

ALASKA ANCHORAGE



2007-08 CROSS COUNTRY/TRACK & FIELD



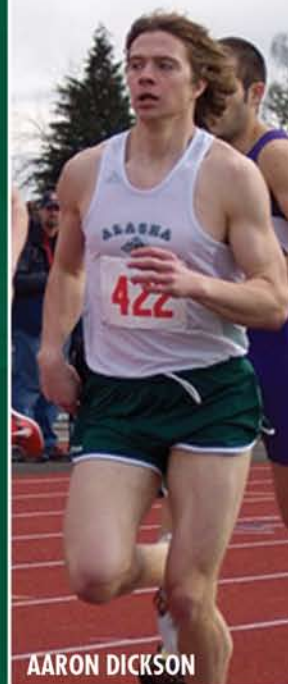
LAURA CARR
JUNIOR



MICHAEL MADRID
SENIOR



DAVID KIPLAGAT
JUNIOR



AARON DICKSON



DAVID REGISTE



JESSICA HOUSTON

UAA GENERAL INFORMATION

Name: University of Alaska Anchorage
Website: www.GoSeawolves.com
Founded: 1977
Enrollment: 19,692
Nickname: Seawolves
Colors: Green & Gold
Affiliation: NCAA Division II
Conference: Great Northwest Athletic Conference
Chancellor: Fran Ulmer
Athletics Director: Dr. Steve Cobb
Athletic Dept. Phone: 907-786-1250
Address: 3211 Providence Dr., Anchorage, AK 99508

CROSS COUNTRY/TRACK & FIELD STAFF

Head Coach: Michael Friess (Linfield, '85)
Office: 907-786-1325
Email: track@uaa.alaska.edu
Fax: 907-786-1325
Assistant Coach: T.J. Garlatz (Washington, '02)
Office: 907-786-1308
Email: run@uaa.alaska.edu
Assistant T&F Coaches: Rafael Echavaria,
Vivian Echavaria
Volunteer T&F Coach: James Aronow
Sports Information Contact: Tad Dunham (Asst. SID)
Office: 907-786-4625
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SID Fax: 907-563-4565

TEAM INFORMATION

2006 CROSS COUNTRY RESULTS

Men: GNAC Championships - 2nd (9 teams)
NCAA West Regional - 3rd (16)
NCAA Championships - 15th
Women: GNAC Championships - 2nd (9)
NCAA West Regional - 5th (18)

2007 OUTDOOR TRACK & FIELD RESULTS

Men: GNAC Championships - 4th (9)
Women: GNAC Championships - 6th (9)
NCAA Championships - 33rd

HISTORY

Cross Country
Conference titles: Men-3 (2005, 2002, 1997)
NCAA appearances: Men-4 (2006, 2005, 2002, 2001)
Women-2 (2005, 2004)

FACILITIES

SPORTSDOME at CHANGEPOINT

UAA's track & field team will utilize the indoor track facility at the new state-of-the-art SportsDome at Changepoint upon its completion in October 2007. The domed facility will feature a six-lane, 400-meter synthetic track, long jump and pole vault pits, along with a full-size soccer field. The complex will also include locker rooms as well as seating for up to 800 spectators.

KINCAID PARK

The picturesque trails of Anchorage's Kincaid Park serve as the home competition venue for the Seawolf cross country team. Located 10 minutes from downtown Anchorage, the 1400-acre park boasts rolling, forested terrain along with spectacular scenery on its 60-kilometers of trails.



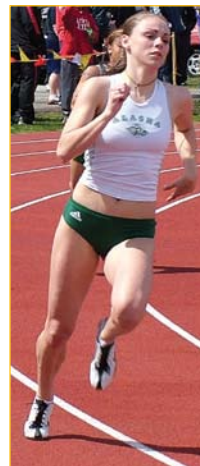
ALASKA ANCHORAGE CROSS COUNTRY/TRACK & FIELD

A Culture of Success

The University of Alaska Anchorage has established itself as one of the most successful and competitive cross country and track and field programs in the Great Northwest Athletic Conference since the league's inception in 2001.

In the last six seasons, UAA's cross country program has claimed a combined 10 top-three team finishes at the conference meet, two league titles and 25 all-conference certificates. UAA's men have qualified for Nationals four times, while the women have qualified twice – the most of any league school.

