
Club Northwest • USATF Pacific Northwest • Pro-Motion Events
Seattle Sports Commission • Seattle Parks & Recreation



2011 National Club Cross Country Championships

Jefferson Park Golf Course
Seattle, Washington
Saturday, December 10, 2011

LOCAL SPONSOR ADVERTISEMENT



WELCOME FROM USA TRACK & FIELD

We welcome you from your #1 fans!

On behalf of the Long Distance Running Division, the Cross Country Council, and the Club Council, it is our pleasure to be in Seattle for the 14th edition of these championships held to determine the best club programs in the country.

Under the able watch of our volunteer leadership and Andy Martin and Jim Estes of the national staff, these championships have grown from the meager numbers which greeted us in our early years to several recent years of participation of over one thousand runners from across the nation.

Re-building the strength of our once-proud club system helps USATF accomplish several goals: provide opportunities for post-collegians to stay in the sport; coalesce activities in distance running into training groups; bring a team element to the sport which is widely successful in high schools and colleges across the country; and prove that our sport is one for all ages. Combined with the national Junior Olympics being held in South Carolina today, over 4,000 participants ranging in ages from under 8 to over 80 will run in national events today!

We thank our national sponsor, Nike, for being an active partner in this championships. Our congratulations to the local organizing committee, headed by Bob Springer and Bill Roe, for garnering so much local support to the event, including major partnerships with the Seattle Sports Commission, the Seattle Parks and Recreation Department, and Pro-Motion Events.

After several years of being a “tag-along” event to our Annual Meeting, these championships are now highly sought-after. Next year, the event will return to Lexington, Kentucky, site of the 2009 event. If your area would like to host this growing and exciting event, your starting point is with our national office.

Our best in running,

Stephanie Hightower
President
USA Track & Field

Michael Scott
Chair
USATF Cross Country

WELCOME TO THE NORTHWEST!

We welcome you to the Puget Sound region!

This is the eighth time a national cross country meet has been held in the greater Seattle / Tacoma area:

- 1978 AAU Men’s 10k, West Seattle Golf Course
- 1981 AAU Junior Men’s 8k, Green Lake
- 1981 AIAW Women, Tyee Valley Golf Course
- 1985 TAC Junior Olympics, Lower Woodland Park
- 1989 USATF World Trials, Tyee Valley Golf Course
- 1990 USATF World Trials, Tyee Valley Golf Course
- 1999 USATF World Trials, Spanaway Lake Golf Course

Each time we have tackled a championship, it has been a noteworthy event. In particular, the 1989 world trials were the first to include junior women, and the 1999 world trials were the first under the current fall and winter championships format.

Cross country running in our Association and region is as strong as it is anywhere in the USA. The Washington Huskies won the NCAA women’s title in 2008, state cross country teams are always at the top of the national rankings, and Club Northwest has won the “high point” trophy at the last four club championships. That latter feat is one we hope to continue at these championships.

You will be treated to an exceptional event in Seattle. The course is guaranteed to be muddy – especially by the open races late in the program – and the weather wet; the transportation connections to and within Seattle make it an easy destination; and we have selected as a hotel one of the most recent additions to the 4-star rating lists. In addition, our local officials are ready to provide you with a fair and well-run event.

We thank our local sponsors and partners, including the Seattle Sports Commission, the Seattle Parks and Recreation Department, and Pro-Motion Events. In addition, we recognize the efforts of Jim Estes and Andy Martin at the USATF national office. Their support has been essential.

Our best in running,

William Hickman	Saul Kinderis
President	President
USATF Pacific Northwest	Club Northwest



GENERAL ADVERTISEMENT

ENJOY OUR EVENT “The Battle in Seattle”

- Date:** Saturday, 10 December 2011
- Event:** USATF National Club Cross Country Championships
- Time schedule:** 9:00 Community 2k/4k Runs and Kids Dashes (1k and 400-meters)
9:45 First-ever National Club Disabled 4k
10:45 Masters Women’s 6k
11:45 Masters Men’s 10k
1:00 Open Women’s 6k
1:45 Open Men’s 10k
- Event site:** Jefferson Park Public Golf Course, Seattle, Washington
- Event history:** This is the 14th year of the Club Championships:
- | | | | |
|------|-----------------|------|-------------------|
| 1998 | Orlando, FL | 2006 | San Francisco, CA |
| 1999 | Los Angeles, CA | 2007 | West Chester, OH |
| 2000 | Boston, MA | 2008 | Spokane, WA |
| 2001 | Mobile, AL | 2009 | Lexington, KY |
| 2002 | Rocklin, CA | 2010 | Charlotte, NC |
| 2003 | Greensboro, NC | 2011 | Seattle, WA |
| 2004 | Portland, OR | 2012 | Lexington, KY |
| 2005 | Rochester, NY | 2013 | |
- Past events:** The University of Washington, PNTF and/or CNW have hosted seven cross country national championships sine 1978, but none at this site.
- | | | |
|------|-----------------------------------|-------------------------------------|
| 1978 | AAU Men’s Championships | West Seattle GC |
| 1981 | TAC/USA Junior Men’s World Trials | Green Lake Park, Seattle |
| 1981 | AIAW (Women’s Intercollegiate) | Tyee Golf Course, SeaTac |
| 1985 | TAC/USA Junior Olympics | Lower Woodland Park, Seattle |
| 1989 | TAC/USA World Trials | Tyee Golf Course, SeaTac |
| 1990 | TAC/USA World Trials | Tyee Golf Course, SeaTac |
| 1999 | USA Winter Nationals | Lake Spanaway Golf Course, Spanaway |
- Local organizers:** USATF Pacific Northwest
Club Northwest
Seattle Sports Commission
Seattle Parks & Recreation Department
ProMotion Events
- Bob Springer, Local Organizing Committee Chair and Community Race Referee
Bill Roe, LOC Vice-Chair and Treasurer
John Boesche, LOC Secretary
Jason Drake, Meet Director
Bill Roe, Tahoma Khalsa, and John Boesche, Associate Meet Directors
- USATF officials:** Stephanie Hightower, USATF President
Fred Finke, Long Distance Running Division Chair
Michael Scott, Cross Country Council Chair and Open Races Referee
Bill Quinlisk, Cross Country Council Vice-Chair and Masters Races Referee
Steve Cuomo, Athletics for the Disabled Chair and Disabled Race Referee
Devon Martin, Club Council Chair
Andy Martin, USATF Director of Grassroots Programs
Jim Estes, USATF Associate Director of Long Distance Running and Marketing
- Jury of Appeals:** Fred Finke (chair), Devon Martin, William Hickman, Ralph Morton, and Tom Cotner

ROAD RUNNER SPORTS ADVERTISEMENT

OVERALL SCHEDULE

Thursday, December 8

As needed	Equipment procurement
2 p.m. - Midnight	Greeters at Sea-Tac Airport
4 - 10 p.m.	Information desk in hotel lobby
6 - 8 p.m.	Packet assembly pizza party

Friday, December 9

7 a.m. - 2 p.m.	Course set-up
8 a.m.-8 p.m.	Information desk in hotel lobby
9 a.m. - 9 p.m.	Packet pick-up at hotel
12 noon - 5 p.m.	Official course preview at Jefferson Park <i>NOTE: Participating teams may come to Jefferson Park earlier, but there is no guarantee that the course will be ready for previewing prior to noon.</i>
5 - 9 p.m.	Pasta dinner at hotel
7 - 8 p.m.	Technical meeting in hotel <i>NOTE: Participating teams should be aware of the requirement for them to send at least one representative to the technical meeting in order to receive their team fee refund.</i>

Saturday, December 10

6 - 9 a.m.	Set up – all Jefferson Park areas
8 a.m. - 2 p.m.	Registration desk and packet pick-up in Jefferson Park clubhouse
9:00 a.m.	Community 2k / 4k runs and Kids 1k/400-meter Dashes (concurrent)
9:45 a.m.	Disabled 2k / 4k Club Championship (concurrent)
10:45 a.m.	Masters Women's 6k Club Championship
11:45 a.m.	Masters Men's 10k Club Championship
1:00 p.m.	Open Women's 6k Club Championship
1:45 p.m.	Open Men's 10k Club Championship <i>NOTE: Brief awards ceremonies will be conducted at finish line for each race to take advantage of the spectators attending the championships.</i>
6:00 p.m.	Formal awards ceremony at hotel
7:00 p.m.	Post-event function (location to be determined)

Sunday, December 11

8 a.m. - 2 p.m.	Information desk in hotel lobby
8 am. - 3 p.m.	Departure desk at Sea-Tac Airport
As needed	Equipment return

MEET PREVIEW

First Annual Athletics for the Disabled Club Nationals

Text...

Masters Women's 6-kilometer Championships

Text...

Masters Men's 10-kilometer Championships

Text...

MEET PREVIEW

Open Women's 6-kilometer Championships

Text...

Open Men's 10-kilometer Championships

Text...

PNTF AND PNTFOA ADVERTISEMENT

YOUR MEET OFFICIALS

National Officials

USATF President	Stephanie Hightower	Cross Country Council Chair	Michael Scott
USATF CEO		Cross Country Council Vice-Chair	Bill Quinlisk
Director of Grassroots Programs	Andy Martin	Cross Country Council Secretary.....	Thom Hunt
Assoc. Dir. of LDR Programs & Marketing	Jim Estes	Club Council Chair	Devon Martin
Long Distance Running Division Chair.....	Fred Finke	Club Council Vice-Chair	Dave Oja
Athletics for the Disabled Chair.....	Steve Cuomo	Club Council Secretary.....	Bill Roe

Local organizing committee

Chair.....	Bob Springer	Meet Managers	Brian Oster and Kenny Emerick
Honorary Chair	Doris Heritage	Members.....	Tom Anderson, Tom Cotner, Joe Gray, William Hickman, Vanessa Hunter, Saul Kinderis, Bob Langenbach, Carole Langenbach, Michael Lynes, Ralph Morton, Geof Newing, Patti Petesch, Martin Rudow, Karen Steen, Rose Wetzels, Paul Wilkinson, and Jerry Zyskowski
Vice-Chair and Treasurer	Bill Roe		
Secretary	John Boesche		
Meet Director	Jason Drake		
Associate Meet Directors...John Boesche, Tahoma Khalsa, Brian Oster, and Bill Roe			

Competition officials and volunteers

Open races' referee.....	Michael Scott	Asha Dean, Nick Fleming, David White-Espin, and Carl Winter	
Masters races' referee	Bill Quinlisk		
Disabled race referee.....	Steve Cuomo		
Community race referee.....	Bob Springer	Clerking & Start. Bill Hickman (chair), Darlene Hickman, Mick Holt, Anne McClure, Vic Owings, and Becca Peter	
Chair of the Jury of Appeals	Fred Finke		
Jury pool	Tom Cotner, Doris Heritage, William Hickman, Devon Martin, and Ralph Morton	Course Monitors.....	n n
Officials & Volunteers.....	Geof Newing (chair), Joe Bisignano, Tom Cotner, William Hickman, Mick Holt, Bob Langenbach, and George Matthews	Finish Line... Andy Newing (chair), Al Bonney, Brad Fox, Kwajalean Griffin, Geof Newing, and Bill Roe	
Travel & Hospitality	John Boesche (chair), Doug Chandler, Aimee Johnson, Karen Steen, Rose Wetzels, and Tony Young	Finish Line Special Needs.....	Saul Kinderis (chair), Jim Estes, John O'Hearn, and Garrett Sletteback
Program	Martin Rudow (chair), Jim Estes, Andy Martin, Bill Roe, and Tom Surber	Results.....	Carole Langenbach (chair), Bill Quinlisk, Bill Roe, and Michael Scott
Media	Paul Merca (chair), Chuck Bartlett, Jim Estes, Martin Rudow, and Mike Scott	Post-Race Function.....	Tom Cotner (chair), Ed Haywood, Carole Langenbach, Bill Roe
Airport Greeters	n n		
Packet Pick-up	Brian Oster (chair), Chuck Bartlett, Kenny Emerick, Brad Fox, and Andy Martin		
General Set-Up	Kenny Emerick (chair), Joe Gray, Saul Kinderis, Brian Oster, Patti Petesch, Tom Potter, and Paul Wilkinson		
Course Set-Up.....	Steve Hatzenbeler (chair), Greg Crowther, Doris Heritage, Bob Langenbach, Brian Oster, and Paul Wilkinson		
Parking.....	Patti Petesch (chair), Tahoma Khalsa, and volunteer groups		
Admissions & Credentials	Aimee Johnson (chair),		



KEY

MAIN COURSE

1ST LOOP CUT

E SPECTATOR ENTRANCE

T TEAM ENTRANCE

S START

M MONITOR

L LAP COUNTER

F FINISH

+ MEDICAL

A SPECTATOR ACCESS

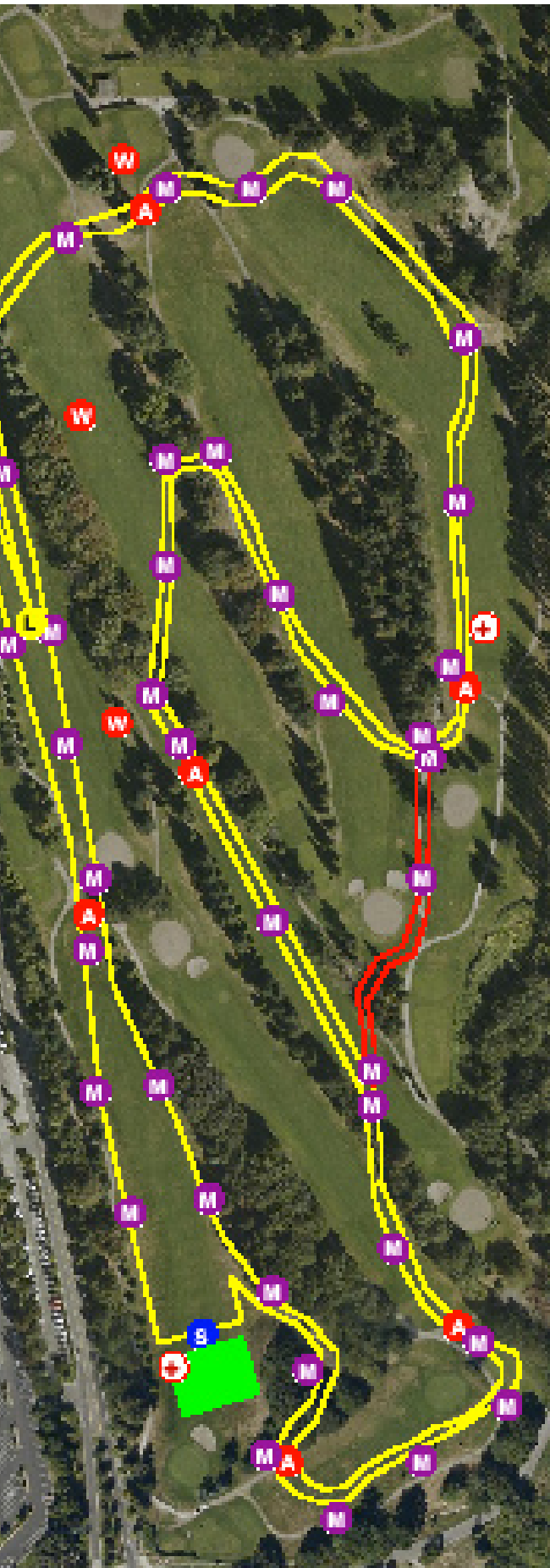
P PRESS CENTER

C CLUBHOUSE CAFE

W COFFEE WAGON

TEAM START VILLAGE

FINISH COMPLEX



LOCAL SPONSOR ADVERTISEMENT

HISTORY OF THE NATIONAL CHAMPIONSHIPS

ONLY A FALL MEN'S CHAMPIONSHIPS WAS CONTESTED UNTIL 1964, AT THE SIX-MILE OR 10,000-METER DISTANCE

<i>year</i>	<i>div</i>	<i>champion</i>	<i>team champion.....score</i>
1890	M	William Day	Prospect Harriers.....41
1891	M	M. Kennedy	Prospect Harriers.....21
1892	M	Edward Carter	Suburban Harriers.....41
1893-1896		<i>Not Contested</i>	
1897	M	George Orton	Knickerbocker AC.....31
1898	M	George Orton	Knickerbocker AC.....42
1899-1900		<i>Not Contested</i>	
1901	M	Jerry Pierce	Pastime AC.....20
1902		<i>Not Contested</i>	
1903	M	John Joyce	New York AC.....21
1904		<i>Not Contested</i>	
1905	M	W.J. Hail	Irish American AC.....27
1906	M	Frank Nebrich	Irish American AC.....29
1907	M	Frank Bellars	Irish American AC.....25
1908	M	Frank Bellars	Trinity AC.....78
1909	M	Willie Kramer	Irish American AC.....27
1910	M	Frank Bellars	New York AC.....27
1911	M	Willie Kramer	Irish American AC.....34
1912	M	Willie Kramer	Irish American AC.....21
1913	M	Abel Kiviat	Irish American AC.....32
1914	M	Hannes Kolehmainen	Irish American AC.....16
1915	M	Nick Giannakopoulos	Irish American AC.....25
1916	M	Willie Kyronen	Millrose AA.....30
1917	M	James Henigan	Dorchester Club.....30
1918	M	Max Bohland	Morningside AC.....32
1919	M	Fred Faller	Millrose AA.....36
1920	M	Fred Faller	Dorchester Club.....26
1921	M	Earle Johnson	New York AC.....40
1922	M	Willi Ritola	Finnish American AC...42
1923	M	Willi Ritola	Meadowbrook AC.....44
1924	M	Fred Wachsmuth	Finnish American AC...31
1925	M	Willi Ritola	Finnish American AC...37
1926	M	Willi Ritola	Finnish American AC...58
1927	M	Willi Ritola	Millrose AA.....49
1928	M	Gus Moore	Millrose AA.....40
1929	M	Gus Moore	Dorchester AC.....33
1930	M	William Zepp	Millrose AA.....46
1931	M	Clark Chamberlain	Indiana Univ.....30
1932	M	Joseph McCluskey	Millrose AA.....19
1933	M	Ray Sears	Millrose AA.....26
1934	M	Don Lash	Millrose AA.....26
1935	M	Don Lash	Millrose AA.....37
1936	M	Don Lash	Indiana Univ.....15
1937	M	Don Lash	Millrose AA.....35
1938	M	Don Lash	Millrose AA.....29
1939	M	Don Lash	Millrose AA.....35
1940	M	Don Lash	New York AC.....23
1941	M	Greg Rice	New York AC.....18
1942	M	Frank Dixon	Shanahan CC.....24
1943	M	William Hulse	US Naval Academy.....34
1944	M	James Rafferty	US Naval Academy.....unk
1945	M	Thomas Quinn	New York AC.....19
1946	M	Robert Black	New York AC.....34
1947	M	Curtis Stone	New York AC.....28
1948	M	Robert Black	Michigan State Univ.....28
1949	M	Fred Wilt	Syracuse Univ.....27
1950	M	H. Browning Ross	New York AC.....38
1951	M	Bill Ashenfelter	New York AC.....29

