



# BRIGHAM YOUNG CROSS COUNTRY



Athletic Media Relations • 30 Smith Fieldhouse • Provo, UT 84602 • 801-422-8948 • Fax 801-422-0633

## BYU 2002 SCHEDULE

### Women

Date	Meet	Place/Points
Sept. 7	ALUMNI RACE	--
Sept. 14	AUTUMN CLASSIC	1st, 15
Sept. 28	Great American	1st, 50
Oct. 11	Arizona State	1st, 22
Oct. 19	Pre-Nationals	1st, 55
Nov. 1	MWC CHAMPIONSHIP	1st, 15
Nov. 16	NCAA Mountain Regional	1st, 29
Nov. 25	NCAA Championship	

### Men

Date	Meet	Place/Points
Sept. 7	ALUMNI RACE	--
Sept. 14	AUTUMN CLASSIC	2nd, 28
Sept. 28	Griak Invitational	4th, 173
Oct. 19	Pre-Nationals	3rd, 171
Nov. 1	MWC CHAMPIONSHIP	1st, 37
Nov. 16	NCAA Mountain Regional	3rd, 99
Nov. 25	NCAA Championship	

## MEDIA RELATIONS INFORMATION

Cross Country Contact ..... Johnny Wudel  
 E-Mail ..... track\_sid@byu.edu  
 Office Phone ..... (801) 422-8948  
 FAX ..... (801) 422-0633  
 Cell Phone ..... (801) 787-8998  
 Homepage ..... www.byucougars.com

## BYU QUICK FACTS

Location ..... Provo, Utah 84602  
 Enrollment ..... 30,069 (Daytime)  
 Founded ..... Oct. 15, 1875



2001 • 1999 • 1997  
 NCAA  
 Women's Champions



## COUGARS COMPETE AT NCAA CHAMPIONSHIPS

BYU men's and women's cross country teams will finish their 2002 seasons in Terre Haute, Ind., at the NCAA National Cross Country Championships Monday, Nov. 25, 2002.

The number one ranked women's team is coming off a strong win at the Mountain Regional Meet. They have won every meet this season, and they are looking to defend last year's national title. Three of the seven runners competing are All-Americans in cross country. Redshirt freshman Kassie Andersen has won three races this season and is a BYU favorite. Michaela Mannova, who placed fifth at nationals last year, won the Mountain Regional race on November 16.

The 10th ranked men's team is looking to improve on last year's 12th place finish at nationals. This year, they placed third at Mountain Regionals behind NAU and the University of Colorado. BYU's top runner, Kip Kangogo, has won every race but regionals this year. At regionals, he raced with a strained hamstring and finished 28th, but he is expected to be at full strength for nationals. Senior Lewis Jones finished first for the Cougars at the regional meet.

## 2002 SEASON OUTLOOK

### Women

Coming into the 2002 season, the BYU women's cross country team is optimistic, but they are not comparing this year's team to last year's national championship team. Although the Cougars are returning all but two of last year's runners, Tara Northcutt and Sarah Bea Taylor, Head Coach Patrick Shane feels the competition will be even stronger this year.

Returning to the team are five All-American runners, including Michaela Manova, Jessie Kindschi, Lindsey Thomsen, Nan Kennard and Laura Turner. Manova and Kindschi finished fifth and seventh, respectively, at nationals last year. Also adding strength to the team is junior Amy Bair, who was one of the top seven runners from last year.

Several girls will come off of redshirts and add depth to the already strong team. Most notably Kassi Andersen, Breanne Sandberg and Kristen Ogden will be joining the team. Andersen is an All-American in track and ran with the USA Junior Cross Country National Team at the world championships in Dublin, Ireland. Sandberg ran a strong track season last year, competing in the steeplechase, and had a great summer of hard training. Ogden, a redshirt junior, is a former junior college national champion from Rick's.

"This only means that on paper we look good and have depth, but it doesn't win you a national championship and it doesn't garner you a single All-American award," Shane remarked. "We have to be ready to run in November. If we stay healthy and run well in November we'll find out how good we are."

