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Cross Country/ Track & Field Quick Facts

Notre Dame Quick Facts

Location.....	Notre Dame, IN 46556
Founded	1842
Enrollment	8,261 (undergraduate) 11,311 (total)
Nickname	Fighting Irish
Colors	Gold and Blue
Conference.....	BIG EAST
Facilities	Meyo Track (indoors) Monogram Track (outdoors)
President	Rev. Edward A. Malloy, C.S.C.
Provost	Dr. Nathan Hatch
Director of Athletics	Kevin White
Athletic Department Web Page	www.und.com
Athletic Department Hotline	574-631-3000

Coaching Staff

Track and Field Head Coach	Joe Piane (Loras '69)
Men's Cross Country Head Coach	Joe Piane (Loras '69)
Piane's Office Phone.....	(574) 631-6135
Women's Cross Country Head Coach	Tim Connelly (Notre Dame '83)
Track and Field Women's Distance Coach	Tim Connelly (Notre Dame '83)
Connelly's Office Phone	(574) 631-6989
Track and Field Sprint/Hurdle Coach	John Millar (Western Ontario '78)
Millar's Office Phone	(574) 631-4871
Track and Field Jumps Coach	Scott Winsor (Loras '87)
Winsor's Office Phone	(574) 631-8491
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BIG EAST Conference	222 Richmond Street Providence, RI 02903
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BIG EAST Phone.....	(401) 272-9108
BIG EAST Fax	(401) 751-8540
BIG EAST Conference web page	www.bigeast.org
Commissioner	Michael Tranghese

Notre Dame Sports Hotline:

(574) 631-3000

Media Information

The Notre Dame Sports Information Office always is interested in assisting members of the media in their coverage of the Irish track and field and cross country programs. Publicity and media information for Notre Dame cross country/ track & field are handled by associate sports information director Doug Walker.

Photographs, feature ideas and results are always available from the Notre Dame sports information office. All interviews with coaches and student-athletes should be arranged through the Notre Dame Sports Information and Walker at (574) 631-7516.

BIG EAST Outlets

The BIG EAST maintains its presence on the web at www.bigeast.org which contains current information on all facets of the BIG EAST Conference. Standings, notes, schedules, results and statistics are updated on a daily basis.

Credits

The 2004-05 Notre Dame Cross Country/ Track & Field Guide was written and edited by Doug Walker, Alan Wasielewski and student assistants Nicole Rapagnani and Joe Meginnes.

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John Millar (left), Joe Piare (center) and Scott Winson (right) have helped lead the Notre Dame track and field team to five BIG EAST titles in the last four years.

Media Following the Irish

Print Media

South Bend Tribune

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Notre Dame Observer

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Print Media

Notre Dame Scholastic

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WSBT-TV/Radio - CBS

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Fax (574) 288-6630

WSJV-TV - FOX

(Dean Huppert)
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Radio

WHME TV/Radio

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WDND-ESPN Radio 1000

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Academic All-Americans – Luke Watson became the second Irish track and field/cross country student-athlete to earn Academic All-America honors in two consecutive seasons last year. Watson landed on the Verizon/CoSIDA Academic All-America first-team after earning two athletic All-America honors in 2003 and posting a 3.765 GPA while working toward his master's degree in accountancy. Watson graduated from Notre Dame in May of 2002 with a degree in accounting from the Mendoza College of Business.

Notre Dame Track and Field/Cross Country Academic All-Americans

- Tom Mick - 1988
- Mike McWilliams - 1995
- Jeff Hojnacki - 1997
- Jason Rexing - 1997, 1998
- Errol Williams - 1998
- Michael Brown - 1999
- Alison Klemmer - 2000
- Ryan Shay - 2002
- Luke Watson - 2002, 2003

All-America Streak – Irish runners have a proven record in national championship meets as evidenced by their current line of All-American honorees.

