

# 2010 PAC Cross Country Release Week 1 - September 7



**Presidents' Athletic Conference**  
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## 2010 PAC RESULTS/SCHEDULE

### LAST WEEK

Wednesday, September 1, 2010

#### Point Park Tri-Meet (Schenley Park)

Women (three teams)

1. Chatham - 30

#### Geneva Tri-Meet (Brush Creek Park)

Men (three teams)

1. Geneva - 28
2. Thiel - 41
3. Waynesburg - 60

Women (three teams)

1. Geneva - 29
2. Waynesburg - 31
3. Thiel - 69

Saturday, September 4, 2010

#### Westminster Fisher Invitational

Men (nine teams)

1. Grove City - 50
4. Geneva - 89
7. Westminster - 188
9. Bethany - 218

Women (nine teams)

1. Grove City - 32
  4. Geneva - 96
  5. Westminster - 144
  7. Chatham - 174
- Bethany - individuals only

#### Seton Hill Griffin Classic

Men (seven teams)

3. Waynesburg

Women (seven teams)

2. Waynesburg

#### Duquesne Duals

Men (10 teams)

- Saint Vincent - 1-8 dual record

#### California (Pa.) Invitational

Women (four teams)

2. Saint Vincent - 47

#### Dayton Flyer Invitational

Men (seven teams)

6. Thomas More

Women (eight teams)

5. Thomas More

Washington & Jefferson - off

### THIS WEEK

Saturday, September 11, 2010

Bethany/Chatham/Geneva/Grove City/  
Saint Vincent (W)/Thiel/Washington &  
Jefferson/Waynesburg at Waynesburg  
Invitational - 10 a.m.

Thomas More at Queen City Invitational -  
10 a.m.

Saint Vincent (M), Westminster - off

### Men's Runner of the Week

#### RICHARD PETERSON

Thiel

Junior

Meadville, Pa.

Meadville H.S.



Peterson opened the 2010 season by capturing the individual title at the Geneva College Tri-Meet at Brush Creek Park in Beaver Falls on Sept. 1. He placed first with a time of 17:23, helping lead the Tomcats to a second-place team finish.

Also nominated was freshman **Cory Yarrington** of Bethany, senior **Garrett Cichowitz** of Grove City, freshman **Matt Wurtzler** of Thomas More, freshman **Jonathan Blatt** of Waynesburg and freshman **Kyle Filicky** of Westminster.

### Women's Runner of the Week

#### IVETTE MEJIA

Saint Vincent

Junior

New York, N.Y.

Henry Street Int'l H.S.



Mejia won the individual championship at the California (Pa.) Invitational Saturday with a five-kilometer time of 19:27 to help Saint Vincent - the only non D-II school in the five-team field - to a second-place team finish. Mejia won the race by 37 seconds to post the fourth individual title of her collegiate career.

Also nominated was freshman **Joanna Mongelluzzo** of Bethany, FY **Rachel Leftwich** of Chatham, sophomore **Ella Smith** of Grove City, sophomore **Celia Arlinghaus** of Thomas More, freshman **Bre Paul** of Waynesburg, and junior **Jennifer Krueger** of Westminster.

**LEADERS OF THE PAC:** Chatham won the Point Park tri-meet Wednesday for the first invitational win in school history, led by FY **Rachel Leftwich**, who took third overall ... **Garrett Cichowitz** and **Ella Smith** of Grove City each took second Saturday to pace all PAC runners at the Westminster Fisher Invitational ... Geneva's **Nick Edinger** became just the third runner in school history to break the 27-minute barrier when he placed third at Westminster ... **Shannon Rech** led the GT women at Westminster with a 13th-place finish ... For Bethany, **Cory Yarrington** was 11th and **Joanna Mongelluzzo** 14th ... For the host Titans, **Jennifer Krueger** was 11th in the women's race while **Kyle Folicky** was 28th in the men's ... **Matt Wurtzler** (80th) and **Celia Arlinghaus** (84th) paced Thomas More at the Dayton Flyer 5K race ... **Jonathan Blatt** was the top finisher for the Waynesburg men in both races last week, while **Bre Paul** paced the Yellow Jacket women .. **Ryan Barlow** led the Saint Vincent men against a D-I field at the Duquesne Duals in 27:16, good for 42nd overall ... **Emily Petrak** placed eighth for Thiel at the Geneva tri-meet.

## 2010 PAC CROSS COUNTRY RUNNERS OF THE WEEK

### Men

September 6: **Richard Peterson, THI**

September 13:

September 20:

September 27:

October 4:

October 11:

October 18:

### Women

**Ivette Mejia, SVC**

### Bethany Bison

Bethany began the 2010 cross country season Saturday at the Westminster Invitational and the day was highlighted by a pair of Top 15 finishes ... For the men, freshman **Cory Yarrington** turned in a stellar effort in his first collegiate meet, as he finished the 8K course in 27:23.8 to earn 11<sup>th</sup> place overall out of 103 runners ... Another freshman, **Hunter Ankrom**, was second on the Bison and 49<sup>th</sup> overall with a time of 29:26.4 ... On the women's side, senior **Joanna Mongelluzzo**, who spent the last two years on the women's soccer team, also made quite an impression in her first collegiate meet ... She earned 14<sup>th</sup> place out of 118 runners by finishing in a time of 24:58.3 ... Although BC did not qualify as a full team, those that did run had solid debuts.



