



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

RECENT RESULTS

Saturday, September 1, 2007

Westminster Fisher Invitational - New Wilmington, Pa.

Men (10 teams)

4. Westminster (134)
5. Thiel (143)
6. Bethany (188)

Women (nine teams)

4. Saint Vincent (99)
 6. Westminster (135)
 7. Bethany (147)
- Thiel - individuals only

Case Western Reserve Sudeck Classic - Cleveland, Ohio

Men (11 teams)

6. Grove City (170)
 8. Washington & Jefferson (226)
- Geneva - individuals only

Women (14 teams)

4. Grove City (130)
7. Geneva (208)
11. Washington & Jefferson (322)

Salisbury Sea Gull Opener - Salisbury, Md.

Men (nine teams)

8. Waynesburg (221)

Women (eight teams)

5. Waynesburg (102)

Duquesne Duals - Pittsburgh, Pa.

Saint Vincent (M) - 5-2 record

UPCOMING EVENTS

Saturday, September 8, 2007

Hanover Classic - Hanover, Ind. - 9:30 a.m.

Thomas More

Creamer Memorial Invitational - Wheeling, W.Va. - 10 a.m.

Bethany

Ursinus Invitational - Collegeville, Pa. - 10 a.m.

Washington & Jefferson

California University of Pa. Invitational - 10:30 a.m.

Grove City, Saint Vincent (W), Waynesburg, Westminster

Geneva, Saint Vincent (M), Thiel - off

PAC Men's Runner of the Week

ZACH FOSTER

Bethany

Sophomore

Shadyside, Ohio

Bellaire St. John's H.S.



Foster was the top Bethany and PAC finisher at the Westminster Fisher Invitational on Saturday, as he placed fifth in a 78-runner field in 28:37.4. Foster placed third among all Division III runners at the event.

*Also nominated was freshman **Garret Cichowitz** of Grove City, freshman **Derek Workman** of Thiel, senior **Matthew Rudzki** of Washington & Jefferson, senior **Tim Monaghan** of Waynesburg, and sophomore **Jeremiah Patterson** of Westminster.*

PAC Women's Runner of the Week

KRISTEN CARTER

Grove City

Junior

Bellingham, Wash.

Bellingham H.S.



Carter placed third out of 155 runners with a time of 18:53 on Saturday at the Bill Sudeck Classic, hosted by Case Western Reserve University in Cleveland. She finished second among NCAA Division III runners in the field.

*Also nominated was freshman **Suzanne Stettinius** of Bethany, junior **Erin Long** of Washington & Jefferson, sophomore **Janet Carson** of Waynesburg, and sophomore **Elizabeth Beardsley** of Westminster.*

PAC CROSS COUNTRY CAPSULES

Bethany Bison



Bethany had a strong showing in the season's first race at Westminster ... For the men, sophomore **Zach Foster** placed fifth overall out of 78 and third among Division III competitors with a time of 28:37.4 ... BC's next runner was freshman **Clifford Arbogast**, who took 42nd, while junior **Matt Schlemmer** placed 55th overall ... The women's team had three runners place in the top 30 out of a 101-runner field ... Freshman **Suzanne Stettinius** earned 20th place (21:27.6), while freshman **Emily Roth** crossed in 23rd (21:38.8) and **Chantal Stettinius** finished 27th (21:51.8).

Geneva Golden Tornadoes



Due to significant injuries and illnesses, Geneva's men were only to place three runners at the starting line this weekend at Case Western ... As a result, Geneva's men ran unscored ... On the women's side, the Golden Tornadoes placed five runners in the top 50 and brought home a seventh-place overall team finish ... Senior **Beth Bartolomeo** was the top GT finisher in the women's race, as she finished 26th overall in 20:35.

