

# SOUVENIR PROGRAM



## SAN DIEGO 2011

USA CROSS COUNTRY CHAMPIONSHIPS



Dathan Ritzenhein (#641) with the lead pack on his way to victory in the 2008 USA Cross Country Championship held in San Diego

Photo by Bobby Betancourt



# Welcome

*Coat Publications photos  
Jordan Hasay (1026) wins 2008 Jr. Women's 6K as fans pack course.*

A warm welcome from United States Track and Field to all athletes, media, sponsors and fans of the USA Cross Country Championships – America's premier Cross Country running event. The 2011 USA Cross Country Championships will be contested on February 5, 2011 in San Diego, California and these championships will be hosted by the San Diego-Imperial Association of USA Track & Field. Participating athletes will be vying not only for national championship titles in the junior, senior and master's categories, but also for positions on the US team that will compete at the 2011 IAAF World Cross Country Championships in Punta Umbra, Spain. Preceding this great competition will be a community race in which local runners will have the opportunity to compete on the same course as the Championship race.

The attention of this nation will be focused on San Diego as our top American distance runners test their potential for National glory. A new generation of heroes and heroines will arise in preparation for the 2011 World Championships. To witness their achievements at this year's National Cross Country championships reminds us that it takes each and every one of us to help make their dreams come true. San Diego can be proud of its contribution to USA Cross Country and it is this outstanding effort and support that brings America's best distance athletes closer to their dreams.

We also salute the many people who have given so generously of their time, talents and material resources to make this prestigious event a success. On behalf of San Diego-Imperial Association of USA Track & Field we salute you and send very best wishes for very memorable championships in San Diego.

Sincerely,

Paul Greer and Thom Hunt  
2011 USA Cross Country Championships Event Directors





- Key
- Start
  - Loop
  - Finish
  - Awards Stage
  - Expo

Mission Bay  
Tecolote Shores



<b>Saturday, February 5, 2011</b>	
9:00 a.m.	Road Runner Sports Community 4 km
9:45	Masters Women's 8 km
10:45	Masters Men's 8 km
11:45	Junior Women's 6 km
12:30 p.m.	Junior Men's 8 km
1:15	Open Women's 8 km
2:00	Open Men's 12 km



# Flanagan returns for another run at greatness

By Paul Merca, USATF

Olympic bronze medalist in 2008 and American record holder in the 10,000 meter run, Shalane Flanagan of Portland, Oregon, headlines the field for this year's USA Cross Country Championships at Mission Bay Park in San Diego.

Flanagan, who won two USA cross country titles over the now-discontinued 4k race, along with championships in 2008 here and in Spokane last year, will shoot for her third national 8k title Saturday.

Flanagan, whose 12th place finish at the IAAF World Cross Country Championships last year in Bydgoszcz, Poland led Team USA to a third place team finish and a spot on the podium, will face Emily Brown of Minneapolis, the 2009 USA cross country champion; Molly Huddle from Providence, Rhode Island, the newly minted American record holder in the 5000m (14:44.76 in Brussels on August 27); Magdalena Lewy Boulet of Oakland, the number 1 ranked US marathoner, according to Track & Field News; and, Boulder's Renee Metivier Baillie.

Brown, Huddle, and Metivier Baillie were key factors in Team USA's successful climb to a podium finish last year.

Add to the mix Kara Goucher, the bronze medalist in the 10000m at the 2007 world track & field championships in Osaka, who is coming back to big-time competition after giving birth in September.

In addition, 2008 Olympian in the marathon Blake Russell from Pacific Grove, CA., and five-time



Coat Publications photos

Watch for Aisling Cuffe in junior race (left), Shalane Flanagan in Open.

USA cross country team member Kathy Newberry from Ann Arbor, MI. are threats to earn one of the six spots on the plane to Punta Umbria, Spain for next month's world cross country championships.

Newcomers to watch include former Iowa State standout Lisa Koll from Portland, who won both the 5000 and 10000 meter runs at the NCAA track & field championships last spring, and was a finalist for the 2010 Bowerman Award, college track & field's equivalent of the Heisman Trophy; and Meghan Armstrong of Minneapolis, a former All-American from the University of Iowa.

