



CROSS COUNTRY 2004

Presidents' Athletic Conference

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LAST WEEK'S RESULTS - September 25

Allegheny Classic - Meadville, Pa.

Men (19 teams)

15. Washington & Jefferson (463)

16t. Westminster (488)

18. Waynesburg (560)

19. Thiel (599)

Women (21 teams)

11. Waynesburg (323)

18. Washington & Jefferson (560)

20. Westminster (566)

21. Thiel (587)

St. Vincent Invitational - Latrobe, Pa.

Women

5. Bethany - 139

Lehigh Paul Short Invitational - Allentown, Pa.

Men (12 teams)

12. Grove City

Women (nine teams)

5. Grove City

THIS WEEK'S SCHEDULE - October 2

Bethany, Waynesburg at Pitt-Greensburg Invitational - Greensburg, Pa.

Westminster at Washington & Lee Invitational - Lexington, Va.

Grove City, Thiel, Washington & Jefferson - off

PAC Men's Cross Country Runner of the Week

MATT RUDZKI
Washington & Jefferson College
Freshman
Pittsburgh, Pa./Fox Chapel H.S.

Rudzki, who earned his second PAC Runner of the Week honor of the season, was the top W&J and PAC finisher at the Allegheny Classic. He placed 38th out of 206 runners with a time of 27:56.

Also nominated was sophomore **Andrew Kloes** of Grove City and freshman **Nate Mitchell** of Westminster.

PAC Women's Cross Country Runner of the Week

MICHELLE PROPST
Waynesburg College
Freshman
Brighton, Col./Faith Christian H.S.

Propst earned PAC Runner of the Week honors for the second time this season after placing 11th out of 229 runners at the Allegheny Classic in 23:07, which was 14 seconds better than the best time by a PAC runner on the Allegheny course this season.

Other nominees included freshman **Sarah Goho** of Bethany, junior **Elisa Pedersen** of Grove City, freshman **Victoria Caruso** of Washington & Jefferson, and senior **Felicie Reid** of Westminster.

PAC CROSS COUNTRY NOTES

Bethany Bison

Bethany competed this weekend at the St. Vincent Invitational in Latrobe ... The Bison women placed fifth at the event with 139 points ... Freshman **Sarah Goho** continued to lead the squad, finishing ninth out of 85 runners in a time of 21:11 ... **Sarah Johnson** of Saint Vincent won in a time of 19:43 ... Next for Bethany was junior **Mallory Roadman** in 13th place in a time of 21:27 ... **Tallie Stettinius** was 38th in a time of 23:10, while **Dana Culbert** finished in 77th place in a time of 29:07 ... The fifth runner was **Callie Chapman** in 78th place in 29:25. The Bison women will run at the Pitt-Greensburg Invitational on Saturday.

Wash. & Jeff. Presidents

W&J competed at the Allegheny Classic Saturday ... The men's team placed 15th out of 19 teams, while the W&J women came in 18th place out of 21 squads ... The W&J men posted the top PAC showing in the event ... The President women were the second-best PAC squad ... Freshman **Matt Rudzki** led the W&J men with a 39th-place finish out of 206 runners ... Rudzki finished the race in 27:56 ... Classmate **Preston Lockwood** crossed the finish line in 100th place in 29:17 ... Freshman **Victoria Caruso** set a school record in a 6-K race in 26:29 ... She finished 93rd out of 229 competitors ... Freshman **Alyssa Pagano** was the next best finisher in 109th place in 27:12 ... W&J returns to action in two weeks at the CMU Invitational in Pittsburgh.

Grove City Wolverines

Grove City traveled across the commonwealth to Bethlehem Saturday ... Junior **Elisa Pedersen** helped the women's team finish fifth out of nine Division II and III schools with a third-place finish overall in the 66-runner field ... Sophomore **Cara Pierce** took 22nd while **Theresa Miller** finished 27th ... On the men's side, sophomore Andrew Kloes placed 52nd while junior **Dan Chittick** took 71st ... The Wolverines are off this weekend and return to action Oct. 9 at Carnegie Mellon.

Waynesburg Yellow Jackets

Waynesburg returned to competition after not participating last weekend due to flooding ... The women's team finished 11th overall in the 21-team field at the 6K Allegheny Classic ... For the third consecutive invitational, **Michelle Propst** paced the women's team, finishing 11th overall with a time of 23:07 in a field with over 220 participants ... Her time was 14 seconds better than the previous best time for a PAC runner on the course this season ... Senior **Rachel Feldner** finished exactly one minute behind Propst at 33rd overall ... **Michelle Thompson**, **Katie Weko**, and **Haley Hinds** all finished in the 26th minute and in the top 100 ... The men's team finished 18th overall ... **Heath Piper** led the Jackets in 30:36, followed by **Jack Haines** in 31:45.

Thiel Tomcats

The Thiel College men's and women's cross country teams competed at the Allegheny College Classic on Saturday ... The women's team finished 21st (of 21) with 587 team points while the men's squad finished 19th (of 19) with 599 team points ... Freshman **Ashlee Osterberg** paced the women's team, finishing 51st overall with a time of 24:57 ... Junior **Jill Turrisi** finished 130th overall with a time of 29:44 ... Junior **Dan Hemme** led the way for the men's team, finishing 111th overall with a time of 31:49 while junior **Shawn Julock** was 120th overall with a time of 34:25.

Westminster Titans

Westminster competed at the Allegheny Classic in Meadville, with the men placing tied for 16th and the women finishing 20th ... Freshman **Nathan Mitchell** was the top men's finisher, placing 83rd in 29:12 ... Others included senior **Marcus Corvino**, who placed 92nd in 29:39; freshman **Chris Diamond**, who was 103rd in 30:29; sophomore **Scott Seserko**, who finished 104th in 30:35; and sophomore **Jared Polish**, who was 106th in 30:42 ... For the Lady Titans, senior **Felicie Reid** placed 95th with a time of 26:32 ... Other finishers included freshman **Leanna Stitt** in 103rd place in 26:50; sophomore **Amy Carroll** in 117th place in 28:17; senior **Sandy Edmiston** in 124th place in 28:54; and junior **Sera Stauffer** in 127th place in 29:20.

Past PAC Men's Runners of the Week

September 5: Matt Rudzki, Wash. & Jeff.

September 12: Chris Lee, Grove City

September 19: Chris Diamond, Westminster

September 26: Matt Rudzki, Wash. & Jeff.

October 3:

October 10:

October 17:

Past PAC Women's Runners of the Week

September 5: Michelle Propst, Waynesburg

September 12: Elisa Pedersen, Grove City

September 19: Elisa Pedersen, Grove City

September 26: Michelle Propst, Waynesburg

October 3:

October 10:

October 17: