

2012 Cross Country Season in Review



The Stanford women's team captured third at the NCAA Championships, its highest finish in the meet since 2007.

Success and Promise

STANFORD certainly had its share of success in cross country this season: its' best NCAA women's finish in five years, a Pac-12 individual champion in Kathy Kroeger, and an NCAA regional men's team victory.

But it's the future of the program that coach Chris Miltenberg, the Franklin P. Johnson Director of Track and Field, is most excited about.

For the Cardinal women, their third-place NCAA finish is simply another indication that they're "just beginning to scratch the surface of what they're capable," Miltenberg said. "It's a phenomenal sign of what's to come."

And for the men, team victories at the NCAA West Regional and high-caliber Wisconsin Invitational highlighted a season that finished in disappointing fashion, with a 16th place at nationals in Louis-

"Let's be the team that doesn't wait for things to be perfect. Let's be the team that embraces adversity."

-- Chris Miltenberg

ville, Ky. But the season offered a heavy dose of promise, with only two seniors graduating from its top seven.

"The results at NCAAs aren't indicative of all the progress we made and all the things that we can take from the season that will make us better next year," Miltenberg said. "The biggest thing to remember is we were counting on some younger guys that are still getting experience."

If the season seemed like a whirlwind to Miltenberg, it's for good reason. Miltenberg, who

coached the Georgetown women to an NCAA team title in 2011, began coaching at Stanford the day after the team reported. The first meet took place only five days after he was hired.

"I feel like I came in here very late in the game," Miltenberg said. "I was jumping right into the fire."

His first goal was simply to observe – to watch, learn, and listen. Then, he tailored his coaching to the needs of each program.

For the men, "We had a bunch of young guys who had the luxury of being behind great leaders the last couple of years, guys like Chris Derrick, Elliott Heath and Jake Riley," Miltenberg said. "The guys had to learn how to be dependable and disciplined enough every day and not go along for the ride with the great guys that graduated before. That was a completely new

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Joe Rosa, Miles Unterreiner, Ben Johnson, and Jim Rosa lead the Cardinal at the Stanford Invitational.

Young runners take starring role for Cardinal

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thing for them. It was taking responsibility for this team and taking ownership of it.”

For the women, “It was really working on coming together as a team. We had a lot of great individuals, we had a lot of high goals, but we really got better throughout the season because by working together as a team. They learned how to train together and lift each other up, and you saw the result at NCAA’s.”

The individual highlight was the performance of Kroeger at the Pac-12 meet. After runner-up finishes the previous two years, Kroeger overcame a 10-second deficit dur-

ing the late stages to run down the leaders during the final stretch, including Oregon runner-up Jordan Hasay, to win the 6-kilometer race in 20:06 at the Robinson Ranch Golf Course in Santa Clarita, Calif.

But Kroeger’s performances in her next two races, though they weren’t victories, were just as impressive to Miltenberg and served as a good lesson for the rest of the Cardinal. In both races, Kroeger exhibited the effort that the coach seeks from his athletes – a perseverance when things aren’t going especially well.

Kroeger was on her own for much of the final stages of the regional – a difficult spot without the

benefit of help from other runners – and pushed hard for third place, while helping her team to second.

At the NCAA meet, Kroeger was unable to maintain contact with the lead pack and fell off the pace. But in the midst of a difficult race, she continued to fight and finished 24th, close behind sophomore Aisling Cuffe in 21st and just in front of freshman Cayla Hatton (28th) and Jessica Tonn (43rd).

“The thing I was most proud of with Kathy is she ran a really solid race when things weren’t going perfectly,” Miltenberg said. “And that’s been probably the biggest thing I’ve preached with both these

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teams. Let's be the team that doesn't wait for things to be perfect. Let's be the team that embraces adversity.

"That's what separates the good ones from the great ones. Everyone can do well when they're going great and they feel great. What separates them is if they can go out and run really tough when they're not at their best."