In the women's junior race, all eyes will squarely be on Cornwall Central High (Cornwall-on-Hudson, NY) senior Aisling Cuffe, who returns to San Diego two months after destroying the field at the Foot

Locker National Cross Country Championships at Balboa Park.

At the fabled Balboa Park course, Cuffe, who plans to attend Stanford University this fall, clocked the sixth fastest time, running 16:52 for the 5k distance.

The University of Washington's Katie Flood, who won the 2009 Nike Cross Nationals race and was the Pac-10 cross country newcomer of the year in 2010, will perhaps be Cuffe's main challenger.

Among Cuffe's chief competitors include Syracuse University freshmen Julie Jablonski from Pennington, New Jersey, and Ashley Smolinka from Hillsborough, NJ; and UCLA freshmen Amber Murukami and Caitlin Schmitt. University of Washington freshmen Chelsea Orr, Mackenzie Carter, and Liberty Miller will also be in the mix.



## Men's race shapes up as wide-open scramble

By Paul Merca, USATF

The men's race at the 2011 USA Track & Field Cross Country National Championships may be one of the most wide open races in recent memory, as there are no clear cut favorites.

Three-time U.S. Olympian Abdi Abdirahman from Tuscon returns to the cross country wars after last running in the national championships in 2004 in Indianapolis. Also entered is the runner-up in the 2008 Championship here, Olympian Jorge Torres of Boulder.

Abdirahman, known affectionately to running fans as the "Black Cactus," was part of the USA men's squad that last finished on the podium ten years ago in Oostende, Belgium.

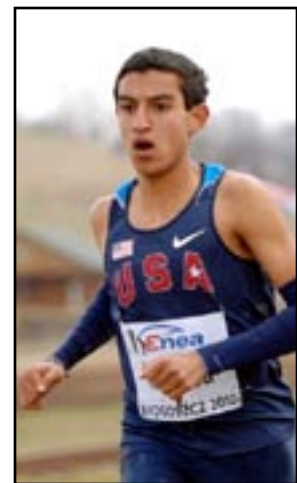
Meanwhile, Torres will be hoping to move up one spot from his runner-up finish here in 2008 to Dathan Ritzenhein. Torres used his 35:29 in the Open Men's 12K in 2008 to spark him to an Olympic berth in the 10,000 meters at Beijing.

They will be challenged for spots in the top six that earn a trip to Punta Umbria, Spain by past national team members Scott Bauhs and Jonathan Pierce of Mammoth Lakes, California; Ryan Vail of Stillwater, Oklahoma; Jason Hartmann of Boulder; Bobby Mack from Raleigh, North Carolina; and, Ed Moran of Williamsburg, Virginia, who was second in the 10000 at last year's USA championships in Des Moines, Iowa.

Others to watch include Brian Olinger of Columbus, Ohio, one of America's top steeplechasers,



Three-time U.S. Olympian Abdi Abdirahman (No. 12 at left) heads the Men's Open race. The Juniors feature a talented field that includes Ammar Moussa (below) of Arcadia High, the California cross country runner of the year.



and Georgetown graduate Andrew Bumbalough, who competed for Team USA at the 2006 IAAF Cross Country Championships in the junior 8k race. Bumbalough finished third in last year's USA Championships in Des Moines in the 5000 meter run.

Ammar Moussa of Arcadia High School is perhaps the one to watch in the men's junior 8k race. Recently named the Gatorade High School cross country runner of the year in California, Moussa led his school to the Nike Cross Nationals title in December, and won his second USA Junior Olympics national cross country title.

Moussa is aiming for his second straight USA junior team, as he finished sixth in Spokane last

year, running 24:28. Moussa finished 66<sup>th</sup> in the 2010 junior world championships, running 25:00.

Among Moussa's key competitors are high school senior Craig Lutz of Marcus HS in Flower Mound, Texas. Lutz won the 2009 Nike Cross Nationals individual race, and finished third in December, one spot ahead of Moussa.

