Fran Rizzo
Women’s Cross Country and Track & Field Coach


Rizzo, whose cross country teams have earned six top-15 finishes at the NCAA national meet, was named Centennial Conference Coach of the Year in 2013, 2012, and 2009 for cross country; 2016, 2015, and 2009 for indoor track; and 2013 for outdoor track. He was also recognized as the NCAA Division III Mideast Coach of the Year in both indoor and outdoor track & field in 2004.

During Rizzo’s tenure, the Fords have qualified for the NCAA Division III Cross Country National Championship 17 times, finishing as high as 10th. In 2017, Haverford made its eighth appearance in the last nine years at the championship. Emily Lipman earned an at-large bid to the NCAA Championship in both 2008 and 2009, earning All-American honors with a 24th-place finish. In 2007, Annick Lamar ’08 became the sixth All-American in program history. In 2002, Jane Steinemann ’04 earned All-America honors by finishing 15th overall in the national meet and leading Haverford to a 12th-place team finish.

A succession of top runners has also brought a number of individual conference titles home to Haverford under Rizzo’s watch. Kristen Wilson ’03, a first-team Academic All-District selection in 2003, was the Centennial Cross Country Runner of the Year in 2001. Rachel Mosher ’99, a two-time All-American, was the Centennial’s Runner of the Year in 1998. Five-time All-American and 1995-96 Centennial Runner of the Year Meredith Unger ’97 won an NCAA Postgraduate Scholarship. Four-time All-American Jen Maranzano ’94 was a two-time conference champion in cross country and went on to place fourth at the NCAA Championship following an eighth place finish as a junior. She also earned two All-American certificates during the indoor season in the 5,000 meters. Tamara Lave ’98 was the Middle Atlantic Conference Cross Country Champion in 1988 and 1989 and an outdoor track All-American selection in the 10,000 meters.
The Alumni Cross Country Course, used for several women’s and men’s races each season, traverses the Haverford campus—the oldest planned college landscape in the country. With a landscape design originally created in 1834 by William Carvill, the College’s 216-acre campus is a meticulously maintained Arboretum that includes a 2.2-mile Nature Trail and a Pinetum.

“This team is my foundation at Haverford, and it has given me some of my closest friends and best role models. I know that my teammates sincerely care about my holistic well-being, and I think that kind of support system is integral to performing at a high level both athletically and academically. I try to savor every mile because I know I’m going to look back on this and think, ‘That was something really special.’”

—Hannah Doll ’21