



2005 COUGAR TRACK & FIELD **COACHES**



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Rick Sloan

HEAD COACH

BORN: November 10, 1946

HOMETOWN: Anaheim, California

HIGH SCHOOL: Anaheim High, 1964

COLLEGE: Fullerton College, 1964-66; UCLA, 1966-69 (BS); WSU, 1978 (MS)

WIFE: Sandy

CHILDREN: Kim 35, Scott 28

COACHING EXPERIENCE: California Institute of Technology and Pasadena City College, 1972; Mt. San Antonio Junior College, 1972-73.

WSU APPOINTMENTS: 1973 - Assistant track and field coach; 1982 - Associate track and field coach; 1994 - Head coach men's track and field; 1995 - Head coach men's and women's track and field.

“At Washington State University our number one objective is the education of our student-athletes. We have an outstanding staff who are motivated and dedicated to the success of our students in the classroom. Our objective is to recruit talented, competitive people who are willing to work hard and with our outstanding coaching staff, develop to their potential. All of our energy is put into developing our student-athletes educationally, athletically and personally.”

—Head Coach, Rick Sloan

The student-athletes on the men's and women's track and field teams at Washington State University have found success athletically and academically under the direction of head coach Rick Sloan.

A dynamic coach and skilled technician, Sloan and his Cougar coaching staff have searched far and wide to bring the best student-athletes to Pullman, Washington, and then have worked tirelessly to have each one reach their greatest potential.

The programs' rise to success is evident in the accomplishments in the recent seasons including a 12th-place NCAA Outdoor Championship finish for the Cougar women in 2003, and three consecutive years of top 20 finishes. WSU brought home 16 All-America certificates during the 2003 and 2004

indoor and outdoor seasons with the women's 1600m relay earning All-America honors with their 2003 seventh-place indoor finish, the first national honors for any women's relay squad.

Whitney Evans won the women's high jump title at the 2003 NCAA Outdoor Championships with a career-best leap of 6-feet, 1 1/4-inches, and earned her eighth All-America honor making her the most-decorated woman athlete in Washington State history.

Recognized internationally as a highly successful multi-event coach, Sloan directed two Cougars to NCAA top finishes in 2003: senior Ellannee Richardson was runner-up in the heptathlon and freshman Darion Powell finished fourth in the decathlon.



COACHING STAFF



Sloan has successfully coached 42 athletes to NCAA outdoor All-American status 69 times, and also directed 22 athletes to 36 indoor All-America honors. During Sloan's tenure as head coach at Washington State, All-American honors have come to the school 46 times in men's events and 27 times in women's events.

In his ten years as the WSU Track Program's mentor, Sloan has seen Cougar men set 10 school records and Cougar women set 26 school records. Additionally, 13 men's freshmen and 26 women's freshman records have been rewritten in this time frame.

When Sloan was named the head track and field coach at Washington State in June of 1994, he had already invested 21 years of service to the program and the university as an assistant coach.

From 1973 until the summer of 1994, he was an assistant coach, directing WSU athletes in field events, hurdles, sprints, and decathlon.

Sloan came to coach at Washington State after a highly successful competitive career. An outstanding athlete while at UCLA, Sloan became the first Bruin to clear 7-0 in the high jump and was an All-American in the pole vault as an undergraduate.

He captained the Bruin track team as a senior and became the fourth American to surpass 8,000 points in the decathlon. As a 21-year-old, Sloan finished seventh in the decathlon at the 1968 Olympics in Mexico City. A year later he toured Europe with the U.S. National team.

While competing, Sloan held world decathlon records in the pole vault with a height of 16-7, and the high jump with a leap of 6-11 3/4. As a decathlete, he was ranked second in the United States in 1968 and 1969, and ranked 10th in the world in 1969. Sloan's 8,051 points was the fourth best mark in the world in 1969.

This Cougar mentor began his coaching career at California Institute of Technology and at Pasadena City College in 1972. Sloan also coached at Mt. San Antonio Junior College, home of the respected Mt. SAC Relays in Walnut, Calif., before coming to WSU in 1973.

In September of 1994, USA Track and Field accorded Sloan the title of Master Coach, the highest recognition in coaching education.

Sloan is well-known internationally in the decathlon circuits because of his 14 years as coach for four-time world champion, Olympic champion and American record-holder Dan O'Brien.

