

UTAH STATE™

CROSS COUNTRY

2012



Men's WAC Championships
2005, 2006, 2007, 2008, 2009, 2011

Women's WAC Championships
2006 & 2008



Men's & Women's Cross Country Guide

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UNIVERSITY QUICK FACTS

Location.....	Logan, Utah
Founded	1888
Enrollment.....	28,994
President.....	Stan Albrecht
Director of Athletics.....	Scott Barnes
Conference.....	Western Athletic (WAC)
Nickname.....	Aggies
Colors.....	Navy Blue, White and Pewter Grey



TEAM QUICK FACTS

2011 WAC Championships

Men's Cross Country Team.....	1st / 6
Women's Cross Country Team.....	3rd / 8

RETURNING RUNNERS

MEN

Aaron Clements
David Cluff
Chris Martinez
Kyle McKenna
Eric Shellhorn

WOMEN

AnnaLina Andersen
Tessa Brown
Stephanie Burt
Brittany Bushman
Kaylee Campbell
Myka Curtis
Ruth Hilton
Kiana Lindmeir
Alex Litzsinger
Ashley Robison
Hannah Williams

COACHING QUICK FACTS

Head Coach.....	Gregg Gensel
.....Alma Mater: Utah State, '88	
.....31st Season	
.. '05, '06, '07, '08, '09 & '11 WAC Men's Cross Country Coach of the Year	
.....2006 & 2008 WAC Women's Cross Country Coach of the Year	
Distance Coach.....	Steve Reeder
Assistant Coach.....	Steve Strickland



Junior Kyle McKenna



Senior Alex Litzsinger



Senior Ruth Hilton

2012 SCHEDULE

Date	Event	Location	Time
Sept. 1	Aggie Invitational (Innovation Campus Wellness Park)	Logan, UT	9 a.m.
Sept. 15	Montana State Invitational	Bozeman, MT	9 a.m.
Sept. 29	Griak Invitational	Falcon Heights, MN	11:20 a.m.
Oct. 13	Pre-Nationals	Louisville, KY	7:30 a.m.
Oct. 27	WAC Championships	Ruston, LA	8 a.m.
Nov. 12	NCAA Mountain Regional Championships	Fort Collins, CO	12 p.m.
Nov. 21	NCAA Championships	Louisville, KY	11:15 a.m.

* All times are Mountain



The Utah State men won their sixth WAC Championship in the last seven years at the 2011 Western Athletic Conference Cross Country Championships in Honolulu, Hawaii.

2012 USU CROSS COUNTRY

2012 MEN'S ROSTER

NAME	YEAR	EXP	HOMETOWN/HIGH SCHOOL (COLLEGE)
Austin Allred	FR	HS	Kaysville, Utah / Davis
Jacob Barton	SO	1L	Ogden, Utah / Ogden
Mike Bills	SO	1L	Orem, Utah / Timpanogos
Aaron Clements	SR	3L	Taylorsville, Utah / Taylorsville
David Cluff	SR	3L	Payson, Ariz. / Payson
Jason Coupe	JR	TR	Galt, Calif. / Galt (Central Arizona College)
Tom Derr	SO	HS	Olmsted Falls, Ohio / Olmsted Falls
Kade Jensen	FR	HS	Central Point, Ore. / Crater
Chris Martinez	FR	1L	Meridian, Idaho / Meridian
Kyle McKenna	JR	2L	Farmington, Utah / Viewmont
Briton Page	FR	HS	Centerville, Utah / Viewmont
Drew Povey	FR	HS	Clifton, Idaho / West Side
Tyler Roberts	FR	HS	Smithfield, Utah / Sky View
Tyler Shaffer	FR	HS	Keenesburg, Colo. / Weld Central
Eric Shellhorn	SO	1L	Montrose, Colo. / Montrose

2012 WOMEN'S ROSTER

NAME	YEAR	EXP	HOMETOWN/HIGH SCHOOL (COLLEGE)
AnnaLina Andersen	FR	HS	Kaysville, Utah / Davis
Troy Baugh	FR	HS	Brigham City, Utah / Box Elder
Sydney Blaser	FR	HS	Kennewick, Wash. / Kamiakin
Tessa Brown	SO	1L	Kaysville, Utah / Davis
Kylie Buckwalter	SO	HS	American Fork, Utah / American Fork
Stephanie Burt	SR	3L	Sandy, Utah / Jordan
Brittany Bushman	SO	1L	North Logan, Utah / Sky View
Kaylee Campbell	SR	3L	Weston, Idaho / Preston
Myka Curtis	FR	HS	Kirtland, N.M. / Kirtland Central
Karlee Deeter	FR	HS	Liberty, Utah / Weber
Kelsey Girardelli	FR	HS	Livermore, Calif. / Granada
Kirsten Hankins	FR	HS	Bonanza, Ore. / Triad
Ruth Hilton	SR	3L	St. George, Utah / Pine View
Kylie Hirschi	JR	2L	Sandy, Utah / Brighton
Madi Holt	FR	HS	Kaysville, Utah / Davis
Kiana Lindmeir	FR	HS	Layton, Utah / Bountiful
Alex Litzsinger	SR	3L	Pocatello, Idaho / Highland
Karli Lundquist	FR	HS	Rigby, Idaho / Rigby
Tylee Newman	FR	HS	Montevideo, Idaho / West Jefferson
Ashley Robison	SO	1L	Orem, Utah / Mountain View
Lecy Skousen	SO	HS	Orem, Utah / Timpanogos
Amanda Stoudt	FR	HS	Colorado Springs, Colo. / William Mitchell
Hannah Williams	JR	2L	Syracuse, Utah / Syracuse
Jacqueline Winterton	FR	HS	Salt Lake City, Utah / Skyline
Nikki Woodring	FR	HS	Pleasant View, Utah / Weber

COACHES

Gregg Gensel - Head Coach

Steve Reeder - Distance Coach

Steve Strickland - Assistant Coach

MEET THE AGGIE MEN

AUSTIN ALLRED

Freshman

Kaysville, Utah (Davis HS)

HIGH SCHOOL: A six-time letterwinner in cross country and track & field... Competed at the Arcadia Invitational and ranked in the top 50 for indoor as a senior in the 800m... Won two track & field state championships as a team, while also placing third as a team at the Nike Cross Nationals in 2012.

