



2006 COUGAR

CROSS COUNTRY



On crisp fall mornings, along the farm roads of the Palouse, you will likely find the Washington State distance squad out for their weekly long run. Some of the greatest names in cross-country and distance running have left their footprints on the dirt roads surrounding Pullman, Washington.

The infamous Lindgren's Loop is a hilly ten-mile loop from campus and local legend has it that one of America's greatest distance runners of all time, Gerry Lindgren, ran this loop three times a day while a student-athlete at Washington State. Others soon followed in Lindgren's footsteps including NCAA Champions John Ngeno, Josephat Kapkory, Bernard Lagat, Samson Kimombwa, Peter Koech, Joshua Kimeto, Richard Tuwei, Julius Korir, Samuel Kibiri, and one of the greatest distance runners of all time, Henry Rono.

Women began to compete at WSU in the early '80s and by the early '90s Celestine N'Drin and Jennifer Bravard lowered the school records in middle distance events to 2:02 in the 800 meters, 4:14 for 1500 meters, and 9:15 for the 3000 meters. Megan Maynard became Washington State's first Cross Country All-American in 1998.

Three Cougars have earned All-America certificates under Drake's mentoring. Danny Wolf earned All-America honors with his 10th place finish in 3000m at the 2003 NCAA Indoor Championships. Anna Blue finished sixth in the 5000m at the 2003 NCAA Outdoor Championships in addition to setting school records that same year in the 10k, 3000m, and 5000m.

Haley Paul earned All-America honors as a sophomore with her 14th place finish at the 2005 NCAA Cross Country Championships after finishing sixth at the Pac-10 Championships and ninth at the NCAA West Regional Championships.

"The training facilities are second to none here in the Pullman," Drake said. The world-class Mooberry outdoor track, the new indoor training facility, and most importantly the unlimited miles of rural dirt roads, make for one of the finest regions in the world to develop young talent. Drake's recruiting efforts are focused on state and regional athletes.

"I want to continue building on the tremendous history of distance running at WSU," Drake said. "I am committed to developing local and regional talent. The state of Washington has some of the best high school runners in the country and I want to see these young men and women developing into All-Americans here at WSU."

Drake's intensified recruiting within the talent-laden state has made WSU's distance program's future look bright indeed.



WOMEN'S CROSS COUNTRY

2005 Washington State Women's Cross Country Results



2005 All-American Haley Paul

Vandal Cross Country Twilight Jamboree (University Golf Course, Moscow, Idaho 4,000m)

September 2, 2005

Women's Team Results: WSU 15, Idaho Incomplete; WSU 16, Gonzaga 46; Gonzaga 24, Idaho Incomplete.

Top Five Individuals: 1. Haley Paul (WSU) 14:32, 2. Meghan Leonard (WSU) 14:42, 3. Isley Gonzales (WSU) 14:45, 4. Collier Lawrence (WSU) 14:51, 5. Jill Semenza (Gonzaga) 14:54.

WSU Results: 1. Haley Paul 14:32, 2. Meghan Leonard 14:42, 3. Isley Gonzales 14:45, 4. Collier Lawrence 14:51, 6. Kelly Ramirez 15:09, 9. Marisa Sandoval (Unattached) 15:34, 10. Natalie Smith 15:46, 12. Eileen Morley 16:20, 15. Kristi Jensen (Unattached) 16:31, 20. Alyssa Modrell (Unattached) 17:23, 22. Casey Maus (Unattached) 17:26, 23. Selena Galaviz 17:29, 25. Kelli Dahlquist (Unattached) 17:56.

Sundodger Invitational (Lincoln Park, Seattle, Wash. 6,000m)

September 17, 2005

Women's Top Team Results: 1. Washington 53, 2. UCLA 64, 3. Washington State 73, 4. Idaho 109, 5. Club Northwest 146, 6. Oregon State 149, 7. Seattle Running Club 176, 8. Cal State Fullerton 188, 9. Santa Clara 273, 10. Boise State 280, 11. Gonzaga 289, 12. Portland State 310, 13. Eastern Washington 379.

Top Five Individuals: 1. Haley Paul (WSU) 20:50; 2. Dee Olson (Idaho) 21:02; 3. Ashley Caldwell (UCLA) 21:04; 4. Tori Tyler (Washington) 21:08; 5. Claire Rethmeier (UCLA) 21:15.

