

2013 Tar Heel Cross Country

CAROLINA



**Patrick
Schellberg**
2012 All-ACC

**Lianne
Farber**
2012 All-America

**Men • 6th
2012 ACC
Championships**

**Women • 5th
2012 ACC
Championships**



**Pat Schellberg, 10th 24:08.4
2012 ACC Championships**



**Men • 11th
2012 NCAA
East Regional**

**Women • 5th
2012 NCAA
East Regional**

**Lianne Farber, 5th 20:31.63
NCAA East Regional
40th 20:18.0
NCAA National Championships**

Carolina Quick Facts

Location: Chapel Hill, N.C.
Established: December 11, 1789 (UNC is the oldest public university in the United States)
Enrollment: 29,278 (18,503 undergraduates, 8,262 graduate students, 2,513 professional students)
Chancellor: Dr. Carol Folt
Director of Athletics: Bubba Cunningham
Cross Country Administrators: Beth Miller, Cricket Lane
National Affiliation: NCAA Division I
Conference: Atlantic Coast Conference
Nickname: Tar Heels
Mascot: Rameses the Ram (both live and costumed)
School Colors: Carolina Blue and White
Athletic Department Website: www.GoHeels.com

Carolina Cross Country Information

Head Coach of Cross Country: Mark VanAlstyne
VanAlstyne's Office Phone: (919) 962-5215
VanAlstyne's Email: coachmva@unc.edu
Assistant Coach: Angela Reckart
Reckart's Office Phone: (919) 962-5234
Reckart's Email: coachreck@unc.edu
Volunteer Assistant Coach: Logan Roberts
Head Coach/Director of Track & Field and Cross Country: Harlis Meaders
Meaders's Office Phone: (919) 962-5199
Meaders's Email: meaders@uncaa.unc.edu
Home Course: UNC Ranson-Hamrick Course at Finley Fields
Cross Country Athletic Training Staff: Nina Walker, Sean Jones, Lindsay Smith
Team Physician: Dr. Harry Stafford
Orthopedic Surgeon: Dr. Ganesh Kamath
Academic Advisor: Kym Orr
Strength & Conditioning Coach: Erik Hernandez
Nutritionist: Rachel Stratton
Compliance Directors: Lance Markos, Tom Timmermans

UNC Athletic Communications Staff

Cross Country Contact: Communications Assistant Helen Buchanan
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GoHeels.com: Official Home of the Tar Heels On the World Wide Web

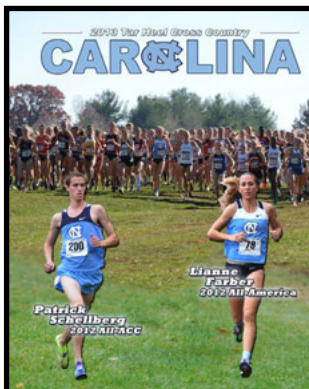
Media and fans can follow the Carolina cross country teams and the entire UNC athletics program from anywhere in the world on the official World Wide Website of North Carolina athletics. GoHeels.com offers schedules, rosters, results, features, podcasts, interactive yearbooks and game notes plus much more for all 28 of Carolina's varsity sports. Onsite coordinators for GoHeels.com are Matt Bowers and Kevin Best of the Athletic Communications Office.

Nike Supports UNC Athletics

The University of North Carolina at Chapel Hill and Nike Inc. signed a new 10-year contract for Nike to be the exclusive supplier of athletic footwear, apparel and accessory products to the Tar Heels effective July 1, 2008. Nike provides the athletic department with shoes, uniforms, coaching gear, balls and other equipment. In addition to the apparel and equipment, which constitutes the majority of the value of the contract, Nike gives the University \$2 million for the Chancellor's Academic Enhancement Fund. Chancellor Carol Folt has directed the funds to faculty support. Nike also provides support for team tours, travel and the hosting regular-season tournaments in several sports, including the 2013 Nike Carolina Classic at Fetzer Field August 30 and September 1. The athletic department also received \$1 million for signing the contract, with those funds having been used to overhaul lighting and sound at the Dean E. Smith Center.

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2013 North Carolina Cross Country Online Yearbook Credits

The 2013 University of North Carolina cross country online yearbook was written, edited, and designed by Helen Buchanan of the Athletic Communications office. Head shots of student-athletes, coaches, and staff by Jeffrey A. Camarati, athletic department photographer. Action photography for covers and interior pages contributed by Cheryl Treworgy. Covers designed by Helen Buchanan, University, Chapel Hill, and Academic/CLA interior spreads designed by Dana Gelin.



2013 UNC Women's Cross Country Roster

Name	Year.....	Hometown (Previous School)
Caleigh Bachop	Fr.	Victoria, B.C. (Mount Douglas Secondary)
Mattie Blue	Fr.	Raleigh, N.C. (Broughton)
Malia Cali	Jr.	Hammond, La. (St. Thomas Aquinas)
Lianne Farber.....	R-Jr.	Northport, N.Y. (Northport)
Jill Hardies	Fr.	Hinsdale, Ill. (Hinsdale Central)
Aundrea Holmes.....	So.	Cary, N.C. (Cary Christian School)
Sami Jorgensen.....	Jr.	Pawling, N.Y. (Pawling)
Annie LeHardy	Jr.	Roanoke, Va. (Hidden Valley)
Kylie McCoy	Jr.	Hampton, N.H. (Portsmouth Christian Academy)
Ashley Miess.....	R-Sr.....	Cornelius, N.C. (Charlotte Latin)
Grace Morken.....	Fr.	Chapel Hill, N.C. (Carrboro)
Caroline O'Hea	So.	East Setauket, N.Y. (Ward Melville)
Alexa Phillips.....	Fr.	Carrboro, N.C. (Carrboro)
Karley Rempel.....	Jr.	St. Catherines, Ont. (E.L. Crossley Secondary)
Lizzy Whelan.....	Jr.	Toronto, Ont. (Brankson Hall)

2013 UNC Men's Cross Country Roster

Name	Year.....	Hometown (Previous School)
Mark Derrick.....	So.	Naperville, Ill. (Neuqua Valley)
Jack Driggs.....	Jr.	Elmhurst, Ill. (York Community)
Macon Gambill	So.	Winston-Salem, N.C. (Mount Tabor)
Muad Hrezi	So.	Naugatuck, Conn. (Naugatuck)
Mike Jacobs	Sr.	Fredericton, N.B. (Fredericton)
Braedon Koerwitz.....	Jr.	Concord, N.C. (JM Robinson)
Chris Madaffari.....	So.	Norwalk, Conn. (Air Force Academy/Brien McMahon)
Steve Magnuson.....	Sr.	Oro Valley, Ariz. (Ironwood Ridge)
Mitch Mcleod	Fr.	Carrboro, N.C. (Chapel Hill)
Richard Miller	So.	Raleigh, N.C. (Millbrook)
Scott Morgan	Jr.	Clemmons, N.C. (Calvary Baptist Day School)
Stephen Mulherin.....	So.	Wrightsville Beach, N.C. (N.C. School of Science & Mathematics)
Dan Mykityshyn.....	Jr.	Holmdel, N.J. (Christian Brothers Academy)
Bryan Noreen	So.	Apex, N.C. (Apex)
Isaac Presson	Sr.	Asheville, N.C. (Asheville)
John Raneri.....	Sr.	Newfairfield, Conn. (New Fairfield)
Chris Reeder	Fr.	Chapel Hill, N.C. (Chapel Hill)
Joe Sansone.....	Fr.	Southlake Texas (Carroll Senior)
Pat Schellberg.....	Sr.	Morristown, N.J. (Delbarton)
Matt Valeriani.....	Sr.	Cedar Run, N.J. (Southern Regional)
Ryan Walling.....	Jr.	Cary, N.C. (Green Hope)

Head Coach: Mark VanAlstyne
Assistant Coach: Angela Reckart
Volunteer Assistant Coach: Logan Roberts
Director of Track & Field/Cross Country: Harlis Meaders
Cross Country Athletic Training Staff: Nina Walker, Sean Jones, Lindsay Smith
Team Physician: Dr. Harry Stafford
Orthopedic Surgeon: Dr. Ganesh Kamath
Academic Advisor: Kym Orr
Strength & Conditioning Coach: Erik Hernandez
Nutritionist: Rachel Stratton

Pronunciation Guide	
Caleigh Bachop	BACK-up
Malia Cali	muh-LEE-uh CAL-ee
Aundrea Holmes	ON-dre-uh
Ashley Miess	MEESE
Muad Hrezi	MOO-odd REZ-ee
Braedon Koerwitz	CO-uhr-wits
Chris Madaffari	MOD-a-fair-ee
Mitch Mcleod	MUH-cloud
Dan Mykityshyn	MUH-kitchen

2013 Schedule

Sat., Aug. 31	Joe Hilton XC Invite	Chapel Hill, N.C.
Fri., Sept. 20	adidas Cross Country Invite	Cary, N.C.
Sat., Sept. 28	Virginia/Panorama Farms Invitational	Earlsville, Va.
Sat., Oct. 19	Wisconsin Invite	Madison, Wis.
Fri., Nov. 1	ACC Championships	Winston-Salem, N.C.
Sat., Nov. 9	Three Stripe Invite	Cary, N.C.
Fri., Nov. 15	NCAA Southeast Regional	Earlsville, Va.
Sat., Nov. 23	NCAA Championships	Terre Haute, Ind.

By Michael Melvin, GoHeels.com

Becoming a better blue; that has been the message that second-year cross country head coach Mark VanAlstyne has been preaching since his arrival in Chapel Hill, and the upcoming 2013 season will likely show the program's growing momentum.

"Coach VanAlstyne's biggest thing was not immediate success, but staying healthy for 18 months and then seeing times start to drop," said senior Isaac Presson. "The goal has always been to consistently train in the same training plan."

VanAlstyne's coaching and training techniques have begun fostering a pack mentality among the Tar Heel runners, and with such a large constituency of upperclassmen, the team will focus on a more unified approach to races.

"My first three seasons, the story has kind of been every man running for themselves in races," said Presson. "This year I think after training under Coach VanAlstyne for a full year we are ready to work as a team in races and run as a pack."

The regimented and consistent training program implemented by VanAlstyne has now had a full year to sink in and it has slowly cultivated the talent of the Tar Heel roster.

"Ever since we got a new coaching staff, our goal as a team has been to keep improving," said last year's top female runner Lianne Farber. "Last year was kind of a transition stage, but now we are all used to the new coaching styles and team atmosphere and we are ready to become a threat when it comes to national competition."

Farber and Presson were two key runners on last year's team, and Presson's return to the upperclassman-heavy men's crew will help Carolina aim to break its drought of reaching nationals as a team.

"There is pressure on the guys to make nationals, it has been a while," said Presson, "I think we can do damage at the ACC meet and a lot of our guys are gunning for

the top 14 All-ACC spots."

Claiming the 2011 ACC Championship in the mile and breaking four minutes in the same event in 2012, the Asheville native is hoping to translate his success on the track to the off-road arena of races.

"Although he doesn't pride himself on being a cross country runner, Isaac is ready to have a break out year," said Farber. "All of the guys look up to him so much, and he will be a key leader."

"I'm hungry," admitted Presson. "I've yet to make nationals in college and individually I just want to do whatever I can as a leader and a runner to help out team achieve our goals."

Recently named to the 2012 ACC All-Academic cross country team, Presson has honed in on developing his leadership for the upcoming season into a more vocal role.

"The last two years I have been more of a leader through example," said Presson. "This year I am focusing on making a step forward as a vocal leader, making sure everyone feels apart of the program and know their importance."

The men's side returns several key runners, including senior All-ACC performer Pat Schellberg who redshirted last track season to prepare for cross country. Schellberg is likely to be the team's number one runner, and other key Tar Heels joining him are senior Steve Magnuson and sophomore Mark Derrick.

"I'm expecting to see big jumps from our three 10K guys – Scott Morgan, Matt Valeriani and John Raneri – who are coming off good track seasons," added Presson. "We are also welcoming back Stephen Mulherin and Jack Driggs from injuries and they are now healthy and training well."

The men's side also welcomes a handful of newcomers, including Joe Sansone, a freshman out of Texas who finished fourth in the state individually in 2012.

On the women's side, top runner Farber, who finished with All-America honors

in 2012 after finishing 40th at the national competition, recently made the decision to redshirt for the upcoming season.

"I decided to redshirt this year because I know that I have a lot of potential in cross country, and if given the time to develop, I believe I will be able to reach my goals come the fall of 2014," said Farber, Carolina's 11th female All-America runner.

Farber's decision to redshirt was further backed by the presence of a nagging injury over the summer.

"This past year I was racing competitively from September until the end of June, and I think my body just needs an extended break before I start training hard again," said Farber. "I also know that the team will be one of the strongest UNC has ever seen in my fifth year, and I was to be a part of it."

In Farber's absence, the women will look to the leadership of junior Annie LeHardy, who is hoping to have a breakout season after placing third in the 1,500 at ACCs in the spring.

"Annie is so talented and she started making huge improvements at the end of the spring," said Farber. "After a good summer of training, I think she is ready to surprise some people in the fall."

With injury issues and a lack of depth, the 2012 women's squad struggled toward the end of the season, but the 2013 season returns plenty of experience and a handful of newcomers. Among the newcomers is freshman Jill Hardies, a top-ranked recruit out of Illinois who has already been dubbed a "superstar" by Farber.

Combining the experience of returners, the evolving presence of a "pack mentality" and a healthy group of runners, VanAlstyne will produce competitive teams hungry for national competition.

"With the upperclassmen on this team, and a successful track season last spring, our team is highly self-motivating," said Presson. "I'm excited to see the results over the next year."

Carolina Starts Season Under New Leadership

The 2012 season opened with the hiring of new coaches Mark VanAlstyne and Angela Reckart as the head and assistant cross country coaches under new track and field head coach Harlis Meaders.

VanAlstyne came to Carolina after 21 seasons as the head coach at North Florida where he also served as an assistant athletic director. VanAlstyne coached six national champions and 47 All-Americans, including 12 in cross country, while there and was incremental to transitioning the Osprey program from DII to DI in 2005.

Reckart served as an assistant under VanAlstyne at North Florida from 2008-12 before coming to Carolina as a distance specialist. Reckart was a seven-time All-America at the College of New Jersey before she began her tenure in coaching.

Steady Starts At Covered Bridge & adidas Challenge

The Tar Heels opened their season at the Covered Bridge Open in Boone, N.C., with team third-place finishes. The women's team carded three top-10 finishes in Sami Jorgensen, Malia Cali and Ashley Miess as Dan Mykityshyn and Stephen Mulherin led the men. Carolina also spent several days in the mountains training before the meet.

Lianne Farber took her first win of her collegiate career at the adidas XC Challenge at WakeMed Park in Cary, N.C., running the 5K in a personal best of 17:00.5 and one of the fastest times ever recorded by a woman on the course. Farber



Karley Rempel

won ACC Performer of the Week honors for her performance. Jack Driggs led the men with his seventh place finish as both teams placed second.