<i>year</i>	<i>div</i>	<i>champion</i>	<i>team champion.....score</i>
1952	M	Fred Wilt	New York AC.....18
1953	M	Fred Wilt	New York AC.....17
1954	M	Gordon McKenzie	New York AC.....45
1955	M	Horace Ashenfelter	New York AC.....28
1956	M	Horace Ashenfelter	New York AC.....46
1957	M	John Macy	New York AC.....45
1958	M	John Macy	New York AC.....28
1959	M	Al Lawrence	Houston TFC.....30
1960	M	Al Lawrence	Houston TFC.....33
1961	M	Bruce Kidd	Houston TFC.....35
1962	M	Pete McArdle	Los Angeles TC.....40
1963	M	Bruce Kidd	Los Angeles TC.....47

BEGINNING IN 1964, A FALL CHAMPIONSHIPS WAS HELD FOR BOTH MEN AND WOMEN AT DIFFERENT SITES. THE SENIOR WOMEN'S RACE RANGED FROM 4000-METERS TO 5000-METERS.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1964	M	Dave Ellis	Los Angeles TC.....29
	W	Marie Mulder	Will's Spikettes.....unk
1965	M	Ron Larrieu	Toronto Oly Club.....40
	W	Sandra Knott	Will's Spikettes.....unk
1966	M	Ron Larrieu	So California Striders...50
	W	Doris Brown (FaITC)	Will's Spikettes.....unk
1967	M	Kenny Moore	Toronto Oly Club.....53
	W	Vicki Foltz (FaITC)	Will's Spikettes.....35
1968	M	John Mason	Villanova Univ.....59
	W	Doris Brown (FaITC)	Will's Spikettes.....61

BEGINNING IN 1969, A JUNIOR WOMEN'S 5000-METER CHAMPIONSHIP WAS HELD WITH THE SENIOR WOMEN'S RACE, WHICH WAS NOW ESTABLISHED AT 5000-METERS.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1969	M	Jack Bachelor (FlaTC)	Pacific Coast Club.....37
	W	Doris Brown (FaITC)	Wolverine Parkettes.....35
	JW	Beth Bonner	Wolverine Parkettes...unk
1970	M	Frank Shorter (FlaTC)	Pacific Coast Club.....38
	W	Doris Brown (FaITC)	Wolverine TC.....39
	JW	Carol Frederick	Will's Spikettes.....34
1971	M	Frank Shorter (FlaTC)	Florida TC.....47
	W	Doris Brown (FaITC)	Oregon TC.....78
	JW	Eileen Claugus	Will's Spikettes.....unk
1972	M	Frank Shorter (FlaTC)	Florida TC.....42
	W	Francie Larrieu (SJCin)	Falcon TC.....29
	JW	Debra Johnson	Sports United RR.....unk
1973		<i>Men: ? / Women: Long Beach, CA</i>	
	M	Frank Shorter (FlaTC)	Florida TC.....20
	W	Francie Larrieu (SJCin)	San Jose Cindergals....105
	JW	Lynn Bjorklund (NMI)	Duke City Dashers.....37
1974		<i>Men: Belmont, CA / Women: Albuquerque, NM</i>	
	M	John Ngeno (WA St U)	Colorado TC.....92
	W	Lynn Bjorklund (NMI)	Falcon TC.....unk
	JW	Pamela Allen	Syracuse Chargers.....98