Grove City Wolverines



Grove City opened 2007 in Cleveland Saturday at the Case Western Reserve Sudeck Classic ... The men placed sixth out of 11 squads while the women earned fifth in a 14-team field ... For the women, junior **Kristen Carter** took third overall with a time of 18:53 ... Junior **Julia Seward** placed 12th (19:58) in her first cross country action since 2005 ... Freshman **Garret Cichowitz** paced the men's team with a 27th-place finish ... Junior **Dan Spaulding** took 42nd while classmate **Nathan Johnson** also landed in the top 50 with a 46th-place effort ... Grove City will compete in the California University of Pennsylvania Invitational Saturday.

Saint Vincent Bearcats



The Bearcat men were led by **Adam Smith** at the Duquesne Duals, as he finished 9th overall with a time of 26:42 ... **Wayne Hooper** finished 12th (26:56), while Jim Walsh took 28th (27:57) ... The only teams to finish ahead of Saint Vincent were Division-I Duquesne University and the University of Pittsburgh ... The Lady Bearcats took fourth place at Westminster's Fisher Invitational ... **Laura Magnuson** was the top SVC finisher, coming in 7th place overall (20:14) ... **Kelsey Sullivan** (18th-21:16), **Jill Krupey** (25th-21:50), and **Amanda Connell** (28th-21:52) all finished in the top 30 ... SVC finished ahead of Bethany, Alderson-Broadus, Westminster, Hiram, Thiel, and Pitt-Bradford.

Thiel Tomcats



Thiel opened its 2007 season at Westminster's Fisher Invitational Saturday morning ... The men's team finished fifth (of nine) with a team score of 143 while the women's squad posted individual times ... Freshman **Derek Workman** was the Tomcats' top performer, finishing 21st in the eight-kilometer event with a time of 30:32.2 ... Fellow freshmen **Alex Bent** and **Tim Rosario** crossed in 20th and 30th place, respectively, with Bent finishing with a time of 31:36.9 and Rosario with a time of 31:38.8 ... Junior **Adam Evans** finished 31st with a time of 31:40.2 ... Junior **Kate DeGeorge** was the top performer on the women's side, finishing 55th with a time of 23:28.3 in the five-kilometer event.

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



Both W&J programs began their seasons at Case Western Reserve's Sudeck Classic Saturday and both teams improved their showings from last year ... The men placed eighth of 11 teams, while the women notched 11th place of 14 teams ... The W&J men were paced by senior **Matthew Rudzki**, who placed 20th among a 152-runner field (27:26) ... Junior **Bobby Regan** finished closely behind in 25th place (27:38), while sophomore **Bryan Hanrahan** crossed in 96th place (30:11) ... Two-time all-region performer junior **Erin Long** started her 2007 season with a 25th place finish (20:32) out of 155 runners ... Junior **Megan Duffett** ran 73rd (21:55), while **Crystalyn Lee** finished 111th (23:04).

Waynesburg Yellow Jackets



Waynesburg opened the season with a fifth-place performance in the 6K race at the Sea Gull Opener Saturday ... Running at Winter Place Park, the Yellow Jackets had three runners place in the top 20 ... Sophomore **Janet Carson** led the way with a 12th place finish (24:14) ... Junior **Megan Grover** finished 15 seconds behind Carson in 24:29 ... Senior **Haley Hinds** placed 19th (24:42) ... Both Carson and Hinds set personal bests at the annual event ... On the men's side, the Yellow Jackets finished eighth in a nine-team field ... Senior **Tim Monaghan** led Waynesburg with a time of 30:35 in the 8K race, while junior **Shane Gottschalk** finished the race in 31:24.

Westminster Titans



The Westminster cross country teams hosted the Fisher Invitational Saturday, Sept. 1 to start the 2007 season ... The Titan men placed fourth out of nine teams, while the Titan women took seventh out of eight teams ... The top finishers from the Titan men were sophomore **Jeremiah Patterson** with a 16th-place time of 29:49.6, senior **Will DeLair** with a 22nd-place time of 30:34.5 and junior **Andrew Brown** with a 23rd-place time of 30:36.4 ... The top Titan women's finishers were sophomore **Elizabeth Beardsley** with a 29th-place finish at 21:53.7, sophomore **Amanda Everett** in 42nd-place at 22:37.2 and freshman **Jasmine Grady** in 44th at 22:42.9.