Sloan is a much sought-after clinician who is the author of *Track and Field Techniques and Training*,

and has produced nine instructional video tapes. He served as the head coach of the U.S.A. decathlon team which competed in the USSR in 1983. In 1988, he conducted clinics for the International Amateur Athletic Federation (IAAF) in Georgetown, Guyana.

In the fall of 2002, Sloan served as an assistant men's coach for the United States team competing at the International Association of Athletics Federation (IAAF) World Cup in Madrid, Spain.

COUGAR HIGHLIGHTS under Head Coach Rick Sloan

- 1994** - Named Head Coach for the Washington State men's Track & Field Team.
- 1995** - Named Head Coach for the combined Washington State men's and women's Track & Field Program.
- 1996** - Dominique Arnold won the men's 110m high hurdles title at the NCAA Outdoor Championships.
- 1998** - Men's team won the Mountain Pacific Sports Federation Indoor Championships title...Men's team earned third place at the NCAA Indoor Championships with the distance medley relay team winning that event with a world record time...Sloan named MPSF Coach of the Year for both men and women, selected District 8 Men's Coach of the Year.
- 1999** - Women's team won the Mountain Pacific Sports Federation Indoor Championships...Sloan named MPSF Women's Coach of the Year...Men's team finished 10th at the NCAA Indoor Championships as Bernard Lagat won both the mile and 3000m...Lagat named Male Athlete of the Year...Women's team finished third at the Pac-10 Conference Championships and went on to place 20th at the NCAA Outdoor Championships...Men's team finished seventh at the Pac-10 Championships but rebounded with an 11th place finish at the NCAA Championships...Lagat won the men's NCAA men's 5000m title...Sloan selected United States Track Coaches Association (USTCA) Region VIII Women's Coach of the Year.
- 2000** - Women's team repeats as the Mountain Pacific Sports Federation Indoor Champions...Sloan selected USTCA Region VIII Women's Coach of the Year.
- 2001** - Men's team won the Mountain Pacific Sports Federation Indoor Championships title...Sloan named MPSF Men's Coach of the Year...Women's team finished fourth at the Pac-10 Championships and went on to an 18th place finish at the NCAA Outdoor Championships...Sloan named USTCA Men's West Region Coach of the Year.
- 2002** - Women's team finished tied for 15th at the 2002 NCAA Outdoor Championships...Ellannee Richardson and Anson Henry named Mondo West Region Outdoor Track Athletes of the Year...Pac-10 champions include Whitney Evans (high jump), Richardson (heptathlon) and Henry (100m, 200m)...Sloan named United States Track Coaches Association (USTCA) Men's West Region Coach of the Year.
- 2003** - Women's team earns 12th place at NCAA Outdoor Championships...Whitney Evans wins high jump title and Ellannee Richardson heptathlon runner-up after winning Pac-10 titles...Darion Powell (decathlon) and Eric Dudley (intermediate hurdles) earn All-America...Anthony Buchanan (100m) and 4x100m relay (Lamar Kirk, Bennie Chatman, James McSwain, Buchanan) also win Pac-10 championships.
- 2004** - For the third consecutive year, a WSU sprinter won the Pac-10 men's 100m dash...Anthony Buchanan won his second consecutive 100m dash title and placed seventh in the 100m at the NCAA Championships.

2005 COUGAR TRACK & FIELD



Debra Farwell
Associate Coach

BORN: June 29, 1961
HOMETOWN: Renton, Washington
COLLEGE: Washington State University (B.A., 1983)
HUSBAND: George
COACHING EXPERIENCE: Washington State University, 1983-86, graduate assistant coach; University of Iowa, 1987-91, assistant coach; Penn State, 1994-95, assistant coach.

WSU APPOINTMENT: 1995 - Assistant track and field coach; 1998 - Associate coach

Debra Farwell is a 1983 Washington State University graduate who joined the Cougar coaching staff in the fall of 1995 after a successful stint at Penn State University. Farwell coaches the men and women throwers and during her coaching stint at WSU, 11 school throwing records have been set.

