILOMETER CHAMPIONSHIP

Race Conditions: 42 degrees. Course wet and muddy.

Adam Goucher - winner: After winning his second 4km national title yesterday, Adam Goucher bounced back today to capture the 12km title in a dominating performance. With today's win, Goucher becomes the first man ever to win both U.S. cross country titles at the same event. As America's fastest rising middle-distance star, Goucher continues to add to an already impressive resume. At the 1999 U.S. Championships in Tacoma, Goucher won with an impressive 11-second victory over the rest of the field. At his first-ever IAAF World Cross Country Championships last March, Goucher placed 12th at 4000 meters. Later in 1999, Goucher won the 5000 meters at the USA Outdoor Championships and he finished an impressive 12th in that event at the IAAF World Outdoor Championships in Seville, Spain. He ended the '99 campaign ranked 7th in the U.S. in the 1500m, 2nd nationally in the 3000m and 2nd in the 5000 meters. Goucher won the 1998 NCAA Cross Country title as a junior at Colorado. In his spare time, Goucher likes playing the drums and flying sailplanes. He resides in Boulder, Colo.

Goucher Quotes: "I'm very happy. I felt pretty good yesterday and I said to myself that it didn't take that much out of me and yesterday's race felt pretty easy. I wanted to see how my knee felt and then just take it how it comes. I've been training great over the last six months since I got back from world championships, so I knew it would carry over although the last three weeks or so I needed to back off because of my knee (patella tendonitis). I was a little bit more tired and sore than I thought I'd be when I woke up this morning, and I didn't know if I would run today. I talked to Mark (coach Mark Wetmore) and I said this is fun, let's just go out and do it. So I went to warm up and it felt pretty good and when the gun went off I felt good and settled in and said this is great. I wanted to be in it and match any moves that were thrown at me and I did it. The next thing I knew I had a big lead with about 2 1/2 laps to go. I was trying to utilize the dryer and firmer parts of the course. My coach and I had been talking about doubling for a long time and we thought I could do it. We wanted to come in here and give it a shot. Deena did it too which is awesome. I'm so excited for her. To win both is great, I'm extremely excited about it. At the world championships I'm just going to run the 4K."

###

Results - Open/Masters 4k

Open/Masters Men 29 and Under

February 12 & 13, 2000
Bryan Park Golf Course, Greensboro, NC
2.48 Miles, 4.00 Kilometers
Key: Place in Group, Overall Place, Name, Team, Time

◆

1	1	Aaron Bowman	Mc Leansville, NC	13:23
2	2	Nathan Smurdon	Indianapolis, IN	13:41
3	4	Jesse Howes	Salisbury, NC	14:10
4	16	Jorge Cobos	El Paso, TX	16:07
5	24	Chris Walsh	Etobicoke, CANADA	18:35

Open/Masters Men 30-39

February 12 & 13, 2000
Bryan Park Golf Course, Greensboro, NC
2.48 Miles, 4.00 Kilometers
Key: Place in Group, Overall Place, Name, Team, Time

1 3 Jeff Shaver Cupertino, CA 13:59 2 5 Steve Koch Shillington, PA 14:12 3 11 Mark Doctor Indianapolis, IN 15:11 4 12 Rod Schreiber Evergreen, CO 15:25 5 13 Kevin Vanino West Lann, PA 15:34 6 14 Miles Smith Eugene, OR 15:42 7 23 Tim Victor Greensboro, NC 18:29 -

Open/Masters Men 40-49

February 12 & 13, 2000
Bryan Park Golf Course, Greensboro, NC
2.48 Miles, 4.00 Kilometers
Key: Place in Group, Overall Place, Name, Team, Time

1 6 Joe Hall Greensboro, NC 14:44 2 7 Steve Vigil Fruita, CO 14:55 3 8 Sam Walker El Paso, TX 15:03 4 10 Van Townsend , 15:11 5 18 Paul Salerni Douglaston, NY 16:40 6 20 Richard Smethers Fayetteville, NC 17:32 7 21 Steve Shields Ringgold, VA 18:04 8 27 Miles Vaughn Charlotte, NC 20:09 -