In just three seasons of full institutional sponsorship, the Seawolf track and field program has quickly left its mark in the GNAC, earning 16 individual conference titles, 32 individual all-conference selections, and five league records. In that same span, 10 Seawolf athletes have qualified for the NCAA Championships, earning three All-America honors.



▲ Former UAA standout Mary Pearce earned All-American honors in the women's 400 meters in both 2006 and 2007. Pearce earned three GNAC titles during her career with the Seawolves.

UAA accolades since 2001...

CROSS COUNTRY

- 1 All-American
- 6 NCAA Championship appearances
- 2 GNAC Titles (men)
- 25 All-Conference Honorees
- 17 All-Region Honorees
- 40 Academic All-Conference Honorees

TRACK & FIELD

- 3 All-America certificates
- 16 Conference Champions
- 32 All-Conference Honorees
- 34 Academic All-Conference Honorees
- 5 Conference Record Holders

2007-08 Key Returnees

SEAWOLF WOMEN



Kim Brady

- 2007 GNAC Champion (long jump)
- 2007 All-Conference (LJ & TJ)
- UAA Record holder (LJ & TJ)



Laura Carr

- 2007 GNAC Champion (5000)
- 2007 All-Conference (5000)
- 2007 NCAA qualifier (5000)
- 2006 NCAA qualifier (cross country)



Elizabeth Chepkosgei

- 2007 All-Conference (5000)
- 2006 All-Conference (cross country)
- UAA's top returning women's finisher from GNACs (cross country)



Jessica Houston

- 2007 NCAA qualifier (shot put)
- 2005 NCAA qualifier (discus)
- GNAC record holder in shot put (45-11)



Kaley Strachan

- 3 top-10 results at 2007 GNACs
- Top UAA time in 800/1500 in 2007
- UAA record holder (3000-meter steeplechase)

SEAWOLF MEN



Mick Boyle

- 5th in 800 at 2007 GNACs
- No. 2 all-time at UAA in 800
- 2nd-best returning finisher from 2006 GNACs (XC)



Aaron Dickson

- 6th in 5000 at 2007 GNACs
- No. 3 all-time at UAA in 5000
- No. 4 all-time at UAA in 800



David Kiplagat

- 2006 GNAC men's XC champ
- 2007 GNAC champion (5000)
- 2007 NCAA qualifier (5000)
- 5-time All-Conference honoree (3 TF/2 XC)



Michael Madrid

- 2007 GNAC Champion (100, 200)
- 6 career All-Conference honors
- UAA record-holder in 200



David Registe

- 2007 GNAC champ (long jump)
- 2007 NCAA qualifier (long jump)
- 4 All-Conference honors (2007)
- 2007 GNAC Freshman of the Year

2007 CROSS COUNTY SCHEDULE

SEPTEMBER

1	UAA INVITATIONAL	5K/8K	ANCHORAGE
15	at Sundodger Invitational	6K/8K	Seattle, Wash.
29	at Willamette Invitational	6K/8K	Salem, Ore.

OCTOBER

8	at WWU Invitational	6K/8K	Bellingham, Wash.
22	at GNAC Championships	6K/8K	Nampa, Idaho

NOVEMBER

3	at NCAA West Regional	6K/10K	Nampa, Idaho
17	at NCAA Championships	6K/10K	Joplin, Mo.



▲ Senior Kaley Strachan

CROSS COUNTY ROSTERS

MEN

Name	CL	HT	Hometown (H.S./College)
Mick Boyle	Jr.	5-10	Kenai, Alaska (Kenai Central HS)
Peter Doner	So.	6-2	Palmer, Alaska (Colony HS/Adams State {Colo.})
Auston Ellis	Jr.	6-0	Valdez, Alaska (Valdez HS)
Steven Gauna	So.	5-7	Kodiak, Alaska (Kodiak HS/Jamestown College {N.D.})
David Kiplagat	Jr.	5-10	Kapsabet, Kenya (Kaptumo Boys School)
Ryan Holzmueller	Fr.	5-7	Fairbanks, Alaska (West Valley HS)
Cory Pena	Fr.	6-0	Kodiak, Alaska (Kodiak HS)
Erick Romig	Fr.	5-10	Cooper Landing, Alaska (Skyview HS)
Paul Rottich	So.	5-9	Kapsabet, Kenya (Meteitei Secondary)
Orin Ryan	Fr.	5-9	Fairbanks, Alaska (Lathrop HS)
Cornelius Sigei	Jr.	5-10	Nairobi, Kenya (Kaplong Boys HS)
Allan Spangler*	So.	5-11	Wasilla, Alaska (Wasilla HS/Alaska Fairbanks)
Levi Sutton	Fr.	5-10	Kenai, Alaska (Kenai HS)