PERSONAL: Full name is Austin Lee Allred... Born July 6, 1994... Youngest of three children of Lee and Annette Allred... Major is undeclared.

**JACOB BARTON**

Sophomore

Ogden, Utah (Ogden HS)

2010 (FR): Finished in the top 20 twice in 2010, along with placing 36th (26:43.48) at the 2010 WAC Cross Country Championships.

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Won the Region 5 and 3A Utah State individual championships as a junior and senior... Member of the 2007 state championship team as well as the 2007 and 2008 region championship teams.

PERSONAL: Full name is Jacob Wilson Barton... Born May 11, 1992... Oldest of six children of Brad and Alydia Barton... Majoring in mechanical engineering.

**MIKE BILLS**

Sophomore

Orem, Utah (Timpanogos HS)

2008 (FR): Redshirted the 2008 season.

HIGH SCHOOL: A three-time letterwinner in cross country and track & field... Placed first in region and sixth at state as a senior.

PERSONAL: Full name is Michael Theodore Bills... Born December 13, 1989... One of six children of Michael Bills and Kenna Pulley... Served a two-year LDS church mission in Paraguay... Majoring in accounting and economics with a minor in Spanish.

**AARON CLEMENTS**

Senior

Taylorsville, Utah (Taylorsville HS)

2011 (JR): Placed 17th at Utah State Open (22:46.4)... Earned a letter by competing in two of the four regular season meets, also running in the Montana State Bozeman Running Company Invitational.

2010 (SO): Ran in all of the team's six meets with two top 20 finishes... Placed 14th at the Utah State Open (23:34.4) and had the 13th best time at the WAC Championships (25:17.99)... Earned second-team all-WAC honors... Finished 56th at the NCAA Mountain Regionals (31:30.5).

2009 (FR): Did not compete.

HIGH SCHOOL: A six-time letterwinner in cross country and track & field... Finished in second-place at the 2006 cross country state championship (15:59).

PERSONAL: Full name is Aaron Jesse Clements... Born December 2, 1987... Oldest of three children of Cora and Chirs Clements... Served a two-year LDS church mission in Panama... Majoring in Spanish.

**DAVID CLUFF**

Senior

Payson, Ariz. (Payson HS)

2011 (JR): Earned a letter by competing in two of the four regular season meets, including the Utah State Open and the Montana State Bozeman Running Company Invitational... Earned academic all-WAC honors.

2010 (SO): Did not compete.

2009 (FR): Did not compete.

HIGH SCHOOL: A six-time letterwinner in cross country and track & field... Placed 12th at the state cross country championships as a senior... Member of the 2006 state cross country championship team.

PERSONAL: Full name is David Benjamin Cluff... Born May 14, 1988... One of nine children of David and Cheryl Cluff... Served a two-year LDS Church Mission in Houston, Texas... Majoring in chemistry.



MEET THE AGGIE MEN

JASON COUPE

Junior
Galt, Calif. (Galt HS / Central Arizona)

CENTRAL ARIZONA: Ran a 1:52.5 in the 800m and clocked a time of 4:03.0 in the 1,500m during the 2011 outdoor season.

HIGH SCHOOL: Eight-time letterwinner in cross country and track & field... An eight-time team MVP, while also being named all-district four times.

PERSONAL: Full name is Jason Coupe... Born March 1, 1992... One of two sons of Carl and Sussie Coupe... Majoring in recreation management.



CHRIS MARTINEZ

Freshman
Meridian, Idaho (Meridian HS)

2011 (RS): Redshirted 2011 season.

HIGH SCHOOL: A four-time letterwinner in cross country and track & field... Posted a 16:23 time in a five-kilometer race as a senior.

PERSONAL: Full name is Chris Joseph Martinez... Born December 3, 1992... Is the only child of Greg and Pam Martinez... Majoring in mechanical engineering.



TOM DERR

Sophomore
Olmsted Falls, Ohio (Olmsted Falls HS)

HIGH SCHOOL: Competed in cross country and track & field... Graduated in 2010.

PERSONAL: Full name is Tom Benjamin Derr... Born April 28, 1992... Son of Tom and Rachel Derr... Major is undeclared.



KYLE MCKENNA

Junior
Farmington, Utah (Viewmont HS)

2011 (SO): Had three top-five finishes, including a fifth-place finish (25:43.8) at the 2011 WAC Cross Country Championships to garner first-team all-WAC honors... Earned academic all-WAC honors for the second-straight year... Finished 37th at the NCAA Mountain Region Championships (31:36.0).

2010 (FR): Competed in all six meets during his freshman season, finishing in the top 20 two times at the Utah State Open with a time of 22:55.4 and at the Montana State Invitational with a time of 26:06.00... Finished 29th at the WAC Championships (26:09.37) and 69th at the NCAA Mountain Regionals (32:04.9)... Earned academic all-WAC honors.

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Named team MVP in 2005 and 2006, while also being named all-state as a senior.

PERSONAL: Full name is Kyle Glenn McKenna... Younger brother of former Aggie great Brian McKenna... Born April 24, 1989... Second youngest of six children of Richard and Wendy McKenna... Served a two-year LDS church mission in South Korea... Majoring in music.



KADE JENSEN

Freshman
Central Point, Ore. (Crater HS)

2010 (RS): Redshirted 2010 season.

