

MEN

2007 NCAA
National
Champions



2007 NCAA
West Regional
Champions



2007 Pac-10
Champions



2007 Bill
Dellinger
Invitational
Champions



2007 Pac-10 and
National Coach
of the Year
Vin Lananna



2007 All-Americans
Kenny Klotz

Daniel Mercado
Diego Mercado
Shadrack

Kiptoo-Biwott
Galen Rupp



2007 NCAA
West Regional
Champion
Galen Rupp



2007 Pac-10
Champion
Shadrack

Kiptoo-Biwott



2007 Pac-10
Athlete of the Year
Shadrack
Kiptoo-Biwott



2007 Pac-10
Newcomer
of the Year
A.J. Acosta

Coaching Staff



Vin Lananna
Associate Athletic Director
4th Year

The tremendous scope of Vin Lananna's accomplishments has established him as one of the premier leaders in track and field in the United States. Named Associate Athletic Director at the University of Oregon in July 2005, Lananna has been guiding a vision for the Oregon track and field program and Hayward Field as the center of track and field in the country.

Hosting the 2008 U.S. Olympic Team Trials was a giant leap forward in Lananna's grand plan for Track Town, U.S.A., as a pair of UO student-athletes qualified for the 2008 Summer Olympics, Andrew Wheating in the men's 800 meters and Galen Rupp in the 10,000. However, it served only as a benchmark for the ambitious visionary who has recaptured the glory of Oregon's proud running tradition both in terms of the teams' performance on the track, as well as his leadership in the running community of Eugene.

The 2007-08 season marked an ascension back to the top of the collegiate running world for both programs. The men won the NCAA championship in cross country and took Pac-10 team titles in both the track & field and cross country seasons. The women's program continued its resurgence as well, with runner-up finishes at both the NCAA and Pac-10 Championships in cross country, and a third-place showing at the Pac-10 meet on the track. Lananna was recognized as the NCAA Men's Cross Country Coach of the Year, his fifth time to be so recognized. The two programs combined for 11 All-America honors at the NCAA Track & Field Championships in June, the school's highest total in 17 years.

Lananna has also led the establishment of a new post-collegiate club, the Oregon Track Club Elite, that provides a new opportunity for American middle distance/distance athletes to train with the goal of being competitive on the world stage.

The 2006-07 season exemplified Lananna's ability to extend the reputation of the University of Oregon, Hayward Field and Eugene as the nation's most vibrant setting for collegiate track and field. On the track, the Ducks celebrated their third Pac-10 men's team crown as UO individuals combined for five victories. The Duck women added two Pac-10 individual track and field titles and collected five All-America honors to go along with seven combined men's indoor and outdoor honors.

Just a few months after his arrival in July 2005, Lananna's leadership helped the University of Oregon and the City of Eugene win the right to host the 2008 U.S. Olympic Track and Field Team Trials -- something the University again won the right to do in 2012, and the 2006 outdoor track and field season featured more than a doubling of season ticket holders, home meet attendance records, and a surge of enthusiasm for the sport throughout the campus community, city, and state. During the indoor and outdoor seasons, Oregon men and women claimed three individual NCAA championships and 25 All-America awards. In July 2006, a two-year renovation began to prepare historic Hayward Field to host the most exciting meets in the country.

Lananna is experienced as both an administrator and a coach at the highest levels. Prior to his arrival at Oregon, Lananna served as athletic director at Oberlin College in Ohio. At the internationally-renowned liberal arts institution, he led the revitalization and reorganization of the department of athletics and physical education. His efforts to improve fundraising and enhance the department's resources allowed Oberlin to increase staffing and upgrade facilities, including the construction of a new stadium for soccer, lacrosse, and track and field.

Coaching Honors

NCAA Cross Country Coach of the Year

1986, 1996, 1997,
2002, 2007

NCAA West Region Coach of the Year

1994 (W), 1995 (M&W),
1996 (M&W), 1997 (M),
1998 (M), 1999 (M), 2002
(M&W), 2006 (M), 2007 (M)

Pac-10 Cross Country Coach of the Year

1993 (W), 1994 (W),
1996 (M&W), 1997 (M&W),
2000 (M), 2001 (M), 2002
(M&W), 2006 (M), 2007 (M)

Pac-10 Track and Field Coach of the Year

2000 (M), 2001 (M), 2007 (M)