The Irish men's track and field team is on a streak of 14 years with at least one competitor earning All-America honors (the Irish have amassed 148 All-America honors since 1921). The women's track and field team has enjoyed an All-American performance each season since 1997 (seven-year streak) and 30 overall since 1994.



Knute Rockne (left), founder of the Irish track and field program, poses with John Plant and Edwin Richardson in 1913.

Aragon – Former Irish track and cross country standout Dr. Chuck Aragon was presented with the Spirit of Notre Dame Award during the Notre Dame-Michigan game in the fall of 1992. The award, sponsored by Maxwell House and General Foods, recognized Notre Dame athletes, past and present, who distinguished themselves in competition, demonstrated the "Spirit of Notre Dame" and exhibited the ideals of the University. Aragon captained both the Notre Dame cross country and track teams during his career (1977-81) and was the first Irish sub-four-minute miler. An All-American and bronze medalist in the 1,500 meters at the Pan Am Games, he placed fourth in the 1984 Olympic Trials. Aragon, who completed his residency in anesthesiology, donated many hours to the Logan Center while at Notre Dame.

Back to the Bend – Although the Irish won their only cross country national championship in 1957, the bus ride home from East Lansing, Mich., was anything but a celebration. In 26-degree weather, the Irish upset heavily-favored Michigan State, but when coach Alex Wilson added up the team's score of 121 points, he felt the score was extremely high to contend for the title. As a result, he and his team packed up and took the bus back to South Bend. About halfway home the stunning news came over the bus radio, Notre Dame had defeated Michigan State by six points.

Deeter – JoAnna Deeter ended her career as one of the best women's cross country and track and field runners in Irish history. A native of Glen Ellyn, Ill., Deeter earned All-America status twice for cross country in 1996 and 1998 and three times in track and field, all in 1999. Included in her accomplishments are two school records - the indoor and outdoor 3,000 and 10,000.

Fifth – One-fifth of a mile is the length of the Meyo Track and Field, the largest collegiate indoor surface in the country and the home track for the Irish indoor teams. First opened in 1988, the track was named for Ray and Marie Meyo of Brecksville, Ohio, and is made of the Mondo track surface featuring six 42-inch lanes.

The Meyo track has established itself as one of the fastest surfaces in the nation and welcomes a number of high-class athletes in a 'last chance' meet (the Alex Wilson Invitational) who are attempting to qualify for the NCAA Indoor Championship. The Meyo Invitational, which features the 'Meyo Mile' (a special race that features many of the top milers in the nation) and the Alex Wilson Invitational are fixtures on the Notre Dame track and field indoor schedule each season.



Irish football flanker Tim Brown (above) held the Notre Dame 55-meter record until fellow gridiron star Raghieb Ismail broke the record in 1991. Brown won the Heisman Trophy for his football exploits in 1987.

Football Players – The Notre Dame football and track and field programs are two of the oldest varsity sports on the Irish campus. There have been a number of football stars who have crossed over to the track, or the field, and left an impression on the track and field program. Just a glance at the Notre Dame track and field record book shows the effect that football players have had on it. Raghieb "Rocket" Ismail, who finished second in the Heisman Trophy balloting in 1990 holds the school record for the indoor 55 meters and finished as an All-American in 1991.

Former Irish defensive back Allen Rossum currently holds the school record in the indoor 60 meters (6.68), former running back Randy Kinder set the indoor 200-meter record in 21.11 and former receiver Bobby Brown owns the indoor 400-meter record (47.39).

Some football and track and field monogram winners include Heisman Trophy winner Tim Brown, Jack Elder, Edward "Moose" Krause, Elmer Layden, Dean Lytle, Ryan Mihalko (the school-record holder in the javelin), Creighton Miller and Knute Rockne.

Current Irish assistant track and field coach John Millar is the speed coach for the Notre Dame football team and his sprint corps could get a boost this season from Dwight Ellick (who earned a letter in track and field during the 2002, and 2004 season).