HIGH SCHOOL: A four-time letterwinner in cross country... Placed third at the state cross country championships and participated in the Nike Borderclash as a senior.

PERSONAL: Full name is Kade Martin Jensen... Born February 18, 1992... Oldest of two sons of Kyle Jensen and Brenda Olsson... Served a two-year LDS church mission in Texas... Majoring in family consumer and human development.



MEET THE AGGIE MEN

BRITON PAGE

Freshman
Centerville, Utah (Viewmont HS)

2009 (RS): Redshirted the 2009 season.

HIGH SCHOOL: Competed in cross country and track & field.

PERSONAL: Full name is Briton James Page... Born June 19, 1991... One of six children of Thomas and Marlene Page... Served a two-year LDS church mission in Nicaragua from 2010-12... Major is undeclared business.



TYLER SHAFFER

Freshman
Keenesburg, Colo. (Weld Central HS)

HIGH SCHOOL: A two-time letterwinner in cross country... Also played baseball, earning four letters playing centerfield.

PERSONAL: Full name is Tyler Michael Shaffer... Born January 7, 1994... One of four children of Bill and Kim Shaffer... Majoring in mechanical engineering.



DREW POVEY

Freshman
Clifton, Idaho (West Side HS)

2009 (RS): Redshirted the 2009 season.

HIGH SCHOOL: Competed in cross country and track & field.

PERSONAL: Full name is Drew John Povey... Born August 23, 1991... One of six children of Brad and Leiza Povey... Served a two-year LDS church mission in San Antonio, Texas from 2010-12... Majoring in rangeland resources.



ERIC SHELLHORN

Sophomore
Montrose, Colo. (Montrose HS)

2011 (FR): Finished 39th (28:35.5) at the 2011 WAC Cross Country Championships... Placed 23rd at the Montana State Bozeman Running Company Invitational with a time of 26:06.00.

HIGH SCHOOL: A 12-time letterwinner in cross country, track & field and soccer... Named to Southwestern League (SWL) all-Conference soccer first-team as a senior... Member of three-time SWL champions in track & field... Won SWL championship for 1600m three times and 800m twice.

PERSONAL: Full name is Eric Ansel Shellhorn... Born March 26, 1993... One of two children of Gary Shellhorn and Anne Janik... Majoring in mechanical engineering.



TYLER ROBERTS

Freshman
Smithfield, Utah (Sky View HS)

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Three-time Region 5 champion and was named all-state as a senior... Member of the 2011 state championship team and the Region 5 track & field championship team in 2009, 2010 and 2011.

PERSONAL: Full name is Tyler Jay Roberts... Born on April 21, 1994... One of three children of Curtis and Lori Roberts... Majoring in civil engineering.



MEET THE AGGIE WOMEN

ANNALINA ANDERSEN

Freshman
Kaysville, Utah (Davis HS)

2011 (RS): Redshirted 2011 season.

HIGH SCHOOL: Six-time letterwinner in cross country and track & field... Ran a mile in 5:19 as a senior and a 2:21 in the 800m as a junior... Member of the cross country state champions as a senior along with the state champions in the distance medley team as a senior... Also played basketball.

PERSONAL: Full name is AnnaLina Ruby Andersen... Born January 7, 1993... Has two brothers and two sisters... Daughter of Curtis and Venice Andersen... Majoring in human movement science with plans to become a physical therapist.



TESSA BROWN

Sophomore
Kaysville, Utah (Davis HS)

2011 (FR): Finished 37th (19:06.00) overall at the Montana State Bozeman Running Company Invitational... Competed in three of the four regular-season meets, including the Notre Dame Invitational and Arkansas' Chile Pepper Festival.

HIGH SCHOOL: Member of the 2010-11 state cross country championship team as well as the 2010-11 track & field championship team.

PERSONAL: Full name is Tessa Gay Brown... Born July 10, 1993... Has four brothers and one sister... Daughter of Gardner and Lisa Brown... Majoring in English.



TROY BAUGH

Freshman
Brigham City, Utah (Box Elder HS)

HIGH SCHOOL: A seven-time letterwinner in cross country and track & field... Named all-state as a sophomore... Also played basketball.

PERSONAL: Full name is Troy Baugh... Born November 8, 1993... One of five daughters of Brent and Barbara Baugh... Majoring in elementary education.



KYLIE BUCKWALTER

Sophomore
American Fork, Utah (American Fork HS)

2011 (FR): Did not compete.

HIGH SCHOOL: Member of the Region 4 championship team in 2011.

PERSONAL: Born April 29, 1993... One of five children of Todd Ash and Jen Nelson... Majoring in undeclared business.



SYDNEY BLASER

Freshman
Kennewick, Wash. (Kamiakin HS)

HIGH SCHOOL: A four-time letterwinner in cross country and track & field... Posted a 11:28 time in the two-mile race as a senior.

PERSONAL: Full name is Sydney Alexandra Blaser... Born September 18, 1993... One of seven children of Brady and Dawn Blaser... Majoring in environmental studies with a minor in biology.



MEET THE AGGIE WOMEN

STEPHANIE BURT

Senior
Sandy, Utah (Jordan HS)



2011 (JR): Finished 33rd (20:00.9) at the WAC Championships... Competed in all six meets, including a 104th-place finish at the NCAA Mountain Region Championships (23:55.3)... Earned academic all-WAC honors.

2010 (SO): Ran in all of the team's seven meets, highlighted by a fourth-place finish at the Idaho State Open (15:59.00) and a 20th-place finish at the WAC Championships (18:21.43)... Placed 99th at the NCAA Mountain Regionals (23:04.7)... Earned academic all-WAC honors.

2009 (FR): Finished 38th at the WAC Championships with a time of 20:59.6.

HIGH SCHOOL: Member of the 2006 state cross country championship and Region II championship teams.