WSU Results: 1. Haley Paul 20:50; 11. Meghan Leonard 21:30; 17. Isley Gonzalez 21:46; 20. Collier Lawrence 21:50; 29. Kelly Ramirez 22:09; 41. Marisa Sandoval 22:40; 42. Kayle Peterson 22:41; 83. Natalie Smith 23:42; 95. Karen DeMartini 23:59; 96. Kristi Jensen 24:03; 109. Eileen Morley 24:44; 119. Casey Maus 25:19; 126. Selena Galaviz 25:51; 131. Alyssa Modrell 26:44.

Montana Invitational (University Golf Course, Missoula, Mont. 6,000m)

October 1, 2005

Women's Team Results: Washington State 31, Weber State 39, Montana 89, Montana State 111, Eastern Washington 112, Utah 132.

Top Five Individuals: 1. Haley Paul (WSU) 21:24, 2. Allie Brosh (Montana) 21:52, 3. Katie Bowen (Weber State) 21:59, 4. Lindsey Anderson (Weber State) 22:16, 5. Sarah St. Laurent (Weber State) 22:21.

WSU Results: 1. Haley Paul 21:24, 6. Meghan Leonard 22:29, 7. Isley Gonzalez 22:30, 8. Kelly Ramirez 22:32, 9. Collier Lawrence 22:38, 10. Marisa Sandoval 22:43, 20. Kayle Peterson 23:20, 39. Karen DeMartini 24:33, 41. Kristi Jensen 24:38, 47. Katie Troy 25:04, 49. Eileen Morley 25:06, 51. Casey Maus 25:48, 53. Selena Galaviz 26:35.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 6,000m)

October 15, 2005

Women's Blue Race Top Team Results: 1. Stanford 86; 2. Notre Dame 147; 3. Columbia 207; T4. Brigham Young 209; T4. North Carolina State 209; 6. Minnesota 223; 7. Northern Arizona 239; 8. Virginia 313; 9. Rice 351; 10. North Carolina 358. 22. Washington State 525.

Top Five Individuals: 1. Victoria Mitchell (Butler) 20:01.5; 2. Caroline Bierbaum (Columbia) 20:01.8; 3. Arianna Lambie (Stanford) 20:10.3; 4. Teresa McWalters (Stanford) 20:14.5; 5. Lindsey Scherf (Harvard) 20:15.4.

WSU Results: 21. Haley Paul 20:47.2; 100. Meghan Leonard 21:58.1; 104. Kelly Ramirez 22:02.6; 122. Kayle Peterson 22:17.7, 178. Isley Gonzalez 22:53.9; 190. Marisa Sandoval 23:10.9; 201. Collier Lawrence 23:22.7.

EWU Cross Country Invitational (EWU Sport and Recreation Center, Cheney, Wash. 5,000m)

October 15, 2005

Women's Team Results: 1. Montana 20; 2. Eastern Washington 51; 3. Central Washington 71; 4. Washington State "B" 116; 5. Gonzaga 126; 6. Idaho "B" 138.

Top Five Individuals: 1. Allie Brosh (Montana) 18:31.6; 2. Tani Vander Meulen (Unattached) 18:50.4; 3. Camille Bibb (EWU) 18:56.3; 4. Heather Simi (Caltas-exh.) 18:57.4; 5. Katie Hummell (Unattached) 19:24.6.

WSU Results: 25. Karen DeMartini 20:42.1; 28 Katie Troy 21:02.8; 30. Kristi Jensen 21:07.7; 32. Eileen Morley 21:15.7; 36. Kelli Dahlquist 21:49.7; 38. Casey Maus 22:00.4; 40. Selena Galaviz 22:25.6.

Head Coach Jason Drake



WOMEN'S CROSS COUNTRY

Pac-10 Cross Country Championships (Dell Ulrich Golf Course, Tucson, Ariz. 8,000m)

October 29, 2005

Women's Race Top Team Results: 1. Stanford 34, 2. Arizona State 40, 3. Oregon 86, 4. Washington 111, 5. Washington State 159.