Ghana – The impact of Notre Dame track can be felt around the world as evidenced by William P. Mahoney, an Irish alumnus who served as the U.S. ambassador to Ghana under the Kennedy Administration. A sprinter for coach John Nicholson, Mahoney took over the coaching duties when Nicholson died in 1940. Mahoney guided the team to an unofficial victory in the Drake Relays before he entered the Navy in 1942.

Heisman – Achieving success on both the track and the football field was the trademark of former Irish runners Tim Brown and Raghieb Ismail. Brown won the 1987 Heisman Trophy in addition to running with the track team during the off-season. Brown owned the school record in the 55 meters until 1990 when '90 Heisman runner-up Raghieb Ismail ran 6.07 in the event and eventually went on to earn track All-America honors by finishing second in the 1991 NCAA indoor 55 meters.

Hurd – Dr. Bill Hurd was honored this year at a Monogram Club dinner with the Moose Krause Award, the highest honor presented by the Monogram Club to a member most worthy of distinction. A world-class sprinter and 1969 Notre Dame graduate with a degree in electrical engineering, Hurd now is a noted eye surgeon – with an ophthalmology practice in Memphis that specializes in cataract, glaucoma and diabetic treatment and keratorefractive surgery.

Hurd annually spends 2-3 weeks providing voluntary eye surgery to the poor in Africa, Mexico and Brazil. On the most recent trip to Madagascar, he and two other doctors saw 1,100 patients in 10 days and he performed 35 eye surgeries – with



Track coach from 1927-1940, John P. Nicholson became an innovator in coaching technique purely by accident.

Hurd and his colleagues increasingly in demand as their reputation grows.

Hurd's days of distinction as a collegian included being named Notre Dame's "athlete of the year" for 1967-68 and establishing the American indoor record in the 300-yard dash (29.8). He set eight Notre Dame records and totaled five All-America finishes at the 1968 and '69 NCAA meets (only two Notre Dame student-athletes ever have totaled more All-America honors).

He also was a finalist (top eight) at the Olympic Trials in the 100 and 200 meters, finishing fifth in the 100 to just miss a spot on the Olympic squad (his competitors included the likes of Jim Hines, John Carlos, Tommy Smith and Mel Gray).

Hurd – who added graduate degrees from Massachusetts Institute of Technology (master's in management science) and Meharry Medical School in Nashville – was a Rhodes Scholarship regional finalist and received Notre Dame's Harvey Foster Award in 1992 (recognizing alumni for distinguished civic

activity) and the NCAA's prestigious Silver Anniversary Award in 1994 (recognizing career success and community service). He holds two U.S./foreign patents for optical devices, including a slit-lamp, mountable intraocular biometer.

Also an accomplished jazz musician, Hurd currently is completing work on his fourth CD, in which he plays the saxophone and flute.

Hurd and his wife Rhynette, an attorney, have sent both of their sons to Notre Dame.

Jinx – Although Irish great Greg Rice is widely regarded as one of the best distance runners of all time, his coach only saw him race once during his Notre Dame career. Coach John Nicholson felt he superstitiously jinxed Rice during races and therefore stayed in South Bend while Rice traveled to meets. The only race Nicholson saw was perhaps one of Rice's finest as he outdueled Taisto Maki and Don Lash to win a three-mile race in 13:52.2. Unfortunately, the race would also be Nicholson's last as the coach died two days later from complications of a heart attack that he suffered just hours before the competition.

