

# SDSU CROSS COUNTRY

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## 2008 SCHEDULE

Date	Meet	Time/Result
Aug. 30	Fullerton Season Opener (5K) <i>Brea, Calif.</i>	5th of 15 (125 pts.)
Sept. 13	AZTEC INVITATIONAL (5K) <i>Balboa Park - San Diego, Calif.</i>	14th of 17 (309 pts.)
Sept. 20	Big Wave Invitational (4K) <i>Honolulu, Hawaii</i>	2nd of 8 (63 pts.)
Sept. 27	UC Riverside Invitational (5K) <i>Riverside, Calif.</i>	NTS
	Stanford Invitational (6K) <i>Palo Alto, Calif.</i>	22nd of 33 (619 pts.)
Oct. 11	Triton Classic (6K) <i>La Jolla, Calif.</i>	3rd of 14 (111 pts.)
<b>Oct. 18</b>	<b>Bronco Invitational (5K)</b> <b><i>Sunnyvale, Calif.</i></b>	<b>9:45 a.m.</b>
Nov. 1	MWC CHAMPIONSHIPS (6K) <i>Mission Bay Park - San Diego, Calif.</i>	10:45 a.m.
Nov. 15	NCAA West Regionals (6K) <i>Palo Alto, Calif.</i>	10:00 a.m.
Nov. 24	NCAA Championships (6K) <i>Terre Haute, Ind.</i>	12:15 p.m.

All times local and subject to change

**Bold** indicates the meet of the week

**CAPS** indicates meet hosted by San Diego State

## AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Stephanie Armstrong	Jr.-2L	Foothill Ranch, Calif.
Sara Beyers	So.-SQ	Danville, Calif.
Amy Brown	Fr.-RS	Sydney, Australia
Darien Buc	Jr.-1L	Dana Point, Calif.
Melissa Bunn	Fr.-HS	Simi Valley, Calif.
Sara Cunningham	Jr.-SQ	Torrance, Calif.
Alma Escobar	Jr.-JC	Corona, Calif.
Kristin Glen	Sr.-1L	Rancho Santa Margarita, Calif.
Makenzie Mabry	Jr.-1L	La Crescenta, Calif.
Michelle Martinez	So.-SQ	Burbank, Calif.
Andrea Norton	So.-SQ	Sacramento, Calif.
Kelly Oelschlager	Sr.-RS	Irvine, Calif.
Jaclyn Perakis	So.-RS	Pleasanton, Calif.
Lyndsi Riley	So.-JC	Orangevale, Calif.
Alyssa Robinson	Sr.-1L	Ojai, Calif.
Leigh Rutherford	Fr.-HS	San Diego, Calif.
Anne Vieira	Sr.-1L	San Diego, Calif.
Rachel Williams	Jr.-JC	Mt. Hermon, Calif.

**Head Coach:** Rahn Sheffield, 18th season

**Assistant Coach:** Jennifer Nanista, 16th season

**Volunteer Asst. Coach:** Richard Fox, 12th season

## SAN DIEGO STATE HEADS NORTH FOR BRONCO INVITATIONAL

The Aztec cross country squad makes its second Northern California appearance of the season as it competes at the Bronco Invitational, Saturday, Oct. 18, in Sunnyvale, Calif. The meet will be the team's final tune-up prior to playing host to the Mountain West Conference Championships.

SDSU is set to compete on a 5,000-meter course at Baylands Regional Park, the site of the Aztecs' last team title, which came in 2005. In the last few years, San Diego State has experienced individual success as three set personal records while two others established Aztec career times at the 2007 invitational.

As stated earlier, the Bronco Invite will serve as the final competition of the season for SDSU before welcoming the eight other MWC institutions to Mission Bay Park. The league meet is slated for Nov. 1 and will feature high-quality racing as seven regionally ranked women's teams and four ranked men's squads will be appearing (regional rankings as of Oct. 13).