WOMEN

Name	CL	HT	Hometown (H.S./College)
Emma Bowman	Fr.	5-5	Palmer, Alaska (Palmer HS)
Suzanna Caldwell	RFr.	5-6	Wasilla, Alaska (Wasilla HS)
Laura Carr	So.	5-2	South Bend, Ind. (Penn HS)
Elizabeth Chepkosgei	So.	5-4	Kapsabet, Kenya (St. Stephen Kositany HS)
Johanna Doner	Fr.	5-8	Palmer, Alaska (Colony HS)
Ardrienna Everett	Fr.	5-2	Palmer, Alaska (Colony HS)
Meagan Friess	So.	5-6	Anchorage, Alaska (Dimond HS)
Anjuli Haydu	Sr.	5-10	Craig, Alaska (Craig HS)
Mary Krusen	Sr.	5-5	Kenai, Alaska (Kenai Central HS)
Heather McIntyre	Jr.	5-6	Kenai, Alaska (Kenai Central HS)
Kaley Strachan	Sr.	5-4	Port Alberni, B.C. (Alberni District Secondary)
Autumn Streuli	Sr.	5-6	Petersburg, Alaska (Petersburg HS/Eastern Oregon)
Ciri Vail	RFr.	5-8	Girdwood, Alaska (Dimond HS)
Alex West	Fr.	5-9	Soldotna, Alaska (Soldotna HS)
Hallidie Wilt	Fr.	5-6	Unalaska, Alaska (Unalaska HS)

*Will Redshirt 2007 season

Stretching from Alaska to Oregon and now to Montana, the Great Northwest Athletic Conference has quickly established itself as one of the most successful leagues in the NCAA Division II ranks.

Founded in 2001, the GNAC features 10 schools — Alaska Anchorage, Alaska Fairbanks, Central Washington, Montana State Billings, Northwest Nazarene, Saint Martin's, Seattle, Seattle Pacific, Western Oregon and Western Washington. MSU Billings joins the league as the newest member for the 2007-08 campaign.

The Seawolves sponsor seven of the GNAC's 14 sports — men's and women's cross country, men's and women's outdoor track & field, men's and women's basketball and volleyball.



UAA CROSS COUNTRY HISTORY

NCAA TEAM APPEARANCES

SEAWOLF MEN		SEAWOLF WOMEN	
Year	Finish	Year	Finish
2006	15th	2005	12th
2005	20th	2004	21st
2002	12th		
2001	16th		

CONFERENCE TITLES

Team	Year	League
Men	2005	Great Northwest Athletic Conference
Men	2002	Great Northwest Athletic Conference
Men	1997	Pac West Conference

INDIVIDUAL CONFERENCE CHAMPIONS

2006 David Kiplagat (Men)

ALL-AMERICANS

2001 Tobias Schwoerer (Men)

ALL-REGION

2006	Laura Carr	2004	Mandy Kaempf
	Elizabeth Chepkosgei	2003	Brandon Stum
	Aaron Dickson	2002	Stacy Edwards
	David Kiplagat		Sean Rivers
	Brent Knight		Tobias Schwoerer
2005	Aaron Dickson	2001	Tobias Schwoerer
	Stacy Edwards		Eric Strabel
	Mandy Kaempf	2000	Tobias Schwoerer
	David Kiplagat	1999	Richy Hankins
	Leif Olson	1996	Miguel Gomez

ALL-CONFERENCE

2006	Laura Carr	2002	Stacy Edwards
	Elizabeth Chepkosgei		Sean Rivers
	Aaron Dickson		Tobias Schwoerer
	Mandy Kaempf		Eric Strabel
	David Kiplagat	2001	Stacy Edwards
	Brent Knight		Kiersten Lippmann
2005	Laura Carr		Eric Strabel
	Aaron Dickson	2000	Sean Rivers
	Drew Dickson		Tobias Schwoerer
	Stacy Edwards		Eric Strabel
	Mandy Kaempf	1999	Richy Hankins
	David Kiplagat		Sean Rivers
	Leif Olson	1997	Todd Bruce
2004	Mandy Kaempf		Chad Dudney
2003	Stacy Edwards		Erlend Kroken
	Sarah Hansen		Preston Martin
	Mandy Kaempf		Mike McQueen
	Brandon Stum		Jerry Ross
2002	Stacy Edwards	1996	Chad Dudney
	Sean Rivers		Miguel Gomez
	Tobias Schwoerer		Frode Lillefjell
	Eric Strabel		Mike McQueen
2001	Stacy Edwards	1993	Brian Thill
	Kiersten Lippmann		
	Eric Strabel		