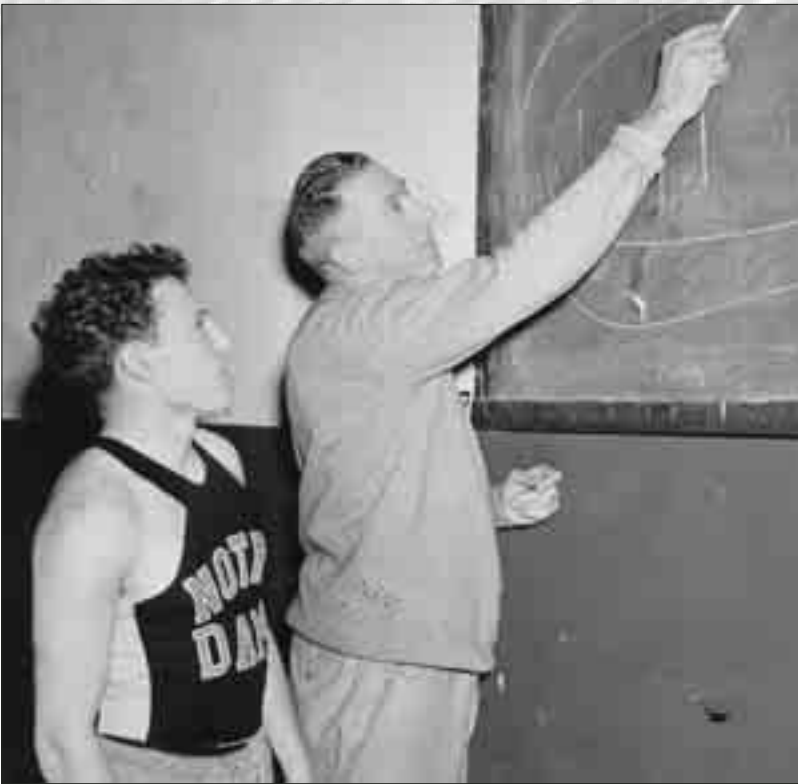
Krause Stadium – The outdoor home of the Irish track team, the 5,000-seat Krause Stadium is located behind the Joyce Center. The Monogram Track features eight 48-inch lanes on the curves and nine lanes on the front stretch. Consisting of Mondo track material, the Monogram Track features the same surface used in the 1992 Barcelona Olympic Games.

Lieb – Tom Lieb, an Irish shot put thrower in the early 20's, is credited with introducing the spin-style delivery to the sport, a style which is still used today. Lieb won the NCAA championship in the event during the 1923 and 1924 seasons.



Two-time NCAA shot put champion ('23 and '24) Tom Lieb introduced the spinning throw delivery in the discus, which is still in use today.





John P. Nicholson was one of track and field's greatest innovators in the late 20's and early 30's. Here he is pictured with Irish distance great Greg Rice, plotting out the All-American's next race.

Loftus – Notre Dame first utilized the Loftus Sports Center in October of 1987 and is enjoying its 17th full season of use in 2003-04. The indoor complex features the Haggar Fitness Complex, an 8,000-square foot weightlifting area and Meyo Field. The complex houses a 154-seat auditorium and nine conference rooms. The building, dedicated in April 1988 after construction began in March 1987, is available for a variety of other uses – including practice by Irish field sport teams.

The Loftus Center took on a new look over the summer of 2003, as a new pristine turf surface was installed and a brand-new Mondo track. Already one of the elite surfaces in the country, the Meyo Track will be even faster for the 2004 track and field season.

National Champions – Fifteen Irish athletes have won 16 national track titles during the program's history, in addition to the two individual and one team championships in cross country. The most recent track champion was Ryan Shay, who ran away with the 10,000 meters at the 2001 NCAA Championships in Eugene, Ore.

Before Shay's triumphant victory, Notre Dame's most recent track and field champion was Tom McMannon who won the 55-meter high hurdles in 1972. Greg Rice (1938) and Oliver Hunter (1942) were individual cross country champions, while coach Alex Wilson's 1957 squad won the team national championship.

Prices – There is no charge to watch the Notre Dame track and field and cross country teams in action. The cross country teams will be on campus two times this season (see schedule on back cover of this media guide), while the indoor track and field teams will host the Meyo Invitational and Alex Wilson Invitational, as well as the Spring Opener during the outdoor season.