Open/Masters Men 50 and Over

February 12 & 13, 2000
Bryan Park Golf Course, Greensboro, NC
2.48 Miles, 4.00 Kilometers
Key: Place in Group, Overall Place, Name, Team, Time

1 9 Colin McArdle Brookline, MA 15:05 2 15 Don Place Roanoke, VA 15:48 3 26 Tom Jones Morrisville, NC 19:28 4 29 Court Jones Ellensburg, WA 21:28 5 30 Bob Ryan Ashburn, VA 23:24 -

Senior Men 4K

February 12 & 13, 2000
Bryan Park Golf Course, Greensboro, NC
2.48 Miles, 4.00 Kilometers
Key: Place in Group, Overall Place, Name, Team, Time

1 19 Neil Barney Oswego, NY 17:20 -

Open/Masters Women 29 and Under

February 12 & 13, 2000
Bryan Park Golf Course, Greensboro, NC

2.48 Miles, 4.00 Kilometers

Key: Place in Group, Overall Place, Name, Team, Time

1 17 Alice Kassens Raleigh, NC 16:29 2 22 Catherine Bilyeu Northglenn, CO 18:23 –

Results - Senior Men's 4k

Scoring Teams, Total (Team Places):

1. Adidas (team) 11 (1 2 3 5 7 20)

2. Nike Athletics America (team) 38 (6 8 11 13 14)

3. US Army (team) 47 (4 10 16 17 18)

4. Reebok Enclave (team) 55 (9 12 15 19)

1	Adam Goucher	Erie, CO	Fila	11:56
2	Andy Downin	Madison, WI	Wisconsin Runner RT	12:06
3	Pete Julian	Roseburg, OR	Adidas (team)	12:07
4	Mark Croghan	Akron, OH	Adidas (team)	12:08
5	Robert Gary	Chicago, IL	Adidas (team)	12:12
6	Jason Stewart	Boulder, CO	US Army (team)	12:15
7	Chan Pons	Raleigh, NC	NC State	12:17
8	Bob Henes	Cary, NC	Adidas (team)	12:21
9	Scott Strand	Birmingham, AL	New Balance ...	12:21
10	Darin Shearer	South Hamilton, MA	Reebok Boston	12:22
11	Jeff Simonich	Salt Lake City, UT	Nike Athletics America (team)	12:23
12	Brady Bonsall	Broomfield, CO	Adidas (team)	12:24
13	Casey O'Shea	Boulder, CO	Adidas. . . .	12:25
14	Simon Gutterez	Albuquerque, NM	Adidas. . .	12:26
15	John Howell	Reno, NV	Reebok Aggies..	12:27
16	Jamey Harris	Menlo Park, CA	Reebok Aggies	12:28
17	Jay Brock	Ann Arbor, MI	Nike Athletics America (team)	12:29
18	Adam Batliner	,		12:31
19	Carleton "Buck" Jones	Columbus, OH	Club Northwest.	12:33
20	Tom Nohilly	College Pt, NY	New Balance	12:34
21	Eric Tollefson	Tacoma, WA		12:35
22	Kevin Jermy	Washington, DC	Reebok Enclave (team)	12:36
23	Tom Reese	Boulder, CO	Saucony.	12:36
24	Phil Price	Fayetteville, AR	Reebok Racing	12:36
25	Dan Browne	Lafayette, CO	US Army (team)	12:38
26	Ray Hughes	Ann Arbor, MI	Nike Athletics America (team)	12:39
27	Scott Anderson	Washington, DC	Reebok Enclave (team)	12:40
28	Darren Holman	San Luis Obispo, CA	Reebok Aggies...	12:43