### Chatham Cougars

Chatham began its 2010 season this week with slightly more than a 4K tri-meet at Point Park University against host Point Park and Franciscan ... The Cougars edged out their competitors and took first place in the event for the first time in school history with 30 points, followed by Point Park with 37 and Franciscan with 64 ... For the Cougars, FY **Rachel Leftwich** finished third overall in the meet, with a final time of 19:24 ... Senior **Samantha Greenwood** was fifth overall, coming in at 19:33, while **Maggie Leathers** and **Tessa Hochberg** tied for sixth and seventh place overall, respectively, with a final time of 19:34 ... The team then traveled to Westminster to compete in the Fisher Invitational Saturday ... The Cougars placed seventh overall with a total of 174 points.



### Geneva Golden Tornadoes

It was a memorable first week for Geneva cross country as both teams took first place at the GC home meet and then each took fourth place at Westminster over the weekend ... **Nick Edinger** was a man possessed for the Golden Tornadoes in both meets ... After taking second overall on his home course, Edinger became just the third runner in school history to break the 27 minute barrier with a third-place overall finish at Westminster ... A total of five male runners finished in the top 25 ... On the women's side, **Shannon Rech** regained her freshman form at Westminster with a 13<sup>th</sup> place finish as she trimmed over a minute off her time on the same course a year ago ... The GT women placed four runners in the top 25 at New Wilmington.



### Grove City Wolverines

The Grove City cross country teams opened the 2010 season by sweeping the team titles at the Westminster College Fisher Invitational Saturday in New Wilmington ... The women's team accumulated 32 points to edge Franciscan ... Sophomore **Ella Smith** paced Grove City by placing second ... Senior **Emily Pierce** took third and classmate **Brigitte Fryan** placed eighth ... **Kate McRoberts** (9<sup>th</sup>) and **Mary Rachel Robbins** (10<sup>th</sup>) both finished in the top 10 ... The men captured the team crown with 50 points Saturday ... Four GCC runners placed in the top 15, led by senior **Garrett Cichowitz** in second place ... Freshman **Arleigh McRae** earned fifth place, freshman **Mark Talbott** placed 12<sup>th</sup> and freshman **Alec Schultz** took 15<sup>th</sup>.



### Saint Vincent Bearcats

The Lady Bearcats opened the 2010 season with an impressive showing at the California (Pa.) Invitational, taking second against three Division-II foes ... **Ivette Mejia** stole the show for SVC, taking the individual gold with a time of 19:27 in the 5K race, besting her closest competitor by 39 seconds ... The SVC men's squad opened its season up against a tough field, competing against nine D-I schools at the Duquesne Duals ... Individually, **Ryan Barlow** led SVC with a 27:16 time in the five mile race, good for 42<sup>nd</sup> in a field of 128 ... As a team, the Bearcats picked up one victory in the dual meet format, besting St. Bonaventure by a 20-43 score.



### Thiel Tomcats

The Tomcat cross country program got its 2010 season underway Sept. 1 at Geneva's Tri-Meet against the host Golden Tornadoes and Waynesburg ... At the event held at Brush Creek Park in Beaver Falls, the men's team finished in second place with 41 team points while the women ended in third with 69 team points ... Junior **Richard Peterson** highlighted the event for the Tomcats with his first-place finish (17:23)... Freshman **Emily Petrak** led the way for the women's squad, finishing eighth with a time of 23:53 ... With Peterson pacing the men's squad the Tomcats finished with three top-five performers ... Sophomore **Regis Wagner** recorded a third-place finish (17:51), while junior **Brendan DuLaney** crossed in fifth place with a time of 18:09.



### Thomas More Saints

The women's team finished sixth of eight teams at the Dayton Flyer 5K ... The Saints had two top-100 finishes as sophomore **Celia Arlinghaus** finished 84<sup>th</sup> with a time of 21:07 and sophomore **Alice Wallenhorst** placed 97<sup>th</sup> with a time of 21:31 ... The men's team finished sixth of six teams at the Dayton 5K ... Thomas More had three top-100 finishes as freshman **Matt Wurtzler** finished 80<sup>th</sup> with a time of 17:02, sophomore **Andrew Linkugel** finished 92<sup>nd</sup> with a time of 17:31 and freshman **Luke Behler** in 98<sup>th</sup> with a time of 17:45.



### Washington & Jefferson Presidents

Washington & Jefferson's **Mark FitzPatrick** begins his eighth season as the Presidents' head coach in 2010 ... Senior **Laura Procaro** and sophomore **Scott Ryan** will lead their respective teams into the first meet of the fall Saturday at the Waynesburg Invitational.