Farber Runs In 17:00 Again At Notre Dame

Lianne Farber ran her second-consecutive 17:00 5K at the Notre Dame Invitational just two weeks after winning her first collegiate race. She placed 14th to assist the women in their seventh-place finish. Patrick Schellberg broke his personal best at the time to lead the men's 11th-place effort with his 21st-place finish.

In total, the Tar Heels carded 11 personal bests at the meet from Malia Cali, Farber, Sami Jorgensen, Kylie McCoy, Ashley Miess, Emma Norman, Karley Rempel, Mark Derrick, Jack Driggs, Schellberg, and Ryan Walling. Aundrea Holmes and Braedon Koerwitz also tabbed PRs in the JV race at the meet.

Walling, Farber Lead UNC At Wisconsin

Ryan Walling recorded an all-time PR in the 8K running 24-minutes flat at the Wisconsin adidas Invitational. Walling led the men's team in finishing. Lianne Farber also repeated with an all-time PR mark, this time in the 6K at 20:05 for a 17th-place finish.

Wisconsin also saw nine personal bests out of the Tar Heels, recorded by all six women runners (Malia Cali, Farber, Sami Jorgensen, Annie LeHardy, Ashley Miess, and Karley Rempel) and three men (Jack Driggs, Steve Magnuson, and Walling).

Schellberg Earns All-ACC Honors At Conference Championship

Patrick Schellberg continued his strides at the ACC Championship meet, placing 10th in an all-time 8K PR of 24:08.4 to win All-ACC honors.

The team finishes weren't what Carolina was aiming for heading into the conference meet, with the women placing fifth and the men taking sixth, but the young teams took much away from the meet to move forward under a new coaching staff.

Farber Advances From NCAA Southeast Regional

Lianne Farber placed fifth at the NCAA Southeast Regional to earn All-Region honors and a chance to race at the NCAA

2012 Cross Country Honors

- ALL-AMERICA
Lianne Farber - 40th - 20:18.0
- ALL-REGION
Lianne Farber - 5th - 20:31.63
- ALL-ACC
Patrick Schellberg - 10th - 24:08.4
- ALL-ACC ACADEMIC
Malia Cali
Lianne Farber
Annie LeHardy
Ashley Miess
Karley Rempel
Isaac Presson
- USTFCCA All-ACADEMIC
Lianne Farber
Women's Team

National Championship meet. The women's team finished in an impressive fifth place with all individuals finishing in the top third of the field.

Scott Morgan led the men's team with an all-time 10K PR of 31:05.29, good for a 36th-place finish. The men finished in 11th and did not advance runners to the NCAA final.

Farber Earns All-America Status At Nationals

Lianne Farber completed her goals for the 2012 season when she placed 40th at the NCAA National Championship. Farber edged out a tight field to secure the spot with her 20:18.0 time in the 6K. She became Carolina's 12th female All-America in the previous decade, counting back to Shalane Flanagan's first national championship in 2002.



Scott Morgan

2012 Women's Cross Country Results

Covered Bridge Open • 5K
Aug. 31, 2012 • Boone, N.C.

Sami Jorgensen	18:36.6	4th
Malia Cali	18:42.3	5th
Ashley Miess	18:46.1	7th
Kylie McCoy	19:05.0	12th
Caroline O'Hea	19:59.0	21st
Aundrea Holmes	20:02.9	22nd

Team Finish: 3rd

adidas XC Challenge • 5K
Sept. 14, 2012 • Cary, N.C.

Lianne Farber	17:00.5	1st
Annie LeHardy	17:18.8	5th
Kylie McCoy	17:39.9	11th
Sami Jorgensen	17:45.6	13th
Karley Rempel	18:00.4	16th
Malia Cali	18:10.5	17th
Aundrea Holmes	19:13.5	30th
Caroline O'Hea	19:51.8	43rd

Team Finish: 2nd

Notre Dame Invitational • 5K
Sept. 28, 2012 • South Bend, Ind.

Lianne Farber	17:00	14th
Kylie McCoy	17:12	25th
Ashley Miess	17:25	44th
Annie LeHardy	17:26	46th
Sami Jorgensen	17:39	69th
Karley Rempel	17:51	84th
Malia Cali	17:56	89th
Mariana Lucena	18:03	101st
Emma Norman	18:08	108th

Team Finish: 7th

Wisconsin adidas Invitational • 6K
Oct. 12, 2012 • Madison, Wis.

Lianne Farber	20:05	17th
Ashley Miess	20:54	118th
Annie LeHardy	21:08	159th
Sami Jorgensen	21:19	187th
Karley Rempel	21:33	226th
Malia Cali	21:41	242nd

Team Finish: 28th

ACC Championships • 6K
Oct. 27, 2012 • Blacksburg, Va.

Lianne Farber	20:59.8	19th
Ashley Miess	21:17.9	27th
Karley Rempel	21:33.6	34th
Annie LeHardy	21:44.2	38th
Malia Cali	21:44.8	39th
Sami Jorgensen	21:49.8	41st
Chelsea Weiermiller	22:52.1	75th

Team Finish: 5th

Three Stripe Invitational • 5K
Nov. 3, 2012 • Cary, N.C.

Caroline O'Hea	19:42	20th
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NCAA Regionals • 6K
Nov. 9, 2012 • Charlotte, N.C.

All-Region Honors

Lianne Farber	20:31.63	5th
Ashley Miess	21:31.80	34th
Annie LeHardy	21:32.69	35th
Sami Jorgensen	21:43.94	47th
Karley Rempel	22:10.44	79th
Malia Cali	22:15.05	86th

Team Finish: 5th

NCAA National Championships • 6K
Nov. 17, 2012 • Louisville, Ky.

Lianne Farber	20:18.0	40th
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All-America Honors

2012 Men's Cross Country Results

Covered Bridge Open • 8K
Aug. 31, 2012 • Boone, N.C.

Dan Mykityshyn	25:32.6	8th
Stephen Mulherin	25:32.7	9th
Mark Derrick	25:55.6	12th
Braedon Koerwitz	26:14.1	18th
Macon Gambill	27:31.8	30th
Richard Miller	27:52.7	31st

Team Finish: 3rd

adidas XC Challenge • 5K
Sept. 14, 2012 • Cary, N.C.

Jack Driggs	15:08.0	7th
Stephen Mulherin	15:08.5	9th
Isaac Presson	15:16.2	10th
Mark Derrick	15:18.3	11th
Braedon Koerwitz	15:47.8	20th
Macon Gambill	15:56.4	23rd
Richard Miller	16:24.6	32nd

Team Finish: 2nd

Notre Dame Invitational • 8K
Sept. 28, 2012 • South Bend, Ind.

Pat Schellberg	24:12	21st
Jack Driggs	24:25	40th
Ryan Walling	24:32	53rd
Isaac Presson	24:36	60th
Mark Derrick	24:48	79th
Scott Morgan	24:53	88th
Steve Magnuson	24:54	89th

Team Finish: 11th

Wisconsin adidas Invitational • 8K
Oct. 12, 2012 • Madison, Wis.

Ryan Walling	24:00	44th
Jack Driggs	24:18	105th
Steve Magnuson	24:34	166th
Scott Morgan	24:34	167th
Pat Schellberg	24:40	189th
Mark Derrick	25:09	245th

Team Finish: 29th

ACC Championships • 10K
Oct. 27, 2012 • Blacksburg, Va.

All-ACC Honors

Pat Schellberg	24:08.4	10th
Ryan Walling	24:17.9	16th
John Raneri	24:55.9	38th
Isaac Presson	25:00.8	42nd
Mark Derrick	25:11.5	49th
Jack Driggs	25:13.0	50th
Steve Magnuson	25:28.8	58th
Braedon Koerwitz	25:31.9	60th
Dan Mykityshyn	25:36.1	63rd
Scott Morgan	26:09.1	84th

Team Finish: 6th

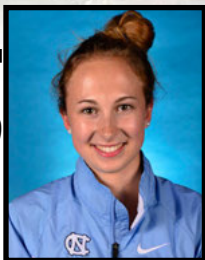
Three Stripe Invitational • 5K
Nov. 3, 2012 • Cary, N.C.

Macon Gambill	15:38	12th
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NCAA Regionals • 10K
Nov. 9, 2012 • Charlotte, N.C.

Scott Morgan	31:05.29	36th
Pat Schellberg	31:16.90	47th
Ryan Walling	31:34.07	60th
Jack Driggs	31:56.01	79th
John Raneri	32:36.77	114th
Isaac Presson	32:56.05	131st

Team Finish: 11th



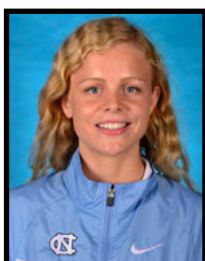
**CALEIGH
BACHOP**

**Freshman
Victoria, B.C.**

Personal Records
800 - 2:15 • 1,500 - 4:42

Prep: Ran cross country, the 800 and 1,500 in track, and played soccer in high school • Team captain for her cross country and track teams • Won an Excellence in Sportmanship award • Was a member of leadership council • Graduated with a weighted 5.0 grade point average.

Personal: Caleigh Bachop is the daughter of Cindy and Steve Bachop • Born May 15, 1995.



**MATTIE
BLUE**

**Freshman
Raleigh, N.C.**

Personal Records
800 - 2:13 • 1,600 5:02 • 5,000 - 18:42

Prep: Ran cross country and the 800 and 1,600 for track all four years of high school • 2013 1,600-meter 4A state champion • Member of the 2012 and 2013 outdoor 4x800 4A state champion relay • Was her cross country and track teams' captain • Ranked fifth in her graduating class for academics.

Personal: Martha Elizabeth Blue is the daughter of Mary and Don Blue • Her father placed hockey at Yale • Her brother Kevin played golf at Stanford and is now an associate director in the Stanford athletics department • Her brother Marshall played hockey at Guelph • Born February 27, 1995 in Toronto, Ontario.



**MALIA
CALI**

**Junior
Hammond, La.**

Personal Records:
XC 5K - 18:10.05 • XC 6K - 21:41 • 800 - 2:17 • Mile - 4:56 • 5,000 - 17:13.82 • 10,000 - 35:50

Junior: Competed in six races for the Tar Heels during the cross country season, including the ACC Championships and the NCAA Southeast Regional • Had a season-best finish of fifth at the Covered Bridge Open • Raced new PRs in the 5K and 6K in back-to-back competitions at the Notre Dame Invitational (5K) and the Wisconsin Invitational (6K) • Did not compete during the indoor or outdoor seasons • Named to the ACC Academic Honor Roll for the third time in her career.

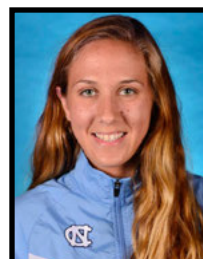
Sophomore: Did not compete in the 2011 cross country season • Ran the 3,000 during the indoor season • Broke her personal record in the 5,000 at the Raleigh Relays • Ran the 10,000 at the ACC Outdoor Championships.

Freshman: Finished seventh at N.C. Collegiate Championships for cross country • Placed fifth at UNC XC Invitational • Did not compete in the indoor season • Ran the 5,000 and the 10,000 at the ACC Outdoor Championships.

Prep: Owns 19 team and individual titles in track and cross country • Earned two indoor track team titles and one outdoor title • Earned four state team records • Recipient of the 2009 Wendy's High School Heisman for outstanding academics, athletic achievement and community service • Owns personal records 4:56.70 in 1,600 meters, 10:55.75 in two-mile run, 9:59.07 in 3,000 and 10:35.93 in 3,200 • Also played soccer, earning all-state honors three years, was a two-time district MVP, and was a four-time

state champion • Also competed in powerlifting placing third at the state championship in 2008.

Personal: Majoring in biology • Career plans are to work in physical therapy and sports medicine • A Veteran Leader in the Carolina Leadership Academy • Serves as a leader for Student-Athletes Leading Social Change • Member of Carolina Dreams • Malia Gisele Cali is the daughter of Gisele and Frankie • Born September 19, 1992.



**LIANNE
FARBER**

**R-Junior
Northport, N.Y.**

ALL-AMERICA • 2-TIME NCAA CHAMPIONSHIPS QUALIFIER • NCAA FIRST ROUND QUALIFIER • ALL-REGION HONOREE • 2-TIME ACC CHAMPION • 3-TIME ALL-ACC HONOREE • USA CHAMPIONSHIPS COMPETITOR

Personal Records:
XC 5K - 17:00 • XC 6K - 20:05 • 800 - 2:05.64 • 1,500 - 4:14.56 • Mile - 4:38.00 • 3,000 - 9:27.61 • 5,000 - 16:07.04

Redshirt Sophomore: Qualified for the NCAA National Championships in the 1,500 after advancing from the NCAA East Preliminary • ACC Champion in the 1,500 for All-ACC honors at the ACC Outdoor Championships • Smashed her PR in the 1,500 at the Virginia Challenge to secure her bid for the NCAA First Round with a time of 4:14.56 • Ranks fourth all-time in the UNC record books for the outdoor 1,500 • Ended the season ranked in the top 15 nationally for the 1,500 and spent much of the season nationally ranked in the top 50 for the 1,500, 800 and 5,000 • Also set a PR in the 800 at the Duke Invitational and in the 5,000 at the Stanford Invitational • ACC Champion in the indoor mile for All-ACC honors • Earned a personal

best of 4:38.00 in the mile at the UW Husky Classic that ranks her fourth all-time in UNC history for the mile • Also competed in elite meets such as the Armory Collegiate, Alex Wilson Invitational and the ACC Championships • Ranked as high as 18th in the national rankings • Also earned a personal best in the 3,000 of 9:27.61 at the Hokie Invitational • Raced the fastest indoor 800 time for the women's team at 2:09.84. • All-America honors for the 2012 cross country season • Competed in every meet for the Tar Heels during the cross country season • Earned All-Region honors at the NCAA Southeast Regional for her fifth-place finish advancing her to her first appearance at the NCAA National Championships • Placed 40th at the NCAA National Championships • Set PRs in her 5K and 6K • Was one of the fastest women ever to run the cross country course at WakeMed Park in Cary, N.C., at the adidas XC Challenge, taking her first win of her collegiate cross country career in 17 minutes flat • Burned over a minute off her XC 6K personal best time at the Wisconsin Invitational • Named the ACC Cross Country Runner of the Week for the week of Sept. 18, 2012 • USTFCCA All-Academic Cross Country and a member of the USTFCCA All-Academic Women's Team • Named All-ACC Academic Cross Country and All-ACC Academic Indoor • Made Dean's List for the spring semester • Competed in the 1,500 at the USA Championships, finishing in 4:22.45 as the 12th-best collegian and 27th overall • Named to the ACC Academic Honor Roll for the third time in her career • Earned USTFCCA All-Academic honors.

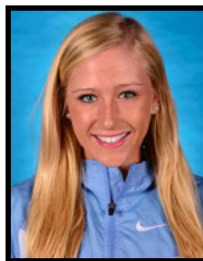
Redshirt Freshman: Competed in all regular-season cross country races as well as the NCAA Regional in 2011 • Placed fifth at UNC Invitational and sixth at Florida Mountain Dew Invitational 5K races • Broke personal record in cross country 6K at the 2011 ACC Championships, running in

21:09.3 to finish 25th • Finished 29th at the 2011 NCAA Southeast Regional • Ran the 1,500 during the outdoor season • Held the fastest time on the team in the 5,000 at 16:15.36 • Set a PR in the mile at 4:41.8 at the ACC Indoor Championships • Broke her personal best in the 1,500 at the outdoor Virginia Invitational • Earned All-ACC honors for the indoor season and All-ACC Academic honors for the cross country and indoor seasons.