PERSONAL: Full name is Stephanie Burt... Born February 22, 1991... Daughter of Dan and ValJean Burt... Has eight siblings... Majoring in physical education teaching.

BRITTANY BUSHMAN

Sophomore
North Logan, Utah (Sky View HS)



2011 (FR): Named second-team all-WAC after placing 14th at the WAC Championships (19:15.3)... Finished 97th at the NCAA Mountain Region Championships (23:43.6)... Competed in five of the six team meets.

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Member of the 2010 and 2011 region track & field championship teams as well as the 2010 state track & field championship team.

PERSONAL: Born October 3, 1992... Has four brothers and one sister... Daughter of Ron and Raquel Bushman... Majoring in human movement science with career plans of physical therapy.

KAYLEE CAMPBELL

Senior
Weston, Idaho (Preston HS)



2011 (JR): Named second-team all-WAC after finishing in 10th-place at the WAC Championships (19:02.6)... Competed in all six meets, including a 90th-place finish at the NCAA Mountain Region Championships... Earned academic all-WAC honors.

2010 (SO): Competed in five of Utah State's seven meets during her sophomore season, finishing in the top 20 one time, placing 13th at the WAC Championships with a time of 18:11.56... Earned second-team all-WAC to go along with academic all-WAC honors... Finished 81st at the NCAA Mountain Regionals (22:36.0).

2009 (FR): Recorded two top 20 finishes, including an 18th-place finish at the WAC Championships with a time of 20:23.1.

HIGH SCHOOL: State champion in the 3,200m as a senior... Member of the 2008 state cross country championship team.

PERSONAL: Born October 29, 1990... Daughter of Paul and Shelly Campbell... Youngest of seven children... Majoring in social work.

MYKA CURTIS

Freshman
Kirtland, N.M. (Kirtland Central HS)



2011 (RS): Redshirted 2011 season.

HIGH SCHOOL: A five-time letterwinner in cross country and track & field... District champion in both cross country and 800m track & field as a junior and senior.

PERSONAL: Full name is Myka Autumn Curtis... Born July 23, 1993... One of two children of Bobbie R. Curtis (Mother)... Major is undeclared.



MEET THE AGGIE WOMEN

KARLEE DEETER

Freshman
Liberty, Utah (Weber HS)

HIGH SCHOOL: A seven-time letterwinner in cross country and track & field... Earned first-team all-state accolades in cross country as a sophomore and junior, while also garnering second-team all-state honors as a freshman and senior... Named to the all-state track team during sophomore and junior years.

PERSONAL: Full name is Karlee Jan Deeter... Born September 28, 1993... Second oldest of four children of Brian and Mitzi Peter... Major is undeclared.

**KELSEY GIRARDELLI**

Freshman
Livermore, Calif. (Granada HS)

HIGH SCHOOL: A six-time letterwinner in cross country and track & field... Finished in the top seven in the North Coast Sectionals in 2010... Won League and North Coast Sectional championships in 2010 and 2011.

PERSONAL: Full name is Kelsey Lynn Girardelli... Born October 28, 1994... Oldest of three children of Gary and Tracy Girardelli... Majoring in biology.

**KIRSTEN HANKINS**

Freshman
Bonanza, Ore. (Triad HS)

HIGH SCHOOL: A two-time letterwinner in cross country... Finished seventh at state in 2010 and placed eighth at state in 2011... Named team MVP in 2011.

PERSONAL: Full name is Kirsten Anne Hankins... Born March 19, 1994... Second oldest of three children of Dan and Vera Hankins... Majoring in biology.

**RUTH HILTON**

Senior
St. George, Utah (Pine View HS)

2011 (JR): Named second-team all-WAC after placing ninth at the WAC Championships (18:59.3) as USU's top female finisher... Competed in four of the team's six meets, including finishing 56th at the NCAA Mountain Region Championships (22:43.5)... Earned academic all-WAC honors.

2010 (SO): Finished in the top two for Utah State in each her six meets during 2010... Posted top 20 finishes at the Utah State Open (13th-17:45.6), the Montana State Invitational (11th-17:48.00) and the WAC Championships (5th-17:50.84)... Earned first-team all-WAC and academic all-WAC honors... Placed 42nd at the NCAA Mountain Regionals (21:54.0).

2009 (RS): Finished in first place at the Utah State Open with a time of 17:17.00... Suffered injury and received medical red-shirt.

2008 (FR): Named second-team all-WAC after finishing 11th at WAC Championships in 18:58.30... Earned academic all-WAC honors.

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Region cross country champion as a junior and senior... Finished in sixth-place at the state cross country championships as a senior... State champion in 1,600m at the state cross country championships in 2008.

PERSONAL: Full name is Ruth Elizabeth Hilton... Born February 6, 1990... Youngest of eight children of Allen and Randalin Hilton... Majoring in math education.

**KYLIE HIRSCHI**

Junior
Sandy, Utah (Brighton HS)

2011 (SO): Competed in 400m and 800m for indoor track & field, along with 400m hurdles, and 800m for outdoor track & field.

2010 (FR): Competed in 60m hurdles, 400m and 800m for indoor track & field, along with 100m hurdles, 200m and 400m hurdles for outdoor track & field.

HIGH SCHOOL: Four-time track letterwinner... Was the state champion in 100m hurdles, 300m hurdles, 400m hurdles and 800m hurdles during senior season... Also participated in basketball earning three letters and averaging 14.0 points a game.

PERSONAL: Born January 2, 1992... One of three children of Lynn Hirschi... Major is undeclared.



MEET THE AGGIE WOMEN

MADI HOLT

Freshman
Kaysville, Utah (Davis HS)

HIGH SCHOOL: A six-time letterwinner in cross country and track & field... Member of the 2008 and 2010 state cross country championship teams as well as the 2010 state track & field championship team.