Athletes from NCAA champion Oklahoma State University, Syracuse University, and North Carolina State may play key roles in who gets the spots to Punta Umbria for the world championships in March and the NACAC championships in Tobago in two weeks, as those schools have successfully placed runners on the junior national team in recent years.

## A special thank you to our sponsors

The companies and organizations listed below on this page and the next have stepped up to help make the USA Track & Field's 2011 USA Cross Country National Championships a reality in San Diego. We thank them for their interest in promoting worthwhile events in San Diego, and for their support of cross country and track/field in the San Diego area. Please support our sponsors.

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# A special thank you to our sponsors (continued)

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The San Diego Track Club, the largest running club in the county, has a mission to support the development of distance running, track and field, and related sports in San Diego County. These goals are accomplished in the following ways:

- \* Staging road races, track meets and social events
- \* Sponsoring teams and athletes
- \* Providing free coaching for its members
- \* Offering consulting services
- \* Publishing the "San Diego Running" magazine

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From left: Bob Larsen, Terrence Mahon, Darren De Reuck, and Dave Murray, with Dixon Farmer (below).

## Infinite Running Coaches Forum

# Behind every great runner is a great coach

**B**ehind every great runner is a great coach. And San Diego is fortunate to have some of the best coaches in the world here for the 2011 Coaches Forum and the USA Track & Field's 2011 USA Cross Country National Championships.

Presented by Infinite Running on Friday, Feb. 4, 2011 at 6 p.m. at the Hilton San Diego Resort & Spa, the 2011 Coaches Forum brought together several noted coaches who have played major roles in re-establishing the U.S. as a distance running power. Featured coaches included:

**Bob Larsen** - The legendary UCLA coach who led the Bruins to 2 NCAA Outdoor Track and Field titles. He was four-time NCAA Coach of the Year (track and field - 1987-88-95; cross country - 1980). Currently, he is coaching the 2009 New York City Marathon Champion Meb Keflezighi.

**Terrence Mahon** - A former Villanova stand-out, Terrence Mahon is currently one of the coaches for the highly successful Mammoth Track Club. He has coached many top American athletes including his wife, Jen Rhines. Mahon's coaching style is continually influenced



by many top coaches including Joe Vigil, Bob Larsen, Matt Centrowitz and Bill Dellinger. He is regarded as one of the top coaches of elite runners in the United States.

**Darren De Reuck** - De Reuck brings over 20 years of coaching experience to this forum. He currently holds USATF Level 1 and 2 coaching certifications and is the coach for the Running Republic of Boulder. De Reuck coaches his

wife, multi-champion Colleen De Reuck, and was recently nominated to serve on the USATF Women's National LDR Committee.

**Dave Murray** - Dave graduated from Arizona in 1965 and then began his coaching career in 1967 with the Wildcats that spanned an amazing 35 years. In 1984 he was named the NCAA Cross Country Coach of the Year. He was also named the PAC 10 Cross Country Coach of the Year an impressive 7 times and was inducted into the US Track and Field/Cross Country Coaches Association Hall of Fame in 2009. Murray has been honored by being nominated as a member of the prestigious University of Arizona Hall of Fame in 2009. "Coach" has guided many outstanding distance runners including San Diegoans Ed Mendoza, Terry Cotton, Thom Hunt and Marc Davis.

**Dixon Farmer (MC)** - Former NCAA 440 hurdles champion and Southern California coaching legend Dixon Farmer emceed the forum. Farmer was a top level coach and Athletic Director at Occidental College and brings decades of coaching experience to this panel.





## Reflections of 2008

Photos by Bob Betancourt

*After breaking away from Katie McGregor, Shalane Flanagan (right) cruised. Above, Renee Metivier (58) holds off Emily Brown and McGregor for 2nd.*



**A**n Olympic year. Two dominating and deserving Open champions. Seven races under the bright blue San Diego sky at beautiful Mission Bay. A spirited crowd in the thousands cheering every step.