29	Jason Larabee	Norman, OK		12:43
30	Thomas Chorney	Bloomington, IN	Nike (team)	12:45
31	Marc Davis	Boulder, CO	Nike (team)	12:48
32	Eric Morse	Berlin, VT	Central Mass Striders	12:49
33	Mike Franko	Ann Arbor, MI	Nike Athletics America (team)	12:50
34	Sam Barall	Ann Arbor, MI	Nike Athletics America (team)	12:51
35	Mark Sivieri	Washington, DC	Reebok Enclave (team)	12:52
36	Brendan Rodgers	Raleigh, NC		12:53
37	Phillip Downs	Madison, WI	WRRT.	12:54
38	Jonathan Clemens	Birmingham, AL	US Navy	12:55
39	Mike Moran	Fayetteville, AR	Runners Market	12:58
40	Brock Tessman	Seekonk, MA	Boston Athletic Assoc..	12:58
41	Samuel Wilbur	Boulder, CO	US Army (team)	12:59
42	Sandu Rebencivc	West Springfield, MA	US Army...	13:00
43	Jason Cullinane	Harvard, MA	Reebok Boston...	13:03
44	Travis Walter	Cary, NC	ISO Adidas	13:06
45	Jamey Vetelino	Warwick, RI	Boston Athletic Assoc...	13:08
46	Michael Bernstein	Boulder, CO	US Army (team)	13:09
47	Art Siemers	Louisville, CO	Indiana Invaders	13:09
48	Jose Libano	Providence, RI		13:10
49	Teddy Mitchell	Alamosa, CO	US Army (team)	13:12
50	Andy Heily	Washington, DC	Reebok Enclave (team)	13:15
51	Chris Bennett	Palo Alto, CA	Nike Farm Team .	13:17
52	Daniel Johnson	Providence, RI	Boston Athletic Assoc.	13:19
53	Aaron Price	Adamstown, MD	Hagerstown CVRC..	13:20
54	Thomas Cason	Davidson, NC		13:22
55	Phillimon Hanneck	Clackamas, OR	Nike (team)	13:26
56	Todd Davis	Boulder, CO	US Air Force	13:27
57	David Johnston	Yellow Springs, OH	Miami Valley TC	13:30
58	Bobby Holcombe	Knoxville, TN	Runners Market - Knoxville	13:30
59	Jef Scott	Bowling Green, KY		13:31
60	Doug Ellington	Knoxville, TN	Adidas (team)	13:38
61	James DeMarco	Anchorage, AK	Team Alaska TC	13:46
62	Jeffrey Binggeli	Charlottesville, VA		13:52
63	Dan Crooker	Antioch, IL	WRRT	14:07
64	David Howe	Clear Spring, MD		14:24
65	Brian Hudgens	Durham, NC		14:28
66	Parker Morse	, PA		14:52
67	Kelly Rusk	Monterey, CA	The Athletes Foot - Las Vegas	14:54
68	Don McAdam	Atlanta, GA		15:15

69 Toby Evans Hampstead, MD Maryland Elite AC 16:14

Results - Senior Women's 8k

Scoring Teams, Total (Team Places):

1. Nike (team) 16 (2 3 5 6 9)

2. Adidas (team) 20 (1 4 7 8 10)



1	Deena Drossin	Alamosa, CO	Reebok Racing.	27:48
2	Jen Rhines	Syracuse, NY	Adidas (team)	28:39
3	Elva Dryer	Gunnison, CO	Nike (team)	28:49
4	Rachel Sauder	Salem, OR	New Balance....	29:03
5	Kim Fitchen	Palo Alto, CA	Nike Farm Team....	29:10
6	Donna Garcia	Marrietta, GA	Reebok Racing..	29:30
7	Heather Burroughs	Boulder, CO		29:45
8	Heather Hanscom	Harrisonburg, VA	JMU...	29:58
9	Michelle Byrne	Dallas, TX	Nike (team)	30:04
10	Laura Rhoads	Raleigh, NC	Adidas (team)	30:07
11	Carmen Troncoso	Austin, TX	Nike (team)	30:20
12	Faith Byrum	Boulder, CO	Nike (team)	30:20
13	Betsy Kempter	,		30:36
14	Laura Baker	Dorchester, MA	New Balance...	30:40
15	Sarah Hann	Northfield, MA	Greater Lowell Rd. Runners	30:45
16	Katherine Fonshell	Ardmore, PA	Asics TC	31:00
17	Janelle Kraus	Winston Salem, NC	Wake Forest Univ	31:05
18	Christine Junkerman	Woodbridge, CT	Adidas (team)	31:12
19	Shayne Culpepper	Atlanta, GA	Adidas (team)	31:13
20	Martha Shue	Annapolis, MD	Reebok	31:24
21	Catherine Stanmeyer	Arlington, VA		31:47
22	Cheryl Smith	Kirkwood, NY		31:54
23	Cassie Henkiel	Austin, TX	Nike (team)	32:42
24	Jackie Cosicia	Mt. Olive, NJ	Adidas (team)	32:48
25	Adrian Farley	Charlottesville, VA		34:39
26	Jane Maxwell	Charlottesville, VA		35:10
27	Lindsay Larsen	Pomfret Center, CT		36:24
28	Heidi Sondermann	Charlottesville, VA		36:43

