



VANGUARD UNIVERSITY QUICK FACTS SHEET CROSS COUNTRY - 2009



GENERAL

NAME OF SCHOOL	Vanguard University		
LOCATION	Costa Mesa, CA		
FOUNDED	1920	ENROLLMENT	1250
STADIUM	The Pit	CAPACITY	1200
NICKNAME	Lions		
SCHOOL COLORS	Navy Blue and Gold		
AFFILIATION	NAIA		
CONFERENCE	Golden State Athletic Conference		
PRESIDENT	Dr. Carol Taylor, PhD		
ALMA MATER, YR	Florida State University		
ATH. DIRECTOR	Bob Wilson, MA, (15th Year)		
ALMA MATER, YR	Wyoming University '69		
ATH. DEPT. PHONE	(714)556-3610 Ext. 2305		
ASSOCIATE AD	Beth Renkoski, NSU '87, (7th Year)		
ASSOCIATE AD	Nolan Steputis, VUSC '06, (3rd Year)		

COACHING STAFF

HEAD COACH	Bryan Wilkins, (22nd year)
ALMA MATER, YR	Evangel University, '83
VU RECORD (YRS), CAREER (YRS)	NA (21), NA (21)
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), Kelli Smith (1st year)

TEAM INFORMATION

2008 CONFERENCE FINISH	M - 4/8, W - 6/9
LETTERWINNERS RETURN/LOST	M - 2/4, W - 2/4
NEWCOMERS	M - 3, W - 4
HIGHEST '08 NATIONAL RANKING	Men 12th/RV (33rd)
FINAL '08 NATIONAL RANKING	Men 24th 11/09/08, Women NA

SPORTS INFORMATION

SPORTS INFO. DIR.	Beth Renkoski, (15th 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 spcolleges@latimes.com

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	25
NAIA HIGHEST INDIVIDUAL FINISH	Men's - Fitsum Tesfa - 9th (2008)
NAIA HIGHEST INDIVIDUAL FINISH	Women's - Grace Jepngetich - 2nd (2006)

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/ jdannelly@collegefanz.com
Chad Waller (816)595-8119	
cwaller@naia.org	
COLLEGE FANZ	(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

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 Nolan Steputis at nvsteputis@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 (5th year)
ALMA MATER/YR	CPP '94
OFFICE PHONE	(714)556-3610 Ext. 2390
A-TEP DIRECTOR	Dr. Terry Zeigler, Ed.D, ATC (25th year)
ALMA MATER/YR	VUSC '83
OFFICE PHONE	(714)556-3610 Ext. 2828
ASST. ATH. TRAINER	Alise Juanes, MA, ATC (4th year)
ALMA MATER/YR	VUSC '04
OFFICE PHONE	(714)556-3610 Ext. 2392
ASST. ATH. TRAINER	
ALMA MATER/YR	
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

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 - 2009



TOP RETURNING RUNNERS

WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Megan Williams	5-4	So.	5K	18:17 (2008)	
Chelsea Van Cott	5-4	So.	5K	18:44 (2008)	

MEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Christian de Glymes	5-10	Jr.	8K	25:40 (2008)	2008 All-GSAC
Matt Johnson	5-8	So.	8K	25:51 (2008)	2008 All-GSAC

RETURNING LETTERWINNERS

WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Emily Canales	5-4	So.	5K	20:16 (2008)	
Olya Zamucen	5-3	So.	5K	22:01 (2008)	

MEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Michael Hartanov	5-11	Sr.	8K	26:17 (2008)	NAIA Scholar-Athlete
Chad Smith	6-1	So.	8K	27:26 (2008)	

TOP RUNNERS LOST

WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Rebecca Sopp	5-7	Sr.	5K	18:05 (2008)	2xAll-GSAC, Reg II, '06 All-American
Kelsie Davis	5-7	Jr.	5K	19:39 (2007)	NAIA Scholar-Athlete

MEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Fitsum Tesfa	5-10	Fr.	8K	24:40 (2008)	School Record, All-GSAC/America
Darren Bruneck	6-3	So.	8K	29:09 (2007)	

KEY NEWCOMERS

WOMEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Kaylee Leadley	5-7	Fr.	NA	NA	VU Track Athlete crossover
Lauren Minnick	5-10	Fr.	3 Mile	18:37	Serrano High School
Jazmine Reyes	5-3	Fr.	3 Mile	19:05	Etiwanda High School
Araceli Zainos		Fr.	5K	18:46	Reseda High School

