



CROSS COUNTRY 2005

Presidents' Athletic Conference
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RECENT RESULTS

Friday, October 7

Ohio Wesleyan Invitational - Delaware, Ohio

Men (13 teams)

11. Grove City

Women (11 teams)

3. Grove City

Saturday, October 8

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

Men (2 teams)

1. Waynesburg - 26

2. Westminster - 29

Bethany - individuals only

Women (3 teams)

1. Waynesburg - 21

2. Bethany - 50

3. Westminster - 57

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

Men (12 teams)

8. Washington & Jefferson

Women

Washington & Jefferson - individuals only

Thiel, Thomas More - idle

UPCOMING EVENTS

Saturday, October 15

Waynesburg Invitational - Waynesburg, Pa.

Bethany, Thiel, Waynesburg, Westminster

Rochester Invitational - Rochester, N.Y.

Washington & Jefferson

Grove City, 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 captured his second consecutive PAC Runner of the Week award, and his third this season, after capturing the invitational title at the Bethany Invitational. Hopper placed first in the 21-runner field in a time of 29:18.4, over 15 seconds ahead of the second-place finisher.

*Also nominated was freshman **Dan Spaulding** of Grove City, sophomore **Matt Rudzki** of Washington & Jefferson, junior **Heath Piper** of Waynesburg, and freshman **Aaron Titus** of Westminster.*

PAC Women's Cross Country Runner of the Week

MICHELLE PROPST
Waynesburg College
Sophomore

Brighton, Col./Faith Christian H.S.

Propst earned her second PAC Runner of the Week honor this season after capturing the individual title at the Bethany Invitational on Saturday. She finished first in the 24-runner field with a time of 24:52.7, a full 54 seconds ahead of the second-place competitor.

*Also nominated was senior **Mallory Roadman** of Bethany, senior **Elisa Pedersen** of Grove City, freshman **Erin Long** of Washington & Jefferson, and junior **Amy Carroll** of Westminster.*

PAC CROSS COUNTRY CAPSULES



Bethany Bison

Bethany celebrated Homecoming by hosting its annual Invitational ... While the men did not have enough to score, senior **Ken Hopper** highlighted the race by taking first overall (29:18.4), better than 15 seconds faster the second place runner ... Along with Hopper's first win of the year was freshman **Matt Schlemmer** earning his first top 10 placement by crossing in ninth ... The women, which took second behind Waynesburg and in front of Westminster, was paced by three runners in the top seven ... Senior **Mallory Roadman** recorded a time of 25:19 to finish second overall, while sophomore **Chantal Stettinius** and **Sarah Goho** crossed in sixth and seventh respectively ... BC will compete Saturday at the Waynesburg Invitational.



Grove City Wolverines

Both Grove City teams competed in the Ohio Wesleyan Invitational Friday in its final tune-up for the PAC Championships ... The men's team placed 11th out of 13 NCAA Division III teams while the women were third of 11 ... Freshman **Dan Spaulding** took 44th while **Daniel Chittick** took 50th ... Five members of Grove City's women's team placed in the top 32, led by **Elisa Pedersen's** second-place finish ... Freshman **Julia Seward** placed 18th while classmate **Kristen Carter** took 26th ... Sophomore **Brittany Croft** finished 31st and junior **Cara Pierce** took 32nd ... Grove City is off until the PAC Championships Oct. 29 in Greenville.



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 Saturday morning at the Waynesburg Invitational.



Thomas More Saints

The Saints were off this week and will return to action on Oct. 29 at the PAC Championships.



Washington & Jefferson Presidents

Both W&J cross country squads returned to action after a two-week break last weekend at CMU ... The Presidents' men placed eighth out of 12 teams, while the W&J women competed on an individual basis ... Sophomore **Matt Rudzki** led the W&J men with a 16th-place finish out of 145 runners (26:59) ... Freshman **Bobby Regan** placed 58th overall (28:48), while sophomore **Matt Toldero** earned an 88th-place showing (30:07) ... Freshman **Erin Long** set a new personal-best time for the W&J women with a 10th-place finish in the 6K race with a mark of 24:02 ... Sophomore **Crystalyn Lee** also set a lifetime personal best with a 46th-place finish (26:23) and sophomore **Megan Amrhein** crossed the finish line in 70th place (28:05) ... W&J competes in the Rochester Invitational Saturday.



Waynesburg Yellow Jackets

Waynesburg made program history on Saturday, as both the men's and women's team posted first-place finishes at the Bethany Invitational, which featured only PAC runners ... The invitational title for the women's team is the first of the season after it claimed its first three titles in program history in 2004, while the men's title is the first since the program resumed in 2003 after a lengthy absence ... Sophomore **Michelle Propst** won her first invitational of the season and fourth of her career (24:52.7), 54 seconds ahead of the second-place runner ... Fellow Colorado native and freshman **Megan Grover** posted a third-place finish (25:46.6) ... Junior **Heath Piper** posted a career-best second-place finish (29:33.5) to lead the men's team, followed by sophomore **Tim Monaghan** (29:43.3) in third.



Westminster Titans

Westminster competed at the Bethany Invitational Saturday ... The Titan men were led by freshman **Aaron Titus** in fourth place out of 21 runners (29:46.4) ... Other finishers included sophomore **Willie DeLair** in sixth place in 30:38.7; freshman **Andrew Brown** in seventh place in 31:12.4; sophomore **Joe Knott** in eighth place in 31:15.5; and freshman **James Bryan** in 10th place in 31:45.6 ... The Lady Titans were paced by junior **Amy Carroll**, who finished in ninth place in a 24-runner field in 28:01.2 ... Other Westminster times included sophomore **Leanna Stitt** in 10th place in 29:11.9; senior **Maggie Muir** in 11th place in 29:28.5; freshman **Lindsay Stankiewicz** in 13th in 31:05.7; and junior **Kelly Spisak** in 14th in 31:18.0.

2005 PAC RUNNERS OF THE WEEK

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