Top Five Individuals: 1. Arianna Lambie (Stanford) 2. Amy Hastings (Arizona State) 20:40 3. Lindsay Flacks (Stanford) 20:52, 4. Ashley Caldwell (UCLA) 20:55, 5. Teresa McWalters (Stanford) 20:56.

WSU Results: 6. Haley Paul 20:59, 37. Kayle Peterson 22:31, 38. Kelly Ramirez 22:32, 41. Meghan Leonard 22:38, 55. Isley Gonzalez 23:07, 68. Natalie Smith 23:42, 71. Marisa Sandoval 23:59, 78. Collier Lawrence 24:42, 80. Karen DeMartini 25:02, 81. Katie Troy 25:06.

NCAA West Regionals, Stanford Golf Course, Stanford, Calif. (6,000m)

November 12, 2005

Women's Top Team Results: 1. Stanford 24; 2. Arizona State 48; 3. Washington 117; 4. Oregon 139; 5. UCLA 196; 6. Portland 228; 7. San Diego State 290; 8. Washington State 299; 9. UC Irvine 310; 10. Long Beach State 311.

Top Five Individuals: 1. Arianna Lambie (Stanford) 19:29.3; 2. Amy Hastings (Arizona State) 19:58.4; 3. Asheley Caldwell (UCLA) 20:12.5; 4. Teresa McWalter (Stanford) 20:16.8; 5. Kathleen Trotter (Stanford) 20:17.1.

WSU Results: 9. Haley Paul 20:27.5; 35. Meghan Leonard 21:29.1; 84. Kayle Peterson 22:32.4; 85. Isley Gonzalez 22:33.3; 86. Kelly Ramirez 22:33.7; 115. Natalie Smith 22:59.5; 116. Marisa Sandoval 23:00.1.

NCAA Cross Country Championships Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 6,000m)

Nov. 21, 2005

Women's Top Team Results: 1. Stanford 146; 2. Colorado 181; 3. Duke 185; 4. Arizona State 191; 5. Illinois 212.

Top Five Individuals: 1. Johanna Nilsson (Northern Arizona) 19:33.9; 2. Caroline Bierbaum (Columbia-Barnard) 19:46.0; 3. Stephanie Madia (Notre Dame) 19:48.4; 4. Victoria Mitchell (Butler) 19:50.4; 5. Clara Horowitz (Duke) 19:50.7.

WSU Results: 14. Haley Paul 20:11.9.

WOMEN'S CROSS COUNTRY HISTORY

WSU's NCAA Cross Country

COMPETITORS

<i>Year</i>	<i>Site</i>	<i>Name</i>	<i>Finish</i>
1983	Bethlehem	Lisa Braun	51
1983	Bethlehem	Cheryl Livingstone	76
1983	Bethlehem	Kari Jonassen	101
1983	Bethlehem	Linda Spaargaren	114
1983	Bethlehem	Camille Rivard	115
1983	Bethlehem	Joan McGrath	130
1984	College Park	Cheryl Livingstone	69
1985	Milwaukee	Linda Spaargaren	46
1985	Milwaukee	Kari Jonassen	50
1985	Milwaukee	Lisa Braun	64
1985	Milwaukee	Camille Rivard	69
1985	Milwaukee	Cheryl Livingstone	93
1985	Milwaukee	Zenny Koehler	119
1985	Milwaukee	Mary Reed	127
1987	Charlottesville	Lisa Braun	45
1992	Bloomington	Jennifer Robertson Bravard	100
1998	Lawrence	Megan Maynard	22
2001	Greenville	Everlyne Lagat	30
2003	Waterloo	Anna Blue	78
2005	Terre Haute	Haley Paul	14