### Waynesburg Yellow Jackets

It was a busy opening week of the season for the Waynesburg cross country teams as they competed in a tri-meet at Geneva and the SHU Griffin Classic, which was hosted by Seton Hill ... Several freshmen made great early impressions in their first tastes of collegiate action ... On the men's side, first-year runner **Jonathan Blatt** was the team's top finisher at both events ... He finished in eighth place overall at the season-opening tri-meet and crossed the finish line in 10<sup>th</sup> place overall at Seton Hill ... On the women's side, **Bre Paul** won her first-ever collegiate event when she placed first at Geneva ... She followed that with a fifth-place effort at Seton Hill.



### Westminster Titans

The Westminster cross country teams opened the 2010 season by hosting the Fisher Invitational Saturday morning ... The Titan men placed seventh out of nine teams with 188 points, while the Titan women placed fifth out of nine teams with 144 points ... Junior **Jennifer Krueger** led the Titan women with an 11<sup>th</sup>-place time of 24:40.8 for the 6-kilometer race ... Sophomore **Olivia Miller** also placed 29<sup>th</sup> for the Titans with a time of 27:01.7 ... Franciscan's **Theresa Evans** won the race with a time of 23:14.2 ... On the men's side, freshman **Kyle Filicky** led Westminster with a 28<sup>th</sup>-place time of 28:47.9 for the 8-kilometer race ... Franciscan's **Bill Jones** finished first at 25:46.3 ... Grove City swept the men's & women's team titles.



## Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 4	at Westminster Fisher Invitational	8th/9	Ind. only
Sept. 11	at Waynesburg Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 9	at Carnegie Mellon Invitational (Schenley Park)		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Chatham Cougars

		<u>Men</u>	<u>Women</u>
Sept. 1	at Tri-Meet (Schenley Park)		1st/3
Sept. 4	at Westminster Fisher Invitational		7th/10
Sept. 11	at Waynesburg Invitational		
Sept. 25	at Saint Vincent Invitational		
Oct. 2	at Pitt-Greensburg Invitational		
Oct. 10	at Carnegie Mellon Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Sept. 1	TRI-MEET (BRUSH CREEK PARK)	1st/3	1st/3
Sept. 4	at Westminster Fisher Invitational	4th/9	4th/9
Sept. 11	at Waynesburg Invitational		
Sept. 25	at Saint Vincent Invitational		
Oct. 9	at Carnegie Mellon Invitational		
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCCAA National Meet (Cedarville University)		

## Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Sept. 4	at Westminster Fisher Invitational	1st/9	1st/9
Sept. 11	at Waynesburg Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 1	at Lehigh Paul Short Invitational A		
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Sept. 4	at Duquesne Duals (M)	1-8	---
Sept. 4	at California (Pa.) Invitational (W)	---	2nd/5
Sept. 11	at Waynesburg Invitational (W)		
Sept. 17	at Notre Dame Catholic Invitational		
Sept. 25	SAINT VINCENT INVITATIONAL		
Oct. 9	at Carnegie Mellon Invitational (M)		
Oct. 9	at DeSales Invitational (W)		
Oct. 16	at Oberlin Inter-Regional Rumble (M)		
Oct. 16	at Gettysburg Invitational (W)		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Sept. 1	at Tri-Meet (Brush Creek Park)	2nd/3	3rd/3
Sept. 11	at Waynesburg Invitational		
Sept. 18	at PS-Behrend Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 2	at Pitt-Greensburg Invitational		
Oct. 17	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Thomas More Saints

		<u>Men</u>	<u>Women</u>
Sept. 4	at Dayton Flyer 5K	6th/6	6th/8
Sept. 11	at Queen City Invitational		
Sept. 25	at Otterbein Invitational		
Oct. 2	at Louisville Invitational		
Oct. 15	at Wilmington Fall Classic		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 11	at Waynesburg Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 9	at Carnegie Mellon Invitational		
Oct. 16	at Gettysburg Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Sept. 1	at Geneva Tri-Meet	3rd/3	2nd/3
Sept. 4	at Seton Hill	3rd/7	2nd/7
Sept. 11	WAYNESBURG INVITATIONAL		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 2	at Slippery Rock		
Oct. 9	at Carnegie Mellon Invitational		
Oct. 16	at Hood (Fredrick, Md.)		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		

## Westminster Titans

		<u>Men</u>	<u>Women</u>
Sept. 4	FISHER INVITATIONAL	7th/9	5th/9
Sept. 18	at PS-Behrend Invitational		
Sept. 25	at Pre-NCAA Mid-East Regional Meet (Coopers Lake - host Carnegie Mellon)		
Oct. 16	at Oberlin Inter-Regional Invitational		
Oct. 30	PAC Championships (Greene County Airport - host Waynesburg)		
Nov. 13	NCAA Mid-East Regionals (Coopers Lake)		