2006 UAA CROSS COUNTRY HONORS

Academic All-Conference

Mick Boyle, Laura Carr, Mandy Kaempf, Brent Knight, Mary Krusen, Danielle Pratt, Kaley Strachan

GNAC Men's Athlete of the Year

David Kiplagat

2008 TRACK & FIELD SCHEDULE

MARCH

1	at Linfield Icebreaker	McMinnville, Ore.
15	at Northridge Relays	Northridge, Calif.
21-22	at USC Trojan Invitational	Los Angeles, Calif.

APRIL

4-5	at Stanford Invitational	Palo Alto, Calif.
4-5	at Willamette Invitational	Salem, Ore.
18-20	at Mt. Sac Relays	Walnut, Calif.
19	at Long Beach Invitational	Long Beach, Calif.

MAY

2-3	at GNAC Championships	Ellensburg, Wash.
10	at Ken Foreman Invitational	Seattle, Wash.
22-24	at NCAA Division II Championships	Walnut, Calif.



▲ Sophomore Kim Brady

TRACK & FIELD ROSTERS

MEN

Name	CL	HT	Event(s)	Hometown (H.S./College)
Mick Boyle	Jr.	5-10	Mid-distance	Kenai, Alaska (Kenai Central HS)
Aaron Dickson	Sr.	5-7	Distance	Palmer, Alaska (Palmer HS)
Peter Doner	So.	6-2	Distance	Palmer, Alaska (Colony HS/Adams State)
Auston Ellis	Jr.	6-0	Distance	Valdez, Alaska (Valdez HS)
Steven Guana	So.	5-7	Distance	Kodiak, Alaska (Kodiak HS/Jamestown College {N.D.})
Brandon Grant	So.	6-1	Sprints	Anchorage, Alaska (Bartlett HS)
Ryan Holzmüller	Fr.	5-7	Mid-distance	Fairbanks, Alaska (West Valley HS)
Scott Karnitz	Sr.	5-9	Throws	DeSoto, Kan. (Neosho County CC)
David Kiplagat	Jr.	5-10	Distance	Kapsabet, Kenya (Kaptumo Boys HS)
Michael Madrid	Sr.	6-0	Sprints	Anchorage, Alaska (East HS)
Justin Maynard	Fr.	6-5	Jumps	Anchorage, Alaska (South HS)
James McLaughlin	So.	5-11	Sprints	East Bethel, Minn. (St. Francis HS)
Lucas Pedro	Jr.	5-10	Throws	Anaheim, Calif. (Western HS/West Hills College)
Cory Pena	Fr.	6-0	Distance	Kodiak, Alaska (Kodiak HS)
Demetrius Preston	Fr.	5-11	Sprints	Anchorage, Alaska (Service HS)
David Registe	So.	5-11	Jumps	Palmer, Alaska (Palmer HS)
Ryan Renchehausen	Jr.	5-9	Throws	Tucson, Ariz. (Canyon Deloro HS)
Paul Rottich	So.	5-9	Distance	Kapsebet, Kenya (Meteitei Secondary)
Orin Ryan	Fr.	5-9	Distance	Fairbanks, Alaska (Lathrop HS)
Cornelious Sigei	Jr.	5-10	Distance	Nairobi, Kenya (Kaplong Boys HS)
Allan Spangler	So.	5-11	Distance	Wasilla (Wasilla HS/Alaska Fairbanks)
Levi Sutton	Fr.	5-10	Mid-distance	Kenai, Alaska (Kenai Central HS)
Eric Walsh	Jr.	5-7	Sprints	Fairbanks, Alaska (Monroe Catholic HS)

