



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

Friday, September 28, 2007

Lehigh Paul Short Invitational - Bethlehem, Pa.

Men (39 teams)

13. Grove City (376)

Women (39 teams)

2. Grove City (167)

Saturday, September 29, 2007

Rio Grande Invitational - Rio Grande, Ohio - 9 a.m.

Men (7 teams)

5. Bethany

Women (5 teams)

2. Bethany

Sunday, September 30, 2007

Louisville U of L Invitational - Louisville, Ky.

Thomas More (M) - individuals only

Geneva, Saint Vincent, Thiel, Washington & Jefferson,
Waynesburg, Westminster - off

UPCOMING EVENTS

Saturday, October 6, 2007

Westminster Invitational - New Wilmington, Pa. - 10 a.m.

Westminster

Pitt-Greensburg Invitational - Greensburg, Pa. - 10 a.m.

Thiel, Waynesburg

Dickinson College Invitational - Carlisle, Pa. - 10:30 a.m.

Saint Vincent, Washington & Jefferson

Slippery Rock Invitational - Slippery Rock, Pa. - 11 a.m.

Geneva, Grove City

Bethany, Thomas More - off

PAC Men's Runner of the Week

GARRET CICHOWITZ

Grove City

Freshman

Colorado Springs, Colo.

Palmer H.S.

Cichowitz led the Wolverines to a 13th-place finish (ninth among D-III programs) at the 39-team Lehigh Paul Short Invitational in Bethlehem, Pa., over the weekend. He placed 33rd out of 266 runners with an 8K time of 26:52.

*Also nominated was sophomore **Zach Foster** of Bethany and sophomore **Chad Schmidt** of Thomas More.*

PAC Women's Runner of the Week

KRISTEN CARTER

Grove City

Junior

Bellingham, Wash.

Bellingham H.S.



Carter captured her third PAC honor this season after winning the individual title at the Lehigh Paul Short Invitational in Bethlehem, Pa., on Saturday, crossing the line in a time of 21:47 over the 6-kilometer course. She led GCC to a second-place team finish in the 39-team field.

*Also nominated was senior **Chantal Stettinius** of Bethany.*

PAC CROSS COUNTRY CAPSULES

Bethany Bison



Bethany, the lone D-III team competing, had a very good showing at the Rio Grande Invitational Saturday ... The BC women, paced by three runners who earned Top 15 awards, finished second as a team behind only D-II Alderson Broaddus ... **Chantal Stettinius** was the Bison's top runner, crossing in fifth place out of 46 runners (21:08.14) ... Also earning individual awards were freshman **Emily Roth** (ninth) and sophomore **Desiree Finley** (13th) ... Two of BC's top runners missed the meet: freshman **Suzanne Stettinius** (illness) and **Maggie McCort** (injury) ... For the men, sophomore **Zach Foster** posted a season-best time of 28:15.49 to claim 10th place out of 74 runners ... Freshman **Clifford Arbogast** placed 32nd.

Saint Vincent Bearcats



The two SVC cross country teams were off this week, and will return to action on Saturday at the Dickinson College Invitational.

Geneva Golden Tornadoes



Geneva's cross country team enjoyed a weekend off while hosting the first annual Homecoming 5K for the Beaver Falls community ... The Golden Tornadoes will be back in action next weekend at the Slippery Rock Invitational.

Thiel Tomcats



The Tomcat men's and women's cross country squads return to action on Saturday as they will travel to the Pitt-Greensburg Invitational.

Grove City Wolverines



The Grove City cross country teams returned to action after a 20-day lay-off by competing in Lehigh's Paul Short Invitational Friday ... On the women's side, junior **Kristen Carter** won the individual race, helping the Wolverines to a second-place finish in the team standings ... Carter won the 6-kilometer race in 21:47 ... The Wolverines had 167 team points, trailing just Cortland State (158) ... Junior **Julia Seward** finished 26th while freshman **Emily Pierce** crossed in 33rd place ... The men finished 13th out of 39 teams at Lehigh ... **Garret Cichowitz** led Grove City with a 33rd-place finish (26:52) ... GCC had 376 team points, ninth-best among NCAA Division III teams in attendance.

Thomas More Saints



Thomas More had three individuals compete at the U of L Invitational in Louisville, Ky., on Sunday ... **Chad Schmidt** was the first Thomas More runner to finish, took 40 seconds off his best time of the season, finishing 77th in 29:02 ... Sophomore **Josh Horn** was 122nd in 32:07 and freshman **Kyle Egan** finished 128th in 33:07.

Washington & Jefferson Presidents



Washington & Jefferson returns to action on Saturday at the Dickinson College Invitational in Carlisle, Pa. ... The W&J men finished ninth of 13 teams last year at Dickinson, while the women's team competed as individuals.

Waynesburg Yellow Jackets



Greensburg.

The Yellow Jackets enjoyed the weekend off before returning to action this Saturday at the Bobcat Invitational, hosted by Pitt-

Westminster Titans



The Westminster men's and women's cross country teams were off last weekend ... The Titans will host their second home race of the season, the Westminster Invitational, this Saturday, Oct. 6.