Farwell coached eight-time All-American thrower Ian Waltz throughout his collegiate career as Waltz rewrote Cougar history in the shot put and discus events. Waltz was a member of the 2004 US Olympic Team after a second place finish in the discus at the Trials. In 1999, Farwell had two athletes win championships at the Pacific-10 Meet with Waltz taking the men's discus event and Molly Monroe winning the women's javelin crown. Andrea Thornton achieved All-America status in both the outdoor discus and hammer events in 2001 while Tim Gehring became a shot put All-American and Curt Borland became a javelin All-American in 2004. Gehring finished 15th in shot at the 2004 US Olympic Trials.

Originally from Renton, Wash., Farwell held the WSU women's outdoor shot put record of 14.70m/48-2 3/4 from 1981-86. She was an AIAW national qualifier in the shot put in 1982.

Farwell was also a pioneer in the woman's hammer thrower as one of four Cougars competing against two women from the University of Montana in the first collegiate women's dual meet hammer throw event in Pullman on March 27, 1982. She threw a 35.74m/117-3 on that day and the following week set an unofficial collegiate women's world record of 38.34m/125-9 in Eugene, Ore. In 1994, the NCAA added the women's hammer throw as an official event for the 1995 season.

Farwell was a graduate assistant coach for the WSU track and field program from 1983-86 under head coaches Jessica and Rob Cassleman. She also was a teaching assistant in the WSU physical education department in 1985, instructing beginning weight training and conditioning, and field event classes.

From 1987-91, Farwell served as an assistant track and field coach at the University of Iowa where she was responsible for coaching the throwers along with the multi-event athletes and developing a strength and conditioning program for all track athletes. She received her USATF certification for levels I and II in 1990 at the U.S. Olympic Training Center in Colorado.

Farwell was the assistant track and field coach and exercise science and sport activity instructor at Penn State University in 1994-95.



Jason Drake
Head Coach, Cross Country

BORN: May 30, 1971
HOMETOWN: Gillette, Wyoming
COLLEGE: University of Colorado (B.S., 1994)
COACHING EXPERIENCE: University of Colorado, 1995-2002, assistant track and cross country coach; recruiting coordinator, 2000-02.
WSU APPOINTMENT: 2002 - Assistant track and field coach, 2004 - Head coach cross country

Jason Drake is in his third season with the WSU distance runners and his first as the head coach of the Cougar cross country program. Drake joined the Cougar staff in July of 2002, after eight years as a distance coach and the recruiting coordinator at the University of Colorado.

Drake is used to hitting the trails hard and he hit the recruiting trail particularly hard the past two years, enticing prep state champions from six different states to join the Cougar cross country program. His youthful teams will be put to the test in the "Conference of Champions," at the Pac-10 Championships after they have already raced against the best in prestigious meets across the nation. Drake thinks his teams will be ready to meet the challenge.

After implementing his training program with the Cougar distance runners during his first season, Drake happily watched the success of the program as WSU senior Anna Blue earned All-America honors at the 2003 NCAA Track & Field Championships. Blue broke four school records her senior year on the track (indoor 3000m and 5000m, and outdoor 5k and 10k) and qualified for the 2003 NCAA Cross Country Championships.

Born in Aberdeen, S.D., Drake had a stellar prep career at Campbell County High School, in Gillette, Wyoming. He is a 1994 graduate of Colorado, where he was a middle distance runner for the Buffalos and earned seven letters while competing in cross country, indoor and outdoor track. He earned All-America honors as a member of CU's 1994 indoor distance medley relay team. Drake earned several Academic All-Big Eight Conference accolades on his way to earning a bachelor of science degree in environmental conservation.

Drake became the recruiting coordinator for Colorado's cross country and track and field programs in 2000, in addition to his long and middle distance coaching duties. He recruited and assisted in coaching all members of the Colorado women's 2000, and men's 2001 national championship cross country teams.

In 1999, Drake founded the Colorado Elite Track Club, a nonprofit club for post-collegiate female middle and long distance runners. Among the professional members are several outstanding runners: Shayne Culpepper (2000 Olympic team 1500m and two World Cross Country teams), Janet Trujillo (2002 World Cross Country team and fifth place in 2001 USATF 1500m Outdoor Championships), and Sarah Toland (2002 World Cross Country team).