PERSONAL: Full name is Madison Holt... Born May 20, 1993... Oldest of four children of Holden and Melanie Holt... Majoring in nursing.



KARLI LUNDQUIST

Freshman
Rigby, Idaho (Rigby HS)

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Was the individual cross country district champion in 2011 and 2012... Qualified for state in 2008.

PERSONAL: Full name is Karli Jane Lundquist... Born May 26, 1994... Youngest of four children of Kerry and Susan Lundquist... Majoring in art.



KIANA LINDMEIR

Freshman
Layton, Utah (Bountiful HS)

2011 (RS): Redshirted 2011 season.

HIGH SCHOOL: A seven-time letterwinner in cross country, track & field and cheerleading... Member of the National Hip Hop cheerleading championship team as a senior.

PERSONAL: Born March 13, 1993... Has five siblings... Daughter of David and Nancy Lindmeir... Major is undeclared.



TYLEE NEWMAN

Freshman
Montevideo, Idaho (West Jefferson HS)

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Won individual state titles in the 1,600m and 3,200m in 2009 as well as the 800m, 1,600m and 3,200m in 2012... Member of the third-place team at the state cross country championships in 2009.

PERSONAL: Full name is Tylee Nicole Newman... Born February 15, 1994... Second oldest child of Lewis and Dana Newman... Major is undeclared.



ALEX LITZSINGER

Senior
Pocatello, Idaho (Highland HS)

2011 (JR): Finished 27th at the Utah State Open with a time of 18:21.6 before suffering a season-ending injury.

2010 (SO): Ran in six meets, placing 16th at the WAC Championships with a time of 18:16.94... Finished 105th at the NCAA Mountain Region Championships (23:09.3).

2009 (FR): Recorded two top 20 finishes, including a 16th-place finish at the WAC Championships with a time of 20:13.9.

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Placed fourth at the state meet in 2005 and third in 2008 for cross country.

PERSONAL: Full name is Alexandra Mitlestedt Litzsinger... One of three children of Ralph and Liana Litzsinger... Major is undeclared.



ASHLEY ROBISON

Sophomore
Orem, Utah (Mountain View HS)

2011 (RS): Redshirted 2011 season.

2010 (FR): Recorded one top 20 finish, placing 10th at the Idaho State Open (16:20.00), while competing in five of the team's seven meets in 2010... Finished 29th at the WAC Championships with a time of 18:45.26.

HIGH SCHOOL: A four-time letterwinner in cross country... Finished in third-place at the state cross country championships as a senior.

PERSONAL: Full name Ashley Ann Robison... Born June 13, 1992... Has one brother and one sister... Daughter of James and Kelly Robison... Majoring in deaf education.



MEET THE AGGIE WOMEN

LECY SKOUSEN

Sophomore
Orem, Utah (Timpanogos HS)

2011 (FR): Did not compete.

HIGH SCHOOL: A four-time letterwinner in cross country and basketball... Member of the 2007 and 2010 region cross country championship teams... Named cross country team MVP as a freshman, sophomore and senior.

PERSONAL: Full name is Lacey Deane Skousen... Born May 21, 1993... Has two siblings... Daughter of Grant and Keri Skousen... Majoring in elementary education.

**JACQUELINE WINTERTON**

Freshman
Salt Lake City, Utah (Skyline HS)

HIGH SCHOOL: A six-time letterwinner in cross country and track & field... Named to cross country all-state team as a sophomore, junior and senior... State track & field champion in the two-mile race as a junior.

PERSONAL: Full name is Jacqueline Rose Winterton... Born August 6, 1994... One of nine children of Reed and Sherri Winterton... Majoring in piano performance.

**AMANDA STOUT**

Freshman
Colorado Springs, Colo. (William Mitchell HS)

HIGH SCHOOL: An eight-time letterwinner in cross country and track & field... Qualified to compete at the state track & field championships in 2011... Named cross country team MVP from 2010-12... Recognized as a rotary champion nominee her senior season.

PERSONAL: Full name is Amanda R. Stout... Born October 1, 1993... Oldest of three children of Donald and Cynthia Stout... Majoring in exercise science.

**NIKKI WOODRING**

Freshman
Pleasant View, Utah (Weber HS)

HIGH SCHOOL: Competed in cross country and track & field... Graduated in 2011.

PERSONAL: Full name is Nicole Suzanne Woodring... Born September 2, 1992... Youngest of two children of Blake and Venna Woodring... Majoring in family and consumer science education.

**HANNAH WILLIAMS**

Junior
Syracuse, Utah (Syracuse HS)

2011 (SO): Placed 108th at the NCAA Mountain Region Championships... Competed in five of the six team meets, missing the WAC Championships due to injury... Earned academic all-WAC honors.

2010 (FR): Ran in three meets, posting one top 20 finish on the year with a ninth-place finish and a time of 16:18.00 at the Idaho State Open... Placed 41st at the WAC Championships with a time of 19:03.33.

HIGH SCHOOL: A nine-time letterwinner in cross country, track & field and basketball... Named the Syracuse High School Female Athlete of the Year as a senior... Set five school records (800m, 1,500m, 1,600m, 3,200m and distance medley relay team)... Member of the undefeated 5A state basketball championship team.

PERSONAL: Born June 5, 1992... One of nine children of Lonnie and Duella Williams... Majoring in exercise science.



**CROSS
COUNTRY**



GREGG GENSEL

Head Coach

COACHING HIGHLIGHTS:

- * 38-time Conference Coach of the Year
- * 36 Conference Championships
- * 230 Conference Individual Champions
- * 817 Academic All-Conference selections
- * 33 All-Americans

Gregg Gensel is in his 31st year of coaching track & field and cross country at Utah State. He is in his 25th season as head coach of the men's program and his 20th year at the helm of the women's team.