Rockne – The name that has become synonymous with Notre Dame football was also involved in the Irish track scene. After a difficult freshman year as a reserve on the varsity football team, Knute Rockne turned his attention to track where he earned a monogram and, as legend has it, once broke the world record in the indoor pole vault with his best effort of 12-4, but held it for such a brief period that he never received official recognition for it. Rockne became the University's first track coach in 1916 and the first cross country mentor in 1920. During his tenure, Rockne guided five Olympians and two Olympic medalists. The coach resigned his track responsibilities in 1928 to devote his energy to football until his death in 1931.

Roof-Top Running – Injured by a wild discus throw, John P. Nicholson (Irish track coach from 1927-40) sat on the roof of a car and shouted instructions to his runners through a megaphone during training. The method proved so effective that Nicholson made the car a regular part of his training regimen.

Scholarships – The University of Notre Dame intends to add additional athletic grants-in-aid over the next two years so that all 26 varsity programs will receive the full NCAA complement of scholarships, by as early as the academic year 2004-05.

Sports benefiting from the additional scholarships include the men's and women's track and field and cross country teams.

"Fully scholarshiping all our programs will help us realize our goals over the next five or six years of pushing Notre Dame's athletic program toward a top finish in the annual Sears Directors' Cup standings," Notre Dame Director of Athletics Kevin White says.

"This eventually will put all of our programs in position to compete for national championships."

Notre Dame finished 19th in the 2003-04 Sears Directors Cup standings.

Starting Blocks – John P. Nicholson bestowed upon the track world perhaps his greatest innovation, the starting block. His starting block caught on in the late 1920s and was well-received by the track community.

"You have a device which will materially make short distance, hurdle and relay racing more popular with both the public and athletes," wrote former Illinois coach Harry Gill in a 1929 letter. "It appears to be a real help to track athletics."

John Griffith, former chairman of the NCAA track and field rules committee and commissioner of the Big Ten Conference, was equally impressed in a letter written the same year.

"I have studied the pictures of your new starting device with a great deal of interest, and am of the opinion that you have made a distinct contribution to track athletics."

Varsity – While the men's track and field and cross country teams are two of the oldest teams at Notre Dame, dating back to the 19th century, the women's program is only in its infancy. The women's cross country team is in its 17th year and owns five conference titles in that time, including the 2002 BIG EAST Championship. The women's cross country team also finished third at the NCAA Championship in 2002.

The women's track and field squad enters its 13th season of varsity competition this year and has won four league championships in that time and advanced at least one runner to the NCAA championships for the 10th straight year in 2003-04. The women's team also broke through for its first BIG EAST Championship team title at the 2002 indoor meet.





J. Gregory Rice

*All-American
1937-39
Sullivan Award Winner*

Gregory Rice, billed as the greatest distance runner the United States has ever produced, was presented with the 1940 Sullivan Trophy as the nation's top amateur athlete after he set a world three-mile record at the national championships. Named "the Little Man with a Big Finish," Rice smashed the world three-mile record with a time of 13:51. He earned All-America honors in the mile in 1937, and also received those honors in the two-mile as he won the event in 1937 and '39 and placed second in 1938.

Rice was undefeated in 65 major indoor and outdoor races in just over three years with 10 world records in six different events. Rice became the first-ever cross country national champion in 1938 when he ran the four-mile course in 20:12.9 to lead the Irish to a second-place team finish.

Born in 1916, Rice died in May of 1991.



Nicholas Sparks

*Monogram Winner
1987-88*

Best-selling author, Nicholas Sparks graduated in 1988 and was a two-time monogram winner in track and field. At Notre Dame, Sparks was a member of the 4x800-meter relay team, which still holds the outdoor school record.

After pursuing a variety of jobs after graduation, he wrote his first novel entitled "The Notebook," which was released in 1996. That novel became one of only five novels published in the last 30 years that spent more than a year on the **New York Times** hardcover best seller List.