WOMEN

Name	CL	HT	Event(s)	Hometown (H.S./College)
Emma Bowman	Fr.	5-5	Distance	Palmer, Alaska (Palmer HS)
Kim Brady	So.	5-7	Jumps	Odessa, Texas (Odessa HS)
Suzanna Caldwell	So.	5-6	Mid-distance	Wasilla, Alaska (Wasilla HS)
Laura Carr	Jr.	5-2	Distance	South Bend, Ind. (Penn HS)
Elizabeth Chepkosgei	Jr.	5-4	Distance	Kapsabet, Kenya (St. Stephen Kositany HS)
Johanna Doner	Fr.	5-8	Distance	Palmer, Alaska (Colony HS)
Ardrienna Everett	Fr.	5-2	Sprints/Hurdles	Palmer, Alaska (Pamer, HS)
Nathalia Echavarría	Sr.	5-9	Hurdles	Anchorage, Alaska (Dimond HS/Lane {Ore.} CC)
Davya Flaharty	Sr.	5-4	Distance	Fairbanks, Alaska (West Valley HS)
Meagan Friess	So.	5-6	Hurdles	Anchorage, Alaska (Dimond HS)
Anjuli Haydu	Sr.	5-10	Distance	Craig, Alaska (Craig HS)
Jessica Houston	Sr.	5-7	Throws	Anchorage, Alaska (Dimond HS)
Heather McIntyre	Jr.	5-6	Jumps	Kenai, Alaska (Kenai Central HS)
Kaley Strachan	Sr.	5-4	Distance	Port Alberni, B.C. (Alberni District Secondary)
Autumn Streuli	Sr.	5-6	Distance	Petersburg, Alaska (Petersburg HS/Eastern Oregon)
Ciri Vail	RFr.	5-8	Distance	Girdwood, Alaska (Dimond HS)
Alex West	Fr.	5-9	Mid-distance	Soldotna, Alaska (Soldotna HS)
Hallidie Wilt	Fr.	5-6	Distance	Unalaska, Alaska (Unalaska HS)

Rosters as of Fall 2007

UAA TRACK & FIELD HISTORY

ALL-AMERICANS

Year	Athlete	Event
2007	Mary Pearce	400 meters
2006	Mandy Kaempf	5000 meters
	Mary Pearce	400 meters

INDIVIDUAL CONFERENCE CHAMPIONS

Year	Athlete	Event(s)
2007	Kim Brady	long jump
	Laura Carr	5000 meters
	David Kiplagat	5000 meters
	Michael Madrid	100 meters/200 meters
	Mary Pearce	400-meter dash
	David Registe	long jump
2006	Davya Baker	10,000 meters
	Eric Draper	high jump
	Mandy Kaempf	5000 meters
	David Kiplagat	1500 meters
	Mary Pearce	200 meters/400 meters
2004	Nate Normandin	3000-meter steeplechase
2003	Stacy Edwards	10,000 meters
2002	Sean Rivers	10,000 meters

ALL-CONFERENCE (excludes relay teams)

Year	Athlete	Event(s)
2007	Kim Brady	long jump/triple jump
	Laura Carr	5,000 meters
	Elizabeth Chepkosgei	5,000 meters
	David Kiplagat	5,000 meters
	Michael Madrid	100-meters/200-meters
	Mary Pearce	100 meters/200 meters/400 meters
	David Registe	100 meters/200 meters/long jump
	Eric Walsh	100 meters
2006	Davya Baker	10,000 meters
	Laura Carr	3000 meters
	Eric Draper	high jump
	Mandy Kaempf	5000 meters
	David Kiplagat	800 meters/1500 meters
	Michal Madrid	100 meters
	Mary Pearce	200 meters/400 meters
2005	Davya Baker	10,000 meters
	Michael Madrid	100 meters/200 meters
	Mindy Lindquist	shot put
2004	Josh Evans	shot put
	Kamie Jo Massey	1500 meters
	Nate Normandin	3000-meter steeplechase
2003	Stacy Edwards	10,000 meters
2002	Sean Rivers	10,000 meters

GNAC RECORD HOLDERS (OUTDOOR)

Athlete	Year	Event	Result
David Kiplagat	2007	5000 meters	14:24.92
Mary Pearce	2007	400 meters	53.56
Eric Draper	2006	High Jump	6-9 1/2
Jessica Houston	2005	Discus	165-9
Sean Rivers	2002	10,000 meters	30:21.65

2007 UAA TRACK & FIELD HONORS

ESPN The Magazine Academic All-District

Michael Madrid

Academic All-Conference

Michael Madrid, Kaley Strachan, Mary Krusen, Jessica Houston, Cornelious Sigei, Mick Boyle, Ryan Walsh, David Kiplagat, Laura Carr, Jessica Allman, Anjuli Haydu, Mary Pearce

GNAC Men's Freshman of the Year

David Registe



Michael Friess – HEAD COACH

In his 18th season at the University of Alaska Anchorage is head men's and women's cross country and track & field coach Michael Friess.

