

# 2008 PAC Cross Country Release Week 1 - September 2



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## 2008 PAC CROSS COUNTRY RESULTS/SCHEDULE

### LAST WEEK

Saturday, August 30, 2008

#### Duquesne Duals - Pittsburgh, Pa.

Men (9 teams)

5. Saint Vincent

#### Westminster Fisher Invitational - New Wilmington, Pa.

Men (11 teams)

1. Grove City - 21

6. Westminster - 164

7. Thiel - 172

8. Geneva - 173

9. Waynesburg - 239

Women (13 teams)

1. Grove City - 49

4. Saint Vincent - 108

5. Waynesburg - 131

7. Westminster - 158

8. Geneva - 210

9. Thiel - 261

10. Chatham - 318

#### Franklin Invitational - Franklin, Ind.

Men

7. Thomas More

Women

Thomas More - individuals only

Bethany, Washington & Jefferson - off

### THIS WEEK

Saturday, September 6, 2008

Grove City, Saint Vincent at California

(Pa.) Invitational - 10 a.m.

Washington & Jefferson at Washington &  
Lee Invitational - Lexington, Va. - 10 a.m.

Bethany at Davis & Elkins Forest Festival -  
Elkins, W.Va.

Thomas More at Hanover Invitational

Chatham, Geneva, Thiel, Waynesburg,  
Westminster - off

### ***Men's Runner of the Week***

#### **GARRETT CICHOWITZ**

**Grove City**

*Sophomore*

*Colorado Springs, CO*

*Palmer H.S.*



Cichowitz finished second in a 103-runner field Saturday at the Westminster Fisher Invitational in New Wilmington, Pa. He finished the 8-kilometer race in 26:54.5, just behind race champion Bill Jones of Franciscan (26:49.0)

*Also nominated was freshman **Bill Moder** of Waynesburg, and freshman **Morgan Hanes** of Westminster*

### ***Women's Runner of the Week***

#### **KRISTEN CARTER**

**Grove City**

*Senior*

*Bellingham, WA*

*Bellingham H.S.*



Carter finished in first place in a 139-runner field Saturday at the Westminster Fisher Invitational in New Wilmington, Pa. Carter covered the 6-kilometer course in a time of 22:26.6, more than eight seconds ahead of the second-place finisher, teammate **Julia Seward**.

*Also nominated was senior **Megan Grover** of Waynesburg and junior **Rachel Hudson** of Westminster.*

**LEADERS OF THE PAC:** Chatham debuted its new varsity women's cross country team at the Westminster Fisher Invitational Saturday ... The Cougar harriers posted a solid 10th-place team finish in their first-ever event ... Seven PAC programs competed at the Westminster meet, with Grove City capturing both the men's & women's team titles ... Six of the top eight women's finishers were PAC runners, while eight of the top 10 affiliated men's runners hailed from PAC programs.

### 2008 PAC CROSS COUNTRY RUNNERS OF THE WEEK

|               | <u>Men</u>                    | <u>Women</u>               |
|---------------|-------------------------------|----------------------------|
| September 1:  | <b>Garrett Cichowitz, GRO</b> | <b>Kristen Carter, GRO</b> |
| September 8:  |                               |                            |
| September 15: |                               |                            |
| September 22: |                               |                            |
| September 29: |                               |                            |
| October 6:    |                               |                            |
| October 13:   |                               |                            |
| October 20:   |                               |                            |
| October 27:   |                               |                            |

### Bethany Bison

Bethany's 2008 cross country season will get underway this Saturday at the Forest Festival at David & Elkins.



### Chatham Cougars

The Chatham cross country team was officially launched when it competed in its first meet at the Fisher Invitational held at Westminster College ... Five runners finished and scored for the Cougars who finished 10th out of 14 teams ... Junior **Maggie Leathers** led the way with a time of 27:58.9 in the six-kilometer race.



### Geneva Golden Tornadoes

Both Geneva cross country teams opened the season with eighth-place finishes at Westminster College over the weekend ... On the women's side, senior **Rebecca VanRegenmorter** finished seventh overall in a time of 24:44 ... Fellow senior **Nicole Okerlund** came across the line in 26<sup>th</sup> position in a time of 26:17 ... For the men, **Josh Gunnett** and **Josh Falk** finished 10<sup>th</sup> and 11<sup>th</sup>, respectively, in times of 28:34 and 28:36 to pace the men's team.