Stanford was the only women's team to place its top four among the top 43 runners at NCAA's. The Cardinal got a boost from fourth-year junior Justine Fedronic, Stanford's 800-meter record-holder, who was fifth on the team in only the second cross-country meet of her collegiate career.

The strength of the men was its ability to run as a team. At the West Regional, the Cardinal's top six finished within 20 seconds of each other and all were among the first 13 finishers as the Cardinal scored 45 points and won its third regional title in four years.

Miltenberg challenged his young runners. Sophomore twins Joe and Jim Rosa took it to heart. Of the team's five main meets, Joe Rosa led the Cardinal in three of them, including placing fourth at regionals and sixth at Pac-12s.

Jim Rosa ran No. 1 at the Wisconsin Invitational and senior Benjamin Johnson led the Cardinal at NCAA's.

"I think about what I know about this group now compared to 2½ months ago and it's a night and day difference," Miltenberg said. "I feel I've got a great handle on where we're at and a vision of where we're going to go. Now I've got a lot of work to do to help us get there."

HONORS

Men's Team

16th place, NCAA Championships
1st place, NCAA West Regional
2nd place, Pac-12 Championships
1st place, Wisconsin Invitational
1st place, Stanford Invitational
1st place, USF Invitational
1st place, Doc Adams Invitational

Men's Individuals

Michael Atchoo

Pac-12 All-Academic honorable mention

Andrew Berberick

Doc Adams Invitational champion

Benjamin Johnson

USTFCCCA All-West Region
All-Pac-12 second team
Pac-12 All-Academic first team
No. 1 Stanford runner at NCAAs
10th place, Pac-12 Championships

Kenny Krotzer

Pac-12 All-Academic honorable mention

Tim Luthin

Pac-12 All-Academic honorable mention

Erik Olson

USTFCCCA All-West Region

Jim Rosa

USTFCCCA All-West Region
Pac-12 All-Academic honorable mention
6th place, NCAA West Regional

Joe Rosa

USTFCCCA All-West Region
All-Pac-12 first team
4th place, NCAA West Regional
6th place, Pac-12 Championships

Tyler Stutzman

USTFCCCA All-West Region
Pac-12 All-Academic second team
USF Invitational champion
10th place, NCAA West Regional

Miles Unterreiner

USTFCCCA All-West Region
Pac-12 All-Academic first team

Tyler Valdes

Pac-12 All-Academic second team

Women's Team

3rd place, NCAA Championships
2nd place, NCAA West Regional
3rd place, Pac-12 Championships
2nd place, Wisconsin Invitational
1st place, Stanford Invitational
2nd place, USF Invitational

Women's individuals

Mary Kate Anselmini

Pac-12 All-Academic honorable mention

Ally Billmeyer

Pac-12 All-Academic honorable mention

Jaye Buchbinder

Pac-12 All-Academic honorable mention

Aisling Cuffe

USTFCCCA All-America
USTFCCCA All-West Region
All-Pac-12 second team
Pac-12 All-Academic honorable mention
USF Invitational champion
No. 1 Stanford runner at NCAAs
Member of NCAA third-place team
9th place, NCAA West Regional
10th place, Pac-12 Championships
21st place, NCAA Championships

Justine Fedronic

Member of NCAA third-place team

Julia Foster

Member of NCAA third-place team

Cayla Hatton

USTFCCCA All-America
USTFCCCA All-West Region
Pac-12 Newcomer of the Year
Member of NCAA third-place team
5th place, NCAA West Regional

Kathy Kroeger

Pac-12 individual champion
USTFCCCA All-America
USTFCCCA All-West Region
All-Pac-12 first team
Pac-12 All-Academic first team
Stanford Invitational champion
6th Stanford all-time on 8K home course
Member of NCAA third-place team
3rd place, NCAA West Regional
24th place, NCAA Championships

Megan Lacy

Member of NCAA third-place team

Jessica Tonn

All-Pac-12 second team
Pac-12 All-Academic honorable mention
Member of NCAA third-place team