USA Team Head Coach

1990 IAAF World Cross
Country Championships
1996 IAAF World Cross
Country Championships

USA Junior Team Head Coach

1994 IAAF World Cross
Country Championships

USA Team Assistant Coach

1999 IAAF World Track and
Field Championships
2004 Olympic Games

Vin Lananna Has Guided**Teams to:****6 NCAA Team****Championships****Men's Cross Country**

1996, 1997, 2002, 2007

Women's Cross Country

1996

Men's Track and Field

2000

32 Conference Team**Championships****Men's Cross Country**1984, 1985, 1986, 1987,
1988, 1989, 1990, 1991,
1996, 1997, 1998, 2000,
2001, 2002, 2006, 2007**Women's Cross Country**1993, 1994, 1996, 1997,
1998, 1999, 2000, 2001,
2002**Men's Track and Field**1998, 1989, 1990, 1991,
2001, 2002, 2007**Vin Lananna Has Guided****Athletes to:****Five Olympic Teams**800 Meters (2008)
1,500 Meters (2000, 2004)
5,000 Meters (2000)
10,000 Meters (2008)
Marathon (1992, 1996)**Five World****Championship Teams**5,000 Meters (2003, 2005)
10,000 Meters (1999, 2007)
Marathon (1997)**21 NCAA Track and Field**
Titles800 Meters
2006 (W)
1,500 Meters
2000 (M), 2002 (M), 2003
(M), Mile 2000 (M)
3,000 Meters
1998 (W), 2002 (W)
5,000 Meters
1998 (M), 1999 (M), 2000
(M), 2001 (M&W), 2002
(W), 2003 (W)
10,000 Meters
1998 (M), 1999 (M), 2000
(M), 2003 (W)
Distance Medley Relay
2000 (M&W), 2001 (M)

**National Coach of the Year
Vin Lananna and
Pac-10 Athlete of the Year
Shadrack Kiptoo-Biwott**

Renowned for his ability to develop talent, Lananna's reputation as an exceptional coach was secured during his tenure as director of track and field at Stanford University from 1992 to 2003. In his time at Stanford, Lananna built one of the nation's elite programs. His cross country and track and field teams claimed five NCAA team championships, 35 top-10 NCAA finishes, and 22 NCAA individual titles. The Cardinal men and women also won 17 Pacific-10 Conference team titles and 45 individual conference crowns in addition to 15 West Regional cross country championships. His athletes excelled in national and international competition, representing Team USA at the Olympic Games and the IAAF World Championships.

At Stanford, Lananna received three NCAA Coach of the Year cross country honors, nine NCAA West Region Cross Country Coach of the Year awards, 10 Pacific-10 Cross Country Coach of the Year honors, and two Pacific-10 Track and Field Coach of the Year awards. He also served on the NCAA Track and Field Committee from 2001-03. In 2004, Lananna traveled to Greece as an assistant coach for Team USA at the Olympic Games in Athens. He has also served as an assistant coach at the 1999 Track and Field World Championships and as head coach in the 1990 and 1996 World Championships and 1994 World Junior Championships in cross country.

Lananna's leadership and vision for the future of track and field positioned Stanford as a destination for elite collegiate and post-collegiate competition. Athletes from across the country came to "The Farm" to participate in high performance invitationals designed to optimize athletic performance. His commitment to advancing the sport also led to the creation of a post-collegiate club team based at Stanford, and the University hosted the 2002 and 2003 USA Outdoor Championships and an annual IAAF Grand Prix meet.

Lananna arrived at Stanford after serving as assistant athletic director and head coach for cross country and track and field at Dartmouth College in Hanover, N.H.

From 1980 until 1992, his men's and women's cross country teams posted a combined seven NCAA top-20 finishes—including men's runner-up efforts in 1986 and 1987—and 37 combined All-America cross country and track and field awards. The men's team won 13 Heptagonal League titles and the women had six runner-up finishes. In recognition of the teams' accomplishments, he was named the 1986 NCAA Men's Cross Country Coach of the Year and was a seven-time New England Region Men's Cross Country Coach of the Year and a four-time New England Track and Field Coach of the Year.

His coaching career began in 1975 when Lananna was named head coach of cross country at his alma mater, C.W. Post in Greenvale, NY. As an athlete (1971-75), he ran cross country and track and field and was captain of the 1974 team that finished fourth in the NCAA Division II Championships. He received his master's of arts degree from Long Island University in 1989.