WSU's Pacific-10

INDIVIDUAL CHAMPIONS

<i>Year</i>	<i>Name</i>
1989	Jennifer Robertson Bravard

WSU's Pacific-10 Cross Country

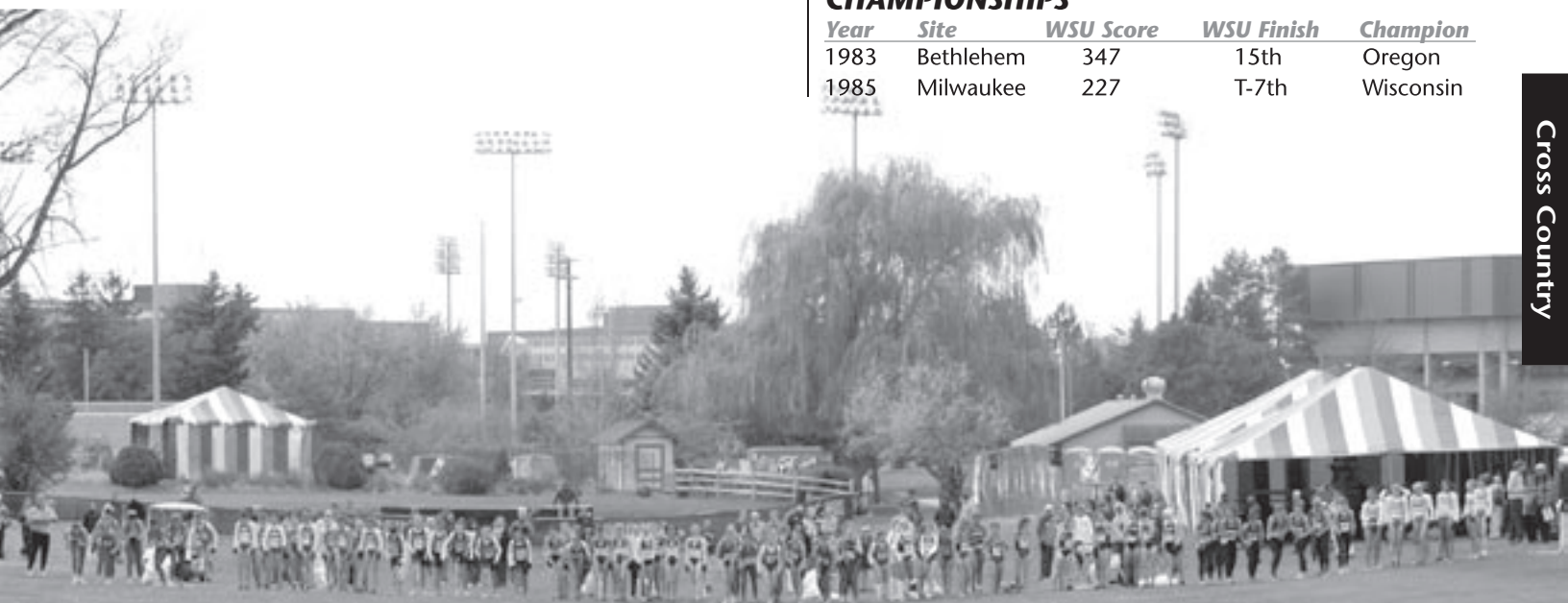
ATHLETE OF THE YEAR

<i>Year</i>	<i>Name</i>
1989	Jennifer Robertson Bravard

NCAA Cross Country

CHAMPIONSHIPS

<i>Year</i>	<i>Site</i>	<i>WSU Score</i>	<i>WSU Finish</i>	<i>Champion</i>
1983	Bethlehem	347	15th	Oregon
1985	Milwaukee	227	T-7th	Wisconsin



WOMEN'S CROSS COUNTRY

WSU's Cross Country

ALL-AMERICANS

Year	Name
1998	Megan Maynard
2001	Everlyne Lagat
2005	Haley Paul

WSU Women's Team

CAPTAINS

Year	Captain
1990	Mary Jo Gadler, Debbie Granley
1993	Jessica Brathovd
1995	Carrie Mangiapane
1996	Marilyn Moberly
1997	Joanne Hunsinger
1998	Kim Schmolka
1999	Megan Maynard
2000	Alishia Booterbaugh
2001	Ryan Gilmore and Jenny Filipy
2002	Anna Blue
2003	Ana Cabrera
2004	Ana Cabrera
2005	Haley Paul

Pacific-10 Conference

WOMEN'S CHAMPIONSHIPS

Year	Site	WSU Finish	Champion
1986	Stanford	6th	Oregon
1987	Stanford	3rd	Oregon
1988	Stanford	4th	Oregon
1989	Stanford	2nd	Washington
1990	Stanford	4th	Oregon
1991	Stanford	7th	Oregon
1992	Stanford	6th	Oregon
1993	Stanford	8th	Stanford
1994	Stanford	6th	Stanford
1995	Stanford	7th	Oregon
1996	Stanford	7th	Stanford
1997	Stanford	7th	Stanford
1998	Eugene	6th	Stanford
1999	Long Beach	7th	Stanford
2000	Seattle	5th	Stanford
2001	Scottsdale	6th	Stanford
2002	Los Angeles	6th	Stanford
2003	Pullman	8th	Stanford
2004	San Francisco	5th	Stanford
2005	Tucson	5th	Stanford