HISTORY OF THE NATIONAL CHAMPIONSHIPS

IN 1975, SEPARATE WINTER CHAMPIONSHIP & TRIALS RACES BEGAN FOR SENIOR AND JUNIOR MEN, RESULTING IN TWO NATIONAL CHAMPIONS FOR SENIOR MEN. THE JUNIOR DISTANCE WAS AT OR NEAR THE WORLD DISTANCE OF 8000-METERS. THE SENIOR TRIALS RACE, ALSO A NATIONAL CHAMPIONSHIP, WAS USUALLY AT OR NEAR THE WORLD DISTANCE OF 12,000-METERS.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1975	Winter Senior Men:	Gainesville, FL	
	SM15k	Frank Shorter (FlaTC)	none.....--
	Fall Senior Men:	Annapolis, MD	
	SM10k	Greg Fredericks	Colorado TC.....31
	Senior & Junior Women:	Belmont, CA	
	SW5k	Lynn Bjorklund (NMI)	NM Int.....87
	JW5k	Kathy Mills	Syracuse Chargers.....46
	Junior Men:	Alameda, CA	
	JM8k	Bobby Thomas (ClnCC)	none.....--
1976	Winter Senior Men:	Belmont, CA	
	SM12k	Gary Tuttle (Striders)	none.....--
	Fall Senior Men:	Philadelphia, PA	
	SM10k	Ric Rojas	Jamul Toads.....45
	Senior & Junior Women:	Miami, FL	
	SW5k	Jan Merrill (AGAA)	Los Angeles TC.....92
	JW5k	Aileen O'Connor	Liberty AC.....99
	Junior Men:	Irvine, CA	
	JM8k	Eric Hulst (Cal HS)	none.....--
1977	Winter Senior Men:	Alameda, CA	
	SM14k	Mike Bordell (USAF)	none.....--
	Fall Senior Men:	Houston, TX	
	SM10k	Nick Rose (M-D AC)	Colorado TC.....1:58:04
	Senior & Junior Women:	San Bernardino, CA	
	SW5k	Jan Merrill (AGAA)	Iowa State TC.....129
	JW5k	Lynn Jennings	Liberty AC.....85
	Junior Men:	San Diego, CA	
	JM7k	Mark Spilsbury (Colo)	none.....--
1978	Winter Senior Men:	Atlanta, GA	
	SM12k	Dan Dillon (GBTC)	none.....--
	Fall Senior Men:	Seattle, WA	
	SM10k	Greg Meyer	Mason Dixon AC.....73
	Senior & Junior Women:	Memphis, TN	
	SW5k	Julie Brown (ANTC)	Liberty AC.....75
	JW5k	Aileen O'Connor	Liberty AC.....106
	Junior Men:	Gainesville, FL	
	JM8k	Kevin Byrne (Gtwn)	none.....--

IN 1979, A SEPARATE JUNIOR MEN'S RACE WAS INITIATED AT THE FALL NATIONALS, AS ALL FOUR RACES – SENIOR & JUNIOR MEN & WOMEN – WERE HELD TOGETHER. THE FALL DISTANCE WAS 5000-METERS FOR JUNIOR MEN, RESULTING IN SIX NATIONAL CHAMPIONS BEING CROWNED.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1979	Winter Senior Men:	Atlanta, GA	
	12k	Marc Hunter (CleveSt)	none.....--
	Winter Junior Men:	Gainesville, FL	
	8k	Herb Wills (FlaSt)	none.....--
	Fall Senior and Junior Men & Women:	Raleigh, NC	
	SM10k	Alberto Salazar (AW)	Grtr Boston TC.....1:54:42
	JM5k	Karsten Schultz	Knoxville TC.....1:21:19
	SW5k	Margaret Groos (ChrTC)	Liberty AC.....88.75
	JW5k	Kim Gallagher	Klub Keystone.....1:36:24
1980	Winter Senior Men:	Eugene, OR	
	SM12k	Craig Virgin (FR)	none.....--
	Winter Junior Men:	San Mateo, CA	
	JM8k	Tom Downs (WVTC)	none.....--
	Fall Senior & Junior Men & Women:	Pocatello, ID	
	SM10k	Jon Sinclair (Colo)	Victory AC.....44
	JM5k	Darren Lazaruk	Club Northwest.....47
	SW5k	Mary Shea (NCSt)	Wisc. United TC.....153
	JW5k	Lesley Welch	Liberty AC.....34
1981	Winter Senior Men:	Louisville, KY	
	SM12k	Craig Virgin (FR)	none.....--
	Winter Junior Men:	Seattle, WA	
	JM8k	George Nicholas (Kett)	none.....--
	Fall Senior & Junior Men & Women:	Burbank, CA	
	SM10k	Adrian Royle	Athletics West.....2:27:51
	JM5k	Jessie Torres	Pacific West TC.....1:14:27
	SW5k	Julie Brown (LANTC)	Athletics West.....31
	JW5k	Marilyn Davis	Liberty AC.....50
1982	Winter Senior & Junior Men:	Pocatello, ID	
	SM12k	Alberto Salazar (AW)	none.....--
	JM8k	John Easker (Wisc)	none.....--
	Fall Senior & Junior Men & Women:	East Rutherford, NJ	
	SM10k	Pat Porter (AdmSt)	Athletics West.....2:27:07
	JM5k	not contested	none.....
	SW5k	Lesley Welch(Va)	Univ Virginia.....75
	JW5k	Kimberly Ryan	Falmouth Perrier TC.....39
1983	Winter Senior & Junior Men:	Edwardsville, IL	
	SM12k	Alberto Salazar (AW)	none.....--
	JM8k	Bill Brist (MontSt)	none.....--
	Fall Senior & Junior Men & Women:	University Park, PA	
	SM10k	Pat Porter (AW)	Athletics West.....2:30:47
	JM5k	Tim Wakeland	Bucknell Univ.....1:20:49
	SW5k	Betty Springs (AW)	Athletics West.....67
	JW5k	Kelly Madden	Queen City Striders.....48

HISTORY OF THE NATIONAL CHAMPIONSHIPS

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1984	Winter	Senior & Junior Men: East Rutherford, NJ	
	SM12k	Pat Porter (AW)	none.....--
	JM8k	Daniel Foley (Ma)	none.....--
	Fall	Senior & Junior Men & Women: Boston, MA	
	SM10k	Pat Porter (AW)	Athletics West2:23:03
	JM5k	Anthony Williams	Bucknell Univ2:00:20
	SW5k	Cathy Branta (Wisc)	Team KangaRoos27
	JW5k	Renee Harbaugh	Liberty AC32
1985	Winter	Senior & Junior Men: Waco, TX	
	SM12k	Ed Eyestone (BYU)	none.....--
	JM8k	Joe Falcon (Ark)	none.....--
	Fall	Senior & Junior Men & Women: Raleigh, NC	
	SM10k	Pat Porter (AW)	Athletics West1:56:51
	JM5k	Todd Giszack	Adams State TC1:18:15
	SW5k	Lynn Jennings (AW)	Athletics West31
	JW5k	Kristy Orre	Michigan TC72