Lananna and his wife, Elizabeth, reside in Eugene, Oregon. Their sons Brian and Scott are recent graduates of Dartmouth College.

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Nicole Blood
Alexandra
Kosinski2007 NCAA
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Kiptoo-Biwott
Galen Rupp



Andy Powell

Assistant Coach
4th Year

In his fourth season with the Ducks, assistant coach Andy Powell continues his work with the UO men's and women's distance programs and his former mentor Vin Lananna.

Powell works closely with the training of the men's and women's distance runners, ensuring that all student-athletes receive extensive individual attention, assists in recruiting all men's and women's middle distance/distance runners, and oversees administrative functions related to the conduct of a successful cross country program — including team travel, equipment and assisting with the Bill Dellinger Invitational.

In the fall of 2007, Lananna and Powell guided the men to the NCAA title. Along the way, the men captured their second consecutive Pac-10 championship victory and Shadrack Kiptoo-Biwott became the second consecutive Duck to win the Pac-10 title.

On the track the past two years, the Oregon men continued to amass honors on the individual and team fronts. Andrew Wheating won 11 consecutive races in the spring before finishing second by .01 in the men's 800 meters final; the most exciting race of the entire 2008 NCAA Track and Field Championships. Galen Rupp earned a 2007 World Championships 10,000 meters invitation after he placed second in the USA and NCAA Championships — an event he raced to an American collegiate record during the season (27:33.48). Altogether, the men's distance department accounted for 71 of the Ducks' 144.5 points in winning the 2008 Pac-10 crown for the second straight year. Oregon scored in every event from the 800m-10,000m for the third straight season.

Postseason success is nothing new to Powell who served as a volunteer coach at Columbia University during the 2004-05 season and worked with distance coach and director of track and field Willie Wood.

While Powell was at Columbia, Karl Dusen improved his personal best by more than a minute in the 10,000m en route to a school record (29:00.45) and later placed 21st in his NCAA debut. In the 1,500m, Gerry Groothuis ran a school record during the season (3:44.01), and was a 5,000m regional qualifier (14:10.68) and Ivy League runner-up.

As a Stanford athlete, Powell stood out as one of the nation's top middle distance runners. He still ranks ninth all-time in school history in the 1,500m (3:40.65) and just missed an Olympic Trials bid with the nation's top freshman mark that season. That same campaign, he competed on the Cardinal's NCAA champion track and field squad and added eighth in the Pac-10 Championships 5,000m (14:18.75) as Stanford took second as a team. In cross country, he ran on the Cardinal team that finished fourth in the NCAA Championships in 2000 and won the Pac-10 title.

As a prep at Oliver Ames High School in North Easton, Mass., near Boston, he won U.S. junior titles as a senior in the 1,500m (3:49.81) and 5,000m (14:51.81) after he ran a state mile record of 4:02.7. The Foot Locker Cross Country qualifier also won titles as a high school athlete in the Pan American Junior Championships, Golden West Invitational, and Millrose Games.

His wife Maurica (Carlucci) Powell is also a Duck coach and was a decorated Stanford middle distance runner and All-American.





Maurica Powell

Assistant Coach

4th Year

In her fourth season with UO, Maurica (Carlucci) Powell continues to serve an integral role mentoring the Duck distance corps, working in concert with Vin Lananna. Her presence ensures that all student-athletes receive extensive individual attention, and she assists with many administrative functions during the cross country season.

Thanks to Lananna and his staff's efforts, Oregon returns a veteran squad that loses only one scorer from both the 2007-08 women's cross country and track distance squads. Nicole Blood, an All-American in the 5,000 meters, and Zoe Buckman, an All-American in the 800 were catalysts to Oregon's best Pac-10 track finish in 12 years, as the distance group scored 34 of Oregon's 100 points.

In 2007, Rebekah Noble repeated NCAA indoor 800m runner-up honors, then received her fourth All-America honor that June. Keara Sammons and Blood were the top freshman finishers in the NCAA outdoor 10,000m and 5,000m, respectively, and Buckman qualified for the NCAA Championships in the 800m. Early in the 2007 cross country season, the Oregon women established themselves as one of the top teams in the country. Led by Nicole Blood and Alexandra Kosinski, the squad won runner-up honors at the NCAA Championships.

On the track in 2006, the women's distance unit celebrated a pair of All-America efforts in the NCAA Indoor Championships by Rebekah Noble (800m, second) and the distance medley relay (seventh). Three months later, Noble became the first freshman to win an NCAA title in the outdoor 800m.