Freshman: Finished seventh at cross country UNC Invitational • Placed 14th at Covered Bridge Open • Redshirted the remainder of the season due to injury • Did not compete during the indoor season • Ran the 800 and the 1,500 during the outdoor season •

Prep: Four-year letterwinner in cross country and track and field • Eight-time state qualifier in cross country and track • All-state honors in the 4x800 relay • All-America honors in the 4xMile relay • 800 county champion • 4x800 relay county champion • Named team captain as a sophomore in high school and held the title until she graduated.

Personal: Majoring in advertising at the School of Journalism and Mass Communication • Member of the Carolina Leadership Academy • Before she discovered running, Lianne was a competitive sailor and an aspiring actress • Lianne Jessica Farber is the daughter of Jesse and Cathy • Her brother is a professional jazz musician • Born June 12, 1992.



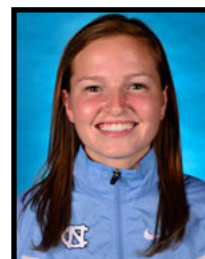
**JILL
HARDIES**
Freshman
Hinsdale, Ill.

Personal Records
Mile - 4:57 • 3,200 - 10:40

Prep: Four-time all-state honoree in cross country • Ran the third-fastest cross country time in Illinois state

history in 2010 • 2011 indoor state champion in the 3,200 meters • Captained her high school track team • Was a member of the student council • National Honor Society • National Merit Scholar semifinalist • Graduated with a weighted 5.7 grade point average.

Personal: Jill Elaine Hardies is the daughter of Jane and Tom Hardies • Her father competes in Ironman triathlons • Born March 19, 1995.



**AUNDREA
HOLMES**
Sophomore
Cary, N.C.

Personal Records:

XC 5K - 19:04 • 800 - 2:30.16 • 1,500 - 4:46.67 • Mile - 5:15.67 • 3,000 - 10:16.25 • 5,000 - 18:20.18

Freshman: Ran a PR in the 1,500 at the Joe Hilton Invitational in 4:46.67 • Also set personal bests in the 3,000 at the Duke Invitational in 10:16.25 and in the 5,000 at the Raleigh Relays in 18:20.18 • Set collegiate-best marks in the 800, mile, and 3,000 • Competed at all three of Carolina's home meets • Competed in two races for Carolina during the cross country season, the Covered Bridge Open and the adidas XC Challenge • Also ran in the non-team race at the Notre Dame Invitational where she raced a PR 19:04 in the 5K • Named to the ACC Academic Honor Roll.

Prep: Three-time team 2A State champion • Individual state champion in cross country • Voted team captain as a senior in high school • Competed in the 1,600 and 3,200 meters in track.

Personal: Aundrea Catherine Holmes is the daughter of Bonnie and Paul Holmes • Born November 22, 1993.



SAMI JORGENSEN
Junior
Pawling, NY

Personal Records:

XC 5K - 17:39 • XC 6K - 21:19 • 1,500 - 4:50 • 3,000 - 9:59 • Steeplechase - 10:57.84

Sophomore: Ran a season-best 10:04.25 in the indoor 3,000 at the Gene Anderson Invitational • Competed in six races for the Tar Heels during the cross country season • Raced personal bests in the 5K at the Notre Dame Invitational and in the 6K at the Wisconsin Invitational • Had a season-best finish of fourth at the Covered Bridge Open in Boone, N.C. • Did not compete during the outdoor season • Named to the ACC Academic Honor Roll for the second time in her career.

Freshman: Did not compete in the 2011 cross country season or the 2012 indoor season • Competed in the 1,500, 3,000 and the 3,000 Steeplechase during the outdoor season • Set a best mark in the steeple at the ACC Outdoor Championships.

Prep: A 2011 New Balance Outdoor All-America in track • Played field hockey and ice hockey in addition to running track and cross country • Two-time state champion in 2,000-meter steeplechase • Earned All-League, All-County, All-Section, All-State and Athlete of the Month honors in both winter and spring track as well as All-America honors in spring track and the steeplechase at the New Balance Outdoor National meet • Earned All-League, All-County, Golden Dozen and Athlete of the Month honors in field hockey • Finished third in her graduating class at Pawling High School and earned high honor roll • Participated in Peer Leadership.

Personal: Samantha Taylor Jorgensen has two brothers and is the daughter of Gina and Van Jorgensen • One brother runs cross country at SUNY Genseo and her other brother plays high school lacrosse and ice hockey at Trinity Pawling • Member of the Carolina Leadership Academy • Born March 13, 1993.



ANNIE LeHARDY
Junior
Roanoke, Va.

NCAA FIRST ROUND QUALIFIER • ALL-ACC

Personal Records:

XC 5K - 17:18.8 • XC 6K - 21:08 • 800 - 2:13.44 • 1,500 - 4:21.67 • Mile - 4:46.78 • 3,000 - 9:47.26 • 5,000 - 18:02.52

Sophomore: Qualified for the NCAA First Round in the 1,500 • Earned All-ACC honors for her third-place finish in the 1,500 at the ACC Outdoor Championships • Set a personal best in the 800 at the Kent Taylor Outdoor Invitational and in the 1,500 at the Virginia Challenge, times of 2:13.44 and 4:21.67, respectively • Ran a personal best in the mile of 4:46.78 at the Armory Collegiate Invitational and a PR of 9:47.26 in the 3,000 at the Mark Colligan Memorial meet • Competed at the ACC Championships and qualified for the final in the mile • Was the second-fastest individual on the team in the mile and the 3,000 • Competed in five races, including the ACC Championships and the NCAA Southeast Regional, during the cross country season • Earned a personal record 5K time and a season-best fifth-place finish at the adidas XC Challenge at WakeMed Park • Shaved five seconds off her fastest 6K time at the Wisconsin Invitational • Named to the All-ACC Academic Cross Country and Indoor teams • Made the Dean's List for the spring semester • Named to

the ACC Academic Honor Roll.

Freshman: Competed in four cross country races in 2011, including at Florida, Wisconsin, the ACC Championship and the NCAA Southeast Regional • Had a best individual finish of seventh at the Florida Mountain Dew Invitational • Ran a personal best in the 6K at the ACC Championship • Ran the mile and 3,000 during the indoor season and the 1,500, 3,000 and 5,000 during the outdoor season • Set personal bests in the outdoor 1,500 at the Kent Taylor-Joe Hilton UNC Invitational • Ran a 3,000 PR at the ACC Indoor Championships • Competed in the 5,000 at the ACC Outdoor Championships.

Prep: A 2009 and 2010 Nike Cross National finalist • Earned All-District honors three years and All-Region honors four years in cross country • 2010 cross country state champion • Set course record in the 2010 state cross country championship • 2011 Virginia Gatorade Girl • Two-time national qualifier • Earned All America honors in DMR in 2011 • Named All-State in the 800 and 1,600 all four years in track and field • A member of the French National Honor Society, Beta Club and Titan 12 • Was the valedictorian of her senior class.

Personal: Anne Houston LeHardy is the daughter of Nancy and Marcel LeHardy • Her older brother Barrett ran track and cross country at the U.S. Military Academy at West Point • Rising Star, Gap Year, and CREED mentor in the Carolina Leadership Academy • Member of the National Leadership Society • Born October 18, 1992.


**KYLIE
McCOY**
**Junior
Hampton, N.H.**
Personal Records:
XC 5K - 17:12 • Mile - 5:13.77 • 3,000 - 9:49.33 • 5,000 - 16:48.98

Sophomore: Raced in two meets during the outdoor season, once in the 3,000 and once in the 5,000 • Competed in the mile and the 3,000 for the Tar Heels during the indoor campaign • Ran a collegiate-best 5:13.77 in the mile • Raced in three meets for the Tar Heels during the cross country season • Earned a 5K PR at the Notre Dame Invitational, pacing to 17:12 for a 25th-place finish.

Freshman: Transferred to UNC during her second semester therefore did not compete for the Tar Heels during the 2011 cross country season • Ran the 3,000 and the 5,000 during the indoor season • Competed in the 5,000 at the ACC Indoor Championships, racing in 16:48.98.

Prep: Named New Hampshire Runner of the Year for the 2010-11 seasons • Named to All-Northeast Team at the 2010 Footlocker Regionals • Earned all-state honors twice for cross country and was named team MVP twice • Set school records in the mile and two-mile events • Played basketball in addition to indoor and outdoor track in high school.

Personal: Double majoring in public relations and communications • Interned with STRIVE teaching children English in Peru during the summer of 2013 • Counselor for Team Prep USA during her 2012 winter break • Won the Rammy superlative for best scooter for 2012-13 • Kylie Elizabeth McCoy is the daughter of Jacqueline and Joseph McCoy • Born December 1, 1992.


**ASHLEY
MIESS**
**R-Senior
Cornelius, N.C.**
ALL-ACC ACADEMIC • NCAA XC NATIONAL CHAMPIONSHIPS TEAM COMPETITOR
Personal Records:
XC 5K - 17:25 • XC 6K - 20:54 • 1,500 - 4:51.98 • 3,000 - 10:15.86 • 5,000 - 16:48.98

RS Senior: All-ACC Academic for cross country • Ran in five races in the fall, including the ACC Cross Country Championship and the NCAA Southeast Regional • Erased over a minute off her 5K time at the Notre Dame Invitational for a new personal best • Also raced a PR in the 6K at the Wisconsin Invitational • Did not compete during the indoor season • Competed in the 3,000 and 5,000 during the outdoor campaign • Named to the Dean's List both semesters • Named to the ACC Academic Honor Roll for the fourth time in her career.

RS Junior: Did not compete in the indoor season • Ran the 1,500 and the 3,000 during the outdoor season • Had a season-best 10:15.86 in the 3,000 at the Duke Invitational.

RS Sophomore: Did not compete in the 2011 cross country season or the 2012 indoor season • Ran personal-best 4:51.98 in the 1,500 at the Raleigh Relays.

RS Freshman: Placed 45th at ACC Championships to help women's team take fifth • Placed 29th at NCAA Southeast Regional Championships, helping the women's team secure an automatic bid for the NCAA meet • Finished 187th at NCAA National Championships.

Freshman Year: Red-shirted in cross country, indoor and outdoor track due to injury in 2009-10.

Prep: Attended Charlotte Latin School in Charlotte, N.C. for her senior year, attended Pulaski Academy in Little Rock, Ark., for her freshman through junior years • Individual State Champion in outdoor track 1,600 and 3,200 in 2007 and 2008 • Individual State Champion in Cross Country in 2007 • A leg of the 2009 Outdoor 4x800 State Champions in 2009 • Earned All-State honors in outdoor track and cross country all four years of high school • A member of NCISAA State Championship teams in cross country in 2008 and in track in 2009 • Set four school records including the 5,000 for cross country and the 1,600 and 3,200 for outdoor track as well as an NCISAA record in the 4x800 • Also played soccer and was a member of four state championship teams, two with Pulaski Academy and two with her club team • A member of the National Honor Society and the National Beta Club • Earned AP Scholar with Distinction honors.

Personal: Majoring in public relations in the School of Journalism and Mass Communication • Carolina Leadership Academy Rising Star and CREED mentor • Member of the Carolina PRSSA and the Kappa Tau Alpha National Honor Society • Ashley Lynn Miess is the daughter of Michael and Lynn Miess • Born February 26, 1991.


**GRACE
MORKEN**
**Freshman
Chapel Hill, N.C.**
Personal Records
800 - 2:16 • 1,600 - 5:02 • 5,000 - 18:42

Prep: Ran cross country and track all four years of high school • Ran the 800, mile, 4x400, and 4x800 in high school • Four-time 2A state champion in cross country • Three-time 2A state champion in the 800 and the 1,600

• Captain of her high school cross country and track teams.

Personal: Grace Elaine Morken is the daughter of David and Chriselle Morken • Her mother ran track at Bethel College • Born August 18, 1995.



CAROLINE O'HEA
Sophomore
East Setuaket, N.Y.

Personal Records:

XC 5K - 18:06 • XC 6K - 22:19.0 • 800 - 2:33.89 • 1,500 - 4:46.98 • Mile - 5:16.24 • 3,000 - 10:03 • Steeplechase - 11:03.53 • 5,000 - 17:30.09

Freshman: Had a season-best 11:03.53 in the steeplechase and was the only Tar Heel to run the event • Set a collegiate PR in the 1,500 at the Joe Hilton Invitational with a time of 4:46.98 • Competed in the indoor mile and the 3,000 for the Tar Heels • Earned a collegiate-best time of 5:16.24 in the mile at the Dick Taylor Invitational • Ran in three races during the cross country season • Was the only female Tar Heel to compete at the Three Stripe Invitational where she recorded a 5K personal best.

Prep: Ran cross country, indoor and outdoor track all four years of high school • A two-time distance medley relay All-America, 14-time state qualifier, and a four-time 3K county champion • A member of the National Honor Society.

Personal: Plans to major in nursing • Caroline Elizabeth O'Hea is the daughter of Denise and Brian O'Hea • Her father played baseball at Georgetown • Rising Star in the Carolina Leadership Academy • Born December 28, 1994.



ALEXA PHILLIPS
Freshman
Carrboro, N.C.

Personal Records

800 - 2:18 • 5,000 - 18:51

Prep: Ran cross country and track all four years of high school in addition to swimming for one year • Captained her cross country and track teams in 2013 • Member of four-time cross country state championship and three-time track state championship teams • Member of the National Honor Society • Tutors Burma refugees.

Personal: Alexa Ashworth Phillips is the daughter of Jeff and Norris Phillips • Her father ran cross country and track at Virginia Tech • Born March 25, 1995.



KARLEY REMPEL
Junior
St. Catharines, Ont.

Personal Records:

XC 5K - 17:51 • XC 6K - 21:33 • 800 - 2:09.99 • Mile - 4:47.60 • 3,000 - 9:55.72

Sophomore: Qualified and competed in the final for the mile at the ACC Championships • Ran a personal best in both the mile and the 800, 4:47.60 and 2:09.99, respectively • Was second-fastest on the team in the 800 and third-fastest in the mile • Also competed at the Armory Collegiate Invitational • Competed in five meets for the Tar Heels during the cross country season, including the ACC Championships and the NCAA Southeast Regional • Raced a new PR in the 5K at the Notre Dame Invitational • Also earned a personal best

in the 6K at the Wisconsin Invitational which she matched two weeks later at the ACC Championships • Did not compete during the outdoor season • Named to the ACC Academic Honor Roll.

Freshman: Raced in three outings for the Tar Heels in 2011 cross country • Ran a personal best in the 5K at the Florida Mountain Dew Invitational as well as a personal best in the 6K at the Wisconsin Invitational • Placed 88th at the ACC Cross Country Championships • Did not compete in the indoor season • Ran the 1,500 and the 3,000 during the outdoor season.