His second novel, "Message in a Bottle," was published in 1998 and remained a bestseller for 43 weeks. The film version, starring Kevin Costner, Paul Newman and Robin Wright Penn, opened at number one at the box office and grossed more than \$100 million.

His third novel, "A Walk to Remember," was published in October 1999 and turned into a movie in 2002 starring Mandy Moore. Sparks' fourth novel called "Nights in Rodanthe" is available in hard cover now while he just released a fifth book called "The Wedding".

Nicholas Sparks has been married for 12 years and has five children. He lives in New Bern, N.C., and still runs nine miles a day.



Alex Wilson

*All-American 1930-32
Irish Track Coach 1950-72*

A middle-distance track star at Notre Dame, Alex Wilson is a perfect example of an outstanding athlete and legendary coach.

While at Notre Dame, Wilson was undefeated in the quarter- and half-mile events and set a national indoor record of 49.3 for the 440 in 1932. He set records in both the 440 and 880 races. Wilson also won the Amateur Athletic Union 600 and twice captured the Milrose 600.

In 1928 and 1932, he competed in the Olympics for his native Canada and won a silver in the 800-meter race and a bronze in the 400-meter run in 1932.

In 1950, after 18 years as a successful track and swimming coach at Loyola (Ill.) he returned to coach at Notre Dame. During his 23 years with the Irish, his teams finished in the national top 10 11 times. Wilson guided three track national champions, 28 track and eight cross country All-Americans and led the Irish to the cross country national championship in 1957. His teams appeared in the meet a total of 18 times.

He was voted into the Canadian Track Hall of Fame in 1954 and in 1967 he was elected to the Helms Athletic Foundation Hall of Fame for his contributions as a track coach in the United States.

Wilson was also honored as national coach of the year by the NCAA Cross Country Coaches Association in 1972, and an indoor track and field meet is held in his honor each year at Notre Dame.

Wilson died on Dec. 10, 1994, at the age of 87.



Rick Wohlhuter

*All-American 1969-70
U.S. Olympian
Sullivan Award Winner*

Rick Wohlhuter, a two-time Olympian and 1971 Notre Dame graduate, was selected to the Track and Field Hall of Fame in 1991. Winner of an Olympic bronze medal in the 800 meters in 1976, he holds the distinction of being the last man to qualify for the Games in both the 800- and 1,500-meter events. Wohlhuter won the IC4A 880-yard title in 1971 and qualified for the Olympics in 1972.

In addition to his appearance in the Games, Wohlhuter broke the U.S. 800-meter record twice and twice set world records for the 880-yard race. He also set the world record for the 1,000 meters in 1974 and won the event the next three indoor seasons. Wohlhuter also won national outdoor titles in 1973 and '74. In 1974 he earned the Sullivan Award as the nation's top amateur athlete.

A 1970 NCAA champion in the 600-yard event, the two-time All-American was also a member of Notre Dame's two-mile relay team which placed second in the nation in 1969.

Wohlhuter joined John Beatty, the first man to break the four-minute mile indoors, high jumper Charles Dumas, a 1956 gold medalist and first jumper to clear seven feet, and Doris Brown-Heritage, winner of 14 U.S. distance titles and five world cross country championships, as the 1991 Track and Field Hall of Fame inductees.





Ryan Shay

*Nine-time All-American
2001 NCAA Champion
2003 USA Marathon
Champion*

A 2001 graduate, Ryan Shay became the USA Marathon Champion in 2003, continuing the championship ways of his collegiate years. Shay is the most decorated athlete in the history of Notre Dame track and field. A 2001 NCAA champion in the 10,000 meters, Shay was a nine-time All-American including two honors for cross country, two for indoor track and six for outdoor track. His 10 honors are the most in school history.

In 2002, a fifth year of eligibility, Shay was named an Academic All-American, and had a second-place finish in the 10,000 meters at the NCAA Championships.