MEN	HT	YR	DISTANCE	BEST TIME	COMMENTS
Fernando Orozco		Fr.	3 Mile	15:42	Estancia High School
Chris Ponce		Jr.	4 Mile	21:20	Orange Coast College
Nicholas St. Andre		Jr.	8K	27:20	Orange Coast College

WOMEN'S PRESEASON ROSTER

Emily Canales	5-4	So.	Redlands, CA/East Valley High School		
Kaylee Leadley	5-7	Fr.	Mesa, AZ/Mountain View High School		
Lauren Minnick	5-10	Fr.	Victorville, CA/Serrano High School		
Jazmine Reyes	5-3	Fr.	Fontana, CA/Etiwanda High School		
Chelsea Van Cott	5-4	So.	Laguna Hills, CA/Calvary Chapel High School		
Megan Williams	5-4	So.	Ft. Worth, TX/North Crowley High School		
Araceli Zainos		Fr.	Reseda, CA/Reseda High School		
Olya Zamucen	5-3	So.	Newport Beach, CA/Mater Dei CHS		

MEN'S PRESEASON ROSTER

Christian de Glymes	5-9	Jr.	Newcastle, CA/Del Oro High school		
Michael Hartanov	5-11	Sr.	Mead, WA/Mount Spokane High School		
Matt Johnson	5-8	So.	Lake Forest, CA/El Toro High School		
Fernando Orozco	5-9	Fr.	Costa Mesa, CA/Estancia High School		
Chris Ponce	6-1	Jr.	Orange Coast College		
Chad Smith	6-1	So.	Huntington Beach, CA/Huntington Beach High School		
Nicholas St. Andre	5-10	Jr.	Orange Coast College		

2009 VUSC WOMEN'S CROSS COUNTRY PRESEASON OUTLOOK

Losing 4-year senior Rebecca Sopp, a 2xAll-GSAC and 2006 NAIA Cross Country All-American, the Lions will be seeking new leadership for an otherwise strong group of returning runners on the women's team. A quartet of sophomores peaked at the end of last season with all setting new PRs at the GSAC Championships. Megan Williams and Chelsea Van Cott appear to be the frontrunners to lead the program as both have broken the 19-minute mark and Williams' PR is just 14 seconds off Sopp's best mark. A strong rookie campaign should have the sophomores ready to lead a much deeper roster, with 3 new freshmen, and tighter scoring punch in 2009.

2009 VUSC MEN'S CROSS COUNTRY PRESEASON OUTLOOK

Freshman sensation Fitsum Tesfa led one of the best ever VU men's cross country teams in 2008. However, Tesfa, an NAIA All-American and school record-holder, will not be back to pace the Lion pack. Junior Christian de Glymes and sophomore Matt Johnson, both All-GSAC performers in 2008, will be expected to step up and lead with three solid newcomers promising to offer competition for spots in the top five. Senior NAIA Scholar-Athlete Mike Hartanov, last year's team captain, will be hoping to complete his career by helping lead the Lion men to their first NAIA team appearance since 2007 as the 4-year Lion is the only senior on the 2009 roster.

G O L I O N S ! ! ! ! !

2009 CROSS COUNTRY SCHEDULE

Date	Meet/Location	Time
9/05	C.S.U. Fullerton Invitational Fullerton Golf Course, Fullerton, CA	6:00 pm
9/19	UC Riverside Invitational UCR Agricultural Fields, Riverside, CA	7:30 am
10/10	Vanguard Invitational Fairview Park, Costa Mesa, CA	9:00 am
10/24	Biola Invitational Irvine Regional Park, Orange, CA	8:30 am
11/7	Golden State Athletic Conference Woodward Park, Fresno, CA	9:00 am
11/22	NAIA National Championships Fort Vancouver National Historical Site Vancouver, WA	10:30 am

GSAC Meet in bold

2008 W'S CC GSAC MEET RESULTS

Place	School	NAIA Rank	NAIA Finish
1	Azusa Pacific (23)	2	1st
2	Concordia (56)	5	8th
3	Biola (66)	8	12th
4	Point Loma (112)	20	24th
5	Westmont (125)	RV	
6	Vanguard (143)		
7	California Baptist (200)		
8	Fresno Pacific (203)		
9	The Master's (252)		

2008 M'S CC GSAC MEET RESULTS

Place	School	NAIA Rank	NAIA Finish
1	Azusa Pacific (45)	2	2nd
2	Fresno Pacific (71)	16	23rd
3	Concordia (82)	22	
4	Vanguard (85)	24	
5	Westmont (128)		
6	Biola (138)		
7	Point Loma (177)		
8	The Master's (205)		