Prep: Won silver medals in 800 and 1,500 at 2008 and 2009 OFSAA Championships • Three-time Niagara Olympic Club Athlete of the Year recipient • 2010 Canadian Junior Nationals team silver medal • Competed as member of Team Canada at 2010 IAAF World Cross Country Championships in Poland • 2010 youth national 3,000 bronze medalist • 2011 OFSSA 3,000 silver medalist

Personal: Karley Lynn Rempel is the daughter of Lisa and Tom Rempel • Rising Star, Gap Year, and CREED mentor in the Carolina Leadership Academy • Her sister is a member of the Canadian youth world's team and competed in the Ukraine in the summer of 2013 • Born April 6, 1993.



LIZZY WHELAN
Junior
Toronto, Ont.

NCAA FIRST ROUND QUALIFIER

Personal Records:

800 - 2:05.13 • 1,500 - 4:30.15

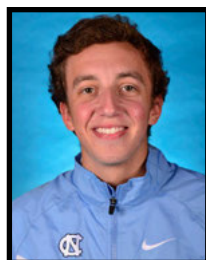
Sophomore: Qualified for the NCAA East Preliminary in the 800 • Smashed her personal best in the 800 at the Wolfpack Last Chance, racing to victory in 2:05.13 • Also competed in the

1,500 during the outdoor campaign, setting a personal best of 4:30.15 at the Kent Taylor Invitational • Ran a personal best in the 800 with her time of 2:10.44 at the Armory Collegiate Invitational • Competed in the 800 at the ACC Indoor Championships and the ACC Outdoor Championships • Named to the ACC Academic Honor Roll for the second time in her career.

Freshman: Redshirted the 2011-2012 cross country and track seasons.

Prep: OFSAA 800 champion in 2009 and 2011 • OFSAA 1,500 champion in 2011 • Also took OFSAA silver medal in the 800 in 2010 • Junior National bronze medalist in the 1,500 in 2010 • OFSAA silver medalist in cross country.

Personal: Double majoring in studio art and communications • Elizabeth Maryanne Whelan is the daughter of Mike and Maryanne Whelan • Participates in Carolina Outreach • Born October 5, 1993.



MARK DERRICK
Sophomore
Naperville, Ill.

Personal Records:

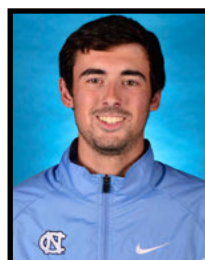
XC 8K - 24:48 • 1,500 - 3:51.92 • 5,000 - 14:25.17

Freshman: Ran a personal best of 3:51.92 in the 1,500 at the Duke Twilight • Raced a PR in the 5,000 of 14:25.17 at the Duke Invitational • Competed in the inaugural McAfee Mile at the Joe Hilton Invitational • Ran the 5,000 at the ACC Outdoor Championships • Did not compete during the indoor season • During the cross country season, he raced in five contests for the Tar Heels, including the ACC Championships • Had a season-best finish of 11th at the adidas XC Challenge • Ran an 8K PR at the Notre Dame Invitational, finishing in 24:48 • Also competed in the Covered Bridge Open and the Wisconsin Inva-

tional • Named to the ACC Academic Honor Roll.

Prep: Ran cross country and track all four years of high school • Two-time All-State in 3200 for track • Earned All-State honors for cross country • Played basketball as a freshman and earned 2nd Team All-Midwest honors • Was an Indian Prairie Scholar and an AP Scholar.

Personal: Plans to major in business • Mark James Derrick is the son of Janet and Richard Derrick • Participates in the Carolina Leadership Academy • Born February 15, 1994.



JACK DRIGGS
Junior
Elmhurst, Ill.

ALL-ACC HONOREE

Personal Records:

XC 8K - 24:18 • XC 10K - 31:38.5 • 800 - 1:54 • Mile - 4:07.05 • 1,500 - 3:46.39 • 5,000- 15:05

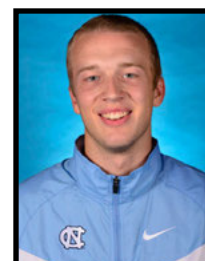
Sophomore: Did not compete during the indoor or outdoor seasons • Raced in five meets for Carolina during the cross country season, including the ACC Championships and the NCAA Southeast Regional • Ran a new personal best in the XC 8K at the Wisconsin Invitational, placing 105th in 24:18 • Earned a season-best finish of fifth at the adidas XC Challenge.

Freshman: Competed three times for the Tar Heels on the cross country team in 2011, including at the Florida Mountain Dew Invitational, the ACC Championships, and the NCAA Southeast Regional • Ran a personal best in the ACC Championship 8K cross country final placing 38th • Earned All-ACC honors in the indoor mile by placing third in the conference final.

Prep: Earned All-America honors four times in track and twice in cross country • Named All-State five times

in track and twice in cross country • Two-time state champion • 2010 Footlocker All-American • 2010 Nike Cross Nationals Finalist • 2010 New Balance Outdoor All-American.

Personal: Jack Spencer Driggs is the son of Paul and Joan Driggs • Participates in the Carolina Leadership Academy • Born August 6, 1993.



MACON GAMBILL
Sophomore
Winston-Salem, N.C.

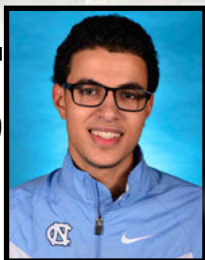
Personal Records:

XC 8K - 27:31.8 • 800 - 1:54.19 • 1,500 - 3:56.50 • Mile - 4:17.78

Freshman: Earned a PR in the 1,500 of 3:56.50 at the Raleigh Relays • Ran the 800 and the 1,500 during the outdoor season • Earned a personal best 1:54.19 at the ACC Indoor Championships and a PR 4:17.78 in the mile at the indoor Gene Anderson Invitational • Competed in two races for the Tar Heels during the cross country season, the Covered Bridge Open and the Three Stripe Invitational • Named to the ACC Academic Honor Roll.

Prep: A member of the state runner-up team in cross country in 2011 • State champion in the indoor 4x800 relay in 2011 and 2012 • Second-place 4x800 relay at the state championship in 2012 • A member of the National Honor Society.

Personal: Macon Christopher Gambill is the son of Joy and Chris Gambill • Dean Prim Scholar • A Rising Star in the Carolina Leadership Academy • Born September 28, 1993.



MUAD HREZI
Sophomore
Naugatuck, Conn.

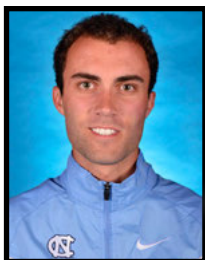
Personal Records:

1,600 - 4:20 • 3,200 - 9:12 • 5,000 - 15:07

Freshman: Did not compete during the cross country, indoor, or outdoor seasons • Named to the ACC Academic Honor Roll.

Prep: A five-time All-State honoree • Ran cross country for two years and indoor and outdoor track for three years in high school • Honored twice as All-New England recipient • Also played soccer for two years.

Personal: Muad Fuad Hrezi is the son of Fuad Hrezi and Hanadi Esokni • His brother runs track and field and cross country at Iowa State • Participates in the Carolina Leadership Academy • Born January 8, 1995 in Tripoli, Libya.



MIKE JACOBS
Senior
Fredericton, N.B.

Personal Records:

600 - 1:28.17 • 800 - 1:57.11 • 1,000 - 2:34.85 • 1,500 - 3:50.10 • Mile - 4:09.38 • 3,000 - 8:32.11

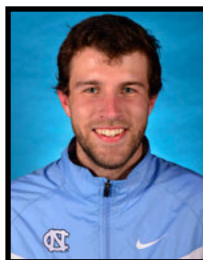
Junior: Ran a PR in the 1,500 at the ACC Championships, finishing in 3:50.10 • Competed in the inaugural McAfee Mile and earned a new PR of 4:09.38 • Earned a new personal best in the indoor mile at the Kent Taylor Invitational with a time of 4:14.58 • Also set a collegiate-best 3,000 time of 8:32.11 at the Hokie Invitational • Named to the ACC Academic Honor Roll for the third time in his career.

Sophomore: Competed in the 600, 800, 1,000 and mile for the indoor season • Ran a personal best of 1:51.11 in the outdoor 800 at the Wake Forest Open • Ran a PR of 3:51.38 in the outdoor 1500 at the Kent Taylor-Joe Hilton UNC Invitational.

Freshman: Did not compete during the indoor season • Competed in the 800 and 1,500 during the outdoor season.

Prep: Team captain in 2009 for the Canada Summer Games • Six-time provincial record holder in the 800 and 1,500 meters • Four-time high school and club champion in cross country and the 800 • Represented Team New Brunswick in the Canada Summer Games.

Personal: Michael Paul Jacobs is the son of Paul and Mary Jacobs • Has one sister • Serves as the Vice Chair for the Undergraduate Honor Court at UNC • Member of the Student-Athlete Advisory Committee • Born January 13, 1992, in Toronto, Ontario.



BRAEDON KOERWITZ
Junior
Concord, N.C.

Personal Records:

XC 8K - 25:25 • 800 - 1:55.8 • 1,500 - 4:02.49 • Mile - 4:23.48 • 3,000 - 8:46.32 • Steeplechase - 9:54.37 • 5,000 - 15:23.87

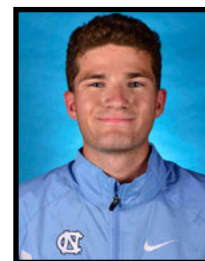
Sophomore: Ran a PR in the 3,000 and the 5,000 at the Duke Invitational as he raced 8:46.32 and 15:23.87, respectively • Also competed in the steeplechase with a best of 9:54.37 • Ran in the inaugural McAfee Mile and raced to a new personal best of 4:23.48 • Competed in the mile and the 3,000 for Carolina during the indoor season • Competed in two races for Carolina during the cross country season, the Covered Bridge Open and

the ACC Championships • Also ran in the secondary race at the Notre Dame Invitational where he earned an 8K PR but did not count towards the team finish in the primary race.

Freshman: Competed in one race during the cross country season, the UNC Invitational, running the 6.4K in 15:35.00 • Ran the 1,500 at the Wake Forest Open, racing 4:02.49.

Prep: 2011 NC 3A 1,600 state champion • Named All-State in cross country in 2010 • Participated in cross country and track and field in high school • Graduated Sigma Cum Laude.

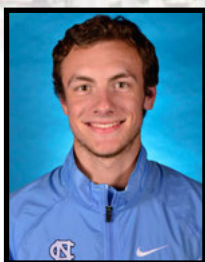
Personal: Majoring in global studies • His dad, Fred, ran at UW-LaCrosse • Frederick Braedon Koerwitz is the son of Fred and Laura Koerwitz • Has two sisters • Born June 21, 1993.



CHRIS MADAFFARI
Sophomore
Norwalk, Conn.

Prep: Transferred from the Air Force Academy and will compete as a sophomore • Named to the Dean's List and the Athletic Director's List at Air Force • Was his class president all four years of high school • 2011 Wendy's High School Heisman national finalist • Salutatorian of his graduating class.

Personal: Christopher Sean Madaffari is the son of Joseph and Eileen Madaffari • Interned at University of Illinois-Chicago's oral cancer research center in 2013 • His father played baseball at Graceland College • Born August 24, 1994.



**STEVE
MAGNUSON**
Senior
Oro Valley, Ariz.

NCAA FIRST ROUND QUALIFIER • ALL-ACC HONOREE

Personal Records:

XC 8K - 24:34 • 800 - 1:53.82 • 1,500 - 3:51.56 • Mile - 4:05.60 • 3,000 - 8:09.84 • Steeplechase - 8:57.29 • 5,000 - 14:30.32

Junior: NCAA First Round Qualifier in the steeplechase • Earned a personal best in the steeplechase at the Raleigh Relays to lead the team in the event in 8:57.29 • Raced a PR in the 1,500 at the Kent Taylor Outdoor Invitational as he finished in 3:51.65 • Competed in the inaugural McAfee Mile and earned PR of 4:05.60 • Earned All-ACC honors in the 3,000 with his third-place and new personal record 8:09.84 • Also competed in the mile with an indoor season-best 4:11.13 at an exclusive mile invitational • Competed in three consecutive meets for Carolina during the cross country season, including the Notre Dame Invitational, the Wisconsin Invitational and the ACC Championships • Placed 58th at the conference meet • Raced a new personal best in the 8K at Wisconsin, finishing in 24:34.

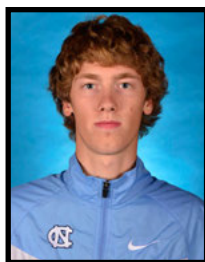
Sophomore: Ran in two races for the Tar Heels in 2011 cross country • Finished 48th at the Florida Mountain Dew Invitational • Finished 60th at ACC Cross Country Championships • Ran the 3,000 Steeplechase at the ACC Outdoor Championships in 9:19.25 • Competed in the mile and 3,000 for the indoor season.

Freshman: Finished 68th at ACC Championships • Finished 78th out of more than 200 runners at Wisconsin Adidas Invite • Finished 105th at NCAA Pre- National Invite • Competed

at the ACC Indoor Championships in the mile • Did not compete during the outdoor season

Prep: A two-time qualifier for the Footlocker National Cross Country Championships • Finished 11th in 2009 • The 2009 state cross country champion and a member of the 2009 state track and field team champions • Has personal records of 1:53.82 in the 800, 4:12.04 in the 1,600, and 8:58 in the 3,200.

Personal: Majoring in economics • Steven Michael Magnuson is the son of Gert and Mike Magnuson • Has one sister and one brother • Participates in the Carolina Leadership Academy • Born June 25, 1991.



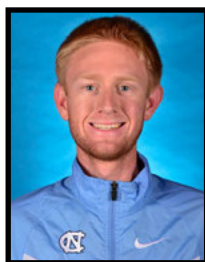
**MITCH
MCLEOD**
Freshman
Carrboro, N.C.

Personal Records:

XC 8K - 25:16 • 3,200 - 9:17 • 5,000 - 15:32

Prep: Ran the mile and the 3,200 for his high school track team and competed for cross country all four years • Two-time 3,200 state champion • Member of the 2010 3A state champion cross country team.

Personal: Mitch Larsen McLeod is the son of Leigh and Wayne McLeod • Born September 9, 1993.



**RICHARD
MILLER**
Sophomore
Raleigh, N.C.

Personal Records:

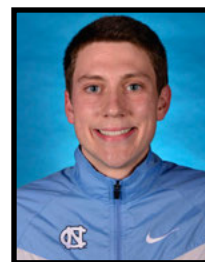
XC 8K - 27:52.7 • 800 - 1:52.40 • 1,000 - 2:32 • 5,000 - 15:59

Freshman: Competed in the 600 and the 800 for the Tar Heels during the

indoor campaign • Competed in two races as a freshman for the cross country season • Made his debut with an 8K PR at the Covered Bridge Open • Also competed at the adidas XC Challenge • Did not compete during the outdoor season • Named to the Dean's List for both semesters, earning a perfect 4.00 for both semester GPAs • Named to the ACC Academic Honor Roll.