Hannah Varnell

Pac-12 All-Academic honorable mention

WOMEN'S INDIVIDUAL RESULTS

EMILIE AMARO

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	126	6K	22:57
Oct. 27	Pac-12 Championships	76	6K	22:29
Nov. 3	Doc Adams Invitational	4	6K	21:12

MARY KATE ANSELMINI

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	9	5K	17:57.9
Sept. 29	Stanford Invitational	74	6K	22:23
Oct. 13	Bronco Invitational	45	5K	18:02.7
Nov. 3	Doc Adams Invitational	13	6K	22:04

ALLI BILLMEYER

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	16	5K	18:22.9
Sept. 29	Stanford Invitational	72	6K	22:22

JAYE BUCHBINDER

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	67	5K	19:51.1
Sept. 29	Stanford Invitational	208	6K	24:00
Oct. 13	Bronco Invitational	143	5K	19:50.5

CAMI CHAPUS

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	54	6K	22:11
Oct. 12	Wisconsin Invitational	295	6K	22:14
Oct. 27	Pac-12 Championships	81	6K	22:35

AISLING CUFFE

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	1	5K	17:08.0
Sept. 29	Stanford Invitational	4	6K	20:26
Oct. 12	Wisconsin Invitational	25	6K	20:08
Oct. 27	Pac-12 Championships	10	6K	20:32
Nov. 9	NCAA West Regionals	9	6K	19:53
Nov. 17	NCAA Championships	21	6K	20:03.8

MARISSA FERRANTE

Date	Meet	Place	Dist.	Time
Oct. 12	Wisconsin Invitational	119	6K	20:55

JUSTINE FEDRONIC

Date	Meet	Place	Dist.	Time
Nov. 9	NCAA West Regionals	64	6K	21:12
Nov. 17	NCAA Championships	150	6K	21:05.5

JULIA FOSTER

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	45	6K	22:01
Oct. 27	Pac-12 Championships	68	6K	22:20
Nov. 17	NCAA Championships	161	6K	21:11.9

SOPHIA GINEZ

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	187	6K	23:43

CAYLA HATTON

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	2	6K	20:21
Oct. 12	Wisconsin Invitational	14	6K	20:02
Oct. 27	Pac-12 Championships	22	6K	20:52
Nov. 9	NCAA West Regionals	5	6K	19:51
Nov. 17	NCAA Championships	28	6K	20:06.2

KATHY KROEGER

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	1	6K	20:13
Oct. 12	Wisconsin Invitational	5	6K	19:46
Oct. 27	Pac-12 Championships	1	6K	20:06
Nov. 9	NCAA West Regionals	3	6K	19:27
Nov. 17	NCAA Championships	24	6K	20:05.0

MEGAN LACY

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	17	6K	21:30
Oct. 27	Pac-12 Championships	37	6K	21:25
Nov. 9	NCAA West Regionals	41	6K	20:46
Nov. 17	NCAA Championships	189	6K	21:27.5

REBECCA MEHRA

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	13	6K	21:25
Oct. 12	Wisconsin Invitational	147	6K	21:04
Oct. 27	Pac-12 Championships	50	6K	21:51
Nov. 9	NCAA West Regionals	127	6K	22:00

TATE MURRAY

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	14	5K	18:17.4

JESSICA TONN

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	3	5K	17:11.7
Sept. 29	Stanford Invitational	5	6K	20:49
Oct. 12	Wisconsin Invitational	18	6K	20:05
Oct. 27	Pac-12 Championships	13	6K	20:37
Nov. 9	NCAA West Regionals	27	6K	20:19
Nov. 17	NCAA Championships	43	6K	20:18.8

AMY TRUJILLO

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	11	5K	18:00.4

HANNAH VARNELL

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	122	6K	22:54
Oct. 13	Bronco Invitational	58	5K	18:11.8
Nov. 3	Doc Adams Invitational	6	6K	21:44