IN 1986, A SENIOR WOMEN'S TRIALS RACE WAS ADDED TO THE WINTER TIME FRAME AT THE WORLD DISTANCE. JUNIOR WOMEN (WITHOUT A WORLD EVENT) REMAINED A FALL EVENT AT 5000-METERS. THIS RESULTED IN SEVEN NATIONAL CHAMPIONS BEING CROWNED EACH YEAR.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1986	Winter	Senior Men & Women and Junior Men: Waco, TX	
	SM12k	Pat Porter (AW)	none.....--
	JM8k	Chris Borza (Wisc)	none.....--
	SW5k	Lynn Jennings (AW)	none.....--
	Fall	Senior & Junior Men & Women: ?	
	SM10k	Pat Porter (AW)	Athletics West2:35:44
	JM5k	John Nuttall	Adams State TC1:22:46
	SW5k	Lesley Welch (Puma)	Athletics West61
	JW 5k	Karen Rayle	Santa Fe Harriers45
1987	Winter	Senior Men & Women and Junior Men: Dallas, TX	
	SM12k	John Easker (AW)	none.....--
	JM8k	Tim Garguilo (SMU)	none.....--
	SW5k	Lesley Welch (Puma)	none.....--
	Fall	Senior & Junior Men & Women: ?	
	SM10k	Pat Porter (AW)	Nike Boston "A"2:35:07
	JM5k	Daniel Lopez	Adams State TC1:19:00
	SW5k	Lynn Jennings (AW)	Athletics West47
	JW5k	Anita Philpott	Michigan TC47
1988	Winter	Senior Men & Women and Junior Men: Dallas, TX	
	SM12k	George Nicholas (Reeb)	none.....--
	JM8k	Todd Williams (Tenn)	none.....--
	SW6k	Lynn Jennings (AW)	none.....--
	Fall	Senior & Junior Men & Women: ?	
	SM10k	Pat Porter (AW)	Nike Boston2:39:12
	JM5k	Raymond Pugsley	Wings of SW1:20:37
	SW5k	Lynn Jennings (AW)	Athletics West18
	JW5k	Lianne McVey	Wings of SW64

IN 1989, THE IAAF ADDED JUNIOR WOMEN TO THE WORLD PROGRAM AT THE 4000-METER DISTANCE, AND A TRIALS RACE WAS ADDED TO THE WINTER EVENT. EIGHT NATIONAL CHAMPIONS WERE HONORED, FOUR IN EACH MEET.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1989	Winter:	Seattle, WA	
	SM12k	Pat Porter (AW)	none.....--
	JM8k	John Morrison (Wisc)	none.....--
	SW6k	Sabrina Dornhoefer (AW)	none.....--
	JW4k	Tina Hall (Texas)	none.....--
	Fall:	San Francisco, CA	
	SM10k	Pat Porter (AW)	Athletics West80
	JM5k	Chris Schultz	Wings of SW47
	SW5k	Lynn Jennings	Athletics West53
	JW5k	Jamie Park	Nike Coast TC24
1990	Winter:	Seattle, WA	
	SM12k	Ed Eyestone (Reebok)	none.....--
	JM8k	John Coyle (NDame)	none.....--
	SW6k	Lynn Jennings (Nike)	none.....--
	JW4k	Melody Fairchild (Colo)	none.....--
	Fall:	New York City, NY	
	SM10k	Bob Kempainen	Nike North74
	JM5k	Niall Bruton	Wings of SW75
	SW5k	Lynn Jennings (Nike)	Nike Run Rm.....105
	JW5k	Katherine Wesseling	Adams State40
1991	Winter:	Tallahassee, FL	
	SM12k	Aaron Ramirez (Miz)	none.....--
	JM8k	Michael Cox (Kans)	none.....--
	SW6k	Lynn Jennings (Nike)	none.....--
	JW4k	Melody Fairchild (Colo)	none.....--
	Fall:	Boston, MA	
	SM10k	Todd Williams	Nike North2:29:37
	JM5k	Graham Hood	Dartmouth1:16:26
	SW5k	Lynn Jennings (Nike)	Nike Run Rm.....1:40:10
	JW5k	Vanessa Malloy	Wings of SW1:36:03
1992	Winter:	Memphis, TN	
	SM12k	Shannon Butler (NBstn)	none.....--
	JM8k	Jason Casiano (Wisc)	none.....--
	SW6k	Vicki Huber (Nike Bst)	none.....--
	JW4k	Pam Hunt (Cornell)	none.....--
	Fall:	Kenosha, WI	
	SM10k	Bob Kennedy	Mizuno Track Club.....64
	JM5k	Chris Georgules	Loyola Univ89
	SW6k	Lynn Jennings (Nike)	Nike Running Room73
	JW5k	Heather Hollis	Wings of Southwest37
1993	Winter:	Sandy, OR	
	SM12k	Todd Williams (un)	none.....--
	JM8k	Brook Kintz (Gtwn)	none.....--
	SW6k	Annette Peters (Nike)	none.....--
	JW4k	Amy Skieresz (FutureT)	none.....--
	Fall:	Missoula, MT	
	SM10k	Todd Williams	tie, adidas & Reebok63
	JM5k	Corey Ihmels	Wings of Southwest15
	SW6k	Lynn Jennings (Nike)	Reebok RC33
	JW5k	Becki Wells	Wings of Southwest28

HISTORY OF THE NATIONAL CHAMPIONSHIPS

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1994	Winter: Memphis, TN		
	SM12k	Bob Kennedy (Nike)	none.....--
	JM8k	Steve Fein (Kans HS)	none.....--
	SW6k	Lucy Nusrala (Reebok)	none.....--
	JW4k	Maribel Sanchez (Dart)	none.....--
	<i>Fall: Portland, OR</i>		
	SM10k	Reuben Reina (FLckAC)	Nike International49
	JM8k	Greg Jimmerson (Stan)	Cardinal Harriers27
	SW6k	Olga Appell	Team New Balance37
	JW5k	Kortney Dunscombe	Cardinal Harriers36