Prep: Ran cross country all four years of high school and track for three years • Team captain as a senior for both cross country and track • North Carolina 4A state finalist in 800 and 1600 outdoor and 1000 indoor • Also played baseball as a freshman in high school • A member of the National Honor Society and the Math Honor Society • Was a junior marshal • Ranked in the top 10 of his graduating class • A participant in the DECA program.

Personal: Plans to major in mathematics • Richard Dean Miller is the son of Teresa and Rick Miller • Volunteers at the Crossroads Fellowship thrift store • Born September 24, 1993.



**SCOTT
MORGAN**
Junior
Clemmons, N.C.

Personal Records:

XC 8K - 24:19.0 • XC 10K - 31:05.29 • 5,000 - 14:17.49 • 10,000 - 29:55.01

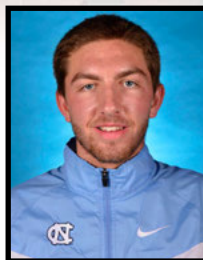
Sophomore: Earned a personal best in the 10,000 at the Virginia Challenge, running 29:55.01 • Raced a PR in the 5,000 in 14:17.49 at the Duke Invitational • Scored in the 10,000 meters at the ACC Outdoor Championships with his eighth-place finish • Did not compete during the indoor season • Ran in four races during the cross country season • Smashed his 10K personal best by nearly two minutes at the NCAA Southeast Regional

where he finished 36th to lead the Carolina men • Also raced at the ACC Championships where he placed 84th, the Wisconsin Invitational in 167th, and the Notre Dame Invitational in 89th • Named to the Dean's List for both semesters • Named to the ACC Academic Honor Roll for the second time in his career.

Freshman: Competed in four races for the Tar Heel cross country team in 2011 • Placed ninth at the Florida Mountain Dew Invitational to be the second-highest finishing Tar Heel of the meet • Broke his personal record in the 8K at the ACC Championships where he finished 29th • Also set a personal best in the 10K at the NCAA Southeast Cross Country Regional • Ran the 5,000 at the ACC Indoor Championships in 14:32.21 • Competed in the 10,000 at the ACC Outdoor Championships, racing 31:18.48.

Prep: A six-time NCISAA state champion • 2010 Footlocker National Finalist • Placed 19th at 2010 Footlocker National Championships • State champion in the 800, 1,600 and 3,200 in 2011 and also won the 1,600 in 2010 • Cross country state champion in 2009 and 2010 • Also participated in golf (9th grade) and swimming (9th and 10th grades) in high school • Valedictorian of Calvary Baptist Day School.

Personal: Majoring in mathematical decision sciences • Both of his parents, two sisters and brother attended UNC • Scott Patrick Morgan is the son of Wayne and Patty Morgan • A Rising Star in the Carolina Leadership Academy • Member of the Undergraduate Honor Court at UNC • Member of Honors Carolina • Born June 11, 1993.



STEPHEN MULHERIN
Sophomore
Wrightsville, N.C.

Personal Records:
XC 8K - 25:32.7

Freshman: Competed in two meets for the Tar Heels during the cross country season, notching ninth-place finishes in both • Recorded a collegiate 8K PR of 25:32.7 at the Covered Bridge Open in his first outing in Carolina blue • Also raced the adidas XC Challenge • Did not compete during the indoor or outdoor seasons • Named to the ACC Academic Honor Roll.

Prep: Ran cross country and track throughout high school • A member of the 2011 NC 1A cross country state champion team.

Personal: Plans to major in mathematical decision sciences • Stephen Christopher Mulherin is the son of Diane and Steve Mulherin • Born May 14, 1994.



DAN MYKITYSHYN
Junior
Holmdel, N.J.

Personal Records:
XC 8K - 25:32.6 • 800 - 1:55 • 1,500 - 4:02.69 • Mile - 4:11.67 • 3,000 - 8:26.77 • 5,000 - 14:54.24 • Steeplechase - 9:15.32

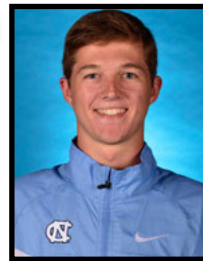
Sophomore: Raced a PR of 9:15.32 in the steeplechase at the Raleigh Relays • Earned a personal best in the 1,500 at the Kent Taylor Outdoor Invitational in 4:02.69 • Ran a PR in the indoor mile of 4:11.67 at the Mark Colligan Memorial meet and a PR in the 3,000

of 8:26.77 at the Hokie Invitational • Competed at the ACC Indoor Championships in the mile and at the ACC Outdoor Championships in the steeplechase • Competed in two races for the Tar Heels during the cross country season • Recorded a season-best 8K time of 25:32.6 at the Covered Bridge Open • Also raced in the ACC Championship where he placed 63rd.

Freshman: Competed at the UNC Cross Country Invitational, placing fifth in 15:20.10 • Did not compete in the indoor season • Ran the 1,500, the 2,000 Steeplechase and the 3,000 Steeple • Set his high mark of 9:26.00 in the 3,000 Steeple at the ACC Outdoor Championships.

Prep: Named All-State in cross country in 2010 • Member of the 2011 Indoor National Championship team • Member of state record five-man average at Holmdel Park • National champion in the 4xMile at indoor nationals • Member of Penn Relays DMR first-place team

Personal: Daniel George Mykityshyn is the son of Thomas and Mary Mykityshyn • His father was a collegiate tennis player for Seton Hall • Has one brother and two sisters • Plays the drums and guitar • CREED mentor in the Carolina Leadership Academy • Born June 16, 1992.



BRYAN NOREEN
Sophomore
Apex, N.C.

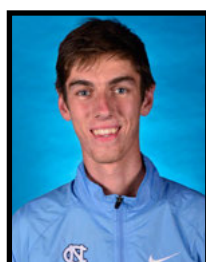
Personal Records:
1,500 - 4:06.28 • 5,000 - 15:04.26

Sophomore: Did not compete during the indoor or outdoor seasons.

Freshman: Did not compete in the indoor or cross country seasons • Ran the 1,500 and the 5,000 during the 2012 outdoor campaign • Broke his personal best in the 5,000 at the Wake Forest Open by nearly 50 seconds.

Prep: Ran all four years of high school • Voted team captain in 2011 • Earned All-Conference honors for three consecutive years from 2009-11 • Named All-Region in 2010 and 2011 • A leader in the Fellowship of Christian Athletes • Named to multiple honor rolls in high school • A National Honor Society member.

Personal: Bryan Harold Noreen is the son of Karen and Dave Noreen • His brother Douglas ran cross country and track at Davidson and his brother Bradley was a member of the UNC swim team • Volunteers with the Timmy Global Healthy Club • Born November 10, 1992.



ISAAC PRESSON
Senior
Asheville, N.C.

NCAA FIRST ROUND QUALIFIER • ACC CHAMPION • 3-TIME ALL-ACC HONOREE • USA CHAMPIONSHIPS COMPETITOR

Personal Records:

XC 8K - 24:15.9 • XC 10K - 32:56.77 • 800 - 1:50.91 • 1,500 - 3:40.16 • Mile - 3:58.67 • 3,000 - 8:34.98 • 5,000 - 14:00.75

Junior: NCAA First Round Qualifier in the 1,500 • Was also ranked nationally in the 5,000 • Earned All-ACC honors in the 1,500 as he finished in second place at the ACC Outdoor Championships • Competed in the inaugural McAfee Mile and won the outdoor event in 4:02.22 • Led the team in the 1,500 with his season-best time of 3:42.28 at the Virginia Challenge • Raced a PR in the 800 in 1:50.91 at the ACC Outdoor Championships • Earned All-ACC honors for his third-place finish in the mile at the ACC Indoor Championships • Ranks third in the UNC record books for the mile

with his collegiate best, set at the UW Husky Classic, of 4:00.79 • Etched closer to the sub-four mark in every mile race he competed in • Raced at an exclusive mile invitational in addition to other recognized distance meets during the indoor campaign • Battled an injury during much of the cross country season but still competed in four races • Raced to a 10K PR at the NCAA Southeast Regional • Also competed in the ACC Championship, the Notre Dame Invitational and the adidas XC Challenge • Placed 10th for a season-best finish at the adidas XC Challenge • Named to the All-ACC Academic Cross Country and Indoor Track & Field teams • Ran his first competitive sub-four minute mile at the Music City Distance Carnival in 3:58.67 for a USA Track & Field Championships 'A' Standard • Placed 21st overall as the sixth-best collegiate time a in the men's senior 1,500 as he ran 3:46.34 at the USA Championships • Named to the ACC Academic Honor Roll for the second time in his career.

Sophomore: Competed in three races for Carolina cross country in 2011, including a personal best performance in the 8K at the ACC Championships Regional • Placed 28th at ACC Championships to help the men's team to a third-place finish • Became a vital runner for the distance program of the track and field team in the spring of 2012 • ACC Champion in indoor mile for track and field • Broke his personal best in the 1,500 at the Virginia Challenge • Member of the school record-breaking distance medley relay at the Alex Wilson Invitational • Lowered all of his times in nearly every race he competed in • Earned All-ACC Academic honors for the cross country, indoor and outdoor seasons.

Freshman: Finished 136th at NCAA Regional Championships • Finished 150th at NCAA Pre-National Invite • Placed 80th at Wisconsin adidas Invite • Represented Team USA at the Pan American Junior Championships in Miramar, Fla., over the summer and

claimed the silver medal in the men's 1,500 • Took sixth and ran personal-best 800 of 1:51.42 at ACC Indoor Championships, also took sixth in the one mile • Took fourth in the 1,500 at the ACC Outdoor Championships • Ran personal-best 1,500 of 3:42.59 at the Florida Relays • Qualified for NCAA Regionals in the 1,500

Prep: Third at the 2009 NCHSAA 3A state cross country championships • For the indoor season, he was the state champion in the 1,000 and 1,600 • Opened the 2010 track and field season with impressive personal records in the 1,500 at 3:56 and in the 3,200 at 9:00.87, which is currently the fourth-fastest time in North Carolina history • Had PRs of 1:52.07 in the 800 and 4:08.46 in the one mile.

Personal: Enrolled in the Kenan-Flagler School of Business • His father ran cross country for UNC-Charlotte • Isaac Dalton Presson is the son of Susan and Dean Presson • Born February 7, 1992.



JOHN RANERI
Senior
Newfairfield, Conn.

NCAA FIRST ROUND QUALIFIER

Personal Records:

XC 8K - 23:55.9 • XC 10K - 30:13 • 1,500 - 3:50.01 • 3,000 - 8:19.27 • 5,000 - 14:07.22 • 10,000 - 29:48.19

Junior: NCAA First Round Qualifier in both the 5,000 and the 10,000 meters • Raced a personal best in the 5,000 at the Duke Invitational in 14:07.22 to lead the team during the outdoor campaign • Earned a PR in the 10,000 at the Stanford Invitational, running sub-30 for the first time in his career at 29:48.19 • Scored in the 10,000 at the ACC Outdoor Championships with

his fourth-place finish • Competed in the 3,000 and 5,000 for the Tar Heels during the indoor season • Competed at the ACC Indoor Championships • Raced twice for the Tar Heels during the cross country season, at the ACC Championship and the NCAA Southeast Regional • Placed 38th at the conference meet • Named to the ACC Academic Honor Roll.

Sophomore: Earned All-ACC honors in cross country for his 14th place finish, helping the team finish third overall • Competed in every race for the Tar Heels in 2011 • Placed third at the UNC Invitational, 13th at the Florida Mountain Dew Invitational, 14th at the conference title race and 35th at the NCAA Southeast Regional for cross country • Broke personal record in the 8K at the ACC Championship, running 23:55.9 • Ran the 10,000 at the ACC Outdoor Championships • Broke his personal best in the outdoor 5,000 at the Virginia Challenge.

Freshman: Did not compete on the cross country team in 2010 • Competed at the ACC Indoor Championships in the 3,000 and 5,000 • Took eighth in the 10,000 at the ACC Outdoor Championships

Prep: Named the 2009 Connecticut Gatorade Cross Country Runner of the Year • The 2009 Connecticut and New England Cross Country Champion • Qualified for the Footlocker National Cross Country Championships by finishing fourth at the Northeast Regional Championships • Won the 2010 National Scholastic Indoor National title in the 5,000 in 14:52 • Finished the indoor season with the seventh-fastest time in the country for the 3,200 at 9:10 • Nike Outdoor All-America selection based on his fourth-place finish in the 5,000 at the 2009 Nike Outdoor National Track and Field Championships • High school personal records of 4:16.97 in the 1,600, 9:00.35 in the 3,200 and 14:52.97 in 5,000.

Personal: Double majoring in communications and exercise and sport

science • Great uncle Chuck ran track at Syracuse and great uncle George played basketball and baseball at Syracuse • John Charles Raneri is the son of James and Clare Raneri • Born October 23, 1991.



CHRIS REEDER
Freshman
Chapel Hill, N.C.

Prep: MVP of his high school track team and a state runner-up • Editor of his high school newspaper, which won best newspaper in four categories for high school publications • Volunteer at the North Carolina Museum of Life and Sciences • President of the Key Club.

Personal: Morehead-Cain Scholar • Christopher Chen Reeder is the son of Ben Stewart and Susanna Chen • Born January 27, 1995.



JOE SANSONE
Freshman
Southlake, Texas

Personal Records:

XC 5K - 15:04 • Two-Mile - 9:09.24
• Mile - 4:15.61

Prep: Lettered in cross country and track all four years of high school • Member of two state championships, including the 2011 Nike Team Nationals runner-up squad • Finished fourth individually at the state cross country championships in 2012 and eighth in 2011 • Team captain • Placed second in the 3,200 at the UIL state championships in 2013.

Personal: Joseph Robert Sansone is the son of Joe and Cristina Sansone • His father played college baseball • Born March 27, 1995.



PAT SCHELLBERG
Senior
Morristown, N.J.

NCAA FIRST ROUND QUALIFIER • ALL-ACC HONOREE

Personal Records:

XC 8K - 24:08.4 • XC 10K - 31:16.9 • 1,500 - 3:45.41 • Mile - 4:10.68 • 3,000 - 8:04.47 • 5,000 - 13:59.14

Junior: Ranks second in the all-time UNC record books in the indoor 5,000 for his 14:03.42 at the Notre Dame Alex Wilson Invitational • Ran a PR of 4:10.68 in the mile at the Armory Collegiate • Also ran a PR in the 3,000 of 8:04.47 at the Hokie Invitational • Earned All-ACC honors for his 10th-place finish at the ACC Cross Country Championship • Also ran a new 8K PR at the conference meet in 24:08.4 • Competed in four meets for the Tar Heels • Placed 47th at the NCAA Southeast Regional in a new 10K PR of 31:16.9 • Raced in the Notre Dame Invitational, where he led the team with his 21st-place finish, and at the Wisconsin Invitational • Did not compete during the outdoor season • Named to the ACC Academic Honor Roll.

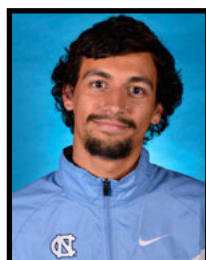
Sophomore: Did not compete in the 2011 cross country season • Competed in the 5,000 for the outdoor season • Ran the 1,000 and 3,000 during the indoor season • Set a PR in the 3,000 at the Navy Wesley A. Brown Invitational.