[www.byucougars.com/cross\\_country](http://www.byucougars.com/cross_country)

# BRIGHAM YOUNG CROSS COUNTRY

## BYU COACHING STAFF

Women's Head Coach . . . . . Patrick Shane  
-22nd year as head coach  
-Two-time National Coach of the Year  
-2002 Mountain West Conf. Coach of the Year

Team Manager . . . . . Danielle Matthews

Men's Head Coach . . . . . Ed Eyestone  
-3rd year as head coach  
-2002 Mountain West Conf. Coach of the Year

## BYU ROSTER

### Women's Team

Kassi Andersen	Fr.	Provo, UT
Jaime Cottle	Sr.	Kearns, UT
Nan Kennard	Sr.	Bountiful, UT
Jessie Kindschi	Sr.	Bismarck, ND
Michaela Manova	Jr.	Czech Republic
Katie Martin	Sr.	Fremont, CA
Breanne Sandberg	Fr.	Ranchos Palos Verdes, CA

### Men's Team

Matt Adams	So.	Heber, UT
Steve Barrus	Jr.	Clovis, CA
Andy Carman	Jr.	Veneta, OR
Chad Durham	So.	Long Beach, CA
Lewis Jones	Sr.	Kingwood, TX
Kip Kangogo	So.	Kabarnet, Kenya
Nathan Robison	So.	Provo, UT

## ALL-AMERICANS

Nan Kennard  
Jessie Kindschi  
Michaela Manova  
Lindsey Thomsen  
Laura Turner

Coach Shane never predicts or sets goals as to how the team will finish at nationals because he does not know how strong the competition will be. "There is some of the strongest team talent in years," he said.

"If we have a team goal it is to be the best than we can be in November and we'll see where that places us," said Shane.

## Men

Coming off a 12th place finish at the national championships in 2001, BYU men's cross country team is poised for another high finish in 2002. They have established themselves as a national contender by winning the Mountain West Conference Championship three years in a row.

Coach Ed Eyestone is enthusiastic about this year's team because of the depth of talent. Eyestone believes they can be a top six team. With the loss of All-American John Hedengren, this year the team will look to seniors Lewis Jones and Andy Carman and junior Steve Barrus to fill the void.

Transfers David Woodbury and Kip Kangogo will also bring more depth to the men's team. Woodbury is a transfer from Ricks College and was the junior college 10,000 champion last year. Kangogo, a transfer from Lethbridge Community College in Canada, placed 12th at the Canadian nationals in cross country last year and finished second in the 1,500 at the Canadian national track meet. Also, coming off a redshirt year will be Matt Adams, Chad Durham and Nate Robison.

The Cougars have worked throughout the season to build strength with a climax at the national championships.

"People now recognize that we'll get there every year," says Eyestone. "In the past only every couple of years we would go to nationals; now the guys expect it." He says their goal is not just to go to nationals and enjoy being there, but now they expect to do well.

## NCAA MOUNTAIN REGIONAL MEET

PROVO, Utah (Nov. 16, 2002) -- In typical BYU fashion, the men's and women's team finished third and first respectively in the NCAA Mountain Regional Meet at the University of New Mexico Saturday. By winning their race, the women's team automatically qualified for nationals, and the men's team received an at-large bid for the national meet.

Kip Kangogo, BYU's top runner, came into the race with a hamstring strain and was not able to defend his unbeaten record, but BYU's other runners stepped up to the challenge. "Kip started off strong, but half way through the race his leg started bothering him and he had to let off," Eyestone said. "It would have been easy for him to throw in the towel, but he gutted it out. It really shows the team aspect of cross country."

Coach Eyestone said the key was that BYU's top five runners finished within 14 seconds of each other, with Lewis Jones finished first for BYU. Jones said, "I got a little nervous when I saw Kip lagging, and I knew we had to pick up the slack. It is a good feeling to know we're a quality team that can pick up the slack of our top guy."

Jones attributed their success to Coach Eyestone's focus on strength training. This was the first

10K race of the season, but Jones said the Cougars were ready for it.

The women's race came down to a photo finish between BYU's Michaela Manova and NAU's Ida Nilsson. The two were shoulder-to-shoulder for the last 400 meters, but Manova was able to push ahead for the win with a time of 30:31. "You just have to stay your ground," Manova said. "But if the race was 20 meters longer I might have finished second."

BYU women's head coach Patrick Shane said it was their best overall race of the year, but they are still planning on improving. "I'm very optimistic going into nationals," he said. "It's where we want to be. We have seven women all running well, and we don't have a weakness."

Katie Martin, who finished seventh overall and third for the Cougars, said she was confident the team would finish close together. "I could see Michaela and Kassi ahead of me, and I knew the others weren't far behind."