## GLEN NAMED MWC ATHLETE OF THE WEEK

Senior Kristin Glen was named Mountain West Conference Cross Country Athlete of the Week, the league announced Tuesday. The weekly award is the first of Glen's career and the first for SDSU this season.

The team co-captain is coming off a competition in which she led the Aztecs for a second consecutive meet. Glen raced to a 14th-place finish with a 6K-time of 22:57.70 at the Triton Classic and was one of three SDSU runners to place in the top 25.

The Rancho Santa Margarita, Calif., native's 6K performance was more than 22 seconds faster than her previous 2008 best of 23:20.00, accomplished in her last outing at the Stanford Invitational.

Glen's 14th-place finish was her second best as an Aztec and was her best showing in a 5 or 6K. Prior to the Triton Classic, her top placing in a 5 or 6K event was 16th at the 2007 Cougar 5K Challenge, nearly one year ago.

Overall, Glen helped San Diego State to a third-place effort, a performance that was better than UC Irvine, the No. 14 team in the West Region.

## QUARTET FINDS SUCCESS AT TRITON CLASSIC

The San Diego State foursome of Darien Buc, Rachel Williams, Kelly Oelschlager and Sara Cunningham experienced success at UC San Diego's 6K course as they all established new personal records.

Buc, who posted SDSU's second-best time

of 23:39.80, set a new personal record by just 0:00.90 seconds. Williams, meanwhile, completed the race in 23:42.60, erasing her old PR of 24:23.00 set in her last outing at the Stanford Invitational.

Much like Williams, Oelschlager and Cunningham also wiped away their personal records accomplished at Stanford with their effort at UCSD. Oelschlager navigated the course in 23:59.90 and Cunningham crossed the finish line in 24:21.10.

## RUNNING FASTER THAN BEFORE

All season long, San Diego State has run faster at the same meets this year than a year ago and the trend continued at the Triton Classic.

Going into the race, only three Aztecs had competed at UC San Diego's 6K. Michelle Martinez, Cunningham and Sara Beyers led SDSU to an eighth-place finish in 2007 with times of 24:49.00, 25:08.00 and 25:38.00, respectively.

This year, however, Martinez clocked in at 24:32.20, nearly 17 seconds faster than last season and Cunningham posted a personal record as previously mentioned. Lastly, Beyers might have had the most impressive showing as far as time, comparatively speaking. The sophomore shaved off nearly 1:06 from 2007 to post a time of 24:32.40.

## LAST YEAR AT THE BRONCO INVITATIONAL

San Diego State had three Aztecs set lifetime bests, while two others posted SDSU career bests at the 2007 Bronco Invitational.

The Aztecs were led for a fifth straight meet by senior Lisa Naucler who finished with a time of 18 minutes 27 seconds, but it was the next three athletes that put forth personal-best efforts.

Stephanie Armstrong completed the race in 18:45 surpassing her previous PR by 18 seconds, while Darien Buc easily erased her old lifetime best accomplished at the 2007 Aztec Invitational by 50 seconds after she clocked in at 19:12.

Completing the trio was Anne Vieira, who turned in a performance of 19:15. More impressive was the fact that she shattered her old PR of 20:32.00 by 1:17.

The next two to cross the finish line, Kristin Glen and Alyssa Robinson, each recorded SDSU career bests. Glen registered a time of 19:16, while Robinson finished with a time of 19:28, an effort 30 seconds faster than her Aztec best at the Fullerton Season Opener.

Makenzie Mabry, Michelle Martinez and Andrea Norton rounded out the San Diego State group. Mabry turned in a time of 19:51, while Martinez, who was running with the 'A' team for the first time of her career, clocked in at 20:14. Norton finished the race in 20:31.