### Grove City Wolverines

Both Grove City teams captured team titles at Westminster College's season-opening Fisher Invitational Saturday ... The women's team placed five runners in the top 20, led by individual champion **Kristen Carter** ... Carter covered the course in 22:26.6 ... **Julia Seward** took second in 22:35.2 ... Also in the top 20 were **Brigitte Fryan** (8<sup>th</sup>), **Kate McRoberts** (18<sup>th</sup>) and **Emily Pierce** (20<sup>th</sup>) ... Grove City recorded 49 points while runner-up Gannon had 69 ... On the men's side, Grove City garnered just 21 points in winning the meet crown ... Five Wolverine harriers placed in the top eight, led by overall runner-up **Garrett Cichowitz** ... Senior **Nathan Johnson** took third, one spot ahead of senior **Dan Spaulding** ... **Frankie Hourigan** grabbed sixth while **Gordon Grob** placed eighth.



### Saint Vincent Bearcats

The Saint Vincent men opened the 2008 campaign at the Duquesne University Duals, finishing fifth out of nine teams, trailing only D-I foes Duquesne, Pitt, and Canisius, as well as Carnegie Mellon ... **Adam Smith** was the top finisher for the Bearcats, taking 18<sup>th</sup> out of 102 runners with a time of 27:17, good for second among non-Division I runners ... SVC's **Ryan Barlow** finished 30<sup>th</sup> (28:00) ... The Lady Bearcats began the season with a fourth-place finish at the Westminster Fisher Invitational ... Freshman **Ivette Mejia** finished in fifth place with a time of 24:27 ... Two of Mejia's classmates also had strong debuts, with **Marie McIntyre** taking 19<sup>th</sup> place and **Crystal Sherlock** finishing 20<sup>th</sup>.



### Thiel Tomcats

The Thiel men's and women's cross country teams got their 2008 season underway Saturday at the Fisher Invitational hosted by Westminster College ... The men's squad finished in seventh place in field of 11 teams, while the women earned ninth place out of 13 teams ... Both Thiel teams were led by freshmen: **Richard Peterson** claimed 20th place individually in the men's race with a time of 29:20, while **Brittany Davis** took 39th place honors in the women's competition with a time of 27:10 ... Thiel's next meet is on Saturday, Sept. 14 when they participate in the Penn State Behrend Invitational.



### Thomas More Saints

Thomas More competed at the Franklin College Sodexo Grizzly Invitational in Franklin, Indiana ... The men's team finished seventh and the women competed as individuals ... Junior **Josh Horn** paced the men as he finished 16th (28:39.79) ... He was followed by sophomore **Kyle Egan** in 28th place (29:41.16) ... The women's team had four runners compete and was led by freshman **Katie Mestemaker** as she finished in 14th place with a time of 21:22.89 ... She was followed by sophomore **Rachel Krumpelbeck** in 23rd place in 21:59.73, freshman **Graciela Reynolds** in 32nd place in 22:54.71 ... Both teams return to action next Saturday when they travel to Hanover, Indiana to run in the Hanover College Invitational.



### Washington & Jefferson Presidents

The Presidents open their sixth season under head coach **Mark FitzPatrick** on Saturday at the Washington and Lee Invitational in Lexington, Va. ... The men's program will return three All-PAC performers from a year ago, including seniors **Bobby Regan** and **Matthew Toldero** and sophomore **Andrew Howard** ... Senior **Erin Long** will once again pace the women's squad after earning All-Region laurels in each of her first three seasons, looking to become the first W&J runner to earn four consecutive all-region awards.



### Waynesburg Yellow Jackets

Both Waynesburg teams competed at the Westminster Fisher Invitational, with the men placing ninth and the women finishing fifth ... Freshman **Bill Moder** paced the men with a 29th place finish, while senior **Megan Grover** was third out of 139 runners to lead the women.



### Westminster Titans

The Westminster men's and women's cross country teams opened the 2008 season by hosting the Fisher Invitational on the Westminster campus Saturday morning ... The Titan men placed sixth out of 11 schools with 164 points while the Titan women placed seventh out of 13 teams with 158 points ... Freshman **Morgan Hanes** led the Titans with an eighth-place time of 28:34.5 in the 8-kilometer men's course ... Junior **Jeremiah Patterson** took 34th overall by clocking in at 30:46.6 ... Westminster junior **Rachel Hudson** led the Titans with a 13th-place time of 25:16.5 in the 5-kilometer women's race ... Classmate **Elizabeth Beardsley** followed her in 27th place (26:24.2), while sophomore **Jasmine Grady** took 33rd (26:20.7).



