

VANGUARD UNIVERSITY QUICK FACTS SHEET CROSS COUNTRY - 2008

GENERAL

NAME OF SCHOOL	Vanguard University		
LOCATION	Costa Mesa, CA		
FOUNDED	1920	ENROLLMENT	1450
STADIUM	The Pit	CAPACITY	1200
NICKNAME	Lions		
SCHOOL COLORS	Navy Blue and Gold		
AFFILIATION	NAIA		
CONFERENCE	Golden State Athletic Conference		
PRESIDENT	Dr. Murray Dempster, PhD		
ALMA MATER, YR	University of Southern California '80		
ATH. DIRECTOR	Bob Wilson, MA, (14th Year)		
ALMA MATER, YR	Wyoming University '69		
ATH. DEPT. PHONE	(714)556-3610 Ext. 2305		
ASSOCIATE AD	Beth Renkoski, NSU '87, (6th Year)		
ASSOCIATE AD	Nolan Steputis, VUSC '06, (2nd Year)		

COACHING STAFF

HEAD COACH	Bryan Wilkins, (21st year)
ALMA MATER, YR	Evangel University, '83
VU RECORD (YRS), CAREER (YRS)	NA (20), NA (20)
E-MAIL ADDRESS	bwilkins@vanguard.edu
CROSS COUNTRY OFFICE PHONE	(714)556-3610, Ext. 2380
BEST TIME TO REACH COACH	6:00-7:00 PM
ASST. COACHES (ALMA MATER/YR)	Jason Valenzuela (1st year, VUSC '08)

TEAM INFORMATION

2007 CONFERENCE FINISH	M - 3/8, W - 7/8
LETTERWINNERS RETURN/LOST	M - 3/4, W - 2/5
NEWCOMERS	M - 3, W - 4
2007 REGION II FINISH	M - 4/11, W - 8/12
HIGHEST '07 NATIONAL RANKING	Men 11th 10/31/07, Women RV Preseason

SPORTS INFORMATION

SPORTS INFO. DIR.	Beth Renkoski, (14th year)
SID OFFICE PHONE	(714)556-3610 Ext. 2303
SID OFFICE FAX	(714)668-6144
SPORTS HOTLINE	(714)619-6600
RADIO PHONE LINE	(714)556-3610, ext. 2398 or 2399
MAILING ADDRESS	55 Fair Drive, Costa Mesa, CA 92626
VU ATHLETIC WEBSITE	www.vanguard.edu/athletics/
VU LIVESTATS LINK	www.vanguard.edu/athletics/livestats/index.aspx

HISTORY

NAIA MEN'S TEAM APPEARANCES	1994 (22nd), 1995 (25th), 2007 (26th)
NAIA WOMEN'S TEAM APPEARANCES	2004 (19th), 2005 (13th), 2006 (15th)
NAIA INDIVIDUAL QUALIFIERS	23
NAIA HIGHEST INDIVIDUAL FINISH	Men's - Humberto Rojas - 26th (2005)
NAIA HIGHEST INDIVIDUAL FINISH	Women's - Grace Jepngetich - 2nd (2006)

TICKETING INFORMATION

ADMISSION:	Adults - \$5, Non-VU Students with ID - \$3, Under 6 - Free VU Faculty, Staff, Students, Administration Free with ID
Group Admission:	Contact Sara McLain at smclain@vanguard.edu
FREE PARKING	Limited on campus - See Campus Map

**VU honors Vanguard passes for regular season HOME games
and only NAIA passes for all sports in regular and postseason play.**

ATHLETIC TRAINING

HEAD ATH. TRAINER	Darin Voigt, MS, ATC (4th year)
ALMA MATER/YR	CPP '94
OFFICE PHONE	(714)556-3610 Ext. 2390
A TEP DIRECTOR	Dr. Terry Zeigler, Ed.D, ATC (24th year)
ALMA MATER/YR	VUSC '83
OFFICE PHONE	(714)556-3610 Ext. 2828
ASST. ATH. TRAINER	Alise Juanes, MA, ATC (3rd year)
ALMA MATER/YR	VUSC '04
OFFICE PHONE	(714)556-3610 Ext. 2392
ASST. ATH. TRAINER	Alice Loeb sack, MA, ATC (2nd year)
ALMA MATER/YR	UWS '05
OFFICE PHONE	(714)556-3610 Ext. 2391
AT ROOM HOURS OF OPERATION: 12pm - 6pm, Mon-Fri	
The Athletic Training Room will open 2 hours prior to any home event and will be staffed by at least one certified athletic trainer.	
ATR FAX NUMBER	(714)662-5259