MEN'S INDIVIDUAL RESULTS

MICHAEL ATCHOO

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	2	8K	24:45.3
Sept. 29	Stanford Invitational	16	8K	24:47
Oct. 27	Pac-12 Championships	58	8K	25:11
Nov. 9	NCAA West Regionals	30	10K	30:24

ANDREW BERBERICK

Date	Meet	Place	Dist.	Time
Oct. 13	Bronco Invitational	24	8K	24:33.2
Nov. 3	Doc Adams Invitational	1	8K	24:04

THOMAS GRAHAM

Date	Meet	Place	Dist.	Time
Oct. 12	Wisconsin Invitational	89	8K	24:14
Nov. 3	Doc Adams Invitational	5	8K	24:11

BENJAMIN JOHNSON

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	4	8K	24:46.0
Sept. 29	Stanford Invitational	6	8K	24:19
Oct. 12	Wisconsin Invitational	48	8K	24:00
Oct. 27	Pac-12 Championships	10	8K	23:43
Nov. 9	NCAA West Regionals	12	10K	30:00
Nov. 17	NCAA Championships	48	10K	30:15.9

KENNY KROTZER

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	13	8K	25:33.0
Sept. 29	Stanford Invitational	69	8K	25:43
Oct. 13	Bronco Invitational	9	8K	24:17.6
Oct. 27	Pac-12 Championships	63	8K	25:24
Nov. 3	Doc Adams Invitational	10	8K	24:58

TIM LUTHIN

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	17	8K	25:44.7
Sept. 29	Stanford Invitational	104	8K	26:14

ERIK OLSON

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	23	8K	25:00
Oct. 12	Wisconsin Invitational	175	8K	24:35
Oct. 27	Pac-12 Championships	30	8K	24:18
Nov. 9	NCAA West Regionals	13	10K	30:01
Nov. 17	NCAA Championships	87	10K	30:37.3

BILLY ORMAN

Date	Meet	Place	Dist.	Time
Oct. 27	Pac-12 Championships	57	8K	25:11
Nov. 3	Doc Adams Invitational	4	8K	24:08

JOE ROSA

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	3	8K	24:10
Oct. 12	Wisconsin Invitational	21	8K	23:44
Oct. 27	Pac-12 Championships	6	8K	23:35
Nov. 9	NCAA West Regionals	4	10K	29:44
Nov. 17	NCAA Championships	112	10K	30:51.2

JIM ROSA

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	9	8K	24:27
Oct. 12	Wisconsin Invitational	19	8K	23:44
Oct. 27	Pac-12 Championships	45	8K	24:44
Nov. 9	NCAA West Regionals	6	10K	29:52
Nov. 17	NCAA Championships	166	10K	31:16.7

TYLER STUTZMAN

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	1	8K	24:45.0
Sept. 29	Stanford Invitational	19	8K	24:52
Oct. 12	Wisconsin Invitational	36	8K	23:54
Oct. 27	Pac-12 Championships	17	8K	24:03
Nov. 9	NCAA West Regionals	10	10K	29:56
Nov. 17	NCAA Championships	137	10K	31:02.5

RILEY SULLIVAN

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	10	8K	25:21.0
Oct. 13	Bronco Invitational	34	8K	24:43.5
Nov. 3	Doc Adams Invitational	2	8K	24:07

MILES UNTERREINER

Date	Meet	Place	Dist.	Time
Sept. 1	USF Invitational	3	8K	24:45.8
Sept. 29	Stanford Invitational	4	8K	24:13
Oct. 12	Wisconsin Invitational	23	8K	23:46
Oct. 27	Pac-12 Championships	20	8K	24:10
Nov. 9	NCAA West Regionals	16	10K	30:04
Nov. 17	NCAA Championships	140	10K	31:03.2

RYAN VALDES

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	213	8K	27:34

TYLER VALDES

Date	Meet	Place	Dist.	Time
Sept. 29	Stanford Invitational	85	8K	25:59
Oct. 13	Bronco Invitational	55	8K	24:59.9
Nov. 3	Doc Adams Invitational	9	8K	24:47