MEN'S CROSS COUNTRY



2005 Washington State Men's Cross Country Results

Vandal Cross Country Twilight Jamboree (University Golf Course, Moscow, Idaho 4 miles) September 2, 2005

Men's Team Results: Idaho 26, Gonzaga 31; WSU 20, Gonzaga 35; WSU 19, Idaho 36.

Top Five Individuals: 1. Andrew Jones (WSU) 20:12, 2. Joe Miller (Gonzaga) 20:34, 3. Woody Favinger (WSU) 20:43.5, 4. Drew Polley (WSU) 20:43.8, 5. Alex Grant (Unattached) 20:44.

WSU Results: 1. Andrew Jones (Unattached) 20:12, 3. Woody Favinger 20:43.5, 4. Drew Polley 20:43.8, 5. Alex Grant (Unattached) 20:44, 6. Chris Williams 20:45, 10. Derry Betts (Unattached) 20:57, 11. Chris Concha 21:03, 12. Justin Ireland 21:04, 15. Sam Ahlbeck (Unattached) 21:19, 31. Matt Miller (Unattached) 22:59, 36. Josh Brown (Unattached) 23:15.

Sundodger Invitational (Lincoln Park, Seattle, Wash. 8,000m)

September 17, 2005

Men's Top Team Results: 1. Washington 39, 2. Portland 66, 3. UCLA 72, 4. Washington State 95, Unattached Washington 196, 6. Idaho 212, 7. Seattle Running Club 216, 8. Club Northwest 217, 9. Cal State Fullerton 254, 10. Santa Clara 255, 11. Boise State 261, 12. Gonzaga 299, 13. Eastern Washington 344, 14. Portland State 401.

Top Five Individuals: 1. Austin Ramos (UCLA) 24:00; 2. Tyberius Axtman (Boise State) 24:05; 3. Casey Moriarty (Seattle University) 24:07; 4. Jon Harding (Washington) 24:08; 5. Mike Heidt (Unattached, WSU) 24:09.

WSU Results: 14. Woody Favinger 24:24; 15. Drew Polley 24:26; 27. Chris Concha 24:53; 32. Chris Williams 24:59; 38. Ryan Freimuth 25:09; 45. Justin Ireland 25:24; 46. Sam Ahlbeck 25:28; 67. Dan Lucero 26:00; 69. Derry Betts 26:03. WSU running Unattached: 5. Mike Heidt 24:09; 11. Andrew Jones 24:21; 31. Clay Hemlock 24:59.

Montana Invitational (University Golf Course, Missoula, Mont. 8,000m)

October 1, 2005

Men's Team Results: Washington State 42, Weber State 49, Eastern Washington 72, Montana 91, Montana State 96.

Top Five Individuals: 1. Seth Pilkinton (Weber State) 24:46, 2. Woody Favinger (WSU) 25:06, 3. Bret Ferrier (Weber State) 25:10, 4. Ryan Freimuth (WSU) 25:11, 5. Bryant Jensen (Weber State) 25:12

WSU Results: 2. Woody Favinger 25:06, 4. Ryan Freimuth 25:11, 7. Drew Polley 25:19, 11. Andrew Jones (Unattached) 25:32, 15. Justin Ireland 26:10, 16. Derry Betts 26:15, 17. Chris Concha 26:20, 18. Sam Ahlbeck 26:21, 24. C.J. Godfrey 26:36, 25. Dan Lucero 26:36, 28. Chris Williams 26:45.

NCAA Pre-National Cross Country Meet (LaVern Gibson Championship Cross Country Course, Terre Haute, Ind. 8,000m)

October 15, 2005

Men's White Race Top Team Results: 1. Colorado 70; 2. Notre Dame 96; 3. Florida 152; 4. Iowa 193; 5. Portland 218; T6. William & Mary 219; T6. Michigan 219; 8. Washington 236; 9. Iona College 239; 10. Air Force 353. 20. Washington State 521.