MEDIA INFORMATION

LA TIMES - OC EDITION	(714)966-5904 PHONE (714)966-5663 FAX peter.yoon@latimes.com
Peter Yoon (213)237-6469	
LA TIMES-MAIN EDITION	(800)528-4637 ext.77145 PHONE (213)237-7876 FAX sports@latimes.com
ASSOCIATED PRESS-LA	(213)626-1200 PHONE (213)346-0200 FAX
ORANGE COUNTY DAILY PILOT	(714)966-4616 PHONE (714)966-4668 FAX steve.virgen@latimes.com
SPORTS CONTACTS:	
Steve Virgen	
Barry Faulkner	barry.faulkner@latimes.com
Dave Thorpe	dave.thorpe@latimes.com
ORANGE COUNTY REGISTER	(714)796-7804 PHONE (714)796-6765 FAX preps@ocregister.com sports@ocregister.com
David Bean (714)796-7806	
dbean@ocregister.com	
current@register.com	
KOCE - TV	(714)842-5790 FAX rmielke@koce.org (714)861-4357
Rick Mielke - Anchor/Reporter	
Jack Gallagher - Assignment Desk	(714)861-4356
COSTA MESA BREEZE	(714)445-6682 PHONE (714)445-6602 FAX
TIME WARNER CABLE	(714)549-5820 PHONE (714)641-2890 FAX
bob.gibson@twcable.com	
NAIA - Sports Information	(816)595-8000 PHONE (816)595-8200 FAX naia.cstv.com/
Chad Waller (816)595-8119	
cwaller@naia.org	
VICTORY SPORTS NETWORK	mail@victorysportsnetwork.com (308)383-1431 PHONE
CONTACT: Jason Dannelly	
GSAC SPORTS INFO. DIRECTOR	(909)392-9225 PHONE spine@gsacsports.org
CONTACT: Sheri Pine	
GSAC WEBSITE	www.gsacsports.org

CHAMPIONS OF CHARACTER PROGRAM CENTER

CONTACT	Bob Wilson - Program Director
PHONE or E-MAIL	(714)556-3610, ext 2301 or bwilson@vanguard.edu
Joining the NAIA in "Changing the Culture of Sport"	
WEBSITE:	www.vanguard.edu/athletics/championsofcharacter/

VANGUARD UNIVERSITY TEAM INFORMATION CROSS COUNTRY - 2008

TOP RETURNING RUNNERS						2008 CROSS COUNTRY SCHEDULE		
WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS	Date	Meet/Location	Time
Rebecca Sopp	5-7	Sr.	5K	18:30 (2007)	All-GSAC/Reg II, '06 All-American	8/30	C.S.U. Fullerton Invitational Carbon Canyon Park, Brea, CA	8:30 am
MEN								
Michael Hartanov	5-11	Jr.	8K	26:37 (2007)				
Christian de Glymes	5-10	So.	8K	26:28 (2007)		9/13	S.D.S.U. Aztec Invitational Balboa Park, San Diego, CA	8:00 am
RETURNING LETTERWINNERS								
WOMEN								
Kelsie Davis	5-7	Jr.	5K	19:39 (2007)		9/27	Stanford Invitational Stanford Golf Course, Palo Alto, CA	3:00 pm
MEN								
Darren Bruneck	6-3	So.	8K	29:09 (2007)		10/11	Vanguard Invitational Fairview Park, Costa Mesa, CA	9:00 am
TOP RUNNERS LOST								
WOMEN								
Olivia Amstad	5-7	Sr.	5K	18:50 (2006)				
Sara Ann Medlen	5-7	Jr.	5K	20:19 (2006)		10/25	Biola Invitational Irvine Regional Park, Orange, CA	8:30 am
Gina Attard	5-3	Jr.	5K	19:12 (2007)				
Katrina McGraw	5-4	Fr.	5K	20:32 (2007)				
Erinn Walsh	5-4	Fr.	5K	20:55 (2007)		11/8	Golden State Athletic Conference Woodward Park, Fresno, CA	9:00 am
MEN								
Jason Valenzuela	6-3	Sr.	8K	25:03 (2007)	All-GSAC/Region II, Team Captain			
Humberto Rojas	5-6	Sr.	8K	24:47 (2005)	All-GSAC/Region II, '06 All-American	11/22	NAIA National Championships UW, Parkside, Kenosha, WI	8:30 am
Roman Pascual	5-6	Fr.	8K	25:30 (2007)	All-GSAC/Region II			
Jason Thomas	5-10	Sr.	8K	26:33 (2007)				

