



SPORTS MEDIA RELATIONS NEWS

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HAWAII RAINBOW WAHINE CROSS COUNTRY MEDIA NOTES

Rainbow Wahine Host Big Wave This Saturday

Sept. 19, 2002 *Largest UH Cross Country Meet in Years Held at Kualoa Ranch*

THIS WEEK...The University of Hawaii's women's cross country squad hosts the University of Hawaii's Big Wave Invitational at Kualoa Ranch on Oahu. Hundreds of high school runners will be competing with an 11 a.m. start comprised of intermediate school age group. The girls' high school varsity takes off at 2 p.m. followed by the varsity high school boys' race. The collegiate men's race is slated for 3 p.m. with college women off at 3:30 p.m. The intermediate groups in the morning are running a 2k course while the high school and college groups running a 5k layout.

UH COACHING STAFF...UH Head Coach **Carmyn James** is in her third season with the Rainbow Wahine...she comes to UH after serving as the head coach for the University of British Columbia from 1988-2000...**Andy McInnis** is in his second season as associate coach.

UH LINEUP...The Rainbow Wahine participate 22 of its 23-member squad in the meet...the only runner out is **Carolyn Berger** who is redshirting this season.

UH RUNNERS TO WATCH...The runners to watch for the Rainbow Wahine are transfer **Victoria Chang**, who was the top runner at the Chaminade Invitational two weeks ago...she posted a 19:37 time and finished third overall...freshman **Hanna Bremler** looks to be one of the top out of the gate this season...Bremler was UH's second finisher at Chaminade and fourth overall with a run of 18:58...also at Chaminade, both **Jenn Bell**, a transfer from Mt. SAC, and **Alethe West**, junior from Australia, had solid showings at the Chaminade meet with times of 19:18 and 19:49, respectively...**Jennifer Crumley** broke her all-time personal mark at Hilo with a run of 19:37 finishing in sixth place...**Leonie Sugai**, a freshman out of Castle High, is making a statement early on...she was the second fastest UH runner last week at the Hilo Invitational with a time of 20:50 good enough for 14th overall.

LAST WEEK:..The University of Hawaii's took fourth place at the Hawaii's-Hilo Invitational September 14 totalling 75 points. The race was held on the UHH campus, which was very muddy and sloppy from torrential rains the night before and early that morning.

UH's **Jennifer Crumley**, who came in first among the UH runners and sixth place overall, posted her all-time personal best of 19 minutes and 37 seconds.

UH sent nine of their 23-member squad to Hilo for this race this morning.

"Our girls gave their all this morning on a pretty tough, muddy course," head coach Carmyn James said. "We wanted them to go out and test their 3K and 5K efforts and I was pleased with the results."

The Rainbow Wahine, who took first place two weeks ago when the local college programs participated in the Chaminade Invitational, left the top six runners home from last week's meet to train in preparation when they host the Big Wave Invitational this Saturday at Kualoa Ranch.

Hawaii's freshman **Leonie Sugai** came in second among the UH runners. She is out of Castle High School on Oahu and one of 15 newcomers to the UH squad. Sugai posted a time of 20 minutes and 50 seconds.

2002 Hawaii's Cross Country Schedule

Date	Meet	Time/Results
9/7	Chaminade University Invitational (5 km) @BYUH Campus - Laie, Oahu	1st/31 pts.
9/14	Hawaii's-Hilo Invitational @UHH, Big Island (5 km)	4th/75 pts.
9/21	University of Hawaii's Big Wave Invitational @Kualoa Ranch, North Shore (5 km)	3:30 p.m.
9/28	Stanford Invitational (4 km & 6 km) @Palo Alto, CA (Split Squad)	TBA
9/28	BYU-Hawaii's (5 km) @BYUH Campus - Laie, Oahu	8 a.m.
10/5	Willamette University Invitational @Salem, OR	TBA
10/12	Triton Classic X-C Invitational (6 km) @UC San Diego Campus	8:30 a.m.
10/12	Hawaii's Pacific University Invitational (6 km) HPU Windward Campus - Kaneohe, Oahu	7 a.m.
10/19	University of Hawaii's X-C Sprint Series #1 @USMC - Kaneohe Klipper Course (3 km)	7:30 a.m.
11/2	WAC Cross Country Championship (5 km) @SMU Campus - Dallas, TX	TBA
11/16	NCAA West Regional Championship (6 km) @Stanford University - Palo Alto, CA	TBA
11/25	NCAA National Championships (6 km) @Indiana State University - Terre Haute, IN	12 p.m.

Of the nine runners, only five score for the team. The other top three runners that scored were **Sarah Wood** in 17th place and **Sarah Verga** in 18th place with times of 20:57 and 21:03, respectively. The final runner that scored for UH was newcomer **Jordana Whittingham** who came in 20th overall posting a time of 21 minutes and 11 seconds.

"Our 'Super Seniors' did a fantastic job for us," James said. "Both **Sarah Verga** and **Jodi Enomoto** got out of the gate quickly and tried to set the pace for the team. They went out and were fearless at the start."

Enomoto ran a 21:42 good enough for 23rd place while **Kira Lee** came in 26th with a 21:49.
"This was very good preparation for us going into the Big Wave," James said.

ON THE HORIZON...The Rainbow Wahine will split its 23-member squad in half sending about nine runners to the Stanford Invitational and the remaining to the BYU-Hawai'i Invitational. Both meets are on Saturday morning, Sept. 28, with the BYUH meet slated for 8:00 a.m. and the Stanford race in the early afternoon, which consists of both a 4K and a 5K run.