Results - Junior Men 8k

1	Franklyn Sanchez	Lynn, MA	Boston Athletic Assoc	25:35
2	Louis Luchini	Stanford, CA		26:24
3	Matthew Spring	Marcy, NY	Manhattan College	26:34
4	Andrew Hill	Stanford, CA		26:35

5	Chad Pearson	Kings Mountain, NC	UNC Asheville	26:37
6	Jason Hartmann	Eugene, OR	Univ of Oregon	26:40
7	Brad Bennett	Hoffman Estates, IL	Butler Univ	26:44
8	Chris Siemers	Bensenville, IL	Butler Univ	26:57
9	Kevin Clary	Kalispell, MT		27:00
10	Scott Nagelkerke	Gunnison, CO	Western St (CO)	27:01
11	Lucus Humphrey	Mount Pleasant, MI		27:03
12	Erik Bennett	Morgantown, WV	West Va Univ	27:04
13	John Russell	Seattle, WA	Univ of Washington	27:10
14	Chris McWatters	Moore, OK		27:18
15	Austin Vigil	Fruita, CO	Adams St	27:22
16	Stephen Loughlin	Stanford, CA		27:26
17	Bart Phariss	Indianapolis, IN		27:31
18	Ryan Cole	Sanford, MI		27:32
19	Christopher Powers	Muncie, IN	Indiana Univ	27:34
20	John Shaffer	Hoopeston, IL	Butler Univ	27:37
21	Josh Roddy	Manteca, CA	Fresno St (team)	27:37
22	Nathan Miller	Stanford, CA		27:39
23	Jacob Frey	Williamsburg, VA	Col of Wm & Mary	27:39
24	Joe Eckerly	Madison, WI		27:42
25	Devan Lomayaoma	Keams Canyon, AZ	Wings of America (team)	27:44
26	Jeffrey Driscoll	Bremerton, WA		27:46
27	Thomas McArdle	Hanover, NH	Dartmouth College	27:48
28	Matthew Schu	Williamsburg, VA	Col of Wm & Mary	27:54
29	Ricky Brookshire			28:03
30	Matt Levassiur	Alamosa, CO		28:05
31	Sean Moody	Stockton, CA	Fresno St (team)	28:18
32	Joseph Marren	Chicago, IL		28:22
33	Thomas Ellis	Mc Lean, VA	Univ of Virginia	28:24
34	Jeff Zeha	Bloomington, IN		28:25
35	Drew Hohensee	Madison, WI		28:26
36	Joseph Iatauro	Grahamsville, NY	Grahamsville Roadrunner	28:28
37	Tim Muratore	Tenafly, NJ	Manhattan College	28:36
38	Raul Saenz	El Paso, TX	Life Sports TC	28:39
39	Cyrus R Davis	Gallup, NM	Wings of America (team)	29:06
40	Patrick English	Charlottesville, VA		29:11
41	Matthew Hart	Stillwater, OK		29:14
42	Frederick Williamson	Greenwood, SC		29:14
43	Alex Mason	Alameda, CA	Fresno St (team)	29:25
44	Ryan Robertson	El Paso, TX	Life Sports TC (team)	29:35
45	Moses Avila	Reedley, CA	Fresno St (team)	29:46
46	Heath Kaline	Ashland, MT	Wings of America (team)	29:55
47	Gilbert Palacios	El Paso, TX	Life Sports TC (team)	29:59
48	Ruben Saenz	El Paso, TX	Life Sports TC	30:06
49	Victor Palomino	El Paso, TX	Life Sports TC (team)	30:14
50	Manuel de Robles	El Paso, TX	Life Sports TC (team)	30:27
51	Ralston Lamson	Second Mesa, AZ	Wings of America (team)	30:28
52	Abraham Ekal	El Paso, TX	Life Sports TC (team)	30:32
53	Isaiah Good Luck	Wyola, MT	Wings of America (team)	30:50
54	Michael Galvan	Barstow, CA		30:51
55	Rafael Lozano	El Paso, TX	Life Sports TC (team)	31:29
56	Ilan Hausner	Charlottesville, VA		31:50
57	Clifford Grass Jr	Pine Ridge, SD	Wings of America (team)	35:24