The Seawolves have been no stranger to the NCAA Championships under Friess' leadership, having qualified a team for the Division II Cross Country Championships six times overall, including sending both the men's and women's squads to Nationals in 2005.

UAA's track & field program – which has been a fully sponsored sport for just three years – has also tasted success at a national level, qualifying 10 athletes for NCAAs with Friess at the helm. A program-best five Seawolf athletes qualified and competed at the national championship meet last season.

Friess has coached a combined four All-Americans, 17 individual conference champions, 17 all-region honorees and three championship teams during his tenure at UAA.

His coaching peers have honored him with six conference coach of the year accolades, including earning three straight women's cross country coach of the year honors from 2003-2005.

UAA athletes have excelled in the classroom as well under Friess, earning 74 academic all-conference accolades combined the last five years. Both the men's and women's cross country teams garnered U.S. Track and Field/Cross Country Coaches Association All-America Team status in 2005.

Since its reintroduction as a varsity sport in 2000, Friess' women's squads have been among the best in the GNAC, claiming five top-three league finishes and back-to-back NCAA appearances in 2004 and 2005.

Friess graduated from Linfield (Ore.) College with a bachelor of science degree in exercise science in 1985 and was an NAIA All-American distance runner for the Wildcats. He earned a master's degree in sport biomechanics from the University of Oregon in 1986.

A graduate of Anchorage's Dimond High, Friess remains active in the local running community as a competitor, coach and organizer. A USA Track & Field Level II coach, Friess is also a member of the American College of Sports Medicine (ACSM) and is certified by ACSM as an exercise test technologist and exercise specialist. He has served as the state director of the National Strength and Conditioning Association (NSCA) and is certified by NSCA as a strength and conditioning specialist.

Friess and his wife, Stephanie, have two children, Meagan (21) and Steven (16).



T.J. Garlitz – ASSISTANT COACH

Beginning his first season as an assistant coach with UAA's cross country and track & field programs is T.J. Garlitz. In addition to his coaching duties with the Seawolves, Garlitz will serve extensively as a recruiter.

Garlitz comes to UAA from Western Washington, where he served as an assistant coach from 2004-2007. While at WWU, he helped guide the Vikings to a conference title in men's cross country (2006), two men's indoor track & field GNAC titles (2005, 2006) and one league championship in men's outdoor track (2005). He also coached six All-Americans and helped guide WWU's men's distance medley relay

team to a national runner-up effort at NCAAs in 2007.

A postgraduate athlete at WWU, Garlitz competed in both cross country and track for one season, helping lead the Vikings to the 2003 GNAC title in cross country. He also earned an individual conference title in the 10,000-meter run at the league's 2003 outdoor championships.

The former NCAA Division II Academic All-American earned a Bachelor's of Arts in Mathematics from the University of Washington in 2002 and earned a Master's of Science in Exercise Science from WWU in 2007.



Rafael Echavarria – ASSISTANT COACH

Entering his second year as an assistant coach with UAA's track & field team is Rafael Echavarria.

Echavarria has also served as an assistant track coach at Anchorage's Dimond High School for the last 13 years, where he has helped guide the men's team to two state titles and three state runner-up results.

A former member of the Mexican National Track & Field team, Echavarria competed collegiately at BYU, where he still holds the school record in the 110-meter high hurdles. He claimed a Western Athletic Conference title in the 110 hurdles while

at BYU as well.

In international competition he collected a Gold medal at the 1979 Central American Games in the 110 hurdles and a bronze in the 400 hurdles.

Echavarria, whose wife Vivian is also an assistant with the Seawolf program, will coach UAA's hurdlers, sprinters and jumpers.



Vivian Echavarria – ASSISTANT COACH

In her second season as an assistant with the track & field team is Vivian Echavarria. The former collegiate athlete will oversee the Seawolf throwers.

For the past several years she has served as an assistant with the Dimond High School boys track team in Anchorage, helping guide the Lynx to four top-3 finishes at the state meet, including two state titles.

Echavarria competed in the pentathlon and heptathlon events at Brigham Young University. She posted a top-5 finish in the pentathlon at the NCAA Indoor Championships and a top-15 result in the heptathlon at the NCAA Outdoor Championships. She was an alternate on the U.S. indoor pentathlon team in 1982.

