

2009 PAC Cross Country Release Week 1 - August 31



Presidents' Athletic Conference
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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LASTWEEK

No Races Scheduled

THISWEEK

Tuesday, September 1, 2009

Thiel at Geneva (dual) - 4:30 p.m.

Chatham at La Roche quad - 6:30 p.m.

Saturday, September 5, 2009

Saint Vincent (M) at **Duquesne Duals** -
Pittsburgh, Pa. - 9 a.m.

Bethany, Chatham, Geneva, Thiel at
Westminster Fisher Invitational - New
Wilmington, Pa. - 10 a.m.

Waynesburg at **Salisbury Sea Gull
Opener** - Salisbury, Md. - 10 a.m.

Thomas More at **Franklin Invitational** -
Franklin, Ind. - 10:30 a.m.

Grove City, Saint Vincent (W) at **California
Invitational** - California, Pa. - 11:30 a.m.

Washington & Jefferson - off

2009 PAC CROSS COUNTRY RUNNERS OF THE WEEK

Men

Women

September 7:

September 14:

September 21:

September 28:

October 5:

October 12:

October 19:

Bethany Bison

Under new head coach **Matt Abel**, the Bison will start the new season Saturday at the Westminster Invitational ... Bethany's women's team has the potential for a strong season, as **Maggie McCort**, a Second Team All-PAC performer a season ago, is one of four seniors back to lead the way ... The other returning seniors include **Alissa Moss**, **Desiree Finley** and **Jodi Bodo** ... The men's side does not have enough to field a full team, but will be striving to improve every meet behind upperclassmen **Patrick Miller**, a four-year member of the BC program, and **Rich Violet**.



Chatham Cougars

Chatham opens the season with a meet against La Roche, Point Park and Franciscan on Tuesday, Sept. 1.



Geneva Golden Tornadoes

A new era of cross country begins this week for Geneva has newly appointed head coach **Brian Yowler** takes over the program after an 11-year stint by **Bret Otte** ... Yowler will enjoy a record number of runners this season as the Golden Tornadoes will field a total number of 30 runners on the men's and women's teams ... The Golden Tornadoes will put those numbers to the test in the season opening meet at home against Thiel College ... The week ends with a meet at Westminster on Saturday morning.



Grove City Wolverines

Grove City's cross country teams open the 2009 season Saturday by competing in the California University of Pennsylvania Invitational ... Last year, Grove City's men took fourth at CUP while the women finished second ... Both teams return several standouts this year ... The men's team returns NCAA Championships qualifier **Garrett Cichowitz**, a junior, along with seniors **Andrew Falcone**, **Frankie Hourigan** and **Royce Hyland** ... On the women's side, **Rachel Nelson** is the team's lone senior ... However, several other veterans are back, including juniors **Brigitte Fryan** and **Emily Pierce** ... Grove City's women have won 20 straight conference titles while the men own 18 straight league crowns.



Saint Vincent Bearcats

Both Saint Vincent teams will open the 2009 season this Saturday, with the Bearcat men taking part in the Duquesne University Duals and the Lady Bearcats traveling to the California (PA) Invitational ... The men's squad returns the bulk of its roster from a season ago, including sophomores **Kevin Wanichko** and **Ryan Barlow**, who took third and fourth, respectively, at the 2008 PAC Championships ... Last season, racing against a field composed primarily of Division I and II squads, the Bearcats finished fifth out of nine at the Duquesne Duals ... The Lady Bearcats return its two top runners from 2008, and 13 runners total ... Sophomore **Ivette Mejia** and senior **Katie Macioice** look to lead the squad for the second straight season.



Thiel Tomcats

Trips to Geneva College and the Westminster College Invitational highlight the up-and-coming Thiel cross country teams' first week of competition... Third-year head coach and reigning PAC men's coach of the year, **Kevin Pool** leads a solid core of runners – including All-PAC selections **Richard Peterson**, **Alex Bent**, and **Tiffany Blosser** – into what could be a breakthrough year for the 'Cats ... Last season the men's squad finished second at the PAC Championships, tying a program best ... With key losses since last year being held to a minimum, the stage could be set to improve on that record.



Thomas More Saints

Thomas More opens the 2009 season this Saturday at the Franklin College Invitational and will have two women returning and three men returning from last season's squad ... The Saints top women's returner is senior **Rachel Krumpelbeck**, who finished 26 at the PAC Championship meet last season with a time of 26:00 ... The top returning men's runner is senior **Josh Horn**, who finished 37th at the PAC Championship Meet with a time of 29:38.