Drake has also worked part time as a geographic information systems (GIS) consultant and has created databases for the U.S. Department of Energy and private firms, including serving as a technical project manager for two enhanced 9-1-1 systems. He is an avid outdoorsman who enjoys mountain biking, water and snow skiing in addition to running.

COACHING STAFF



Kris Grimes **Assistant Coach**

BORN: October 5, 1966
HOMETOWN: Jefferson City, Missouri
COLLEGE: Abilene Christian University (B.S., 1989), University of Missouri (M.S., 1992)
WIFE: Tami Micham Grimes
CHILDREN: Kristofor James (12/6/97), Anna Kay (10/17/00), James Harrison (12/1/02)

COACHING EXPERIENCE: Abilene Christian University, 1989, assistant coach; University of Missouri, 1990-91, graduate assistant coach; University of Louisiana at Monroe, 1992-96, assistant track coach; Michigan State University, 1996-97, assistant men and women and interim head women's track and field coach, 1997-98, interim director women's track and field and cross country.

WSU APPOINTMENT: 1998 - Assistant track and field coach

Kris Grimes has made the WSU jumping corps a program not to be overlooked by opponents. After joining the Cougar Track & Field coaching staff in August of 1998, Grimes began working with the men and women high, triple and long jumpers as well as the pole vaulters. He also works with recruiting, media guide materials, and is the academic liaison.

During his 16-year career, Grimes has coached numerous NCAA All-Americans but highlighting his first six years at WSU were the seven Cougars who achieved All-America. Last year Matt Mason set a school indoor record of 26-6 1/4 in the long jump, went on to sixth place at the NCAA Indoor Championships and 17th at the US Olympic Trials. Another notable Cougar long jumper coached by Grimes was Agneta Rosenblad, the 2001 Pac-10 champion with a school record leap of 21-4 3/4. Triple jumpers Demetrius Murray (54-0, second at the 2000 NCAA Outdoor meet and Pacific-10 Champion) and Cicely Clinkensbeard (school record 42-10 1/4 leap in 2000 and All-American same year) made their marks in the Grimes' era. Pole vaulters Jeannette Martus (sixth place at 2001 NCAA Outdoor meet, WSU record clearance of 13-3) and Tamara Diles (2002 National Pole Vault Summit winner with a school record of 14-3 1/4, third place at the 2002 NCAA Indoor meet) reached their heights under Grimes' mentoring. And in the high jump, Kurtiss Dille finished fifth at the 2003 NCAA Indoor meet with a leap of 7-1 1/2.

A native of Jefferson City, Missouri, Grimes was a three-time All-American pole vaulter at Abilene Christian and a member of four NCAA Division II National Championship teams.

Grimes served as an assistant coach at Abilene Christian in 1989 before graduating that same year with a bachelor's degree in education concentrating on psychology/physical education. From 1990-91, Grimes was as a graduate assistant coach at the University of Missouri in Columbia, as he continued his education and went on to earn his master's degree in education with concentrations in sport psychology/biomechanics in 1992.

Grimes spent four years (1992-96) as an assistant coach at University of Louisiana at Monroe, where he worked primarily with the jumpers and multi-events athletes and also served as an instructor of health and human performance.

East Lansing, Michigan, became his home in 1996 when he was named assistant men and women and interim head women's track and field coach at Michigan State University. In his first year with the Spartans, Grimes coach an NCAA Champion, three All-Americans and five All-Big Ten performers.

At the end of his first season, Grimes was promoted to Interim Director of Women's Track and Field and Cross Country at MSU where he served until joining the WSU staff in 1998.

He is a United States Track and Field Coaching Education Certified Instructor and is presently pursuing Level III Certification.

Grimes spent 11 years working at the Don Hood World Class Pole Vault Camps.

He is married to Tami Micham Grimes, a record-holder and former distance runner at ULM. They have two sons, Kristofor James and James Harrison, and one daughter, Anna Kay.



Mark Macdonald **Assistant Coach**

BORN: April 15, 1969
HOMETOWN: Spanaway, Washington
COLLEGE: Washington State University (B.A., 1992; M.A., 1993)
COACHING EXPERIENCE: Washington State University, 1992-94, graduate assistant coach, 1994-95, assistant track and field coach.
WSU APPOINTMENT: 1994 - Assistant track and field coach

Mark Macdonald was an outstanding Cougar track and field student-athlete who returned to coach at his alma mater where he works with the hurdlers and sprinters and serves as the recruiting coordinator for the program.