Echavarria earned a bachelor's of science degree in health education from BYU in 1984 and a master's degree in public health from Loma Linda University in 1986.

Her husband Rafael is also on UAA's coaching staff.

MEN'S RECORDS

Event	Time/Mark	Athlete	Year
100 Meter	10.96	Michael Madrid	2007
		Eric Walsh	2007
200 Meter	22.14	David Registe	2007
400 Meter	50.23	James McLaughlin	2007
800 Meter	1:53.73	David Kiplagat	2006
1500 Meter	3:56.55	Sean Rivers	2002
3000 Meter	8:48.27	Leif Olson	2006
5000 Meter	14:24.92	David Kiplagat	2007
10,000 Meter	30:21.65	Sean Rivers	2002
Steeplechase	9:11.78	Nate Normandin	2004
High Jump	6-9 1/2	Eric Draper	2006
Long Jump	24-4 1/4	David Registe	2007
Discus	132-9	Lucas Pedro	2007
Shot Put	47-3 1/2	Josh Evans	2004
Hammer	143	Scott Karnitz	2007
Javelin	160-5	Arthur Moreau	2005
4x100 Relay	42.21	E. Walsh, B. Grant,	2007
		Registe, M. Madrid	
4x400 Relay	3:24.50	M. Madrid, M.Boyle,	2007
		B. Grant, J. McLaughlin	

WOMEN'S RECORDS

Event	Time/Mark	Athlete	Year
100 Meter	12.37	Mary Pearce	2007
200 Meter	24.82	Mary Pearce	2007
400 Meter	53.56	Mary Pearce	2007
800 Meter	2:18.70	Kamie Jo Massey	2004
1500 Meter	4:44.46	Kamie Jo Massey	2004
3000 Meter	10:09.48	Laura Carr	2007
5000 Meter	17:24.11	Mandy Kaempf	2006
10,000 Meter	36:54.7	Stacy Edwards	2005
Steeplechase	11:45.50	Kaley Strachan	2006
100 Hurdles	15.242	Emily Tweto	2007
400 Hurdles	1:04.37	Emily Tweto	2007
High Jump	5-4 1/2	Emily Tweto	2007
Long Jump	18 1/2	Kim Brady	2007
Triple Jump	36 1/4	Kim Brady	2007
Discus	165-9	Jessica Houston	2005
Shot Put	45-11	Jessica Houston	2007
4x100 Relay	49.23	D. Gordon, M. Friess,	2006
		E. Tweto, M. Pearce	
4x400 Relay	4:02.07	D.Gordon, J. Allman,	2006
		M. Pearce, D. Pratt	



James Aronow VOLUNTEER ASSISTANT COACH

James Aronow is entering his second year as a volunteer assistant coach with UAA's track & field program in 2008.

The longtime head coach at Anchorage's Dimond High School, Aronow has guided the Lynx to three state titles and seven Region IV championships during his tenure.

Aronow coaches UAA's sprint crew, who combined to win three league titles at the GNAC Outdoor Championships last year.



This is UAA!

ACADEMICS

The University of Alaska Anchorage is the state's largest, most comprehensive university, serving nearly 20,000 students through four primary campuses and numerous other sites in southcentral Alaska and the Aleutian chain.

Academic units located on the Anchorage campus include the College of Arts and Sciences; College of Technical and Community Education; College of Health Education and Social Welfare; College of Business and Public Policy, and the School of Engineering.

Organized research units at UAA complement the academic programs and reflect the special character of the University's mission in Alaska. Research units include the Alaska Center for International Business, the American Russian Center, the Environment and Natural Resources Institute, the Center of Alcohol and Addiction Studies, the center for Economic Education, the Institute for Circumpolar Health Studies, the Center for Human Development, the Institute of Social and Economic Research and the Justice Center.

UAA operates on a semester system. Fifteen semester credits are a normal class load and a minimum of 120 credits are required to complete a bachelor's degree.