Scoring Teams, Total (Team Places):

1. **Fresno St (team) 16 (1 3 5 7)**
2. **Wings of America (team) 26 (2 4 8 12 14 16)**
3. **Life Sports TC (team) 36 (6 9 10 11 13 15)**

Results - Senior Women 4k

1	Deena Drossin	Alamosa, CO	Reebok Racing (team)	13:30
2	Amy Rudolph	Warwick, RI	Reebok Racing (team)	13:46
3	Cheri Kenah	New Hartford, NY	Adidas (team)	13:49
4	Shayne Culpepper	Atlanta, GA	Adidas (team)	14:01
5	Blake Russell	Greensboro, NC	New Balance	14:07
6	Donna Garcia	Marrietta, GA	Reebok Racing (team)	14:08
7	Collette Liss	Valparaiso, IN	Indiana Invaders	14:17

8	Mary Jayne Harrelson	Brevard, NC	ASU	14:21
9	Carmen Troncoso	Austin, TX	Nike (team)	14:25
10	Chris Udovich	Lyons, CO	Club Northwest	14:31
11	Jenelle Deatherage	Madison, WI	Wisconsin Runner RT (team)	14:32
12	Rebecca Spies	Emeryville, CA	New Balance	14:35
13	Becki Wells	Alamosa, CO	Reebok Racing (team)	14:37
14	Kira Jorgensen	Boulder, CO	Asics	14:38
15	Joan Nesbit	Chapel Hill, NC	New Balance	14:42
16	Suzy Jones	Redwood City, CA	Nike Farm Team	14:45
17	Stephanie Best	Santa Fe, NM	Asics	14:49
18	Kris Ihle	Eugene, OR	Nike (team)	14:55
19	Milena Glusac	Falbrook, CA	Adidas (team)	14:56
20	Laurie Henes	Cary, NC	Adidas (team)	15:00
21	Mary Cobb	Santa Barbara, CA	Nike Farm Team	15:02
22	Nicole Jefferson	Gunnison, CO	Nike (team)	15:04
23	Molly Watcke	West Newbury, MA	New Balance	15:08
24	Melissa Todd	Racine, WI	WI Runner Racing Team	15:11
25	Heather Bury	Morgantown, WV	Adidas Runner's Pace	15:20
26	Rebecca Donaghue	Stow, MA	Reebok Boston	15:23
27	Katie Courtwright	Dallas, TX	Nike (team)	15:26
28	Annie Devlin	Menlo Park, CA	Nike Farm Team	15:30
29	Amy Lyman	Brookline, MA	Boston Athletic Assoc	15:30
30	Andrea Della Monica	Hermosa Beach, CA		15:31
31	Mindy Leffler	Bellevue, WA	Club Northwest	15:38
32	Debbie Grant	Wayne, PA	New Balance	15:40
33	Elizabeth Chavez	Fremont, CA		15:44
34	Heidi Dennehy	Lakewood, CO	Warrior Express	15:47
35	Debbie Maass	Denver, CO	Warrior Express (team)	15:48
36	Marne Findlay	Denver, CO	Warrior Express (team)	16:12
37	Cathleen Nelson	El Paso, TX	Life Sports TC	16:33
38	Danielle Trelles	Dallas, TX		16:35
39	Lori Graham	Lakewood, CO	Warrior Express	16:46
40	Kristi Harlan	Denver, CO	Warrior Express (team)	17:00
41	Maren Schreiber	Evergreen, CO	Warrior Express (team)	17:12
42	Vanessa Ryan	Ashburn, VA	Shore AC	19:14

Scoring Teams, Total (Team Places):