Freshman: Ran in all six cross country races in 2010 • Placed fifth at the Covered Bridge Open and third at the UNC Invitational in cross country • Finished 28th at the ACC Cross Country Championships • Helped men's DMR take eighth at ACC Indoor Championships, also competed in the 3,000 at the indoor conference

title meet • Competed in the 5,000 at the ACC Outdoor Championships • Qualified for NCAA Outdoor Regionals in the 5,000.

Prep: Named first team All-State in cross country and indoor track • Holds the record in the high school mile at the Penn Relays • Ran the second fastest high school mile in the country for the indoor season in 2010 at 4:10.48 • The Milrose Games and Penn Relays high school mile champion • Named Outstanding Athlete of the Meet at the Penn Relays • In the fall of 2009, he was sixth at the New Jersey Cross Country Meet of Champions • His PRs are 4:08.07 in the one mile, 1:54.16 in the 800 and 9:15.14 in the 3,200.

Personal: Majoring in sports administration • Has a twin brother • Patrick John Schellberg is the son of Helen and John Schellberg • Born February 20, 1992.



MATT VALERIANI
Senior
Cedar Run, N.J.

NCAA FIRST ROUND QUALIFIER

Personal Records:

XC 5K - 25:14 • XC 10K - 31:35.8 • Mile - 4:21.15 • 3,000 - 8:31.09 • 5,000- 14:08.29 • 10,000 - 29.42.25

Junior: NCAA First Round Qualifier in the 10,000 • Earned a personal best in the 10,000 meters 29:42.25 at the Raleigh Relays to lead the team for the outdoor season • Also raced a personal best in the 5,000 at the Duke Invitational in 14:08.29 • Raced the 5,000 and the 10,000 at the ACC Outdoor Championships • Ran a PR of 4:21.15 in the indoor mile at the Dick Taylor Invitational and a PR of 8:31.09 in the indoor 3,000 at the Mark Colligan Memorial • Also competed at the Hokie Invitational • Named to the ACC

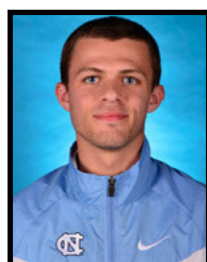
Academic Honor Roll.

Sophomore: Ran in every meet except the ACC Cross Country Championships in 2011 • Ran personal bests in the 8K at the Wisconsin Invitational and in the 10K at the NCAA Southeast Regional • Placed 55th at the NCAA Regional • Ran the 5,00 during the indoor and outdoor seasons in addition to the 10,000 during the outdoor season • Broke his personal best in the 10,000 at the ACC Outdoor Championships and his PR in the 5,000 at the Raleigh Relays • Ran the 5,000 at the ACC Indoor Championships.

Freshman: Redshirted in the 2010 cross country season • Did not compete in the 2011 indoor season • Ran the 3,000 at the Kent Taylor-Joe Hilton UNC Invitational in 8:33.80 • Also competed in the 5,000 and the 10,000.

Prep: Ended the 2010 indoor track and field season with the ninth-fastest 3200 time in the country at 9:11.55 • Finished fourth at the New Jersey Meet of Champions.

Personal: Majoring in sports administration • Matthew David Valeriani is the son of David and Theresa Valeriani • His father played college football • Born March 8, 1992.



RYAN WALLING
Junior
Cary, N.C.

Personal Records:

XC 8K - 24:00 • XC 10K - 31:34.07 • 1,500 - 3:47.53 • Mile - 4:13.98 • 5,000 - 14:26.36

Sophomore: Ran a personal best in the mile in his first outing of the season, clocking in at 4:13.98 • Competed at the ACC Indoor Championships • Ran in four races during the cross country season • Led the team with his 44th-place finish at the Wisconsin

Invitational where he also recorded an 8K PR of 24:00 • Placed 16th at the ACC Championship • Also notched a 10K best at the NCAA Southeast Regional • Did not compete during the outdoor campaign.

Freshman: Ran in the cross country UNC Invitational where he finished fourth in 15:13.00 • Did not compete in the indoor season • Ran PRs in the 1,500 and the 5,000 during the outdoor season.

Prep: Earned All-Conference and All-Region honors all four years in cross country • Earned All-State honors in cross country as a senior • Team captain as a junior and senior • Helped lead team to 2010 state cross country title • Competed in the Brooks PR Meet.

Personal: Majoring in sports administration • Ryan James Walling is the son of Jim and Marigail Walling • His sister Megan ran for East Carolina • A Gap Year and serves as a CREED mentor in the Carolina Leadership Academy • Interned with the Durham Bulls in 2013 • Born December 10, 1992.





Mark VanAlstyne, Head Coach

Mark VanAlstyne is in his second year as the head cross country and distance coach for the University of North Carolina track and field and cross country programs. Prior to Carolina, he served 21 seasons at the

helm of North Florida's track and field program.

The 2012-13 seasons for Carolina distance saw Pat Schellberg earning All-ACC honors at the conference cross country meet, an All-America in Lianne Farber for cross country and ACC Championships in the indoor mile and the outdoor 1,500, as well as 12 All-ACC Academic honors through the cross country, indoor and outdoor season. VanAlstyne coached a USTFCCA All-Academic women's team with Farber earning individual USTFCCA All-Academic honors for the 2012 cross country season. He also coached Isaac Presson to the first sub-four minute mile by a Tar Heel since Tony Waldrop and Reggie McAfee in the early 1970s. VanAlstyne's tutelage saw Farber and Presson compete at the 2013 USA Track & Field National Championships.

VanAlstyne coached seven Tar Heels to the first round of the NCAA National Championships, including Elizabeth Whelan in the 800, Annie LeHardy in the 1,500, Isaac Presson in the 1,500, Steve Magnuson in the steeplechase,



John Raneri in the 5,000, Matt Valeriani in the 10,000, and Lianne Farber in the 1,500 who went on to compete at the national championships

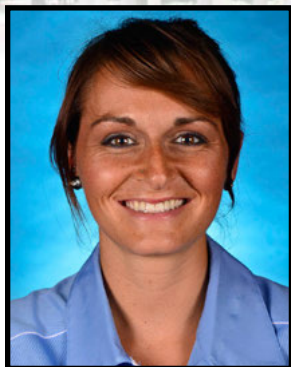
VanAlstyne acted as an assistant athletic director at North Florida and was essential in transitioning the program from NCAA Division II to Division I in 2005. He coached six national champions, 35 All-Americans in track and 12 All-Americans in cross country while leading the Ospreys. One of VanAlstyne's athletes went on to win a U.S. Championship while another gained a berth in the 2004 Olympic Marathon.

VanAlstyne has accrued numerous coaching honors, including the 2002 NCAA South Region Coach of the Year, 2003 Peach Belt Conference Women's Cross Country Coach of the Year and the 2010 Atlantic Sun Conference Women's Cross Country Coach of the Year. In 2010 he also coached the women's team to its first conference title.

A graduate of North Florida and a former stand-out athlete there, VanAlstyne holds the school record for the marathon while his 10,000 meters time ranks third all-time in the school record books. VanAlstyne is married to Patty, who was a six-time All-America track & field athlete at North Florida. They have a son, Daniel, and a daughter, Kaley.

Follow Coach VanAlstyne on [Twitter](#) or friend him on [Facebook](#).



Angela Reckart, Assistant Coach

Angela Tecco-Reckart enters her second year as an assistant distance coach at the University of North Carolina. Prior to Carolina, she was an assistant to Coach Mark VanAlstyne at North Florida.

The 2012-13 seasons for Carolina distance saw Pat Schellberg earning All-ACC honors at the conference cross country meet, an All-America in Lianne Farber for cross country and ACC Championships in the indoor mile and the outdoor 1,500, as well as 12 All-ACC Academic honors through the cross country, indoor and outdoor season. Reckart assisted in coaching a USTFCCCA All-Academic women's team with Farber earning individual USTFCCCA All-Academic honors for the 2012 cross country season. Her first year at Carolina also saw Isaac Presson run the first sub-four minute mile by a Tar Heel since Tony Waldrop and Reggie McAfee in the early 1970s. Farber and Presson also competed at the 2013 USA Track & Field National Championships under Reckart's guidance.

Reckart is a 2008 graduate of The College of New Jersey, earning a bachelor's degree in exercise science. She was a member of TCNJ's track and field team, earning All-America honors seven times in her collegiate career. She earned the national honors competing in the 800 meters and as a member of the 4x400 relay, a relay she helped win the national championship in twice in her career.

In 2007 Reckart got her start in coaching under head coach Eric Mobley at TCNJ where she worked primarily with the middle distance

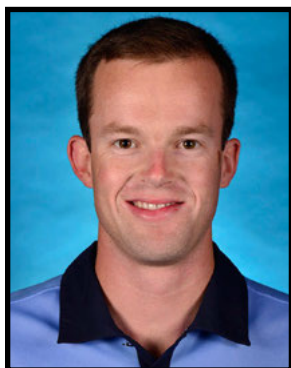
runners in both the men's and women's track programs. During her year coaching at TCNJ, she helped five student-athletes earn All-America status in the 800 meter and 4x400 meter relay at the 2008 outdoor national championships.

Reckart moved her coaching career to the University of North Florida in 2008 where she served as a graduate assistant and volunteer coach under then-UNF head track and field coach Mark VanAlstyne. Reckart worked with both the Osprey men's and women's cross country and track and field teams. She also assisted in meet management for hosting the Atlantic Sun Conference Championship as well as preparations for the NCAA preliminary round hosted by North Florida in 2012.

Reckart has attained a multitude of certifications while coaching, including becoming a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association as well as a Level I Certified Instructor by the USATF Coaching Association.

In 2010 she married Jeremiah Reckart who works for sports nutrition and training company Powerbar.

Follow Coach Reckart on [Twitter](#) or friend her on [Facebook](#). She also contributes to the Tar Heels' [Instagram](#).

**Logan Roberts, Volunteer Assistant Coach**

Logan Roberts joins the coaching staff at UNC after completing his Master's in Sport Administration in May of 2013 from the University of North Carolina at Chapel Hill. He will work primarily with the cross country squad and middle distance runners. His Master's thesis was a study of marketing and fundraising practices among NCAA Division I track and field programs. During Roberts' second year of the graduate program he worked in The Rams Club.

Roberts graduated from Baylor University in 2011 with a degree in Health Science Studies (Pre-Physical Therapy) where he competed four years and lettered in track & field and cross country. During Roberts' time at Baylor, he served as the Big 12 Conference representative on NCAA Division I National Student Athlete Advisory Committee (SAAC) and the NCAA Division I Sport Management/Championships cabinet. Upon earning his degree at Baylor, Roberts was awarded with the Dr. Gerald Lage Award, the Big 12 Conference's highest academic honor.

Roberts earned the USATF Level 1 coaches certification in February of 2013.



Harlis Meaders, Head Coach & Director of Track & Field and Cross Country

Harlis Meaders enters his second season as the head coach of the track and field and cross country programs. Meaders returned to coach at his alma mater in 2012 after an 18-year stint at Florida State that saw him rise to the program's associate head coach in 2004 while coaching the throwers and coordinating

recruiting operations.

"I'm extremely delighted to have the opportunity to reunite with the Carolina family," said Meaders in the summer of 2012, "I'm a product of North Carolina track and field. I was born and raised in this state and had the privilege to compete at the University of North Carolina. If you've ever worn the Carolina Blue and White, you know how I feel. Carolina is an extremely special place and it's an honor to give back to the university and the community that has given so much to me."

During the 2012-13 track and field seasons Meaders led the Tar Heel program to a "better blue" through five ACC Champions, 29 All-ACC honorees, a relay and 25 individual NCAA First Round qualifiers, seven NCAA National Championships qualifiers, three All-Americans in Lianne Farber (cross country), Chrishawn Williams (indoor triple jump), and Cameron Overstreet (outdoor pole vault, second-team), and 24 All-ACC Academic honorees. Additionally, 40 of his student-athletes were named to the 2012-13 ACC Academic Honor Roll that included a record 329 Tar Heels.

In the throws for 2012-13, Meaders helped every thrower on the team reach new personal records as well as score at the conference meets. Under his tutelage, Avana Story placed second in the hammer throw at the USA Track & Field Junior National Championships, earning a spot on the junior national team and competing at the 2013 Pan American Athletics Championships in Medellin Colombia.

Meaders is a 1992 graduate who competed in the discus, shot put, and 35-pound weight throw. While competing, he won back-to-back ACC outdoor titles in the discus in 1991 and 1992 as well as an indoor conference crown in the weight throw in 1992. Meaders was a high school All-America who became an NCAA and Olympic Trials qualifier while at UNC in addition to his three individual conference championships. He set the school record in discus, a mark that stood for 23 years. Meaders ranks second on the UNC all-time list with a discus throw of 186-10 (56.95 meters). Meaders was also a captain on the 1992 track team that won the ACC Outdoor title in the same year.

The Monroe, N.C., native began his coaching at Western Carolina where he spent three years as an assistant coach while earning his master's degree in physical education. While there Meaders also instructed courses in the physical education department. He coached several Western

Carolina track and field athletes to multiple Southern Conference individual titles.

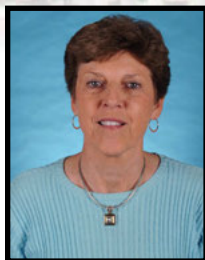
During his tenure at Florida State, Meaders helped the Seminoles win the U.S. Track & Field and Cross Country Coaches Association's NCAA Division I men's program of the year award for two consecutive years in 2011-12. The Seminole men's and women's programs have both finished among the top five nationally in each of the four years the honor has been awarded by the governing body. As the throws coach, Meaders guided 11 different Florida State throwers to a total of 22 All-America honors and compiled 22 ACC indoor and outdoor titles. The male and female athletes he coached there hold more than three-quarters of the top-10 all-time school bests in the discus, javelin, shot put and weight throws. In 2005, Meaders was named the East Regional Assistant Coach of the Year for his success with the Seminoles throwing corps.

At Florida State Meaders coached two-time NCAA Champion Garrett Johnson who is widely considered the greatest student-athlete in Florida State school history. In the fall of 2005 Johnson was honored as the second Rhodes Scholar in school history as well as the first for a student-athlete. In the spring of 2005 Johnson claimed NCAA Indoor and Outdoor titles in the shot put for the Seminoles' first national championships in that event. Johnson also set school, conference and NCAA East Regional records that year. Johnson went on to compete in the 2008 U.S. Olympic Trials, earning a ranking of 14th in the world.

Meaders coached Olympian Dorian Scott, a stand-out at Florida State and native of Jamaica, to the 2012 London Olympics. Scott was the first Jamaican to ever reach the final of the men's shot put at an Olympics, throwing 66-6 (20.31 meters) to qualify, and ultimately finished 10th with a throw of 67-6 (20.61 meters). Scott has an all-time best shot throw of 70-4 ½ (21.45 meters) which he set in March 2008 in Tallahassee, Fla.