Macdonald is credited with bringing in back-to-back women's recruiting classes ranked among the top ten nationally by *Track & Field News*. The recruiting class for the 2005 season includes a dozen athletes who were state or junior college champions while the 2004 season had 14 state champions. He also helped to sign five prep athletes for the 1999 Cougar season that finished among the top five performers nationally in their events.

WSU has had three consecutive champions in the Pac-10 men's 100m dash including two-time champ and 2004 US Olympic Trials competitor Anthony Buchanan (2003, 2004), and 2004 Canadian Olympian Anson Henry (2002). Additionally, Macdonald coached Ellannee Richardson in her transition from heptathlon to the 400m hurdles where she achieved a PR of 55.61 and finished ninth at the 2004 Olympic Trials.

Two-time All-American intermediate hurdler Eric Dudley, the CoSIDA/Verizon Academic All-American of the Year for 2003 Track & Field, finished 18th at the 2004 US Olympic Trials.

At the 2001 NCAA Outdoor Championships, Macdonald had Cougars competing in all four hurdles events - the only Division I program to accomplish that feat.

Macdonald coached Dominique Arnold to the men's 110m high hurdles title at the 1996 NCAA Outdoor Championships and Arend Watkins to two top-eight national finishes.

He also directed the school's record-holders in the women's 4x100m relay team - Attrina Higgins, LaTroya Mucker, Ellannee Richardson and Francesca Green - to a 44.50 time to win the title at 1999 at the Pac-10 Meet. The 2003 4x400m relay team of Tiffany Giles, Monique Jessie, Angelita Green and Ellannee Richardson set the school indoor record of 3:35.49 and finished seventh at the NCAAAs. With Tamara Gulley running in place of Green that same year, the relay set the WSU outdoor record of 3:33.65.

Macdonald protégé Randi Smith finished second in the women's 400m hurdles at the 2000 USATF Junior National Championships. Smith's time of 57.07 seconds is a WSU school record and was the fifth-fastest time in the world that year for a junior competitor (ages 14-19).

After a successful prep career as a multi-sport athlete at Bethel High School where his father Mike was the track and field coach, Macdonald achieved All-America status as an intermediate hurdler at Washington State. A four-year letterwinner, Macdonald's 400m hurdles seventh place finish in the 1992 NCAA Championships at Austin, Texas, was his third appearance at a national championship.

He served as the team captain of WSU's 1992 National Dual Meet Champion squad. Macdonald also competed in the 400m hurdles at the 1992 U.S. Olympic Trials.

An accomplished scholar, Macdonald was twice named to the All-Pac-10 Academic Track and Field Team. He was honored as WSU's Pac-10 Conference Medal Winner in 1992.

Macdonald graduated from WSU with a B.A. in Social Studies Education in 1992. He completed his master's degree in Athletic Administration in 1993.

2005 TRACK & FIELD COACHING STAFF



Ellannee Richardson
Assistant Coach

BORN: March 18, 1980
HOMETOWN: Gladstone, Oregon
COLLEGE: Washington State University (B.A., 2002)
WSU APPOINTMENT: 2003 - Assistant track and field coach

After an illustrious career as a student-athlete, Ellannee Richardson joined the Washington State University Track & Field coaching staff as a fulltime assistant August 1, 2003. Richardson works with assistant coach Mark Macdonald in both the sprints and hurdles as well as on administrative duties of assisting with recruiting, team travel, meet management, and equipment orders.

In addition to her coaching duties, Richardson finished fifth in the 400m dash at the 2004 USA Indoor Track & Field Championships and competed on the USA National Indoor Track and Field 4x400m relay team at the 2004 IAAF World Indoor Championships at Budapest, Hungary. In the spring, she won the women's Olympic Development 400m intermediate hurdles race at the Home Depot Track & Field Invitational at Los Angeles with a PR time of 55.99 seconds. At the 2004 US Olympic Trials, she missed the 400m hurdles final after running a PR time of 55.61 in the prelims and 56.27 in the semifinals, just 24/100s of a second from qualifying for the final.

