



Women's Track and Field Newsletter

2016 Outdoor Season Recap

Message from The Head Coach



Hello Women's Track & Field Alumni and friends.

I hope you are all having a great summer. We are less than a month away from one of the greatest track and field events, the RIO 2016 Olympics.

In this newsletter we will highlight our alumni who have been preparing for Rio and how they did at their various countries' Olympic trials. Also, we will recap our great 2016 outdoor season and highlight our latest CUSA conference championship.

Again, we will introduce you to a current senior on the team and remind you of an alumni.

-Head Coach Jim Bevan

Conference USA Outdoor Championships

May 12-15, the team traveled to Murfreesboro, Tennessee for the Conference USA Championship meet. It was one very long roller coaster ride, but the ladies were able to pull it off with a 7.5-point lead over the home team Middle Tennessee State.

Coach Bevan deservedly earned his fourth Coach of the Year Award. In his post meet comments, he talked about how proud he was of the way the team pulled together and competed with heart and never gave up.



2016 Outdoor Season Highlights

Conference USA Outdoor Championships

Claire Uke (shot put), McKenzie Johnson (Pole Vault), Daisy Ding (triple jump) and Cali Roper (5000m & 10000m) all won their respective events. The 5000m was the 8th C-USA title for Cali Roper who has one more season of eligibility remaining.



NCAA West Preliminaries

The team qualified nine athletes to the first round of NCAA in Lawrence, Kansas:

FR- [Bryanah Rideaux](#): 400m (38th-54.38)
 SO- [Elsa Racasan](#): 1500m (34th-4:22.36)
 JR- [Cali Roper](#): 10,000m (19th-34:05.21)
 JR- [Daisy Ding](#): TJ (11th-13.00m)
 JR- [Cybil Obiozor](#): TJ (13th-12.96m)
 SR- [Claire Uke](#): Discus (20th-53.56m)
 SR- [Belle MacFarlane](#): HJ (18th-1.78m)
 SR- [McKenzie Johnson](#): PV (43rd-4.05m)
 SR- [Claire Uke](#): Shot Put (16th-16.69m)

Daisy Ding (triple jump) and Claire Uke (shot put) were the two competitors to make it to the final round of NCAA competition in Eugene, Oregon.

Road to Rio

Former Rice Owl, Lennie Waite (who addressed the alumni at our banquet this year) earned her spot on to the Great Britain Olympic team in June by finishing second at the UK Trials and achieving an Olympic Qualifying standard during the season. We are so excited to watch her compete this summer. The first round of the 3000m steeple chase in Rio is August 13th and the final will be August 15th. Be sure to look out for her.

We also had three alumni compete at the US Trials for a spot on the US Olympic Team. Ariana Ince (former pole vaulter) in the javelin, Funmi Jimoh in the long jump and Becky Wade in the Steeple Chase.

Also, please check out Becky's Book that has just been released (sold on Amazon).

"Run the World: My 3500-mile Journey Through Running Cultures Around the Globe."

We are so proud of all these ladies who are still competing

and representing Rice Women's Track and Field long after they have graduated.



Alumni Highlight

Riva Rahl – Class of '94

Why did you choose Rice?

Jim really seemed like a great coach over the phone and when I came to visit, I immediately felt at home, like I had found my place. It felt more right than any other school I visited. The scholarship offer was flattering as well!



To what do you attribute your success?

My parents instilled in me a work ethic and set the example for hard work and following your passion. I have always enjoyed being part of a team and continue to use that model at work.

What advice would you give to current players?

Sometimes the rigor of the schoolwork and athletics seems to be overwhelming but you have a great system here at Rice and if you actively engage in that system you will succeed.

What is your favorite memory of Rice?

Too many to note! I loved particularly our 1994 SWC cross country championship race in Lubbock. Despite some strange and unfortunate health issues to our teammates we were still able to eke out a historic win for the Owls.

What are you doing now?

I am the medical director for the Cooper Healthy Living program at the Cooper Aerobics Center in Dallas. I oversee this program and also do executive/preventive medical evaluations on patients at the Cooper Clinic (run stress tests, cardiovascular and cancer screening, etc).



Where do you see yourself in five years?

I will still be at the Cooper Clinic, and hopefully have expanded the Healthy Living program as well.

What is the best advice someone ever gave you?

Never give up.

What is your proudest moment in track and field?

Mine came after college- I set a goal and won the Dallas White Rock Marathon during my residency at Parkland Hospital (while working 90-100 hours a week and working in the hospital until 11:00p the night before the race...)

Team Member Highlight

Daisy Ding – Class of '17

Full Name?

Daisy Ding

Major?

Materials Science and
Nanoengineering

High School?

Ravenswood

College?

McMurtry

What is the best part about being a part of the track team at Rice?

Definitely my teammates. When you have to spend 6 days a week with the same group, it definitely makes a difference when everyone brings positive energy to the track and have something different to offer. I spend time with such a diverse group of people and it's exciting getting to know everyone.



Why did you choose Rice?

Rice is a small school with excellent academics, the coaches are really genuine about their athlete's career development and year round warm weather. What else is there to ask for?

Where do you see yourself in 5 years?

Working in another city or on another continent.

What is the best advice someone ever gave you?

Don't be afraid to try new things. It's fundamental, but it has really helped me a lot in the last few years.

How long have you been doing track?

Since I was 11 years old, so for around 10 years.

What is the best part about being at Rice?

The overwhelming amount of support, resources and opportunities provided to the students. It opens a lot of doors into the real world after the 4-year degree.

What advice would you give to an incoming freshman here at Rice?

Don't feel pressured to take on a giant load, being a student athlete is a challenge and not everyone on campus understands. College is a marathon, not a sprint, so don't stress yourself out at the beginning and take your time to explore.

Favorite Rice track memory?

Outdoor Conference Championships 2016. The atmosphere was so lively at the last race of the night, and everybody came together and we really competed as a team. It was great to share the moment with the Seniors and Freshman who won their first Conference title.