Top Five Individuals: 1. Josh McDougal (Liberty) 23:12.6; 2. Richard Kiplagat (Iona College) 23:32.7; 3. Bret Schoolmeester (Colorado) 23:43.7; 4. Kurt Benninger (Notre Dame) 23:48.5; 5. Henok Lechebo (Florida) 24:50.0.

WSU Results: 64. Woody Favinger 24:48.4; 86. Drew Polley 25:02.6, 87. Ryan Freimuth 25:04.3; 134. Chris Concha 25:32.1, 150. Sam Ahlbeck 25:37.8, 153. Chris Williams 25:39.8, 211. Justin Ireland 26:39.4.

EWU Cross Country Invitational (EWU Sport and Recreation Center, Cheney, Wash. 8,000m)

October 15, 2005

Men's Team Results: 1. Montana 29; 2. Eastern Washington 36; 3. Gonzaga 77; 4. Idaho 87.

Top Five Individuals: 1. John Timeus (EWU) 25:30.7; 2. Joe Miller (Gonzaga) 25:42.4; 3. Richie Pemberton (Montana) 26:09.1; 4. Matt Winter (Montana) 25:09.3; 5. Dan Bingham (Montana) 26:09.7.

WSU Results: 14. Dan Lucero 27:14.4; 28. Dominic Smargiassi (Unattached) 28:20.5.



MEN'S CROSS COUNTRY

Pac-10 Cross Country Championships (Dell Ulrich Golf Course, Tucson, Ariz. 8,000m)

October 29, 2005

Men's Race Top Team Results: 1. Stanford 46, 2. Arizona 78, 3. California 107, 4. Washington 116, 5. Arizona State 125.

Top Five Individuals: 1. Robert Cheseret (Arizona) 23:57, 2. Obed Mutanya (Arizona) 24:13, 3. Neftalem Araia (Stanford) 24:19, 4. Mark Mandi (Washington) 24:20, 5. Austin Ramos (UCLA) 24:23.

WSU Results: 16. Ryan Freimuth 24:55, 21. Woody Favinger 25:01, 26. Drew Polley 25:11, 32. Chris Concha 25:18, 56. Chris Williams 26:11, 65. Justin Ireland 26:36, 74. Sam Ahlbeck 27:22, 75. Derry Betts 27:35, 76. Dan Lucero 27:55.

NCAA West Regionals, Stanford Golf Course, Stanford, Calif. (10,000m)

November 12, 2005

Men's Top Team Results: 1. Arizona 33; 2. Stanford 80; 3. Arizona State 100; T4. Washington 106 and Portland 106; 6. Oregon 153; 7. Cal Poly 166; 8. California 205; 9. UC Santa Barbara 271; 10. Long Beach State 295; 11. Washington State 301.

Top Five Individuals: 1. Robert Cheseret (Arizona) 30:03.3; 2. Obed Muntanya (Arizona) 30:05.7; 3. Casey Burchell (Arizona State) 30:09.3; 4. Jonah Maiyo (Arizona) 30:19.8; 5. Mark Mandi (Washington) 30:21.4.

WSU Results: 48. Drew Polley 31:24.9; 55. Ryan Freimuth 31:33.7; 61. Woody Favinger 31:41.8; 63 Chris Concha 31:51.3; 74. Chris Williams 32:09.2; non-scoring - 81. Justin Ireland 32:26.7; 82. Sam Albeck 32:29.8.