1. **Reebok Racing (team) 15 (1 2 5 7)**
2. **Adidas (team) 26 (3 4 9 10)**
3. **Nike (team) 37 (6 8 11 12)**
4. **Warrior Express (team) 58 (13 14 15 16)**

Results - Senior Men 12k

1	Adam Goucher	Erie, CO	Fila	37:17
2	Alan Culpepper	Ft. Worth, TX	Adidas (team)	37:42
3	Nick Rogers	Eugene, OR	Nike (team)	37:47
4	Tim Hacker	Madison, WI	Nike (team)	38:05
5	Brad Hauser	Stanford, CA		38:06
6	Abdihakim Abdirahman	Tucson, AZ	Nike (team)	38:10
7	Meb Keflezighi	San Diego, CA	Nike (team)	38:10
8	Peter Sherry	Great Falls, VA	Reebok Enclave (team)	38:17
9	Scott Larson	Boulder, CO	New Balance	38:22
10	Dave Cullum	Redwood City, CA	Nike Farm Team (team)	38:30
11	Clint Wells	Boulder, CO	NASC Sports Warrior AC (team)	38:42
12	Chris Fogarazzo	Arlington, VA	Reebok Enclave (team)	38:43
13	Chris Graff	Washington, DC	Reebok Enclave (team)	38:46
14	Steven Fein	Eugene, OR	Univ of Oregon	38:46
15	Todd Williams	Monroe, MI	Adidas (team)	38:48
16	Bryan Spoonire	Arlington, VA	Reebok Enclave (team)	38:50
17	Peter Dela Cerda	Alamosa, CO	Reebok Racing (team)	38:51
18	James Jurcevich	Rochester, MI	Hanson's Running Shops (team)	38:52
19	Greg Jimmerson	Mountain View, CA	Nike Farm Team (team)	39:01
20	Rodney DeHaven	Madison, WI	New Balance	39:05
21	Sean Found	Boulder, CO	US Army (team)	39:07
22	Ray Appenheimer	Belmont, CA	Nike Farm Team (team)	39:09
23	Nolan Swanson	Ann Arbor, MI	Nike Athletics America (team)	39:14
24	Anthony Escarcega	Madison, WI	Wisconsin Runner RT (team)	39:15
25	Thomas Kloos	Boulder, CO	KCTC	39:16
26	Tony Cosey	Knoxville, TN	Adidas (team)	39:16
27	Richie Brinker	Sandusky, MI	Nike Athletics America (team)	39:17