Richardson was a five-time All-American heptathlete and sprinter at WSU. She is a four-time All-America heptathlete taking second place at the 2003 and 2002 NCAA Championships and earned an All-America certificate at the 2003 NCAA Indoor Meet anchoring the women's 4x400m relay to seventh place with a school-record time of 3 minutes, 35.49 seconds. She also anchored the 1600m relay to a school record outdoor time of 3:33.65 for second place at the NCAA West Regional and a trip to the national meet for teammates Tiffany Giles, Monique Jessie and Tamara Gulley.

Richardson currently holds school records in the 400m relay (44.50), 1600m relay for indoor and outdoor races, and the heptathlon (5,839 points) but during her career also reached school records in the 100m hurdles and the indoor 400m dash. In the WSU all-time records, Richardson's performances are in the top five in eight different events and eighth in the long jump. A three-time Pac-10 heptathlon champion, Richardson was ranked as the third-best heptathlete (top collegiate) in the United States in 2003 by *Track & Field News*.

In the classroom, Richardson also excelled, graduating from Washington State with a B.A. in sociology in 2002 and is currently working on her master's degree in criminal justice. She was the recipient of these awards in 2003: WSU's Pac-10 Medal Winner, Cougar Pride Academic Salute Trophy, Senior Excellence in Academics, Pac-10 Postgraduate Scholarship, Arthur Ashe Jr. Sports Scholar First Team, NCAA Postgraduate Scholarship, nominee for NCAA Woman of the Year, and Verizon/CoSIDA National Academic All-American second team.



Michael Friedberg
Volunteer Assistant Coach

Michael Friedberg volunteered to work with the Washington State distance runners when cross country coach Jason Drake joined the staff in the summer of 2002.

Originally from Columbia, Maryland, Friedberg was a three-time cross country All-American at the University of Colorado.

During his collegiate career, he finished 27th as a senior, 43rd as a junior and 35th as a sophomore at the NCAA Cross Country Championships. Friedberg also grabbed three top five finishes at the Big XII Cross Country Championships while competing for the Buffaloes.

On the track, Friedberg won the Big XII indoor 5000m crown as a sophomore and was an NCAA automatic qualifier in the 10k as a junior.

Friedberg was the captain of the Colorado cross country team and a member of the Colorado student-athlete advisory committee. He was a three-time selection to Big XII All-Academic first team and graduated from Colorado in spring of 2001 with a bachelor's degree in finance.

A member of the 1996 USA Triathlon Junior National Team, Friedberg has served as an assistant coach of the Triathlon Junior Olympic Camp at Roswell, NM, in both 1995 and 1996.

He can be seen running with the Cougar distance squads around the hills of the Palouse year-round.



Matt McGee
Volunteer Assistant Coach

Matt McGee joined the Washington State coaching staff as a volunteer assistant in the fall of 2004. A former Cougar, McGee returned to WSU after spending last year as an assistant track coach at Diablo Valley College where he was responsible for jumps, throws,

multis, in addition to developing the strength conditioning program for the Vikings track team.

Originally from the San Francisco Bay area of California, McGee attended College of Marin and Diablo College in his home state, competing as a decathlete and javelin thrower.

He transferred to WSU as a junior and threw a javelin PR of 65.70m / 215-feet, 7 inches his first season in Pullman. McGee finished eighth in the javelin at the Pac-10 Championships with mark of 61.17m/200-8.

During his senior season for the Cougs, McGee threw a PR and NCAA Regional Qualifying mark of 65.91m/216-3 in winning the javelin at the Washington-WSU dual meet at Seattle. That mark was eighth best in the region, 42nd best in the country and 10th-best for a Cougar. He finished second in the javelin at the Pac-10 Championships (64.74m/212-5), and 10th at the West Region Meet with toss of 65.56m/215-1.

McGee graduated in May 2003 with a B.A. in philosophy with a music composition minor. While an undergraduate, he was named to the Pac-10 All-Academic and Arthur Ashe Jr. Sports Scholar second teams and awarded a Pac-10 post-graduate scholarship. A member of the Bay Area and the Diablo Wind Symphonies while in high school, McGee enjoys playing the piano and writing music. He is currently pursuing a masters degree in Exercise Science with an emphasis in Biomechanics at the University of Idaho.

McGee and 2004 Cougar All-American Curt Borland are establishing a throws club for the Palouse area.