Kassi Andersen finished second for BYU and third overall. She was followed by Martin, Jaime Cottle in eighth place and Breanne Sandberg in 10th place.

# BRIGHAM YOUNG CROSS COUNTRY

## A HISTORY OF SUCCESS

Since the inception of the Mountain West Conference, the women's team has won 19 of the past 20 conference titles, including all three MWC titles. BYU runners have won individual conference titles every year since 1991, and in 1999 recorded a winning score of 15, the lowest possible team total in a cross country race.

BYU has also had tremendous success on the national level. The women's team has won three national championships (1997, 1999, 2001) and recorded two runner-up finishes (1998, 2000) in the last five years. Six women runners received All-America First-Team honors in 2001, adding to a list of over 50 in the past 20 years, including Academic All-America honors.

The men's team has won five consecutive conference championships, including all three MWC titles. In 2001, the men's team earned All-Conference honors for two runners. The men's team has consistently improved their scores at the NCAA Championships, going from a 30th place finish in 1999 to a 12th place finish in 2001. The Cougars' best finish at the NCAA Championships was in 1993 when they finished second overall.

### 2001 WOMEN'S NCAA FINAL RESULTS

Date: November 19 Location: Greenville, SC  
Teams: 31 Distance: 6K

1. Brigham Young	.5, 7, 9, 20, 21 = 62
2. N.C. State	.4, 13, 18, 41, 72 = 148
3. Georgetown	.14, 30, 35, 37, 64 = 180
4. Arizona	.1, 25, 45, 60, 63 = 194
5. Stanford	.3, 24, 43, 67, 69 = 206
6. Boston College	.10, 15, 32, 82, 93 = 232
7. North Carolina	.19, 31, 47, 48, 94 = 239
8. Colorado	.8, 33, 55, 68, 76 = 240
9. Virginia	.6, 58, 70, 74, 95 = 303
10. Providence	.26, 44, 53, 89, 125 = 337

#### BYU Finishers

5. Michaela Mannova*	.20:42
7. Jessie Kindschi*	.20:49
9. Tara Northcutt*	.20:55
23. Lindsey Thomsen*	.21:11
24. Sarah Taylor*	.21:12
36. Nan Evans	.21:27
45. Amy Bair	.21:34

\*awarded All-American

### 2001 MEN'S NCAA RESULTS

Date: November 19 Location: Greenville, SC  
Teams: 31 Distance: 10K

1. Colorado	.1, 3, 13, 26, 47 - 90
2. Stanford	.6, 11, 18, 19, 37 - 91
3. Arkansas	.2, 12, 17, 29, 58 - 118
4. N. Arizona	.9, 23, 25, 35, 101 - 193
5. Wisconsin	.7, 8, 57, 76, 97 - 245
12. BYU	.47, 53, 90, 113, 152 - 368

BYU Finishers	Time
47. John Hedengren	.30:18
53. Lewis Jones	.30:25
90. Andy Carman	.30:53
113. Steve Barrus	.31:08
152. Ammon Larsen	.31:30
197. Mark Nevers	.32:03
240. Tyler Bushnell	.33:28



### COACH PATRICK SHANE

In his third decade as head coach of the BYU women's cross country team, coach Patrick Shane has turned the cross country team into a perennial national power.

With three NCAA Championships and two runner-up finishes in the last five years, Shane has built a Cougar team that has consistently been one of the national favorites every year. The BYU program has been above the rest, finishing among the top four in the country every season since 1995.

In 1999, Coach Shane was named the National Coach of the Year for the second time in his career. After winning the championship in 1997, the Cougars became the first BYU women's team to win a national title. Shane also led his team to national championships in 1999 and 2000, making the women's cross country team the only BYU program to earn three national championships.

Over the last decade, Shane's teams have been in the top ten nine times, missing only in 1994 when the team finished 11th. During his tenure at BYU, the women's team has finished in the top twenty a total of 19 times. BYU's lowest finish at the NCAA meet under Shane was a 16th-place finish in 1989. Since the NCAA took over women's sports in 1981, Shane's teams have missed only two national championship meets.

Shane has coached six Olympic runners and 32 of his athletes have combined for a total of 89 All-America citations. His cross country teams captured seven of eight High Country Athletic Conference titles, and won nine Western Athletic crowns.

Since joining the Mountain West Conference, the Cougars have continued their conference dominance, winning the conference title all three years. Coach Shane was the 1999 and 2001 Mountain West Conference Coach of the Year.