Washington & Jefferson Presidents

The Washington & Jefferson College cross country squads open the 2009 season on Sept. 12th at the Waynesburg Invitational ... **Bryan Hanrahan** leads the men's returnees after notching Second Team All-Presidents' Athletic Conference laurels a year ago ... Junior **Laura Procaro** brings the most experience to the 2009 women's squad ... The team captain notched a season-best 6K time of 26:11 at Oberlin last year and also placed 30th at the PAC Championships.



Waynesburg Yellow Jackets

The Waynesburg long distance runners will have a very different look to them this year as, for the first time in his 11 years with the program, head coach **Blair Zimmerman** will have a men's team with higher numbers than his women's team ... The Jacket men will be led by juniors **Adam Swingle** and **Bill Moder**, while the Jacket women will be looking for someone to try to fill the gaping hole left by first-team All-PAC runner **Megan Grover** ... Both squads boast talented freshman classes that they hope will help with the losses of several key seniors ... The Jackets travel to Maryland for their first action of the year at the Sea Gull Opener, which is hosted by Salisbury University.



Westminster Titans

Both the Westminster men's and women's cross country teams took the No. 3 spot at last year's PAC Championships ... This year, the men's team is led by senior **Jeremiah Patterson** and sophomore **Morgan Hanes**, who placed 13th and eighth, respectively, in the PAC last year for second-team all-PAC honors ... On the women's side, two of the five returning letter-winners include second-team all-PAC runners in seniors **Elizabeth Beardsley** and **Rachel Hudson** ... Beardsley placed 22nd at PACs last year, while Hudson ran a school-record 6K time of 23:39 for eighth place at PACs ... The Titans are led by third-year head coach **Tim McNeil**.



Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 5	at Westminster Fisher Invitational		
Sept. 19	at Penn St.-Behrend Invitational		
Oct. 3	at Slippery Rock Invitational		
Oct. 16	at Wilmington Fall Classic		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Chatham Cougars

			<u>Women</u>
Sept. 1	at La Roche (dual)		
Sept. 5	at Westminster Fisher Invitational		
Sept. 12	at Waynesburg Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 10	at Carnegie Mellon Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Sept. 1	THIEL (dual)		
Sept. 5	at Westminster Fisher Invitational		
Sept. 12	at Waynesburg Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 24	at Walsh Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCCAA National Championships (Cedarville, Ohio)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Sept. 5	at California (Pa.) Invitational		
Sept. 11	at Penn State Spiked Shoe Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 17	at Oberlin Inter-Regional Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Sept. 5	at Duquesne Duals (M)		
Sept. 5	at California (Pa.) Invitational (W)	---	---
Sept. 12	at Marietta Invitational (W)	---	---
Sept. 18	at Notre Dame Catholic Invitational		
Sept. 26	SAINT VINCENT INVITATIONAL		
Oct. 10	at Carnegie Mellon Invitational (M)		---
Oct. 10	at Juniata Invitational (W)	---	---
Oct. 17	at Oberlin Inter-Regional Invitational (M)		---
Oct. 17	at Gettysburg Invitational (W)	---	---
Oct. 31	PAC CHAMPIONSHIPS (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 7	ECAC Championships (Williamstown, Mass.)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Sept. 1	at Geneva (dual)		
Sept. 5	at Westminster Fisher Invitational		
Sept. 19	at PS-Behrend Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 17	at Mercyhurst Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Thomas More Saints

		<u>Men</u>	<u>Women</u>
Sept. 5	at Franklin Invitational		
Sept. 12	at Queen City Invitational		
Sept. 26	at Otterbein Invitational		
Oct. 3	at Louisville Invitational		
Oct. 16	at Wilmington Fall Classic		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA South Regionals (Greensboro, N.C.)		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 12	at Waynesburg Invitational		
Sept. 19	at Penn St.-Behrend Invitational		
Oct. 3	at Slippery Rock Invitational		
Oct. 17	at Oberlin Inter-Regional Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Sept. 5	at Salisbury Sea Gull Opener		
Sept. 12	WAYNESBURG INVITATIONAL		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Pitt-Greensburg Invitational		
Oct. 10	at Carnegie Mellon Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
Sept. 5	FISHER INVITATIONAL		
Sept. 19	at PS-Behrend Invitational		
Sept. 26	at Saint Vincent Invitational		
Oct. 3	at Slippery Rock Invitational		
Oct. 18	at Oberlin Inter-Regional Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		