GOLD PRIDE

Vanguard University Cross Country 2008

Individual Times for all meets in 2008

	CSU Fullerton Invita.	SDSU Aztec Invita.	UC Riverside Invite	Vanguard Invite	Biola Invite	GSAC Championships	NAIA Championships
WOMEN'S	<i>Carbon Canyon Park, Bre</i>	<i>Balboa Park, San Diego,</i>	<i>Campus Agri Fields</i>	<i>Fairview Park, Costa Mes</i>	<i>Irvine Regional Park</i>	<i>Woodward Park, Fresno</i>	<i>UWP, Kenosha, WI</i>
2008	8/30/08, 8:30 AM	9/13/08, 8:00 AM	9/27/08, 7:30 AM	10/11/08, 9:00 AM	10/25/08, 8:30 AM	11/08/08, 9:00 AM	11/22/08, 8:30 AM
	5K	5K (Open)	5K	5K	5K	5K	5K
ATHLETE	TIMES	TIMES	TIMES	TIMES	TIMES	TIMES	TIMES
REBECCA SOPP	18:53.70 14/141	19:00 1/82	18:05 PR 28/336	18:38 14/98	18:25 4/95	18:13 13/91 A-GSAC	18:48.1 75/327
MEGAN WILLIAMS	19:07.20 21/141	19:40 9/82	18:35 51/336	18:58 23/98	18:35 8/95	18:17 16/91 PR	
CHELSEA VANCOTT	20:13.70 56/141	19:35 8/82	19:01 81/336	19:09 28/98	19:28 21/95	18:44 20/91 PR	
EMILY CANALES	21:20.70 96/141	21:21 34/82	20:37 207/336	21:05 65/98	20:41 43/95	20:16 45/91 PR	
OLYA ZAMUCEN	23:00.06 127/141	DNR	22:31 291/336	22:11 83/98	22:07 64/95	22:01 77/91 PR	
KELSIE DAVIS	DNR	24:55 67/82	DNR	DNR	DNR	21:45 73/91	
TEAM		3/10	1:38.51 15/34	1:40.01 7/11	99:18 5/10	1:37.15 6/9	NA

	CSU Fullerton Invita.	SDSU Aztec Invita.	UC Riverside Invite	Vanguard Invite	Biola Invite	GSAC Championships	NAIA Championships
MEN'S	<i>Carbon Canyon Park, Bre</i>	<i>Balboa Park, San Diego,</i>	<i>Campus Agri Fields</i>	<i>Fairview Park, Costa Mes</i>	<i>Irvine Regional Park</i>	<i>Woodward Park, Fresno</i>	<i>UWP, Kenosha, WI</i>
2008	8/30/08, 8:30 AM	9/13/08, 8:00 AM	9/27/08, 7:30 AM	10/11/08, 9:00 AM	10/25/08, 8:30 AM	11/08/08, 9:00 AM	11/22/08, 8:30 AM
	8K	8K (Invite)	8K	8K	8K	8K	8K
ATHLETE	TIMES	TIMES	TIMES	TIMES	TIMES	TIMES	TIMES
FITSUM TESFA	26:15.7 1/117	25:29 15/161	24:42.8 SR 4/285	25:33 4/83	24:50 1/68	24:55 3/65 A-GSAC	24:40.6 9/331 A-NAIA/SR
CHRISTIAN DEGLYMES	26:50.6 8/117	26:10 49/161	25:40 PR 33/285	26:03 8/83	25:59 6/68	26:00 13/65 A-GSAC	
MATT JOHNSON	27:17.7 21/117	26:25 62/161	25:51.7 PR 40/285	DNR	26:27 13/68	26:01 14/65 A-GSAC	
MICHAEL HARTANOV	27:20.6 22/117	26:56 91/161	26:17.6 PR 60/285	27:21 31/83	26:37 15/68	26:49 24/65	
CHAD SMITH	29:05.9 65/117	DNR	28:01 167/285	27:52 41/83	28:13 33/68	27:26 32/65 PR	
DARREN BRUNECK	29:30.7 75/117	28:16 148/161	27:10 PR 109/285	27:59 43/83	27:25 22/68	27:45 35/65	
TEAM	2:16.5 3/10	2:13.28 11/17	2:09.42 4/25	2:14.48 4/10	131:21 1/7	2:11.11 4/8	NA

[] = Best team time of the day

updated 11/30/08

Bold Denotes season best time

Personal Record PR

School Record SR

GSAC Record GR

Class School Record CSR (F)(So)(J)(Sr)

Course School Record CR