Prior to being named head coach in 1988, the 55-year-old Gensel was an assistant coach for five years and a graduate assistant coach for one year. As an assistant, he worked with all field events and with the sprinters. Currently Gensel works specifically with cross country, distance athletes and high jumpers along with his head coaching responsibilities.

During his tenure at Utah State, Gensel has coached the Aggies to 36 conference championships in both men's and women's cross country and track & field, including the women sweeping the 2012 Indoor and Outdoor WAC Track & Field Championships as well as the Aggie men winning the 2011 WAC Cross Country Championships. It also includes the USU men winning the triple crown of the WAC Cross Country, Indoor and Outdoor Track and Field Championships during the 2009-10 season. The Aggie women have won four cross country and track & field titles since joining the WAC in 2005, while the men have won 13 cross country and track & field titles over that same period. Gensel has coached 230 conference individual champions and 33 All-Americans.

In the 1998-99 school year, Gensel guided both the men's and women's track teams to Big West Conference Championships along with a first-ever women's crown in cross country.

Gensel has been named the Conference Coach of the Year 38 times during his career including five coach of the year honors during the 2011-12 season, men's cross country and outdoor track & field, women's indoor and outdoor track & field and the women's indoor NCAA Mountain Region.

Athletes to earn NCAA All-America status under Gensel include, LaDonna Antoine (400), Shane Bingham (1,500, mile), Mark Calvin (pole vault), Craig Carter (hammer throw, 35-pound weight), Shae Bair (pole vault), Sonia Grabowska (pole vault), John Kelly (javelin), Corey Murdock (400 outdoor hurdles, 400 indoor hurdles), James Parker (hammer throw, 35-pound weight, discus), Lance White (pole vault), Dave Hoffman (high jump), Brett Guyman (400 outdoor hurdles), Jane Durfey (400 hurdles), Krista Larson (hammer throw), Jennifer Twitchell (mile), John Strang (heptathlon), Clint Silcock (high jump), and Trevor Ball (cross country).

A native of Long Beach, Calif., Gensel attended Utah State and was a middle-distance runner for the Aggies, finishing sixth in the 1,500-meters at the Pacific Coast Athletic Association Championships in 1981 (now the Big West Conference).

Gensel earned a bachelor's degree in health in 1981 and earned a master's in physical education with an emphasis in sport psychology in 1988, both from USU. He has been certified as a Level II coach by USA Track & Field, the national track and field governing body, and is also a Level I certified instructor.

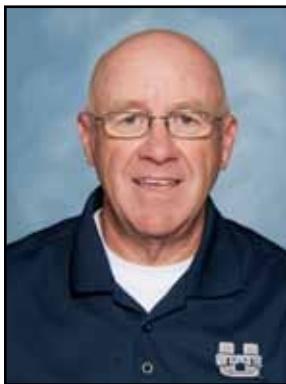
He and his wife, Kaye, have four children: Chelsey, Janaea, Morgan and Britton.

AS MEN'S HEAD COACH:

- * WAC Indoor Track Coach of the Year: (2008, 2010, 2011)
- * WAC Indoor Champions: (2008, 2010, 2011)
- * WAC Outdoor Track Coach of the Year: (2007, 2009, 2010, 2011, 2012)
- * WAC Outdoor Champions: (2007, 2009, 2010, 2011)
- * WAC Cross Country Coach of the Year: (2005, 2006, 2007, 2008, 2009, 2011)
- * WAC Cross Country Champions: (2005, 2006, 2007, 2008, 2009, 2011)
- * NCAA Mountain Region Indoor Track Coach of the Year: (2007)
- * Big West Conference Cross Country Coach of the Year: (1992, 1993, 1994, 2002)
- * Big West Conference Cross Country Champions: (1992, 1993, 1994, 2002)
- * Mountain Pacific Sports Federation Indoor Track Coach of the Year: (1993)
- * Mountain Pacific Sports Federations Champions: (1993)
- * Big West Conference Outdoor Track Coach of the Year: (1994, 1995, 1996, 1998, 1999, 2002, 2003)
- * Big West Conference Outdoor Track Champions: (1994, 1995, 1996, 1998, 1999, 2002, 2003)
- * 154 Individual Conference Champions
- * 330 Academic All-Conference selections

AS WOMEN'S HEAD COACH:

- * WAC Indoor Track Coach of the Year: (2012)
- * WAC Indoor Champions: (2012)
- * WAC Outdoor Coach of the Year: (2012)
- * WAC Outdoor Champions: (2012)
- * WAC Cross Country Coach of the Year: (2006, 2008)
- * WAC Cross Country Champions: (2006, 2008)
- * NCAA Mountain Region Indoor Track Coach of the Year: (2012)
- * Big West Conference Cross Country Coach of the Year: (1998)
- * Big West Conference Cross Country Champions: (1998)
- * Mountain Pacific Sports Federation Coach of the Year: (1994)
- * Mountain Pacific Sports Federation Indoor Track Champions: (1994)
- * Big West Conference Outdoor Track Coach of the Year: (1995, 1997, 1998, 1999)
- * Big West Conference Outdoor Track Champions: (1995, 1996, 1997, 1998, 1999)
- * 76 Individual Conference Champions
- * 487 Academic All-Conference selections



STEVE REEDER

Distance Coach

Steve Reeder enters his 33rd year as the Aggie distance coach. He coaches both the indoor and outdoor runners in the 800m and longer distances, as well as working with the cross country team.

Reeder is a retired physical education teacher from Mount Logan Middle School in Logan.

Reeder was a long jumper at Box Elder High School before earning a bachelor's degree at Brigham Young University. He later earned a master's degree at Utah State.

While teaching English at Duchesne High School for one year, Reeder coached basketball, football and track. He then came to Logan and taught at the junior high level, coaching its football, track and wrestling teams for two years prior to becoming an assistant coach at Utah State.