Those were among the sights and memories of the 2008 USA Cross Country Championships. Reprised on the same Mission Bay course three years later, the 2011 Championships will feature many of the same ingredients, including one of the 2008 champions who could well repeat her victory, but will be hard-pressed to duplicate her dominance.

Shalane Flanagan didn't just win the 2008 Open Women's 8K. She all but turned it into two races. Flanagan raced home unchallenged in 25:26. The next runner did not finish until 70 seconds later. It was a sign of things to come for Flanagan, who would go on to win the 10,000-

meter bronze medal at the 2008 Beijing Olympics.

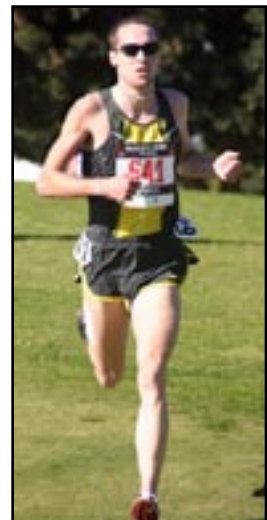
For the men, Dathan Ritzenhein was almost as impressive. He won the 12K in 35:03, some 26 seconds ahead ahead of runner-up Jorge Torres. Then, both he and heralded countryman Ryan Hall, who finished fifth here, would go on to top 10 performances in the heat of the 2008 Olympic Men's Marathon in Beijing.

This year's races will serve as the trials race to select the Team USA squad for the 2011 IAAF World Cross Country Championships in Punta Umbria, Spain on March 20. It also will qualify teams for the North America, Central American, & Caribbean (NACAC) Cross Country Championships, in Tobago on February 19. And, coming a year before 2012, it will serve as an early sign of possible American contenders at the London Olympics.



Photos by Coat Publications

*Ryan Hall, left, was fifth behind Dathan Ritzenhein, right, here in 2008.*



## Whose turn will it be to make history at the Championship? Here's a look at history in the making in San Diego in 1971

Stretching back to 1890, when William Day became its first title holder, the USA Cross Country Championship is steeped in history.

A Who's Who of America's top long-distance runners have had tangible connections to the event. Many have joined Day as title holders.

Whose turn is it to make history this year?

That answer will come on the grassy course of Mission Bay. But, the Championship held in San Diego in 1971 provides a stark recounting of a race in which legends were just runners, with the same concerns of today's entrants. Here, in excerpts from *Sports Illustrated* and the *San Diego Track Club newsletter*, is a look at history in the making:

### **The Long And The Shorter Of It - By Gwilym S. Brown, Dec. 6, 1971, *Sports Illustrated*:**

The surprising size of the starting field may explain why at last week's meet near San Diego a strong pre-race favorite, Ken Moore, a former champion and a seasoned performer who runs for the Oregon Track Club, lost his head and finished sixth while Frank Shorter, the defending champion, kept his and romped to victory by 150 yards.

The organizers, however, were concerned when the entries began to pile in. "It became sort of an odyssey to find a suitable course," says Ken Bernard, the manager of a reinforcing-steel firm and president of the San Diego Track Club.

What they finally got was a trail pounded into the dirt on a plateau in the hills north of town—a barren stretch of gray-brown wilderness virtually unmarked by a bush, a tree or even a refreshing green blade of grass. The loop ... started as a pie-shaped segment that funneled down after 285 yards to a throat 40 feet wide and a dirt path.

On the curved starting line the Oregon Track Club had been placed in almost the exact center. At the starter's signal Moore moved away smoothly, but after about 60 yards he suddenly became aware that the runners to the left of him and the runners to the right of him were surging ahead and closing down toward the narrow entrance to the trail proper, which loomed like the jaws of a hungry alligator. Alarmed at the prospect of being swallowed while Shorter pulled blithely away out front, Moore spurred.

"I shot up with the leaders much too soon and when I heard a mile time of 4:20 I was appalled at how fast we'd been going," said Moore. "Losing was my own damned fault. I disintegrated in the last three miles and finished up full of lactic acid, feeling bilious and horrible, hitting and kicking myself for running such a stupid race while Frank



*Tarry Harrison (343) is about to be "excused" by Frank Shorter (2nd) as Ken Moore (4th) fades to sixth.* was being so smart."