MEN'S CROSS COUNTRY HISTORY

Pacific-10 Conference

MEN'S CHAMPIONSHIPS

<i>Year</i>	<i>Site</i>	<i>WSU Finish</i>	<i>Champion</i>
1969	Stanford	2nd	Oregon
1970	Pullman	2nd	Oregon
1971	Los Angeles	1st	Washington State
1972	Seattle	1st	Washington State
1973	Stanford	2nd	Oregon
1974	Stanford	1st	Washington State
1975	Stanford	1st	Washington State
1976	Stanford	2nd	Oregon
1977	Stanford	3rd	Oregon
1978	Fresno	2nd	Oregon
1979	Stanford	2nd	Oregon
1980	Stanford	Inc. Team	UCLA
1981	Stanford	6th	UCLA
1982	Fresno	4th	Oregon
1983	Stanford	No entry	Arizona
1984	Stanford	2nd	Arizona
1985	Stanford	5th	Stanford
1986	Stanford	9th	Arizona
1987	Stanford	3rd	Arizona
1988	Stanford	6th	Oregon
1989	Stanford	6th	Oregon
1990	Stanford	Inc. Team	Oregon
1991	Stanford	4th	Arizona
1992	Stanford	6th	Oregon
1993	Stanford	2nd	Washington
1994	Stanford	7th	Arizona
1995	Stanford	6th	Oregon
1996	Stanford	4th	Stanford
1997	Stanford	3rd	Stanford
1998	Stanford	3rd	Stanford
1999	Long Beach	8th	Arizona
2000	Seattle	7th	Stanford
2001	Tucson	8th	Stanford
2002	Pasadena	5th	Stanford
2003	Pullman	6th	Stanford
2004	San Francisco	7th	Stanford
2005	Tucson	8th	Stanford

WSU's Pacific-10

INDIVIDUAL CHAMPIONS

<i>Year</i>	<i>Name</i>
1969	Gerry Lindgren
1972	John Ngeno
1974	John Ngeno
1975	Joshua Kimeto
1976	Henry Rono
1977	Joel Cheruiyot
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei
1992	Josephat Kapkory
1993	Josephat Kapkory
1997	Bernard Lagat

WSU's West Region

INDIVIDUAL CHAMPIONS

<i>Year</i>	<i>Name</i>
1976*	Henry Rono (fr.)
1977	Joel Cheruiyot (fr.)
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei (fr.)
1991	Josephat Kapkory
1992	Josephat Kapkory

MEN'S CROSS COUNTRY

1993 Josephat Kapkory

NCAA Cross Country CHAMPIONSHIPS

Year	Site	WSU Score	WSU Finish	Champion
1966	Lawrence	208	5th	Villanova
1969	New York	187	4th	Texas-El Paso
1971	Knoxville	122	2nd	Oregon
1972	Houston	179	4th	Tennessee
1973	Spokane	166	3rd	Oregon
1974	Bloomington	144	4th	Oregon
1975	College Park	92	2nd	Texas-El Paso
1976	Denton	179	3rd	Texas-El Paso
1977	Spokane	278	9th	Oregon
1984	University Park	214	7th	Arkansas
1998	Lawrence	433	18th	Arkansas

WSU's Cross Country ALL-AMERICANS

Year	Name	Site
1965	Gary Benson	Lawrence
1965	Chris Westman	Lawrence
1966	Chris Westman	Lawrence
1966	Gerry Lindgren (NCAA)	Lawrence
1967	Gerry Lindgren	Laramie
1969	Rick Riley	New York
1969	Gerry Lindgren (NCAA)	New York
1970	Mark Hiefield	Williamsburg
1970	Don Smith (fr.)	Williamsburg
1971	Dan Murphy (fr.)	Knoxville
1971	Phil Burkswist	Knoxville
1972	Dan Murphy	Houston
1973	John Ngeno	Spokane
1973	Dan Murphy	Spokane
1974	John Ngeno	Bloomington
1975	Joshua Kimeto	College Park
1975	Kurt Beckman	College Park
1975	John Ngeno	College Park
1976	Henry Rono (NCAA)	Denton
1976	Samson Kimombwa	Denton
1976	Joshua Kimeto	Denton
1977	Henry Rono	Spokane
1977	Joel Cheruiyot (fr.)	Spokane
1979	Henry Rono	Bethlehem
1979	Joel Cheruiyot	Bethlehem
1981	Richard Tuwei (fr.)	Wichita
1984	Peter Koech	University Park
1987	Jacinto Navarrete	Charlottesville
1990	Samuel Kibiri	Knoxville
1990	E. J. Guo	Knoxville
1991	Josephat Kapkory	Tucson
1992	Josephat Kapkory	Bloomington
1993	Josephat Kapkory	Bethlehem
1993	Patrick Muturi	Bethlehem
1997	Bernard Lagat	Greenville
1998	Eric Kamau	Lawrence
1998	Bernard Lagat	Lawrence