## Bethany Bison

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Sept. 6  | at D&E Forest City Festival                                       |            |              |
| Sept. 13 | at Marietta Invitational  |            |              |
| Sept. 27 | at Rio Grande Invitational  |            |              |
| Oct. 11  | at Carnegie Mellon Invitational                                   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |            |              |

## Chatham Cougars

|          |   |  | <u>Women</u> |
|----------|---|--|--------------|
| Aug. 30  | at Westminster Fisher Invitational                                |  | 10th/13      |
| Sept. 13 | at Waynesburg Invitational  |  |              |
| Sept. 20 | at Dickinson Invitational   |  |              |
| Oct. 4   | at Pitt-Greensburg Invitational                                   |  |              |
| Oct. 11  | at Carnegie Mellon Invitational                                   |  |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |  |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |  |              |

## Geneva Golden Tornadoes

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Aug. 30  | at Westminster Fisher Invitational                                | 8th/11     | 8th/13       |
| Sept. 13 | at Waynesburg Invitational  |            |              |
| Sept. 27 | at Saint Vincent Invitational                                     |            |              |
| Oct. 11  | at Carnegie Mellon Invitational                                   |            |              |
| Oct. 18  | at Walsh Invitational   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |            |              |

## Grove City Wolverines

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Aug. 30  | at Westminster Fisher Invitational                                | 1st/11     | 1st/13       |
| Sept. 6  | at California (Pa.) Invitational                                  |            |              |
| Sept. 13 | at Waynesburg Invitational  |            |              |
| Oct. 3   | at Lehigh Paul Short Invitational                                 |            |              |
| Oct. 18  | at Oberlin Invitational   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |            |              |

## Saint Vincent Bearcats

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Aug. 30  | at Duquesne Duals (M)   | 5th/9      | ---          |
| Aug. 30  | at Westminster Fisher Invitational (W)                            | ---        | 4th/13       |
| Sept. 6  | at California (Pa.) Invitational                                  |            |              |
| Sept. 13 | at Marietta Invitational (W)                                      | ---        |              |
| Sept. 19 | at Notre Dame Catholic Invitational                               |            |              |
| Sept. 27 | SAINT VINCENT INVITATIONAL  |            |              |
| Oct. 11  | at Carnegie Mellon Invitational (M)                               |            | ---          |
| Oct. 11  | at Juniata Invitational (W)                                       | ---        |              |
| Oct. 18  | at Oberlin Invitational (M)                                       |            | ---          |
| Oct. 18  | at Gettysburg Invitational (W)                                    | ---        |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 8   | ECAC Championships (Boston, Mass.)                                |            |              |

## Thiel Tomcats

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Aug. 30  | at Westminster Fisher Invitational                                | 7th/11     | 9th/13       |
| Sept. 13 | at PS-Behrend Invitational  |            |              |
| Sept. 27 | at Saint Vincent Invitational                                     |            |              |
| Oct. 4   | at Pitt-Greensburg Invitational                                   |            |              |
| Oct. 18  | at Walsh Invitational   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |            |              |

## Thomas More Saints

|          |  | <u>Men</u> | <u>Women</u> |
|----------|--|------------|--------------|
| Aug. 30  | at Franklin Invitational                     | 7th        | Ind. only    |
| Sept. 6  | at Hanover Invitational                      |            |              |
| Sept. 20 | at Cedarville Invitational                   |            |              |
| Sept. 27 | at Otterbein Invitational                    |            |              |
| Oct. 4   | at Louisville Invitational                   |            |              |
| Oct. 17  | at Wilmington Fall Classic                   |            |              |
| Nov. 1   | PAC CHAMPIONSHIPS<br>(West Chester, Ohio)    |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.) |            |              |

## Washington & Jefferson Presidents

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Sept. 6  | at Washington & Lee Invitational                                  |            |              |
| Sept. 20 | at Dickinson Invitational   |            |              |
| Sept. 27 | at Allegheny Invitational   |            |              |
| Oct. 11  | at Carnegie Mellon Invitational                                   |            |              |
| Oct. 18  | at Oberlin Invitational   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |            |              |

## Waynesburg Yellow Jackets

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Aug. 30  | at Westminster Fisher Invitational                                | 9th/11     | 5th/13       |
| Sept. 6  | WAYNESBURG INVITATIONAL   |            |              |
| Sept. 27 | at Salisbury Invitational   |            |              |
| Oct. 4   | at Pitt-Greensburg Invitational                                   |            |              |
| Oct. 11  | at Carnegie Mellon Invitational                                   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA MID-EAST REGIONALS   |            |              |

## Westminster Titans

|          |   | <u>Men</u> | <u>Women</u> |
|----------|---|------------|--------------|
| Aug. 30  | FISHER INVITATIONAL   | 6th/11     | 7th/13       |
| Sept. 13 | at PS-Behrend Invitational  |            |              |
| Sept. 27 | at Saint Vincent Invitational                                     |            |              |
| Oct. 4   | at Slippery Rock Invitational                                     |            |              |
| Oct. 18  | at Oberlin Invitational   |            |              |
| Nov. 1   | PAC Championships<br>(West Chester, Ohio - hosted by Thomas More) |            |              |
| Nov. 15  | NCAA Mid-East Regionals<br>(Waynesburg, Pa.)                      |            |              |