Coach Shane is currently a lead instructor for endurance events with the USA Track and Field/Cross Country National Level II and III Coaches Education Programs. He was selected to be the junior women's coach for the 1995 World Cross Country Championships held in Durham, England. More recently, he was chosen as the senior women's coach for the 1999 World Cross Country Championships in Portugal.

Shane has three children—Heather, Megan and Christopher. Christopher is currently a member of the BYU men's cross country team.



# BRIGHAM YOUNG CROSS COUNTRY

## SHANE; YEAR-BY-YEAR

<u>YEAR</u>	<u>CONE.</u>	<u>DIST.</u>	<u>NATIONALS</u>
2001	1st	1st	1st
2000	1st	2nd	2nd
1999	1st	1st	1st
1998	1st	1st	2nd
1997	1st	1st	1st
1996	1st	2nd	3rd
1995	1st	1st	4th
1994	1st	2nd	11th
1993	1st	1st	10th
1992	1st	2nd	10th
1991	1st	2nd	15th

## EYESTONE; YEAR-BY-YEAR

<u>YEAR</u>	<u>CONE.</u>	<u>DIST.</u>	<u>NATIONALS</u>
2001	1st	3rd	12th
2000	1st	2nd	23rd



## COACH ED EYESTONE

In his third year leading the BYU men's cross country team, Ed Eyestone has coached the Cougars to back-to-back national championship appearances for the first since he ran for the program in the 1983 and 1984 seasons.

The Eyestone-led BYU team has won the Mountain West Conference title in both of his seasons as head coach.

With Eyestone at the team's helm, BYU has been on the rise nationally, improving from a 23rd-place finish nationally in his first season to a 12th-place finish at last year's national championship.

John Hedengren became the first All-American in men's cross country since Mark Johanson earned the award in 1995 under Eyestone's direction. The Cougars 12th-place finish at the 2001 NCAA Championships was their highest finish since placing 10th in 1995.

Prior to coming to BYU, he was co-director of the Wolf Creek Running Camp and was an assistant coach at Weber State University from 1996-98. Ed has also spent time as a commentator for ESPN's Race of the Month and as a columnist for Runners World magazine.

As an athlete, Eyestone's accomplishments have been nothing short of remarkable. When the 6-1 prep star from Ogden, Utah, first started at BYU, he proved that his will to win was stronger than the obstacles that stood before him.

In 1980, he had to be sprayed with water after he collapsed from heat exhaustion while running in the 10,000-meter race at the NCAA Championships in Austin, Texas. Earlier that same season at a dual meet in Eugene, Oregon, he literally crawled toward the finish line, struggling to finish the 5,000-meter race.

As a senior in 1985, however, Eyestone won both the NCAA 5,000 and 10,000 meters back-to-back at that same Texas site where he had struggled as a freshman. After winning every collegiate cross country race he entered that year, Eyestone was crowned the 1984 NCAA cross country champion. Only two other athletes, Gerry Lindgren and Suleiman Nyambui, have ever won the rare triple crown of national titles in the 5,000, the 10,000 meter and cross country all in the same year.

Eyestone won the first of his NCAA 10,000-meter titles in 1984, on a return trip to Eugene. His cross country championship came at Penn State, where his mother Virginia had graduated with a doctorate just two years earlier.

In 1985, he set a NCAA record of 27:41.05 in the 10,000-meter at the Mt. SAC Relays.

His other All-America citations came from two top-ten finishes (eighth in 1982 and ninth in 1983) at the NCAA Cross Country Championships, a fifth-place finish in the NCAA indoor two-mile (1983), a sixth-place finish in the NCAA outdoor 10,000-meter (1983) and second-place finishes in the NCAA indoor 3,000-meter in both 1984 and 1985.

Eyestone never seemed to stop running. He was an Olympic marathon runner twice, first in 1988 in Seoul, South Korea, and then in 1992 in Barcelona, Spain, the same area where he earlier served an LDS Church mission.

Eyestone has a career-best marathon time of 2:10.59, and he has been named U.S. Road Racer of the Year five times.

He earned two degrees from BYU, a bachelor's in psychology and a masters in exercise science. He is a GTE/CoSIDA Academic All-American with a cumulative GPA of 3.69 and has won the prestigious NCAA Top Six Award.

Eyestone is married to Lynn Lambert, and they have five daughters.