Reeder carried the Olympic Torch as it passed through Logan on its way to the Opening Ceremonies in Salt Lake City for the 2002 Winter Olympic Games.

Reeder and his wife, Dona, have five children: Emily, Daisy, Marty, Isaac and Sadie.



STEVE STRICKLAND

Assistant Coach

Steve Strickland enters his first year on the coaching staff for Utah State's cross country and track & field teams. He will assist veteran head coach Gregg Gensel with the administration duties of the team, while also coaching the distance runners.

A native of Orem, Utah, Strickland competed for the Aggies in 2005 as well as 2007-2010, while serving a two-year LDS church mission to Louisville, Ky., from 2005-2007. He has spent the last two years getting his master's degree in Spanish literature at the University of Kansas.

As an Aggie, Strickland won eight individual conference titles, including the 3,000m steeplechase at the WAC Outdoor Championships in 2008, 2009 and 2010. Strickland also won the 5,000m run at the 2009 WAC Indoor and Outdoor Championships as well as capturing the 3,000m title at the 2008 WAC Indoor Championships and titles in the mile run and distance medley relay at the 2010 WAC Indoor Championships.

Additionally, Strickland holds the school-record in the 3,000m steeplechase with a time of 8:42.71, while also ranking third in school history in the indoor 3,000m (8:10.67) and fifth in the indoor distance medley (9:59.09). In 2009, Strickland finished 24th in the 3,000m steeplechase at the NCAA Outdoor Championships in Fayetteville, Ark., while also competing at the USA Track and Field Championships. He also qualified for the USA Track and Field Championships in 2010.

2012 USU CROSS COUNTRY

YEAR-BY-YEAR RESULTS

2006 CROSS COUNTRY RESULTS

Men's Cross Country Team

Weber State Duel Open.....	2nd/2
Montana State Invitational	2nd/7
Oregon Invitational.....	11th/13
NCAA Pre-Nationals	24th/41
WAC Championships.....	1st/7
NCAA Regionals.....	10th/15

Women's Cross Country Team

Weber State Duel Open	2nd/2
Montana State Invitational	3rd/8
Oregon Invitational.....	11th/11
NCAA Pre-Nationals	28th/41
WAC Championships.....	1st/9
NCAA Regionals.....	9th/15

2007 CROSS COUNTRY RESULTS

Men's Cross Country Team

Utah State Open.....	2nd/4
Montana State Invitational.....	3rd/11
Oregon Invitational	13th/15
NCAA Pre-Nationals.....	29th/38
WAC Championships	1st/7
NCAA Regionals.....	8th/15

Women's Cross Country Team

Utah State Open.....	4th/5
Montana State Invitational.....	1st/13
Oregon Invitational.....	14th/15
NCAA Pre-Nationals.....	27th/38
WAC Championships	3rd/9
NCAA Regionals.....	8th/17

2008 CROSS COUNTRY RESULTS

Men's Cross Country Team

Utah State Open	2nd/2
BYU Autumn Invitational	2nd/8
Montana State Invitational	2nd/11
Notre Dame Nationals	16th/25
NCAA Pre-Nationals	36th/41
WAC Championships.....	1st/7
NCAA Regionals	10th/15

Women's Cross Country Team

Utah State Open.....	1st/3
BYU Autumn Classic	1st/3
Montana State Invitational.....	22nd/13
Oregon Invitational	21st/23
NCAA Pre-Nationals.....	31st/41
WAC Championships	1st/9
NCAA Regionals.....	8th/18

2009 CROSS COUNTRY RESULTS

Men's Cross Country Team

Utah State Open.....	1st/2
Montana State Invitational	1st/12
Notre Dame Nationals	9th/23
NCAA Pre-Nationals.....	11th/34
WAC Championships.....	1st/7
NCAA Regionals.....	7th/17

Women's Cross Country Team

Utah State Open	1st/3
Montana State Invitational	4th/13
Oregon Invitational	21st/22
NCAA Pre-Nationals.....	34th/37
WAC Championships	2nd/9
NCAA Regionals	14th/20

2010 CROSS COUNTRY RESULTS

Men's Cross Country Team

Utah State Open.....	1st/4
Montana State Invitational	2nd/11
Notre Dame Nationals	14th/21
NCAA Pre-Nationals	22nd/36
WAC Championships.....	3rd/7
NCAA Regionals.....	7th/16

Women's Cross Country Team

Utah State Open	4th/6
Montana State Invitational.....	3rd/6
Notre Dame Invitational.....	21st/24
Idaho State Open	2nd/3
NCAA Pre-Nationals.....	28th/40
WAC Championships	2nd/9
NCAA Regionals	17th/19

2011 CROSS COUNTRY RESULTS

Men's Cross Country Team

Utah State Open.....	2nd/3
Montana State Invitational	2nd/11
Notre Dame Nationals	15th/26
NCAA Pre-Nationals.....	4th/32
WAC Championships.....	1st/6
NCAA Mountain Region Championships.....	7th/17

Women's Cross Country Team

Utah State Open	2nd/3
Montana State Invitational.....	2nd/11
Notre Dame Invitational.....	27th/28
NCAA Pre-Nationals.....	15h/34
WAC Championships	3rd/8
NCAA Mountain Region Championships.....	18th/19

2011 MEN'S CROSS COUNTRY INDIVIDUAL RESULTS

Sept. 3 Utah State Open
Wellsville, Utah (American West Heritage Center)

INDIVIDUAL RESULTS

5. Brian McKenna	21:06.7
6. Kyle McKenna	21:06.1
7. Daniel Howell	21:09.1
12. Hunter Nelson	21:54.1
13. Devin Lang	21:55.1
14. Eric Larson	22:03.7
17. Aaron Clements	23:12.60
36. Nick Bolinder	22:51.00
38. David Cluff	22:52:00

Sept. 17 Bozeman Running Co. MSU Invitational
Bozeman, Mont.

