



CROSS COUNTRY 2007

Presidents' Athletic Conference
8500 Brooktree Road, Suite 130
Wexford, PA 15090
Phone - (724) 933-4630
Fax - (724) 933-4635
E-Mail: onderko@pacathletics.org
Web: www.pacathletics.org

UPCOMING EVENTS

Saturday, September 1, 2007

Duquesne Duals - Pittsburgh, Pa. - 9 a.m.

Saint Vincent (M)

Westminster Fisher Invitational - New Wilmington, Pa. - 10 a.m.

Bethany, Saint Vincent (W), Thiel, Westminster

Salisbury Sea Gull Opener - Salisbury, Md. - 10 a.m.

Waynesburg

Case Western Reserve Sudeck Classic - Cleveland, Ohio - 11 a.m.

Geneva, Grove City, Washington & Jefferson

PAC CROSS COUNTRY CAPSULES

Bethany Bison



The Bison take to the course for the first time this year Saturday at the Westminster Invitational ... Bethany's women return their top six runners from a year ago and will be led by three sophomores ... **Maggie McCort** was their top runner at the PAC meet a season ago by placing 31st, while **Desiree Finley** (41st) and **Alissa Moss** (42nd) also return ... Also back is senior **Chantal Stettinius**, junior **Laura Strassguetl** and senior **Heather Moore**, while six newcomers round out the lineup ... Junior **Matt Schlemmer** will lead the men and is joined by returning sophomore **Patrick Miller** and transfer **Zach Foster**, who comes in after a year at Mount Union, as well as two freshmen.

Geneva Golden Tornadoes



The Golden Tornadoes open the 2007 schedule this weekend at the Case Western Reserve Invitational in Cleveland ... Geneva's men will have to deal with a youthful team with just one senior, while the women's team will be competing with four runners that have previously been to national competition ... Head coach **Bret Otte** will see his men develop throughout the season, while the women will look to compete against the best teams in the PAC.

Grove City Wolverines



Both Grove City teams return the PAC's respective 2006 MVP ... On the men's side, junior **Dan Spaulding** is back while on the women's side, junior **Kristen Carter** returns for her third season ... Carter qualified for the NCAA Championships last fall ... The men's team features seniors **Joey Cortez** and **R.J. Fryan**, along with juniors **Nathan Johnson** and **Brett Kelly** ... The women's team welcomes back seniors **Candice Coholich**, **Amanda Hewitt**, **Adrienne Sharp** and **Rachael Smith** ... Junior **Julia Seward** returns after missing the 2006 fall season due to injury ... GCC will compete in the CWRU Sudeck Classic Saturday in Cleveland ... Last year, the men's team placed 11th and the women earned eighth.

Saint Vincent Bearcats



The Bearcat harriers open the 2007 season this weekend, with the men competing at the Duquesne Duals and the women looking to defend their team title at the Westminster Fisher Invitational ... The men's team returns its top runner from last season, **Adam Smith**, who took first overall in the PAC Championships ... The women's team's top returnee is **Laura Magnuson**, who missed much of last year due to an injury.

Thiel Tomcats



The Tomcats and first-year head coach **Kevin Pool** open up the 2007 season Saturday at Westminster's Fisher Invitational ... The Tomcats are looking forward to this season after a brief one-year hiatus ... Juniors **Klavin Boyd**, **Adam Evans** and **Deighton Williams** are expected to lead the men's squad, while junior **Kate DeGeorge** and sophomores **Sarah McAfee** and **Rebecca Walton** will look to pace the women's squad.

Thomas More Saints



The Saints and new head coach **Brian Alessandro** open the 2007 cross country season at the Hanover Classic in Hanover, Ind., on Saturday, September 8.

Washington & Jefferson Presidents



The Presidents open their fifth season under head coach **Mark FitzPatrick** on Saturday at the Case Western Reserve University Sudeck Classic in Cleveland, Ohio ... The W&J men welcome back senior **Matthew Rudzki**, the 2005 PAC Champion, after he studied abroad last fall ... Junior **Erin Long** will once again pace the women's squad after earning all-region laurels in each of her first two seasons.

Waynesburg Yellow Jackets



The Yellow Jacket harriers of head coach **Blair Zimmerman** open the 2007 season at the Salisbury Sea Gull Opener on Saturday in Salisbury, Md.

Westminster Titans



The Titans open the 2007 season under new head coach **Tim McNeil** on Saturday, when Westminster hosts the Fisher Invitational at 10 a.m. ... The Titan women placed seventh and the Titan men eighth at last year's Fisher Invitational ... Returning runners **Will DeLair** and **Joey Knott** logged 8-kilometer times of 31:40 and 32:05 for 44th and 45th, respectively ... **Elizabeth Beardsley**, back in 2007 as a sophomore, ran the women's 5-kilometer race in 20:39 for 19th overall in her first collegiate race ... Saint Vincent won the women's team standings last year and Walsh took the men's title.