28	Chris Wehrman	East Lansing, MI	Hanson's Running Shops (team)	39:18
29	Brandon Leslie	Alamosa, CO	NASC Sports Warrior AC (team)	39:19
30	Chris Pluchos	Brevard, NC	Strickely Running	39:22
31	Scott Strand	Birmingham, AL	New Balance	39:26
32	Rob Cook	Seattle, WA	New Balance	39:27
33	Chad Johnson	Ann Arbor, MI	Nike Athletics America (team)	39:27
34	Keith Dowling	Pittsburgh, PA	Adidas (team)	39:27
35	Mark Andrews	Ann Arbor, MI	Nike Athletics America (team)	39:28
36	Kevin Graham	Boulder, CO	Atlanta TC	39:34
37	Simon Gutterez	Albuquerque, NM	Adidas (team)	39:34
38	Mike Smith	Harrisonburg, VA	JMU	39:37
39	Dan Middleman	Raleigh, NC	NYAC	39:44
40	Jonathan Clemens	Birmingham, AL	US Navy	39:45
41	Kyle Baker	Rochester, MI	Hanson's Running Shops (team)	39:47
42	Andre Williams	Arlington, VA	Reebok Enclave (team)	39:51
43	Mike Dudley	Boulder, CO	US Army (team)	39:52
44	Michael Donnelly	Providence, RI	New Balance	39:53
45	Justin McCarthy	Washington, DC		39:54
46	Eric Morse	Berlin, VT	Central Mass Striders (team)	39:55
47	Kevin Odiome			39:56
48	Carleton "Buck" Jones	Columbus, OH	Club Northwest	39:57
49	Arthur Gilks	Somerville, MA	Reebok Boston (team)	39:58
50	Adam Stuhlfaut	Somerville, MA	Reebok Boston (team)	40:00
51	Chris England	Columbus, OH	Adidas (team)	40:02
52	Bryan Dameworth	Alamosa, CO	Reebok Racing (team)	40:03
53	Wynston Alberts	Boulder, CO	US Army (team)	40:10
54	Eric Morrison	Lakewood, CO	Nike	40:10
55	Eric Tollefson	Tacoma, WA		40:11
56	Clint Verran	Rochester, MI	Hanson's Running Shops (team)	40:12
57	Jason Lienau	Clovis, CA	Reebok Racing (team)	40:22
58	Bryan Dunn	Brookline, MA	Boston Running Club	40:32
59	Harry Stants	Somerville, MA	Reebok Boston (team)	40:33
60	Theo Martin	Colorado Springs, CO	NASC Sports Warrior AC (team)	40:37
61	Jack Dwyer	Brighton, MA	Reebok Boston (team)	40:43
62	Jeff Campbell	Alamosa, CO	Reebok Racing (team)	40:50
63	Mike Franko	Ann Arbor, MI	Nike Athletics America (team)	41:05
64	Nick Kent	Providence, RI	Central Mass Striders (team)	41:07
65	Mark Junkermann	Woodbridge, CT	Central Mass Striders (team)	41:28
66	Peter Hammer	Newton, MA	Boston Running Club	41:31
67	Dan Hoarte	Providence, RI	Central Mass Striders (team)	41:35
68	Jason Finch	Eau Claire, WI	Wisconsin Runner RT (team)	41:43
69	Joseph McVeigh	Summit, NJ	New York AC	42:02
70	Ray Hughes	Ann Arbor, MI	Nike Athletics America (team)	42:05
71	Jason Hubbard	Westminster, CO	NASC Sports Warrior AC (team)	42:10
72	Brian Reuting	Harrisonburg, VA	JMU	42:11
73	Randy Ashley	Brevard, NC	Jus Running	42:23
74	Alexander Shelley	Mesa, AZ		42:24
75	Phillip Castillo	Alamosa, CO	US Army (team)	42:30
76	Andrew Screen	Harrisonburg, VA	JMU	42:45
77	Mark Mayall	Maynard, MA	Reebok Boston (team)	42:47
78	Aaron Price	Adamstown, MD	Hagerstown CVRC	42:49
79	William Baldwin	Arden, NC		42:55
80	Eric Byrum	Boulder, CO		42:55
81	Tim McCormick	Providence, RI	Central Mass Striders (team)	42:57
82	Richard Bolt	Bedford, NH	Central Mass Striders (team)	42:59
83	Travis Landreth	Mountain View, CA	Nike Farm Team (team)	43:24
84	Marc Reider	Tarrytown, NY	Westchester Puma TC	43:25
85	Brad Hudson	Boulder, CO	US Army (team)	43:38
86	Eddie Navarrete	El Paso, TX	Life Sports TC	44:10
87	David Matherne	Cartersville, GA	Atlanta TC	44:32
88	Mike Nahom	New Milford, CT	Central Mass Striders (team)	44:43
89	Ed Harri	Bellingham, WA	Fairhaven Runners	44:47
90	Richard Weslock	Fort Mill, SC	Rock Hill Striders	44:56
91	Guy Wadas	Greensboro, NC		45:13
92	Alan Black	Eatonton, GA	Atlanta TC	45:28

Scoring Teams, Total (Team Places):

- 1. Nike (team) 14 (2 3 4 5)**
- 2. Reebok Enclave (team) 37 (6 9 10 12 28)**
- 3. Adidas (team) 55 (1 11 19 24 26 33)**
- 4. Nike Athletics America (team) 86 (18 20 23 25 42 46)**
- 5. Nike Farm Team (team) 91 (7 15 17 52)**

6. Hanson's Running Shops (team) 98 (14 21 27 36)
7. NASC Sports Warrior AC (team) 116 (8 22 39 47)
8. Reebok Racing (team) 125 (13 34 37 41)
9. US Army (team) 128 (16 29 35 48 53)
10. Reebok Boston (team) 141 (31 32 38 40 49)
11. Central Mass Striders (team) 162 (30 43 44 45 50 51)