INDIVIDUAL RESULTS

1. Brian McKenna	24:27.00
4. Kyle McKenna	24:40.00
8. Daniel Howell	25:06.00
12. Hunter Nelson	25:19.00
16. Eric Larson	25:35.00
19. Austin Neuner	25:49.00
20. Devin Lang	25:53.00
23. Eric Shellhorn	26:06.00
26. Corey Kimzey	26:12.00
30. Aaron Clements	26:28.00
36. David Cluff	26:41.00

Sept. 30 Notre Dame Invitational
South Bend, Ind.

INDIVIDUAL RESULTS

1. Brian McKenna	24:46.5
4. Daniel Howell	25:32.5
5. Kyle McKenna	25:43.8
9. Hunter Nelson	26:06.8
16. Eric Larson	26:25.0
18. Devin Lang	26:36.4
24. Austin Neuner	27:18.5
29. Nick Bolinder	27:43.9
39. Eric Shellhorn	28:35.5

Oct. 15 Chile Pepper Festival
Fayetteville, Ark.

INDIVIDUAL RESULTS

15. Brian McKenna	30:09.5
35. Kyle McKenna	30:37.4
40. Daniel Howell	30:47.0
58. Hunter Nelson	31:07.7
64. Eric Larson	31:12.9
94. Nick Bolinder	31:50.1
121. Devin Lang	32:10.0
127. Eric Shellhorn	32:15.2
159. Austin Neuner	32:56.5
230. Corey Kimzey	34:58.9 32.

Oct. 29 WAC Championships
Honolulu, Hawaii

INDIVIDUAL RESULTS

1. Brian McKenna	24:46.5
4. Daniel Howell	25:32.5
5. Kyle McKenna	25:43.8
9. Hunter Nelson	26:06.8
16. Eric Larson	26:25.0
18. Devin Lang	26:36.4
24. Austin Neuner	27:18.5
29. Nick Bolinder	27:43.9
39. Eric Shellhorn	28:35.5

Nov. 12 NCAA Mountain Regionals
Provo, Utah

INDIVIDUAL RESULTS

10. Brian McKenna	30:43.3
32. Daniel Howell	31:25.9
37. Kyle McKenna	31:36.0
52. Hunter Nelson	32:04.0
60. Eric Larson	32:25.2
69. Austin Neuner	32:39.1
82. Devin Lang	32:58.9

Nov. 21 NCAA Championships
Terre Haute, Ind.

INDIVIDUAL RESULTS

63. Brian McKenna	30:29.6
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2011 WOMEN'S CROSS COUNTRY INDIVIDUAL RESULTS

Sept. 3 Utah State Open Wellsville, Utah (American West Heritage Center)

INDIVIDUAL RESULTS

- 1. Hannah Williams 18:05.8
- 15. Stephanie Burt 18:12.3
- 27. Alex Litzsinger 18:21.6
- 33. Brittany Fisher 18:31.1
- 35. Kaylee Campbell 18:34.0
- 45. Cherice Chugg 19:08.0
- 55. Alisa Sheffer 20:30.2

Sept. 17 Bozeman Running Co. - MSU Invitational Bozeman, Mont.

INDIVIDUAL RESULTS

- 6. Ruth Hilton 17:31.00
- 13. Hannah Williams 17:51.00
- 15. Kaylee Campbell 17:55.00
- 21. Stephanie Burt 18:10.00
- 22. Jessie Chugg 18:21.00
- 25. Brittany Fisher 18:18.00
- 28. Brittany Bushman 18:21.00
- 32. Cherice Chugg 18:41.00
- 37. Tessa Brown 19:06.00
- 41. Lecy Skousen 19:19.00

Sept. 30 Notre Dame Invitational South Bend, Ind.

INDIVIDUAL RESULTS

- 86. Hannah Williams, 18:06
- 165. Jessie Chugg, 18:48
- 180. Stephanie Burt, 18:55
- 190. Brittany Bushman, 19:05
- 197. Kaylee Campbell, 19:10
- 209. Cherice Chugg, 19:28
- 212. Brittany Fisher, 19:36
- 221. Tessa Brown, 20:11

Oct. 15 Chile Pepper Festival Fayetteville, Ark.

INDIVIDUAL RESULTS

- 81. Hannah Williams, 22:16.1
- 85. Kaylee Campbell, 22:21.3
- 92. Jessie Chugg, 22:30.1
- 99. Ruth Hilton, 22:33.6
- 122. Stephanie Burt, 22:54.7
- 125. Brittany Bushman, 23:01.2
- 126. Brittany Fisher, 23:02.6
- 179. Cherice Chugg, 24:01.9
- 194. Tessa Brown, 24:22.3

Oct. 29 WAC Championships Honolulu, Hawaii

INDIVIDUAL RESULTS

- 9. Ruth Hilton, 18:59.3
- 10. Kaylee Campbell, 19:02.6
- 12. Jessie Chugg, 19:06.6
- 14. Brittany Bushman, 19:15.3
- T-15. Brittany Fisher, 19:15.8
- 33. Stephanie Burt, 20:00.9
- 45. Cherice Chugg, 20:44.7
- Hannah Williams, DNS

Nov. 12 NCAA Mountain Regionals Provo, Utah

INDIVIDUAL RESULTS

- 56. Ruth Hilton, 22:43.5
- 90. Kaylee Campbell, 23:36.5
- 97. Brittany Bushman, 23:43.6
- 98. Brittany Fisher, 23:44.3
- 104. Stephanie Burt, 23:55.3
- 108. Hannah Williams, 24:08.8
- 117. Jessie Chugg, 24:32.4