IN FALL 1994 (EFFECTIVE 1995), THE SEPARATE WINTER CHAMPIONSHIP & TRIALS RACES FOR SENIOR AND JUNIOR MEN WERE DROPPED AND MEN'S WORLD TEAM MEMBERS WERE SELECTED FROM THE PREVIOUS FALL NATIONALS.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1995	Winter: Birmingham, AL		
	SW6k	Joan Nesbit (NBal)	none.....--
	JW4k	Kortney Dunscombe (Stan)	none.....--
	<i>Fall: Boston, MA</i>		
	SM10k	Brad Schlapak (NYAC)	Nike "A"49
	JM8k	Brad Hauser (Stan)	Bucknell Univ29
	SW6k	Joan Nesbit (NBal)	Team New Balance39
	JW5k	Casi Florida	Wings of Southwest22
1996	Winter: Landen, OH		
	SW6k	Lucy Nusrala	none.....--
	JW4k	Christy Nichols (Mryld)	none.....--
	<i>Fall: Stanford, CA</i>		
	SM10k	Reuben Reina (FLkrAC)	adidas.....43
	JM8k	Brent Hauser (Stan)	Stanford TC35
	SW6k	Lynn Jennings (Nike)	Nike36
	JW5k	Sally Glynn	Bucknell Univ28
1997	Winter: Houston, TX		
	SW6k	Nnenna Lynch (Fila)	none.....--
	JW4k	Shannon Smith (Boston)	none.....--
	<i>Fall: Portland, OR</i>		
	SM12k	Tim Hacker (Nike Int)	Nike International27
	JM8k	Gabe Jennings (Stan)	Cardinal Harriers19
	SW6k	Deena Drossin (Reebok)	Nike International27
	JW5k	Jen Schindler	Pilot TC36

IN 1997, THE JOINT CROSS COUNTRY COMMITTEE DECIDED TO HOLD A COMPLETE SEPARATE WINTER CHAMPIONSHIP & TRIALS RACES FOR SENIOR & JUNIOR MEN & WOMEN, AND HOLD A FALL NATIONALS FOR ASSOCIATION (LOCAL) TEAMS. IN ADDITION, THE IAAF CHANGED SEVERAL DISTANCES IN THE WORLD CHAMPIONSHIPS AND ADDED 4000-METER EVENTS TO THE SENIOR PROGRAM.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
1998	Winter: Orlando, FL, for Worlds in		
	SM12k	(selected from 1997)	
	SM4k	Dan Browne (USArmy)	none.....--
	JM8k	(selected from 1997)	
	SW8k	Nnenna Lynch (Fila)	none.....--
	SW4k	Amy Rudolph (Reebok)	none.....--
	JW6k	Melinda Campbell	none.....--

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
	Fall: Orlando, FL		
	SM10k	Andre Williams (Reebk)	Reebok Enclave.....38
	SW6k	Blake Phillips (un)	Boston AA.....35
1999	Winter: Tacoma, WA, for Worlds in		
	SM12k	Alan Culpepper (adidas)	adidas.....37
	SM4k	Adam Goucher (Fila)	US Army16
		<i>Combined men's team</i>	<i>adidas.....24</i>
	JM8k	Luke Watson (NDame)	Wings-Eagles.....12
	SW8k	Deena Drossin (Reebok)	New Balance.....21
	SW4k	Amy Rudolph (Reebok)	adidas.....10
		<i>Combined women's team</i>	<i>New Balance.....32</i>
	JW6k	Erin Sullivan (Vt)	Wings-Hawks.....10
	<i>Fall: Los Angeles, CA</i>		
	SM10k	Ray Appenheimer	The Farm Team28
	SW6k	Collette Liss (Invaders)	The Farm Team21
2000	Winter: Greensboro, NC, for Worlds in		
	SM12k	Adam Goucher	Nike14
	SM4k	Adam Goucher	adidas.....11
		<i>Combined men's team</i>	<i>adidas.....22</i>
	JM8k	Franklyn Sanchez	Fresno State16
	SW8k	Deena Drossin	Nike36
	SW4k	Deena Drossin	Reebok.....15
		<i>Combined women's team</i>	<i>adidas.....37</i>
	JW6k	Shalane Flanagan	Wings of America10
	<i>Fall: Boston, MA</i>		
	SM10k	Matt Downin	Wisconsin Runner RT ...60
	SW6k	Kim Fitchen	Boston AA.....90
2001	Winter: Vancouver, WA, for Worlds in Oostende, Belgium		
	SM12k	Meb Keflezighi (Nike)	Nike15
	SM4k	Tim Broe	adidas.....16
		<i>Combined men's team</i>	<i>Nike14</i>
	JM8k	Matt Tegenkamp	Wings of America21
	SW8k	Deena Drossin	Nike21
	SW4k	Regina Jacobs	Nike12
		<i>Combined women's team</i>	<i>Nike21</i>
	JW6k	Laura Zeigle	Wings of America10
	<i>Fall: Mobile, AL</i>		
	SM10k	Jared Cordes	Hansons RS40
	SW6k	Priscilla Hein	Indiana Invaders.....38
2002	Winter: Vancouver, WA, for Worlds in Dublin, Ireland		
	SM12k	Meb Keflezighi (Nike)	adidas.....13
	SM4k	Tim Broe (adidas)	adidas.....13
		<i>Combined men's team</i>	<i>adidas.....24</i>
	JM8k	Timothy Moore (NDame)	Willamette Univ.....19
	SW8k	Deena Drossin (Asics)	Nike22
	SW4k	Regina Jacobs (Nike)	Nike10
		<i>Combined women's team</i>	<i>Nike14</i>
	JW6k	Maria Cicero (Boston C)	Wings of America10
	<i>Fall: Rocklin, CA</i>		
	SM10k	Jared Cordes (WI Rnrr)	Hanson's35
	SW6k	Shayne Culpepper (adi)	Nike Farm Team28

