



# CROSS COUNTRY 2005

**Presidents' Athletic Conference**  
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## RECENT RESULTS

*Saturday, October 1*

### **Pitt-Greensburg Invitational - Greensburg, Pa.**

Men (5 teams)

- 2. Westminster (49)
- Bethany - individuals only

Women (5 teams)

- 2. Bethany (69)
- 3. Westminster (70)

### **Dickinson Invitational - Carlisle, Pa.**

Men (33 teams)

- 10. Grove City
- 28. Waynesburg

Women (36 teams)

- 2. Grove City
- 13. Waynesburg

### **Earlham Invitational - Earlham, Ind.**

Thomas More - individuals only

Thiel, Washington & Jefferson - idle

## UPCOMING EVENTS

*Friday, October 7*

### **Ohio Wesleyan Invitational - Delaware, Ohio**

Grove City

*Saturday, October 8*

### **Bethany Invitational - Bethany, W.Va. - 10:30 a.m.**

Bethany, Thiel, Westminster

### **Carnegie Mellon Invitational - Pittsburgh, Pa. - 10:30 a.m.**

Washington & Jefferson, Waynesburg

Thomas More - idle

## PAC Men's Cross Country Runner of the Week

**KEN HOPPER**  
Bethany College  
Senior

Charleston, W.Va./George Washington H.S.

Hopper was the top PAC finisher and third finisher among Division III runners as he placed sixth overall out of 36 runners in 30:24 at the Pitt-Greensburg Invitational in Mount Pleasant, Pa.

*Also nominated was freshman **Dan Spaulding** of Grove City and freshman **Aaron Titus** of Westminster.*

## PAC Women's Cross Country Runner of the Week

**ELISA PEDERSEN**  
Grove City College  
Senior

Santa Rosa, Calif./Montgomery H.S.

Pedersen placed third out of 247 runners Saturday at the Dickinson Invitational in Carlisle, Pa., posting a time of 22:36.1 as she led the Wolverines to a second-place team-finish in a 36-team field.

*Also nominated was senior **Mallory Roadman** of Bethany, freshman **Megan Grover** of Waynesburg, and junior **Amy Carroll** of Westminster.*

# PAC CROSS COUNTRY CAPSULES



## Bethany Bison

The Bison had some of their best performance of the year at the Pitt-Greensburg Invitational ... The women's team finished second overall, one point ahead of Westminster and behind only Seton Hill, an NAIA institution ... Senior **Mallory Roadman** took second place overall with a time of 25:53 for her first top 10 finish of the year ... Two other Bison runners placed in the top 15, including **Sarah Goho** (sixth) and **Chantal Stettinius** (15th) ... The men were unable to field a complete team, but senior **Ken Hopper** had a solid day, earning sixth place with a time of 30:24 ... He was the top runner from either competing PAC school, as he finished 16 seconds in front of Westminster's **Aaron Titus** ... Freshman **Matt Schlemmer** crossed in 14th place overall as well.



## Thiel Tomcats

After a weekend off, the Thiel men's and women's cross country teams will return to action on Saturday ... The teams will compete at the Bethany Invitational.



## Grove City Wolverines

Both Grove City teams competed in the Dickinson Invitational Saturday ... Grove City entered runners in only the longer distance portion of the Invitational ... The Wolverine men placed 10th out of 27 teams competing in the 8-kilometer race ... Freshman **Dan Spaulding** led Grove City with a 41st place finish while senior **Dan Chittick** took 47th ... On the women's side, Grove City earned second place out of 36 teams in the 6-kilometer race ... **Elisa Pedersen** took third out of 247 runners ... Freshman **Kristen Carter** took 15th while sophomore Brittany Croft took 21st ... The NCAA Mideast Regionals will also be held at Dickinson Nov. 12 ... Grove City will compete in the Ohio Wesleyan Invitational this Friday afternoon.



## Thomas More Saints

Thomas More ran at the Earlham Invitational Saturday ... **Ben Bach** (93rd place, 33:30) continues to lead the way for the Saints as he has been the first TMC runner across the tape in all four races this season ... Other finishers included **Stephano Kaiser** (112th, 37:17) and **Larry Strange** (121st, 48:04).



## Washington & Jefferson Presidents

The Washington & Jefferson College men's and women's cross country squads were idle this past weekend, but return to action this Saturday at the Carnegie Mellon Invitational ... The meet will begin in Pittsburgh at 10:30 am.



## Waynesburg Yellow Jackets

Waynesburg traveled to Dickinson to compete in this weekend's invitational hosted by the Red Devils ... The women's team placed 13th in the 36-team 6K race, while the men placed 28th in a field that featured 33 teams ... Freshman **Megan Grover** led the Yellow Jackets with a time of 24:47.04 to finish 41st overall in a 247-member field ... Meanwhile, her former high school teammate and current sophomore **Michelle Propst** finished 44th (24:50.76) ... Sophomores **Haley Hinds** and **Katie Weko** finished third and fourth on the team, respectively ... Hinds finished with a time of 25:35.67, while Weko finished less than a minute later at 26:31.94 ... The men's race saw junior **Heath Piper** lead Waynesburg with a time of 29:34.06 to finish 113th overall ... Sophomores **Tim Monaghan** and **Shane Gottschalk** both crossed the finish line in the 30th minute.



## Westminster Titans

Westminster competed at the five-team Pitt-Greensburg Invitational Saturday, with the Titan men placing second and the Lady Titans finishing third ... Westminster placed four runners among the top 12 men's finishers, led by freshman **Aaron Titus** in seventh place out of 36 runners (30:40) ... Other Titan finishers included freshman **Andrew Brown** in ninth place (31:34); junior **Scott Seserko** in 11th (32:06); and sophomore **Joe Knott** in 12th (32:22) ... The Lady Titans were paced by junior **Amy Carroll**, who finished in eighth place in a 41-runner field in 28:01 ... Other WC times included freshman **LeighAnn Jordan** in 14th place (28:50); sophomore **Leanna Stitt** in 17th (30:07); and senior **Maggie Muir** in 18th (30:12).

### 2005 PAC RUNNERS OF THE WEEK

	Men	Women
9/4	<b>Ashton Osterberg</b> , THI	<b>Elisa Pedersen</b> , GRO
9/11	<b>Ken Hopper</b> , BET	<b>Michelle Propst</b> , WAY
9/18	<b>Matt Rudzki</b> , W&J	<b>Elisa Pedersen</b> , GRO
9/25	<b>Bobby Regan</b> , W&J	<b>Erin Long</b> , W&J
10/2	<b>Ken Hopper</b> , BET	<b>Elisa Pedersen</b> , GRO
10/9		
10/15		