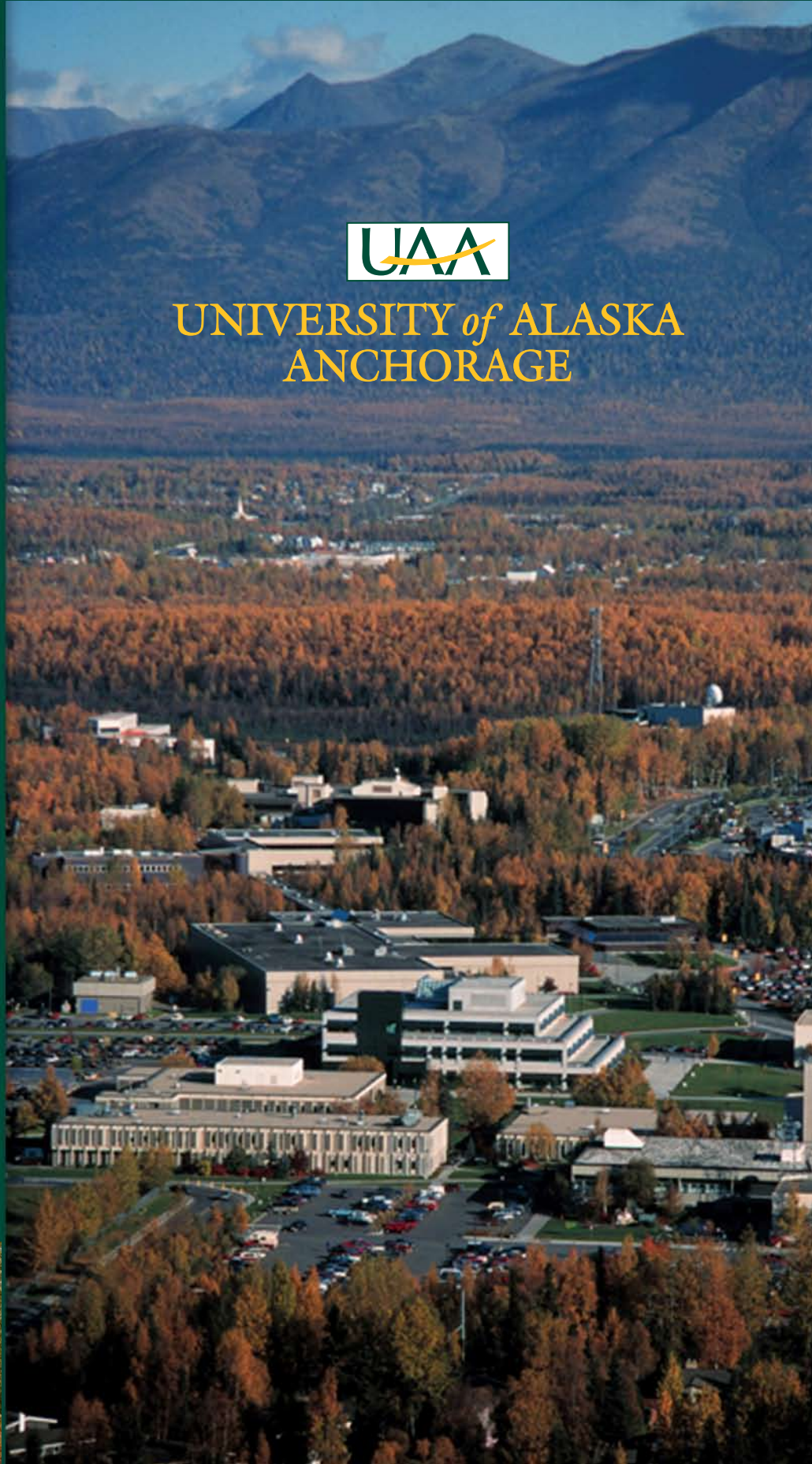
The attractive, wooded campus is an urban oasis with residential wildlife populations of moose, waterfowl and birds.

ATHLETICS

Nicknamed the Seawolves, UAA's athletic teams compete as members of NCAA Division I in hockey and gymnastics and NCAA Division II in all other sports, including basketball, volleyball, skiing, track & field, and cross country. UAA annually hosts the Carrs/Safeway Great Alaska Shootout men's and women's basketball tournament – recognized as one of the top in-season tournaments in the nation – as well as the Nye Frontier Classic hockey tournament.

Over the last three decades, the University of Alaska Anchorage has become a perennial national power in many of its sports. A total of 116 Seawolves have earned All-America honors since 1984 and UAA has produced several individual national champions.

UAA athletes have enjoyed unprecedented success in the classroom. The entire UAA Athletic Department has compiled a cumulative GPA of 3.0+ in 10 of the last 15 years.



UNIVERSITY of ALASKA ANCHORAGE

