

1. When and where were you born?
2. What kind of family were you born into?
 - Parents, siblings, other members
3. What kind of sports or activities were you involved in at a very young age?
4. Did your family move much, or stay in one place?
5. Did you attend public or private schools, or both?
6. When did you start running?
 - What type, level? Were you instantly successful? How were your coaches?
7. What high school did you attend?
 - More than one? Academic success?
8. Did you run for all four years of high school?
 - Other sports or activities?
8. What is your best memory of your high school track career?
9. Do you still remember your high school PR's?
10. How were your high school coaches?
11. How heavily were you recruited by colleges for running?
12. Within a track program, what qualities did you look for when applying for colleges?
13. What other qualities, such as location, public vs. private, cost, availability of major, etc. did you consider?

14. What was your first impression of Coach Torpey?

15. Did you have much previous knowledge of either La Salle as a school or its sports programs?

16. Was the environment of the area outside La Salle's campus a deterrent for either you or your family?

17. What kind of scholarships did you receive to come to La Salle?

18. Did you compete for La Salle from the start of your freshman year, or redshirt?

19. Socially, early on at La Salle, did you spend most of your time with teammates and fellow runners, or with different students?

20. What sort of early success did you have in your first two years?

21. How did the team fare, both within the A-10 and at a higher level? How did the team

22. What was the most challenging aspect of college running initially? Did you ever consider leaving the team?

23. Were you an avid follower of track and had a good understanding of the best collegiate and pro runners, or were you mostly concerned with your own running?

24. After your first two years, what was it like to be an upperclassman and a guide for incoming freshman on the team? Both as a freshman and as an upperclassmen, did you have friendships across all years, or did you stick more closely to the other people in your class?

25. While you were on the team, who would you say was the most heralded incoming runner?

26. When did you first consider working as a graduate assistant?

27. What are the responsibilities and compensation for that position?

- For how many hours a day are you usually at La Salle?
- What graduate classes are you taking, and with what career in mind?
- What do you do over the summer?

28. Do you work mostly with female athletes?

29. When in contact with a recruit, what do you emphasize about La Salle as a school and as a program?

30. Over the years between you first walking onto campus as a freshman, and in your present role today, what has changed in...

- Coach Torpey?
- The structure of practice and workouts?
- The level of competition in the A-10?
- The attitude of the school as a whole towards athletics?

31. Track/XC are only sports to have earned A-10 titles but are obviously much less popular than football or basketball; without any on-campus competitions, do you see any way of that changing?

32. What changes do you think will have to occur to get La Salle to the next level of college track, of being able to consistently send runners to nationals and perhaps contend for both individual and team titles?

33. Personally, what are your current running plans? How much of a future do you have with organized, competitive running?

34. Could you see yourself as a coach later in your life, at any level?