Bold Type = NCAA Champion
(NCAA) = NCAA Meet Record

WSU's Pacific-10

ATHLETE OF THE YEAR

Year	Name	Class
1975	Joshua Kimeto	Sophomore
1976	Henry Rono	Freshman
1977	Henry Rono	Sophomore
1979	Henry Rono	Senior
1981	Richard Tuwei	Freshman
1992	Josephat Kapkory	Junior
1993	Josephat Kapkory	Senior

Coach of the Year

HONORS

Year	Name	Honor
1970	Jack Mooberry	NCAA District 8
1975	John Chaplin	Pac-10, NCAA District 8

WSU Cross Country CAPTAINS

Year	Captain
1965	Gary Benson
1966	Chris Westman
1967	Gerry Lindgren
1968	Rick Riley
1969	Rick Riley
1970	Don Smith
1971	Mark Hiefield
1972	Phil Burkswist
1973	Dean Clark
1974	Dan Murphy
1975	John Ngeno
1976	Kurt Beckman
1977	Joshua Kimeto
1978	Samson Kimombwa
1979	Henry Rono
1980	Rob Evans
1981	Steve James
1982	Steve James
1983	Peter Koech
1984	Peter Koech
1985	Nathan Morris
1986	John Knight
1987	Jim Frey
1988	John Hill
1989	John Hill
1990	Robert Price
1991	E. J. Guo
1992	Nathan Davis
1993	Josephat Kapkory
1994	George Loucaides
1995	George Loucaides
1996	David Jungk
1997	David Jungk
1998	Jon Murray
1999	Rob Harris
2000	Scott Johnson
2001	Scott Johnson and Jon Welsh
2002	Kyle Barker
2003	Danny Wolf
2004	Danny Wolf
2005	Ryan Freimuth

WASHINGTON STATE UNIVERSITY

TRADITIONS



THE COUGAR HEAD LOGO

In 1936, student Randall Johnson, class of 1938, designed the original Cougar head logo for Washington State College. It was used on the side of college trucks. In 1959, when the institution changed from college to university, he re-created the logo to incorporate the "U" in place of the "C." In 2002, WSU developed a new graphic identity. It employs the Cougar head within a crest, an internationally recognized symbol for higher education.

THE COUGAR NICKNAME

Washington State University students officially adopted the nickname "Cougars" October 28, 1919, three days after a reference to "cougars" was used in a football game story following WSU's upset 14-0 win at California. In the story, a Bay Area writer said the Pacific Northwest team "played like cougars" in upsetting the Bears.

THE VICTORY BELL

In the late 1800s, the victory bell was mounted on the ground in the center of campus; it rang to start and dismiss classes in those early days. Today, it is located at the Lewis Alumni Centre. A member of the Student Alumni Connection rings it after a WSU football win.



WASHINGTON, MY WASHINGTON (WSU Alma Mater)

Washington, my Washington, The Crimson and the Gray!
'Tis the songs of memory That we sing today.
When the sad hours come to you And sorrows 'round you play,
Just sing the songs of Washington, The Crimson and the Gray,
Just sing the songs of Washington, The Crimson and the Gray!

Written by J. DeForest Cline, 1914



WSU FIGHT SONG

Fight, fight, fight for Washington
State! Win the victory!
Win the day for Crimson and Gray!
Best in the West, we know you'll all
do your best.
So on, on, on, on! Fight to the end!
Honor and Glory you must win!
So fight, fight, fight for Washington
State and Victory!

*Written by Zella Meether (lyrics) and
Phyllis Sayles (music), 1919*

THE COUGAR MASCOT

In 1927, Governor Roland Hartley presented a cougar cub to the students of the University. This first cougar mascot was called Butch, to honor Herbert "Butch" Meeker of Spokane, who was WSU's football star at the time. Butch II was presented to the students by Governor Clarence D. Martin in 1938. Butch III and IV were twin cubs, presented by Governor Arthur B. Langlie in 1942. Governor Langlie presented Butch V in 1953. Butch VI, the last live mascot on campus, died in the summer of 1978. He had been presented to WSU by Governor Albert Rosellini in 1964 from the Seattle Zoo. Today, WSU students in a "Butch the Cougar" mascot costume rally school spirit at athletic contests, including football games and other events.