HISTORY OF THE NATIONAL CHAMPIONSHIPS

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
2003	Winter:	Houston, TX, for Worlds in Lausanne, Switzerland	
	SM12k	Alan Culpepper (adidas)	Nike14
	SM4k	Robert Gary (adidas)	none--
		<i>Combined men's team</i>	<i>Nike35</i>
	JM8k	Bill Nelson (un)	Wings of America17
	SW8k	Deena Drossin (Asics)	adidas14
	SW4k	Shayne Culpepper (adidas)	adidas16
		<i>Combined women's team</i>	<i>adidas.....30</i>
	JW6k	Clara Horowitz	Reebok Aggies17
		<i>Fall: Greensboro, NC</i>	
	SM10k	Alan Webb (Nike)	Hanson's-Brooks.....30
	SW6k	Melissa Buttry (Wartbrg)	The Farm Team40
2004	Winter:	Indianapolis, IN, for Worlds in Brussels, Belgium	
	SM12k	Bob Kennedy (Nike)	Hanson's Brooks18
	SM4k	Charlie Gruber (Nike)	Univ. Sole-Reebok.....20
		<i>Combined men's team</i>	<i>Hanson's Brooks.....83</i>
	JM8k	John Janson (un)	Wings of America10
	SW8k	Colleen De Reuck (Nike)	Hanson's Brooks10
	SW4k	Shalane Flanagan (un)	Frontline Racing10
		<i>Combined women's team</i>	<i>Universal Sole Reebok....171</i>
	JW6k	Alison Costello (un)	Dallas Metroplex10
		<i>Fall: Portland, OR</i>	
	SM10k	Jorge Torres (Reebok)	The Farm Team89
	SW6k	Melissa Buttry (Wartbrg)	See Jane Run.....76
2005	Winter:	Vancouver, WA, for Worlds in St. Galmier, France	
	SM12k	Dathan Ritzenhein (Nike)	The Farm Team25
	SM4k	Tim Broe (adidas)	The Farm Team23
		<i>Combined men's team</i>	<i>The Farm Team.....61</i>
	JM8k	Galen Rupp (un)	Wings of America10
	SW8k	Colleen De Reuck (Nike)	none--
	SW4k	Shalane Flanagan (Nike)	Run Arizona10
		<i>Combined women's team</i>	<i>Run Arizona.....134</i>
	JW6k	Eliza Pasciuto (UColo)	Dallas Metroplex15
		<i>Fall: Rochester, NY</i>	
	SM10k	Matt Tegenkamp (Nike)	Hanson's Brooks50
	SW6k	Liz Woodruff (WI Rnnr)	See Jane Run.....86
2006	Winter:	New York, NY, for Worlds in Fukuoka, Japan	
	SM12k	Ryan Hall (Asics)	Hanson's Brooks14
	SM4k	Adam Goucher (Nike)	ZAP Fitness10
		<i>Combined men's team</i>	<i>Hanson's Brooks.....113</i>
	JM8k	Kiel Uhl (IA St)	Wings of America13
	SW8k	Blake Russell (un)	NYAC10
	SW4k	Carrie Tolleson (adidas)	Westchester TC10
		<i>Combined women's team</i>	<i>Westchester TC154</i>
	JW6k	Nicole Blood (un)	Buffalo Chips RC.....18
		<i>Fall: San Francisco, CA</i>	
	SM10k	Matt Downin (WI Rnnr)	Zap Fitness52
	SW6k	Amy Hastings	Boston AA.....140

IN 2007, THE IAAF DELETED THE SHORT COURSE RACES, SO TRIALS FOR THOSE EVENTS WERE DISCONTINUED, AS WAS THE COMBINED TEAM SCORING FOR WINTER.

<i>year</i>	<i>div</i>	<i>champion (team)</i>	<i>team champion.....score</i>
2007	Winter:	Boulder, CO, for Worlds in Mombassa, Kenya	
	SM12k	Alan Culpepper (Nike)	Hanson's Brooks11
	JM8k	Elliot Heath (un)	Wings of America13
	SW8k	Deena Kastor (Asics)	Boulder Run Co17
	JW6k	Jordan Hasay (San Luis)	Buffalo Chips RC17
		<i>Fall: West Chester, OH</i>	
	SM10k	Ryan Warrenburg (Zap)	Zap Fitness42
	SW6k	Delilah DiCrescenzo	Run Ohio Racing157
2008	Winter:	San Diego, CA, for Worlds in Edinburgh, Scotland	
	SM12k	Dathan Ritzenhein (Nike)	Oregon TC Elite10
	JM8k	German Fernandez (un)	High Desert Elite12
	SW8k	Shalane Flanagan (Nike)	San Diego TC17
	JW6k	Jordan Hasay (San Luis)	Buffalo Chips RC11
		<i>Fall: Spokane, WA</i>	
	SM10k	Scott Bauhs (Transports)	McMillan Elite.....35
	SW6k	Rebecca Donaghue (NBB)	Boulder Running Co69
2009	Winter:	Gaithersburg, MD, for Worlds in Amman, Jordan	
	SM12k	Meb Keflezighi (Nike)	Georgetown RC29
	JM8k	German Fernandez (OSt)	Dallas Metroplex11
	SW8k	Emily Brown (TUSA MN)	Brockport Dist Proj.....10
	JW6k	Neely Spence (Shippen.)	South Coast Elite15
		<i>Fall: Lexington, KY</i>	
	SM10k	David Jankowski (Zap)	Zap Fitness60
	SW6k	Serena Burla (Riadha)	Boulder Running Co79
2010	Winter:	Spokane, WA, for Worlds in Byciewicz, Poland	
	SM12k	Dathan Ritzenhein (Nike)	Bowerman AC.....13
	JM8k	Trevor Dunbar (UPrtlnd)	Barron Pk Striders14
	SW8k	Shalane Flanagan (Nike)	Spokane Swifts.....11
	JW6k	Shelby Greany (Prov)	South Coast Elite10
		<i>Fall: Charlotte, NC</i>	
	SM10k	Aaron Braun (MELite)	McMillan Elite.....29
	SW6k	Renee M-Baillie (RRBldr)	McMillan Elite.....69
2011	Winter:	San Diego, CA, for Worlds in Punta Umbra, Spain	
	SM12k	Brent Vaughn (un)	US Air Force19
	JM8k	Erik Olson (un)	O'Brien's Army10
	SW8k	Shalane Flanagan (OTC)	NBAI Silicon Valley13
	JW6k	Aisling Cuffe (un)	Dallas Metroplex26
		<i>Fall: Seattle, WA</i>	
	SM10k	
	SW6k	

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