Before her arrival at Oregon, Powell made an impact as a graduate assistant coach at Columbia University for the 2004-05 season. The Lions' touted women's distance program enjoyed a breakthrough season with its 13th-place finish in the 2004 NCAA Cross Country Championships, led by Caroline Bierbaum who took third individually in the collegiate harrier finale, and second outdoors in 2005 in the NCAA 10,000m (33:03.37). During the outdoor regular season, Bierbaum ranked first nationally in the 10,000m (32:44.51) and seventh in the 5,000m (15:57.44), and senior Delilah DeCrescenzo stood second nationally in the steeplechase (10:06.88) before she claimed ninth in the NCAA finale. While she coached the Lions, Powell studied as a social work graduate student and worked with disadvantaged Harlem junior high and high school youth.

A middle distance star for Stanford University from 1998-2002, Powell still ranks top 10 all-time for Stanford in the indoor 800m (third, 2:07.51) and outdoor 800m (ninth, 2:06.63) and 1,500m (eighth, 4:16.51), and was an All-American in 2002 in the 1,500m (fifth, 4:16.51) and indoor distance medley relay (1,200m leadoff leg, third overall, 11:09.23). In the Pac-10 Championships, she was a three-time scorer in the 800m and 1,500m as a junior and senior, and she took seventh in the 800m as a freshman in the 1999 U.S. Junior Championships.

In high school, the Boston-area native was a six-time state track champion for Franklin High School in Franklin, Mass. Her husband, assistant coach Andy Powell, is also in his fourth year with the Duck distance program.



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MEN

Men's Outlook

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2007 Pac-10
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2007 Bill
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2007 Pac-10 and
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Vin Lananna



2007 All-Americans

Kenny Klotz
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2007 Pac-10
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2007 Pac-10
Athlete of the Year
Shadrack
Kiptoo-Biwott



2007 Pac-10
Newcomer
of the Year
A.J. Acosta

All five All-Americans who scored for Oregon during last season's run to the NCAA Championships are back to defend their title in 2008. That list includes NCAA West Regional champion Galen Rupp and Pac-10 medalist Shadrack Kiptoo-Biwott. All-Americans Kenny Klotz, Diego Mercado and Daniel Mercado also return to the fold this fall. For good measure, the Ducks can also count Pacific-10 Conference newcomer of the year A.J. Acosta and Pac-10 and NCAA West Regional scorer Scott Wall among their returners for 2008.

What that translates into is that Oregon will be a deep and experienced team as it looks to keep a lock on its national, NCAA West Regional and Pac-10 titles.

Seniors Rupp and Kiptoo-Biwott look to lead a talented group of underclassmen back to the winner's platform this November in Terre Haute, Ind. Rupp, the eight-time All-American from Portland, Ore., won the 2007 NCAA West Regional and finished second in both the Pac-10 and NCAA Championship races. He took a redshirt year in track before competing in the 2008 U.S. Olympic Team Trials in Eugene.

Kiptoo-Biwott was named the 2007 Pac-10 men's cross country athlete of the year after winning the league's individual title last fall. The two-time All-American from Albuquerque, N.M., was second at the Bill Dellinger Invitational, third at the NCAA West Regional and ninth at the NCAA Championships.

The two seniors are buoyed by a young, but experienced supporting cast that includes junior Diego Mercado, a two-time All-American in cross country, and 2007 All-Americans Daniel Mercado and Klotz. Diego Mercado placed 30th at the NCAA Championships, while his twin brother Daniel, a sophomore, was 15th at the NCAA West Regional and 41st at the national meet. Klotz, a junior from Portland, Ore., took 12th at the NCAA West Regional and 37th at the NCAA Championships.

Adding to the Ducks' depth are Acosta, a three-time track All-American who was named the top newcomer at the 2007 Pac-10 cross country championships after finishing 12th, and Wall, a senior from Portland, Ore., who placed 11th at the 2007 Pac-10 meet and 16th at the NCAA West Regional.

That's a strong seven that doesn't even include the likes of rising sophomores Matthew Centrowitz, Andrew Wheating and Jordan McNamara, nor freshmen Bryce Burgess or Luke Puskedra.

The 2007 champions are loaded for a run back to the NCAA Championships in 2008.



**NCAA West Regional
champion Galen Rupp
(left) and Pac-10
champion Shadrack
Kiptoo-Biwott**