Said Shorter: "I was in about 100th place after 200 yards, but then everyone proved to be very nice. As I moved up through the crowd I'd say, 'Excuse me, can I get by?' and everyone would move over."

(It no doubt helped that Shorter had won in 1970, the first of his four straight U.S. cross county titles, and was poised for his run to greatness at the 1972 Munich Olympics. Shorter won easily, with Moore sixth and Jim Ryun dropping out in a race loaded with "big" names.)

### **San Diego Track Club Newsletter, Dec. 1971. Tom Bache editor:**

The largest field in the long history of this meet could also make a strong claim to be the best field, as top names could be found down to 100th place and beyond. The course was fast and the times showed it, with the first 35-40 runners averaging under 5 minutes per mile (corrected).

Bill Gookin, 39 and soon to be the scourge of veteran competition, ran one of the best races of his life to finish 105th. ... The SDTC team placed 8th in what was certainly the most hotly contested team battle ever in this meet.

Any doubt the national track community may have about SDTC's ability to stage a major event should have been dispelled by this remarkably successful cross country championship.





Photo by Bobby Betancourt

*German Fernandez wins the Junior Men's title in 2008.*

Greetings!

On behalf of USA Track & Field, I would like to welcome you to the 2011 USA Cross Country Championships and World Cross Country Championship Trials at San Diego's beautiful Mission Bay Park!

The USA Cross Country Championships features America's top Harriers vying for the title of U.S. National Champion in the Junior (Under-20), Open, and Masters (40-and-over) categories. Additionally, the top finishers in the junior and senior races will earn the right to represent Team USA at both the February 19 North America, Central America, and Caribbean Cross Country Championship in Trinidad and the March 20 IAAF World Cross Country Championships in Punta Umbria, Spain.

USA Track & Field is excited to return to San Diego for the 2011 edition of our national championships; just three years ago in 2008, the San Diego - Imperial Association of USATF produced a suburb edition of this same event that featured record-breaking participant numbers.

In closing, I would like to wish my best to all of our competitors this weekend.

Best Regards,

Michael Scott  
Chair, USATF Cross Country Council

## Recent winners: USA Cross Country Championships

2010	Dathan Ritzenhein
2009	Meb Keflezighi
2008	Dathan Ritzenhein
2007	Alan Culpepper
2006	Ryan Hall
2005	Dathan Ritzenhein
2004	Bob Kennedy
2003	Alan Culpepper
2002	Meb Keflezighi
2001	Meb Keflezighi
2000	Adam Goucher
1999	Alan Culpepper
1998	Dan Browne (short course)
1997	Tim Hacker
1996	Reuben Reina
1995	Brad Schlapak
1994	Reuben Reina
1993	Todd Williams
1992	Bob Kennedy
1991	Todd Williams
1990	Bob Kempainen
1989	Pat Porter
1988	Pat Porter
<hr/>	
2010	Shalane Flanagan
2009	Emily Brown
2008	Shalane Flanagan
2007	Deena Kastor
2006	Blake Russell
2005	Colleen De Reuck
2004	Colleen De Reuck
2003	Deena Drossin
2002	Deena Drossin
2001	Deena Drossin
2000	Deena Drossin
1999	Deena Drossin
1998	Amy Rudolph (short)
1997	Deena Drossin
1996	Lynn Jennings
1995	Joan Nesbit
1994	Olga Appell
1993	Lynn Jennings
1992	Lynn Jennings
1991	Lynn Jennings
1990	Lynn Jennings
1989	Lynn Jennings
1988	Lynn Jennings



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*Above: Gary McDonald, Paul Merca, Jim Cerveny, Manny Bautista, and Paul Greer at the 2008 races. At right, Dathan Ritzenhein wins in front of a throng of media, helped this year by Paul Merca, Jim Estes, Tom Coat and Ken Stone. Below, Tracy Sundlun (left), Dixon Farmer are again part of the announcing team.*



Special thanks to the  
 Hall of Champions