Open/Masters Women 30-39

February 12 & 13, 2000
 Bryan Park Golf Course, Greensboro, NC
 2.48 Miles, 4.00 Kilometers
 Key: Place in Group, Overall Place, Name, Team, Time

1 28 Bucky Jones Columbus, OH 20:23 -



Open/Masters Women 40-49

February 12 & 13, 2000
 Bryan Park Golf Course, Greensboro, NC
 2.48 Miles, 4.00 Kilometers
 Key: Place in Group, Overall Place, Name, Team, Time

1 25 Margaret Drew Indianapolis, IN 18:49 -

Junior Women 6k



Stanford freshman **Erin Sullivan** (433) leads here, but is trailed closely by **Shalane Flanagan**, Marblehead MA HS senior. Flanagan ended up winning by 3 seconds in 21:59 to head the US team going to Portugal for the world championships. Sullivan's Stanford teammate **Lauren Fleshman** finished another 9 seconds back.

Early Leaders splash through the mud.



Photos by Victah/Photo Run

Results

1	Shalane Flanagan	Marblehead, MA	Unattached
21:59			
2	Erin Sullivan	Stanford, CA	Unattached
22:02			
3	Lauren Fleshman	Stanford, CA	Unattached
22:11			
4	Sheela Agrawal	Durham, NC	Unattached
22:12			
5	Julie Spolidoro	Duxbury, MA	Old Dominion
22:55			
6	Kate Bradshaw	Seattle, WA	Univ of Washington
23:03			
7	Amy Pleckaitis	Woodbridge, CT	Club CT
23:20			
8	Michelle de la Vina	Valparaiso, IN	Wheeler AC
23:25			
9	Jillian Mastroianni	Sayville, NY	Sayville HS
23:37			
10	Megan Malgeri	Hanover, NH	Dartmouth College.
23:47			
11	Kristin Andrews	Hanover, NH	Dartmouth College
23:59			
12	Melissa Vogley	Naperville, IL	Butler Univ.
24:13			
13	Bethany Gaskill	Worthington, OH	Butler Univ
24:30			
14	Samantha Spencer	Page, AZ	Wings of America (team)

25:13

15	Martina Goklish	Polacca, AZ	Wings of America (team)
25:25			
16	Vanessa Chicharello	Mentmore, NM	Wings of America (team)
25:58			
17	Beth Hooten	Gallup, NM	Wings of America (team)
26:33			
18	Sheena Scott	Page, AZ	Wings of America (team)
26:33			
19	Celeste Dunlap	Cupertino, CA	Unattached
26:40			
20	Laura Wood	Charlottesville, VA	Unattached
26:47			
21	Lily Meraz	El Paso, TX	Life Sports TC (team)
26:49			
22	Angie Flores	El Paso, TX	Life Sports TC (team)
26:49			
23	Seidi Matos	El Paso, TX	Life Sports TC (team)
27:24			
24	Virginia Begay	Sawmill, AZ	Wings of America (team)
27:57			
25	Jessica Rainbolt	El Paso, TX	Life Sports TC (team)
31:42			

USA Winter National Cross Country Championships

February 12, 2000 at Bryan Park GC, Greensboro, NC

4k

This was the 2nd annual Winter Cross Country Nationals and served as the USA Open and Junior World XC Cup Team Trials. There was a Masters' 4k race with a very small field of 13 Master Men and 1 Master Woman. This was an unofficial national cross country championship for Masters. Known results are listed below with no age grading.

Complete Master Men 4k – Overall Results

1	Joe Hall	42	14:44
2	Steve Vigil	45	14:55

3	Sam Walker	40-49	15:03	
4	Colin McArdle	56	15:05	Probable Age Graded Champion
5	Van Townsend	40-49	15:11	
6	Don Place	50-54	15:48	
7	Paul Salerni	40-49	16:40	
8	Richard Smethers	40-49	17:32	
9	Steve Shields	40-49	18:04	
10	Tom Jones	50-59	19:28	
11	Miles Vaughn	40-49	20:09	
12	Court Jones	64	21:28	
13	Bob Ryan	50-59	23:24	

Complete Master Women 4k – Overall Results

1	Margaret Drew	46	18:49	
---	---------------	----	-------	--