# 2008 SDSU TOP TIMES/RECORD BOOK

## 2008 TOP 10 TIMES -- 4K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams	14:47.81	Big Wave Invitational	Sept. 20
2. Kristin Glen	15:01.20	Big Wave Invitational	Sept. 20
3. Darien Buc	15:14.90	Big Wave Invitational	Sept. 20
4. Sara Beyers	15:30.48	Big Wave Invitational	Sept. 20
5. Kelly Oelschlager	15:35.50	Big Wave Invitational	Sept. 20
6. Michelle Martinez	15:47.40	Big Wave Invitational	Sept. 20
7. Andrea Norton	16:06.74	Big Wave Invitational	Sept. 20

## 2008 TOP 10 TIMES -- 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams	18:39.00	Aztec Invitational	Sept. 13
2. Kristin Glen	18:52.00	Aztec Invitational	Sept. 13
3. Alma Escobar	19:01.90	Fullerton Season Opener	Aug. 30
4. Rachel Williams	19:07.30	Fullerton Season Opener	Aug. 30
5. Michelle Martinez	19:13.00	Aztec Invitational	Sept. 13
6. Kristin Glen	19:19.40	Fullerton Season Opener	Aug. 30
7. Sara Beyers	19:29.90	Fullerton Season Opener	Aug. 30
8. Darien Buc	19:37.90	Fullerton Season Opener	Aug. 30
9. Michelle Martinez	19:49.80	Fullerton Season Opener	Aug. 30
10. Sara Cunningham	19:55.20	Fullerton Season Opener	Aug. 30

## 2008 TOP 10 TIMES -- 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Kristin Glen	23:20.00	Stanford Invitational	Sept. 28
2. Kristin Glen	22:57.70	Triton Classic	Oct. 11
3. Darien Buc	23:39.80	Triton Classic	Oct. 11
4. Rachel Williams	23:42.60	Triton Classic	Oct. 11
5. Michelle Martinez	23:45.00	Stanford Invitational	Sept. 28
6. Darien Buc	23:54.00	Stanford Invitational	Sept. 28
7. Kelly Oelschlager	23:59.90	Triton Classic	Oct. 11
8. Kelly Oelschlager	24:06.00	Stanford Invitational	Sept. 28
9. Sara Beyers	24:11.00	Stanford Invitational	Sept. 28
10. Sara Cunningham	24:21.10	Triton Classic	Oct. 11

## ALL-TIME TOP-10 TIMES -- 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1. Monica Joyce	16:28.90	District 8 Championships	1981
2. Lynn Kanuka	16:54.10	District 8 Championships	1981
3. Monica Joyce	16:55.00	WCAA Championships	1981
4. Monica Joyce	16:56.00	Aztec Invitational	1981
5. Lital Azulay	17:03.10	Santa Clara Invitational	2005
6. Monica Joyce	17:05.00	UCLA Invitational	1981
7. Lynn Kanuka	17:07.30	WCAA Championships	1981
8. Eva Enstrom	17:08.00	District 8 Championships	1981
9. Laurie Crisp	17:09.00	UCLA Invitational	1982
10. Lital Azulay	17:10.50	Willamette Invitational	2005

## ALL-TIME TOP-10 TIMES -- 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1. Marie Nilsson	21:04.00	NCAA West Regional	2003
2. Lital Azulay	21:05.80	NCAA West Regional	2005
3. Lital Azulay	21:14.20	MWC Championships	2005
4. Lisa Crampton	21:32.30	NCAA West Regional	2005
5. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
6. Christal Cuadra	21:50.90	NCAA West Regional	2005
7. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
9. Lital Azulay	21:54.00	Stanford Invitational	2005
10. Christal Cuadra	22:00.00	NCAA West Regional	2004

# 2008 SDSU INDIVIDUAL RESULTS

## STEPHANIE ARMSTRONG

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	--	DNC
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:43.00 (4K); 18:45.00 (5K); 23:28.00 (6K)

## SARA BEYERS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	34	19:29.90
Sept. 13	Aztec Invitational (5K)	88	19:38.00
Sept. 20	Big Wave Invitational (4K)	19	15:30.48
Sept. 27	Stanford Invitational (6K)	142	24:11.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	46	24:32.40
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:30.48 (4K); 19:29.90 (5K); 24:11.00 (6K)

## AMY BROWN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	95	21:15.80
Sept. 13	Aztec Invitational (5K)	157	22:14.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 21:15.80 (5K)