Among producing top athletes, Meaders has also taught student-athletes who have gone on to become successful coaches: Gregg Jack is the throws coach at Virginia Tech, Cathy Erickson is the head coach at Northeastern University, David Price is at East Carolina, B.J. Linnenbrink is at Duke, and Dorian Scott is an assistant coach at Florida State. Karen Rademeyer and Makiba Batten are also former Meaders' pupils who went on to coach.

In addition to the coaching and athletic successes to his name, Meaders brings with him a deep commitment to academic success. From 2007 to 2012, his student-athletes earned 19 Academic All-America honors. He was also the co-founder of R.E.A.L. Men (Reliable, Educated, Approachable Leaders), a leadership program at Florida State for male student-athletes. Along with his coaching duties at FSU, Meaders oversaw daily operations, including team travel and budget, as well as acting as the program's liaison with athletic department administration, compliance, facilities, admission, financial aid and the business office.



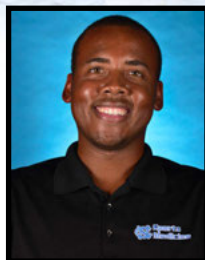
Beth Miller
Primary Sport
Administrator



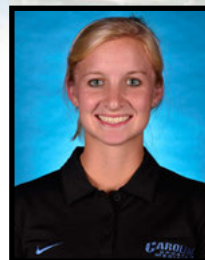
Cricket Lane
Secondary Sport
Administrator



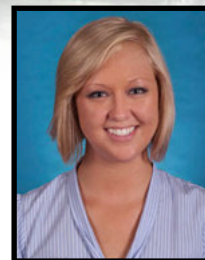
Nina Walker
Head Athletic
Trainer



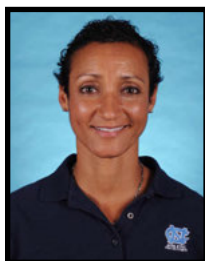
Sean Jones
Assistant Athletic
Trainer



Lindsay Smith
Assistant Athletic
Trainer



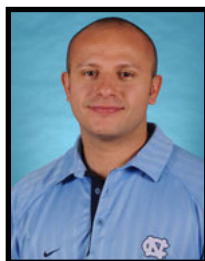
Helen Buchanan
Athletic
Communications



Jaci Field
Director of Eddie
Smith Field House



Kym Orr
Academic Advisor



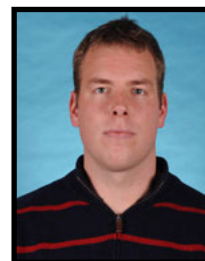
Erik Hernandez
Strength &
Conditioning



Rachel Stratton
Nutritionist



Lance Markos
Compliance



Tom Timmermans
Scholarships



Bubba Cunningham,
Director of Athletics

Lawrence R. (Bubba) Cunningham is in his second full year and third year overall as Carolina's director of athletics. One of Cunningham's first accomplishments at UNC was the development of a strategic plan that adopted the mission statement – "We Educate and Inspire Through Athletics" – and identified Responsibility, Innovation, Service and Excellence (RISE) as the department's core values.

Last year, Carolina finished eighth in the NACDA Director's Cup on the strength of national championships in women's soccer and women's lacrosse. The Tar Heels also had Top 10 finishes in field hockey (second), baseball (third), men's lacrosse (fifth), men's soccer (fifth) and women's tennis (fifth). The women's tennis team captured the ITA national indoor title and six other programs finished in the Top 25. Larry Fedora, one of two UNC head coaches hired by Cunningham, led the football team to share of first place in the Coastal Division.

UNC's women's program captured the 2013 Capital One Cup, which is awarded to the nation's best Division I athletics program.

A record 329 Tar Heel student-athletes made the ACC Honor Roll, which requires a cumulative GPA of at least 3.0.

Cunningham is in his 11th year as a Division I director of athletics, including six years at Tulsa and three years at Ball State. From 1988-2002, Cunningham worked at his alma mater, the University of Notre Dame.

He earned his bachelor's and master's degrees in business administration, in 1984 and 1988, respectively, and was a member of the Irish golf team in 1982-83.

Cunningham served on the NCAA Division I Men's and Women's Golf Committees and is a member of NACDA's Executive Committee.

Raised in Naples, Fla., Cunningham and his wife, Tina, have four children: Matthew, Michael, John and Sarah.

UNC Athletics Announces Strategic Plan

"We educate and inspire through athletics" - that is the mission statement for the University of North Carolina's department of athletics that is a result of a recently completed strategic planning process developed by Bubba Cunningham, who is in his second year as the Tar Heels' director of athletics.

"Our number one priority is for athletics to be part of the educational experience of all students at the University, those who compete in our 28 varsity sports as well as those who do not," says Cunningham. "Athletics provides academic and competitive opportunities for more than 700 students, and is part of a unifying spirit for thousands of other students, faculty, staff and alumni.

"Through competition and achievement, our programs can be a source of inspiration for the student body, the community, our alumni, donors and future generations of Tar Heels."

Early in his tenure as director of athletics, Cunningham appointed a group of executive staff members that began developing a strategic plan that will guide the athletic department's decision-making over the next four years.

The planning team identified four core values for Carolina Athletics- Responsibility, Innovation, Service and Excellence.

CAROLINA ATHLETICS ADMINISTRATION

- Chancellor: Carol Folt
- Faculty Representative: Lissa Broome
- Director of Athletics: Bubba Cunningham
- Exec. Assoc. AD: Larry Gallo
- Sr. Assoc. AD/SWA: Beth Miller
- Sr. Assoc. AD/CFO: Martina Ballen
- Sr. Assoc. AD/Chief of Staff: Karlton Creech
- Sr. Assoc. AD/Operations: Clint Gwaltney
- Sr. Assoc. AD/Compliance: Vince Ille
- Sr. Assoc. AD/Communications: Steve Kirschner
- Sr. Assoc. AD/Facilities: Willie Scroggs
- Sr. Assoc. AD/Marketing & Promotions: Rick Steinbacher
- Assoc. AD/Compliance: Marielle vanGelder
- Assoc. AD/Football: Corey Holliday
- Assoc. AD/Risk Management: Paul Pogge
- Asst. AD/Mkt. and Promotions: Michael Beale
- Asst. AD/Communications: Kevin Best
- Asst. AD/Fac. Planning & Management: Mike Bunting
- Asst. AD/New Media: Ken Cleary
- Asst. AD/Olympic Sports & FB Operations: Ellen Culler
- Asst. AD/Student-Athlete Development: Cricket Lane
- Asst. AD/Business & Finance: Mike Perkins
- Asst. AD/Ticket Operations: Tim Sabo
- Executive Director of the Rams Club: John Montgomery
- Director of Sports Medicine: Dr. Mario Ciocca
- Director Academic Support for Student-Athletes: Michelle Brown
- Athletic Department Switchboards
- Ernie Williamson Center.....(919) 962-6000
- Carmichael Arena.....(919) 962-5411
- Mailing Address:..... Overnight Address:
- P.O. Box 2126Ernie Williamson Center
- Chapel Hill, NC 27515Skipper Bowles Drive
- Chapel Hill, NC 27514
- Web Address:..... www.GoHeels.com

Carolina athletics has never been a stranger to the conference, national and international stages nor to success at such high levels of competitive spirit. Beyond the numerous national and conference championships across all 28 sports at UNC, including the three individual national and 22 ACC champions in cross country, Tar Heel cross country and track and field are mainstays at the Olympics, IAAF World Championships, Pan American Championships and numerous other prestigious contests.

Starting with Harry Williamson as the first Tar Heel from any sport to ever compete at an Olympics in 1936 in Berlin, Carolina distance has sent seven runners to 11 Olympics while the track and field program (including cross country) has sent 26 athletes to 10 Olympics. Track and field Tar Heels account for seven medals, including four gold and three bronze, and have been represented at every Summer Olympiad since 1992. Shalane Flanagan is Carolina's most recent track and field medalist, winning bronze in the 10,000 meters in Beijing in 2008.

Carolina cross country has sent 19 men's and women's teams to the NCAA National Championship and boasts eight top-15 finishes for the women's side and a best fifth-place

finish for the men. The 2010 women's squad was the most recent team Carolina sent to the NCAA National Championship race based on a NCAA Regional performance. Current Tar Heel Miess, competed on that 2010 team that also featured transfer stand-out Kendra Schaaf and the senior leader Ashley Verplank. Most recently, Lianne Farber bolted her way to the NCAA National Championships, bringing home All-America honors for her 40th-place finish.

Atlantic Coast Conference cross country has long been represented at the NCAA National Championship meets, to no surprise considering the competitiveness in the league each season. Fourteen Tar Heels have won the ACC individual crown 22 times since the league's inception. Nine men's teams and three women's teams have also claimed the team ACC title.

The Carolina women have made a lasting impression on the conference championship despite only three Tar Heels winning the women's individual title. Of those three, Karen Godlock won it three times from 1994 to 1996 and Shalane Flanagan defended her ACC Champion title all four years of her collegiate career. The men's side dominated the Southern Conference Championships, winning a total 13 times before the Carolina helped found the ACC in 1953. Though the men have not won an ACC individual title since 1997 or a team title since 1985, the Tar Heels consistently finish in the top portion of the race including numerous top-three team finishes.

Women's Cross Country ACC Champions

1994	Karen Godlock	17:03.5
1995	Karen Godlock	17:23.8
1996	Karen Godlock	16:22.8
2000	Shalane Flanagan	17:38.1
2001	Shalane Flanagan	20:34.3
2002	Shalane Flanagan	19:36.0
2003	Shalane Flanagan	19:30.4
2011	Kendra Schaaf	19:45.3

Men's Cross Country ACC Champions

1954	Jim Beatty	18:08
1955	Jim Beatty	20:43
1956	Jim Beatty	18:55
1958	Wayne Robinson	18:40
1960	Rett Everett	17:53
1962	Larry Henry	20:44
1963	Art Maillet	21:19
1966	Mike Williams	20:33
1977	Ralph King	29:52
1978	Gary Hofstetter	30:06
1979	Gary Hofstetter	30:42
1985	George Nicholas	24:20.6
1992	Andre Williams	24:48.1
1997	John Cline	25:06.6

With a mission to continually recruit the top prospects in the nation, Carolina cross country and track and field will only continue to add to its conference, national and international successes.

NCAA National Team Finishes

Women's Cross Country

Year	Finish
1983	8th
1993	21st
1996	15th
1998	18th
1999	6th
2000	12th
2001	7th
2002	21st
2003	8th
2004	10th
2005	22nd
2006	31st
2007	27th
2010	14th

Men's Cross Country

Year	Finish
1963	20th
1970	T31st
1971	25th
1985	5th
1991	22nd

National Champions

1947	Jack Milne	20:41.1
2002	Shalane Flanagan	19:36.0
2003	Shalane Flanagan	19:30.4

13-Time Southern Conference Men's Cross Country Champions

- 1926 • 1927 • 1928
- 1929 • 1931 • 1934
- 1936 • 1937 • 1938
- 1939 • 1940 • 1941
- 1946

Nine-Time ACC Men's Cross Country Champions

- 1956 • 1957 • 1960
- 1961 • 1962 • 1963
- 1971 • 1979 • 1985

Three-Time ACC Women's Cross Country Champions

- 1994 • 1999 • 2003

UNC Cross Country In International Competition

Olympics

Name	Country	Event	Olympics
Jim Beatty	United States	5000	1960 Rome
Erin Donahue	United States	1500	2008 Beijing
Shalane Flanagan	United States	5000	2004 Athens
		10,000*	2008 Beijing
		5000	2008 Beijing
		Marathon	2012 London
Joan Nesbit	United States	10,000	1996 Atlanta
Blake Russell	United States	Marathon	2008 Beijing
Alice Schmidt	United States	800	2008 Beijing
		800	2012 London
Harry Williamson	United States	800	1936 Berlin

*Won bronze

Pan American Junior Championships

Name	Country	Event	Year	Medal
Jake Hurysz	United States	5000	2011	Gold
Isaac PResson	United States	1500	2011	Silver

NACAC Under-23 Championships

Name	Country	Event	Year	Medal
Cassie King	United States	Steeplechase	2006	Silver
Ashley Verplank	United States	1500	2010	----

IAAF World Championship Qualifiers

Name	Event	Year/Location
Shalane Flanagan	Cross Country	2004 Brussels
	Cross Country	2005 France
	5000	2005 Helsinki
	5000	2007 Japan
	Cross Country	2011 Punta Umbria
	10,000	2011 Daegu
Joan Nesbit	Cross Country	2013 Moscow
	3000	1995 England
	Cross Country	1995 Sweden
	Cross Country	1996 Cape Town
Blake Russell	Cross Country	1998 Morocco
	Cross Country	1999 Belfast
	Cross Country	2005 France
	10,000	2005 Helsinki
	Cross Country	2006 Japan
Alice Schmidt	Cross Country	2011 Punta Umbria
	800	2007 Japan
	800	2011 Daegu



Shalane Flanagan most recently competed at the 14th IAAF World Championships in Moscow.