Shay was a nine-time BIG EAST champion in his years at Notre Dame, with one of those victories coming in cross country. He also had seven top-10 finishes at the NCAA Championships in various distance events including the 3,000, 5,000 and 10,000 meters.

In 2000, he competed for the right to represent the USA track and field team at the Olympic Games, finishing 10th in the Olympic Trials.

Upon graduation, he held school records in the indoor 5,000 meters, the outdoor 5,000 meters and the 10,000 meters.

Shay's 2001 national championship was the first outdoor championship by a Notre Dame athlete since 1954.



Liz Grow

*Four-time All-American
Five-time BIG EAST
Champion*

Liz Grow, a 2002 graduate, asserted herself as one of the best sprinter's in Notre Dame history during her career. Grow was a four-time All-American, earning the honor twice in the indoor 400-meter dash, and twice with the 4x400-meter relay team, once indoors and once outdoors.

Grow was a five-time BIG EAST champion, and helped lead the 2002 women's track and field team to a BIG EAST championship.

Grow's top individual finish in the NCAA Championships was fourth place in 2002 at the indoor championships in the 400-meter dash, and her best finish in the 4x400 relay was fifth the same year at the outdoor meet. She owns the highest-ever finish for a Notre Dame women's sprinter at the NCAA Championship.

Perhaps the most telling statistics about the success she enjoyed at Notre Dame are her school records. At the time she graduated, Grow was a part of six different school records, and had set a seventh in her junior year, which was subsequently broken the next season.

Grow's school record résumé includes the University's fastest times in the indoor and outdoor 400 meters, the indoor 500 meters, the indoor and outdoor 4x400 relays and the 4x100 relay.



Luke Watson

*Eight-time All-American
Six-time BIG EAST
Champion
Sub-Four Minute Mile*

Enjoying one of the best careers in the history of Notre Dame track and field, Luke Watson competed in one of the most exciting moments in the history of the track and field program.

In January of 2003, Watson broke one of the great barriers in sports, the four-minute mile, in front of one of the largest crowds to ever see a track meet at Notre Dame. Watson's mile of 3:57.83 was the fastest collegiate indoor mile in the country in '03 and was only the second sub-four-minute mile in school history.

In the '03 season, Watson's last with the Irish, he was honored as an All-American for the eighth time, including two for cross country, four for indoor track and two for outdoor track.

He was also named an Academic All-American in both the '02 and '03 seasons.

Upon graduating, Watson had five top-10 finishes in the NCAA Track and Field Championships, and two top-10 finishes at the NCAA Championships for cross country. Additionally, Watson held five school records – the indoor and outdoor mile, the 3,000-meter steeplechase, the indoor 3,000 meters and the distance medley relay.

Watson was also a force to be reckoned with in the BIG EAST. During his career he was a six-time BIG EAST champion. He also led the 2003 Irish to BIG EAST Championships in both the indoor and outdoor seasons, the first time a Notre Dame team accomplished that feat.



Tameisha King

*Four-time All-American
Four-time BIG EAST
Champion*

Tameisha King graduated from Notre Dame in 2003, and left the University as its top female long jumper.

King owns both the indoor and outdoor school records for the long jump, in addition to running in the school record 4x100-meter relay.

She was a four-time All-American, with three of those honors coming during the outdoor season, and one during the indoor season. Each of her All-American honors came in the long jump.

King has five top-10 finishes in the NCAA Championships as well as four BIG EAST Championships to her credit.

King also has a very impressive resume outside of the collegiate spectrum. In 2001, as a sophomore, she placed second in the long jump at National Junior Track and Field Championships, and went on to finish in the top 10 at the World Junior Championships in Santiago, Chile.

More recently, she won the 2004 USA Track and Field Indoor long jump title after finishing fourth in '03. King ended up sixth at the U.S. Olympic Trials and was the top finisher from the United States at the 2003 Pan-Am Games.



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