## DARIEN BUC

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	36	19:37.90
Sept. 13	Aztec Invitational (5K)	100	19:52.00
Sept. 20	Big Wave Invitational (4K)	11	15:14.90
Sept. 27	Stanford Invitational (6K)	129	23:54.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	23	23:39.80
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:14.90 (4K); 19:12.00 (5K); 23:39.80 (6K)

## MELISSA BUNN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	77	20:47.00
Sept. 13	Aztec Invitational (5K)	136	20:55.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	193	20:23.90
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 20:23.90 (5K)

## SARA CUNNINGHAM

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	48	19:55.20
Sept. 13	Aztec Invitational (5K)	114	20:07.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	197	24:53.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	42	24:21.10
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 18:56.10 (5K); 24:21.10 (6K)

## ALMA ESCOBAR

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	18	19:01.90*
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 19:01.90 (5K)

## KRISTIN GLEN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	29	19:19.40
Sept. 13	Aztec Invitational (5K)	39	18:52.00
Sept. 20	Big Wave Invitational (4K)	9	15:01.20
Sept. 27	Stanford Invitational (6K)	91	23:20.00*
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	14	22:57.70*
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:01.20 (4K); 18:52.00 (5K); 22:52.00 (6K)

## MAKENZIE MABRY

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	101	21:30.90
Sept. 13	Aztec Invitational (5K)	139	21:10.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	178	20:13.00*
Oct. 11	Triton Classic (6K)	68	25:15.10
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 16:02.00 (4K); 19:11.00 (5K); 23:12.00 (6K)

## MICHELLE MARTINEZ

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	44	19:49.80
Sept. 13	Aztec Invitational (5K)	67	19:13.00
Sept. 20	Big Wave Invitational (4K)	24	15:47.40
Sept. 27	Stanford Invitational (6K)	119	23:45.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	45	24:32.20
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:47.40 (4K); 19:13.00 (5K); 23:45.00 (6K)

# 2008 SDSU INDIVIDUAL RESULTS

## ANDREA NORTON

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	--	DNC
Sept. 13	Aztec Invitational (5K)	110	20:05.00
Sept. 20	Big Wave Invitational (4K)	32	16:06.74
Sept. 27	Stanford Invitational (6K)	170	24:49.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 16:06.74 (4K); 20:05.00 (5K); 24:49.00 (6K)

## ANNE VIEIRA

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	61	20:24.30
Sept. 13	Aztec Invitational (5K)	113	20:06.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	219	25:33.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	56	24:55.50
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:58.00 (4K); 19:15.00 (5K); 23:48.00 (6K)

## KELLY OELSCHLAGER

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	66	20:31.60
Sept. 13	Aztec Invitational (5K)	105	19:57.00
Sept. 20	Big Wave Invitational (4K)	20	15:35.50
Sept. 27	Stanford Invitational (6K)	138	24:06.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	33	23:59.90
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:35.50 (4K); 19:57.00 (5K); 23:59.90 (6K)

## RACHEL WILLIAMS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	22	19:07.30
Sept. 13	Aztec Invitational (5K)	24	18:39.00*
Sept. 20	Big Wave Invitational (4K)	4	14:47.81*
Sept. 27	Stanford Invitational (6K)	152	24:23.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	24	23:42.60
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 14:47.81 (4K); 18:39.00 (5K); 23:42.60 (6K)

## JACLYN PERAKIS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	123	22:36.50
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 22:36.50 (5K)

DNC - Did Not Compete; \* - Top Aztec Finisher

## ALYSSA ROBINSON

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	62	20:25.80
Sept. 13	Aztec Invitational (5K)	134	20:49.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	233	21:03.00
Oct. 11	Triton Classic (6K)	60	24:59.50
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 15:44.00 (4K); 19:28.00 (5K); 24:01.00 (6K)

## LEIGH RUTHERFORD

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	141	27:50.10
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	290	22:30.60
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

**Aztec Career Best:** 22:30.60 (5K)