NCAA Men's Qualifiers

Jim Beatty

— 1954
2nd 1956

John Cline

19th 1997

Jim Farmer

36th 1984
19th 1985

Gary Hofstetter

48th 1979

Jake Hurysz

62nd 2011

Ralph King

— 1977

Jack Milne

1st 1947

George Nicholas

12th 1984

Tony Waldrop

11th 1971

NCAA Women's Qualifiers

Liz Awtrey
194th 2002

Nicole Boykin
172nd 2004

Addie Bracy
111th 2007

Laura Cummings
210th 2005
243rd 2006

Erin Donohue
91st 2002
31st 2003
44th 2004

Lianne Farber
40th 2012

Brie Felnalge
45th 2005
22nd 2006
11th 2007
4th 2008

Shalane Flanagan
4th 2000
22nd 2001

1st 2002
1st 2003

Carol Henry

7th 2003
7th 2004
186th 2005

Emily Hoffman

233rd 2006
202nd 2007

Lauren Holesh

172nd 2007
30th 2008

Katelyn Kaltenbach

184th 2005

Megan Kaltenbach

157th 2003
126th 2005
218th 2006
68th 2007

Cassie King

219th 2002
132nd 2005
199th 2006

Caroline Kirby

149th 2010

Courtlin LaReau

132nd 2007

Mariana Lucena

128th 2010

Susanna Matsen

16th 1994

Ashley Miess

187th 2010

Holly Murray

30th 1982
10th 1983

Trish Nervo

18th 1984

Trish Nervo

15th 1999

Joan Nesbitt

15th 1982

Carter Norbo

161st 2010

Meghan Owen

170th 2003
147th 2004

Jessica Perry

213th 2002

128th 2004

Kendra Schaaf

11th 2010

15th 2011

Alice Schmidt

140th 2002

122nd 2004

Morgan Stengel

229th 2005

242nd 2006

188th 2007

Kristin Stroupe

195th 2003

Jenny Sucher

252nd 2002

218th 2004

Jacque Taylor

209th 2010

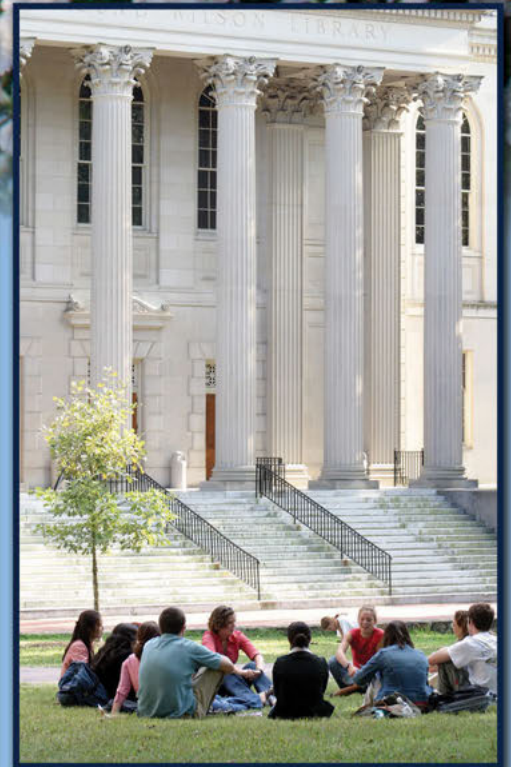
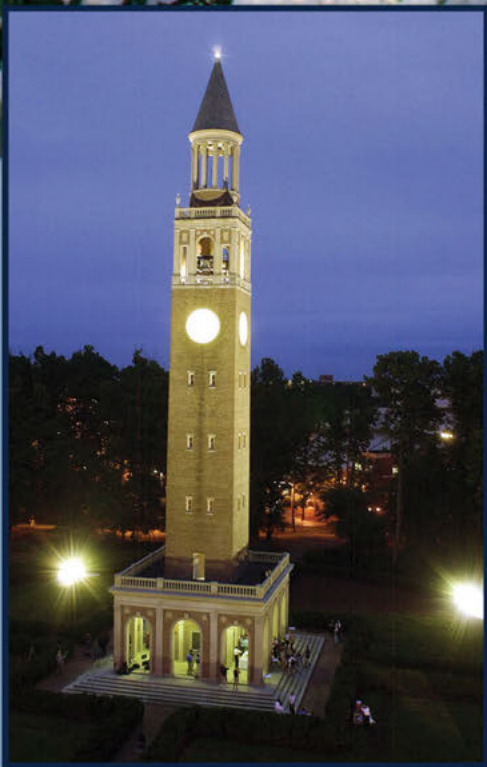
Ashley Verplank

82nd 2010

THE UNIVERSITY OF NORTH CAROLINA

**"If a moviemaker needs
an idyllic setting
for a film about
college life,
Chapel Hill just might
take the prize."**

- Newsweek magazine



FIRST and FINEST

The oldest public university,
in an outstanding college town



“I like to believe I am an example of what the UNC system is all about – taking small-town kids and giving them worldly exposure so that they can contribute in their communities and wherever opportunities lead them.”

– John Skipper
President of ESPN, UNC Graduate

- Carolina’s vibrant people and programs attest to the University’s long-standing place among leaders in higher education since it was chartered in 1789 and opened its doors for students in 1795 as the nation’s first public university. Situated in the beautiful college town of Chapel Hill, N.C., UNC has earned a reputation as one of the best universities in the world. Carolina prides itself on a strong, diverse student body, academic opportunities not found anywhere else, and a value unmatched by any public university in the nation.

- UNC’s educational offerings include 78 bachelor’s, 112 master’s, 68 doctorate and seven professional degree programs through 14 schools and the College of Arts and Sciences.

For much more on the University of North Carolina and all it has to offer, go to unc.edu.



CHAPEL HILL

Home for four years,
Special for a lifetime

Often referred to as "The Southern Part of Heaven," Chapel Hill has been called the perfect college town by several publications, including *Sports Illustrated*.

- Chapel Hill has been ranked the Most Livable Small City (less than 100,000) in America.

- Running along the north edge of campus, Franklin Street is the heart of Chapel Hill. It provides a mix of restaurants, shops and night-life, and also serves as the town's meeting place. UNC fans rush Franklin Street to celebrate Tar Heel titles, and each year Halloween festivities draw thousands of revelers.

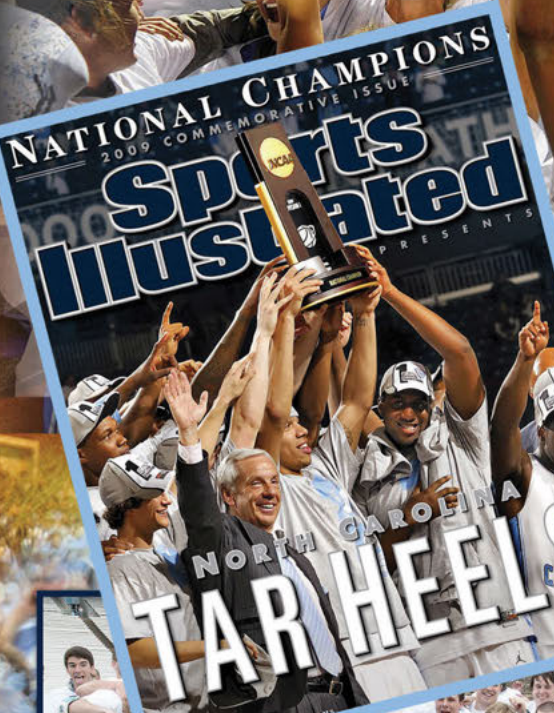
- Chapel Hill's location is ideal, within an easy drive of North Carolina's beautiful beaches and mountains.



ATHLETIC HERITAGE

Competing for crowns,
Representing UNC with class

UNC was the winner of the 2013
Capital One Cup as the top women's
athletics program in NCAA Division I.



During the 2012-13 school year, UNC won NCAA crowns in women's soccer and women's lacrosse and the ITA National Indoors Championship in women's tennis.



Lacrosse's Kara Cannizzaro (left) and soccer's Crystal Dunn were nominated for ESPY awards in 2013, after leading their teams to NCAA championships.

Field hockey, men's lacrosse and baseball won ACC titles in 2012-13.



- UNC has won more national championships and more conference championships than any other school in the Atlantic Coast Conference.
- UNC has finished among the top 10 in the Directors' Cup standings 11 times in the past 12 years and 17 times in the 20-year history of the competition.
- Some of the best-known names in sports – such as Michael Jordan and Mia Hamm – wore Carolina blue.

ACADEMIC EXCELLENCE

**Advancing to graduation,
Building Character,
Developing leadership**



LOUDERMILK CENTER
FOR EXCELLENCE

- The Academic Support Program for Student-Athletes assists Tar Heel student-athletes in exploring their interests and abilities, enjoying a broad educational experience, and reaching or exceeding their academic goals.
- The Academic Support Program is housed in the Loudermilk Center for Excellence, a 150,000-square-foot facility that serves all of Carolina's nearly 800 student-athletes across 28 varsity sports. The Loudermilk Center's largest feature is the John W. Pope Student-Athlete Academic Support Center. This facility provides classrooms for teaching and tutoring, study lounges, office space and a computer lab. It also houses the Baddour Carolina Leadership Academy, which offers leadership training for Carolina student-athletes, coaches and staff.
- The Academic Support Program helps freshmen transition from high school to college through a variety of academic programs such as academic counseling, individual tutoring, group review sessions and supplemental instruction.
- During the 2012-13 academic year, a record 328 Carolina student-athletes earned spots on the ACC Academic Honor Roll, a recognition that requires a cumulative GPA of at least 3.0 for the year.

2012 All-ACC Academic Honorees



UNC's women's squad was honored as a USTFCCA Division All-Academic team. To qualify, a team must have had a cumulative team GPA of 3.00 or better for the fall semester and have started at least five runners at its NCAA regional championship.



Malia Cali



Lianne Farber



Annie LeHardy



Ashley Miess



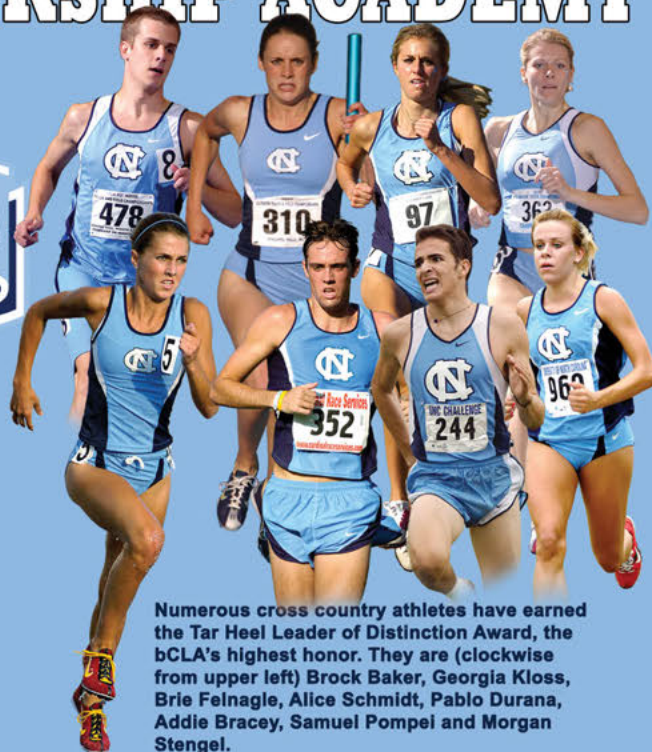
Isaac Presson



Karley Rempel

RICHARD A. BADDOUR CAROLINA LEADERSHIP ACADEMY

**Celebrating 10 years
of Developing
World-Class Leaders
for a Lifetime
of Service and Success**



Numerous cross country athletes have earned the Tar Heel Leader of Distinction Award, the bCLA's highest honor. They are (clockwise from upper left) Brock Baker, Georgia Kloss, Brie Felnagle, Alice Schmidt, Pablo Durana, Addie Bracey, Samuel Pompel and Morgan Stengel.

UNC student-athletes have the opportunity to participate in the *Richard A. Baddour Carolina Leadership Academy*, now in its 10th year of ground-breaking leadership training.

As the nation's premier leadership development program in collegiate athletics, the *Richard A. Baddour Carolina Leadership Academy* develops, challenges and supports student-athletes, coaches and staff in their continual quest to become world-class leaders in athletics, academics and life.

The *Richard A. Baddour Leadership Academy* provides comprehensive and cutting-edge leadership development programming through interactive workshops, 360-degree feedback, one-on-one coaching, peer mentoring and educational resources.

The *Richard A. Baddour Carolina Leadership Academy* offers four programs for student-athletes :

CREED Program

Leadership training begins in the freshman year. All leadership begins with personal leadership, therefore freshmen are taught skills to effectively lead themselves. Training consists of monthly meetings featuring keynote speakers and small group discussion. Upperclass student-athletes serve as peer mentors and discussion leaders. Special focus is on responsibility, accountability, making good choices, ethics and character building.

Rising Stars Program

Designed for a select group of "high potential" sophomores and juniors, the program provides future leaders with insights, strategies and skills necessary to become effective leaders. The program includes monthly meetings, interactive exercises and action learning experiences.

GAP Year Program

This level of involvement is slotted between Rising Star and possible Veteran Leader participation. It is an opportunity for continued leadership reflection and application. Leadership reflection entails case study or leadership articles, and leadership application involves an authentic project.

Veteran Leaders Program

This program is designed for team captains and veteran student-athletes. It provides advanced leadership training and support, teaches the critical skills and insights necessary to be effective vocal leaders and provides a strong peer network. Student-athletes meet regularly to learn and reinforce leadership principles as well as share successes, frustrations and lessons.

Carolina CREED

As a University of North Carolina student-athlete, I pledge to make every effort to abide by the Carolina CREED as a show of my commitment to the University, the Department of Athletics, my team and myself.

C - I will know and embrace the tradition and CULTURE of this great University and its athletics department

R - I will RESPECT myself and others

E - I will pursue EXCELLENCE in my academic work by striving to reach my academic potential while preparing for a career of significance

E - I will EXCEL athletically by committing myself to performance excellence, team success and continual improvement

D - I will DEVELOP the capacity to effectively lead myself and others

Cross Country in the *Richard A. Baddour Carolina Leadership Academy* • 2013-14

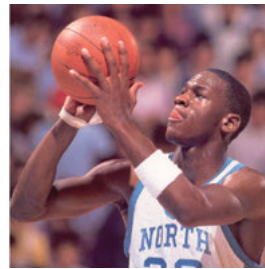
GAP Year: Annie LeHardy, Dan Mykityshyn, Jack Driggs, Ryan Walling, Karley Rempel, Sami Jorgensen

Rising Stars: Macon Gambill, Mark Derrick, Muad Hrezi, Patrick Schellberg, Scott Morgan, Caroline O'Hea

CREED Mentor: Sami Jorgensen



THE RAMS CLUB



On December 7, 1938, a group of UNC supporters took a step that forever changed the face of Carolina Athletics.

The incorporation of The Educational Foundation (a.k.a. The Rams Club) has resulted in hundreds of millions of dollars in scholarship support to thousands of Carolina student-athletes; financial assistance only made possible through the commitment from tens of thousands of Rams Club members over the past 75 years.

While the generosity and longevity of The Rams Club has been remarkable, these have only been THE FIRST 75 YEARS of supporting Carolina's student-athletes. As we recognize this milestone over the course of this next year, we'll celebrate the tremendous accomplishments made possible with member support and look forward to the achievements that are yet to come.

OUR MISSION

The Educational Foundation, Inc., was chartered December 7, 1938, to provide assistance to the University of North Carolina at Chapel Hill for the following: to offer financial aid to worthy young men and women seeking an education at the University of North Carolina at Chapel Hill, and to support University programs by providing services and funds for the construction of facilities or purchase of equipment.



More than \$175M in Scholarship support provided since 1938.



Over 17,000 Scholarships provided since 1938.



Members of The Rams Club enjoy many great benefits - the most rewarding benefit being your commitment to provide opportunities for worthy young men and women to represent Carolina. Members also receive ticket priority over the general public for football, men's and women's basketball and baseball as well as exclusive access to the latest Carolina news and special events. For more information on how you can help secure the future success of Carolina Athletics and enjoy the benefits of being a Rams Club member, visit RamsClub.com.



As we remember the incredible on-field and off-field achievements of Carolina student-athletes since 1938, it's important we also continue to realize that we're not done. There will be another four-time All American, another Olympian, another revolutionary doctor, another innovative businessman, another amazing mother - with your continued support, we can all look forward to seeing who they will be. After all, these really have only been THE FIRST 75.



USTFCCCA All-Academic Women's Cross Country Team



6 All-ACC Academic Selections

2013 UNC Cross Country Schedule

Aug. 31	Joe Hilton XC Invite	Chapel Hill, N.C.
Sept. 20	adidas Cross Country Invite	Cary, N.C.
Sept. 28	Virginia/Panorama Farms Invitational	Earlsville, Va.
Oct. 19	Wisconsin Invite	Madison, Wis.
Nov. 1	ACC Championships	Winston-Salem, N.C.
Nov. 9	Three Stripe Invite	Cary, N.C.
Nov. 15	NCAA Southeast Regional	Earlsville, Va.
Nov. 23	NCAA Championships	Terre Haute, Ind.