KEY NEWCOMERS						2007 W'S CC GSAC MEET RESULTS			
WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS	Place	School	NAIA Rank	NAIA Finish
Emily Canales	5-4	Fr.	3 Mile	18:37		1	Azusa Pacific (57)	3	6th
Chelsea VanCott	5-4	Fr.	3 Mile	18:33		2	Biola (66)	8	11th
Megan Williams	5-5	Fr.	3200M	11:55		3	Point Loma (66)	19	27th
Olya Zamucen	5-3	Fr.	3 Mile	21:02		4	Westmont (83)	14	17th
MEN									
Matt Johnson	5-8	Fr.	3 Mile	15:18		5	Fresno Pacific (108)	RV	NA
Chad Smith	6-1	Fr.	3 Mile	15:57		6	Concordia (109)	25	18th
Fitsum Tesfa	5-10	Fr.	8K	24:23 (2005)		7	Vanguard (213)		
						8	The Master's (248)		

WOMEN'S PRESEASON ROSTER						2007 M'S CC GSAC MEET RESULTS			
WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS	Place	School	NAIA Rank	NAIA Finish
Emily Canales	5-4	Fr.	Redlands, CA/East Valley High School			1	Concordia (77)	9	11th
Kelsie Davis	5-7	Jr.	Longview, WA/Kelso High School			2	Azusa Pacific (78)	7	14th
Rebecca Sopp	5-7	Sr.	Redondo Beach, CA/Redondo Union High School			3	Vanguard (95)	15	26th
Chelsea VanCott	5-4	Fr.	Laguna Hills, CA/Calvary Chapel High School			4	The Master's (100)	RV	NA
Megan Williams	5-5	Fr.	Ft. Worth, TX/North Crowley High School			5	Westmont (107)	19	16th
Olya Zamucen	5-3	Fr.	Newport Beach, CA/Mater Dei CHS			6	Biola (114)	RV	
MEN'S PRESEASON ROSTER									
Darren Bruneck	6-3	So.	Tustin, CA/Tustin High School			7	Fresno Pacific (120)	RV	
Christian de Glymes	5-9	So.	Newcastle, CA/Del Oro High school			8	Point Loma (197)		
Michael Hartanov	5-11	Jr.	Mead, WA/Mount Spokane High School						
Matt Johnson	5-8	Fr.	Lake Forest, CA/EI Toro High School						
Chad Smith	6-1	Fr.	Huntington Beach, CA/Huntington Beach High School						
Fitsum Tesfa	5-10	Fr.	Chino, CA/Azusa Pacific University						



2008 VUSC WOMEN'S CROSS COUNTRY PRESEASON OUTLOOK

The VUSC women's cross country team will have a completely different look than a year ago when the Lions finished 7th in the GSAC meet and fell out of the top 25 rankings by the end of the season. VU had two runners qualify individually for the NAIA National Championships, both finishing in the top 200. Senior Rebecca Sopp returns to lead the Lions as one of only two returners to the roster. Finishing 147th in her third NAIA cross country appearance, Sopp is hoping to finish her VU cross country career on a strong note. She welcomes four solid young runners to the team and would love to lead them to a NAIA Championships and back into the NAIA top 25.

2008 VUSC MEN'S CROSS COUNTRY PRESEASON OUTLOOK

Vanguard lost its top 3 male runners from last season when the Lions finished 26th at the NAIA Championships and were ranked 15th in the nation. All-GSAC and All-Region performers Jason Valenzuela, Humberto Rojas, and Roman Pascual, leaving a large vacancy at the front of the Lion pack. Coach Bryan Wilkins expects much improved times for his returners, especially junior Mike Hartanov and Christian de Glymes, but he also anticipates his recruiting class to pick up a large part of the load. The Lions had a fairly significant gap between the lead runners and the rest of the pack in 2007 and are planning for a tighter pack and even more success in 2008.