



# CROSS COUNTRY 2004

## Presidents' Athletic Conference

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### LAST WEEK'S RESULTS - October 15-16

*Friday, October 15*

#### **Wilmington Invitational - Wilmington, Ohio**

Men (14 teams)

7. Grove City

Women (14 teams)

4. Grove City

*Saturday, October 16*

#### **Waynesburg Invitational - Waynesburg, Pa.**

Men (four teams)

1. Westminster (35)

2. Waynesburg (60)

Bethany, Thiel - individuals only

Women (six teams)

1. Waynesburg (35)

4. Bethany (107)

5. Thiel (119)

6. Westminster (121)

#### **Gettysburg Invitational - Gettysburg, Pa.**

Men (17 teams)

16. Washington & Jefferson

Women

Washington & Jefferson - individual only

### UPCOMING SCHEDULE - October 30

#### **2004 PAC Men's & Women's Cross Country Championships**

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

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

**ANDREW KLOES**  
**Grove City College**

Sophomore  
Pittsburgh, Pa./Penn Hills H.S.

Kloes led Grove City by placing 14th out of 159 runners at the Wilmington (Ohio) College Invitational on Friday. Kloes posted an eight-kilometer time of 26:56 to help the Wolverines to a seventh-place team finish.

Also nominated was freshman **Matt Rudzki** of Washington & Jefferson and freshman **Chris Diamond** of Westminster.

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

**MICHELLE PROPST**  
**Waynesburg College**

Freshman  
Brighton, Colo./Faith Christian H.S.

Propst earned PAC Runner of the Week honors for the fourth time this season after winning her third consecutive race, as she broke the tape at the Waynesburg Invitational with a time of 23:51 to win by 32 seconds over a field of 50 runners.

Also nominated was junior **Elisa Pedersen** of Grove City, freshman **Ashlee Osterberg** of Thiel, freshman **Victoria Caruso** of Washington & Jefferson, and freshman **Leanna Stitt** of Westminster.

## PAC CROSS COUNTRY NOTES

### **Bethany Bison**

The Bethany women's cross country team placed fourth at the Jacket Invitational on Saturday, hosted by Waynesburg College ... Freshman **Sarah Goho** continued to lead the team with a seventh place finish in a time of 25:49 on the 8K course ... **Michelle Propst** of Waynesburg won the individual title with a time of 23:51 ... Junior **Mallory Roadman** was next in 14th place after crossing the finish line in 26:42, while **Chantal Stettinius** placed 22nd in 27:53 ... **Dana Culbert** was Bethany's fourth runner and finished in a time of 35:13, good for 47th place ... Close behind her was **Callie Chapman**, who was 49th place in a time of 36:22.

### **Wash. & Jeff. Presidents**

The Washington & Jefferson men's cross country teams placed 16th of 17 teams, while the women's squad raced as individuals at the Gettysburg Invitational on Saturday afternoon ... Elizabethtown won both team titles ... Freshman **Victoria Caruso** led the women's team with a 15th-place finish out of 177 runners in a time of 23:55 ... Freshman **Alyssa Pagano** was W&J's next best finisher in 82nd place (26:18) ... Freshman **Matt Rudzki** paced the Washington & Jefferson men with a 61st place finish out of 180 competitors ... Classmate **Preston Lockwood** also placed 92nd overall (29:54) ... The Presidents will next compete at the Presidents' Athletic Conference Championship on Saturday, October 30th in Bethany, W.Va.

### **Grove City Wolverines**

Both Grove City teams competed in the Wilmington (Ohio) College Invitational Friday afternoon in their final tuneup for the PAC Championships Oct. 30 ... Sophomore **Andrew Kloes** led the men's team with a 14th-place finish in the 159-runner field while junior **Daniel Chittick** took 39<sup>th</sup>, helping the men's team finish seventh ... On the women's side, junior **Elisa Pedersen** took second overall, helping Grove City finish fourth in the 14-team field and third among Division III schools ... Sophomore **Cara Pierce** joined Pedersen in the top 20 with a 16<sup>th</sup>-place finish while senior **Theresa Miller** took 30<sup>th</sup> and sophomore **Alex Anderson** finished 31<sup>st</sup> out of 131 total runners.

### **Waynesburg Yellow Jackets**

For an unprecedented third consecutive time in program history, Waynesburg women's cross country won an invitational as a team ... The Yellow Jacket women placed first out of a eight-team field at the fifth-annual Jacket Invitational that included three other PAC schools ... Freshman **Michelle Propst** again finished first overall for her third consecutive first-place finish this season ... She finished the race at her home course in 23:51, 32 seconds faster of the second-place runner, teammate **Rachel Feldner** (24:23), which is 22 seconds faster than the time she won the invitational with last season. **Michelle Thompson** continues to provide the Jackets with another top five runner, as she finished fifth overall with a time of 25:30.

### **Thiel Tomcats**

Freshman **Ashlee Osterberg** ran to a third-place finish for Thiel at Saturday's Waynesburg Invitational ... The Thiel women's team finished fifth (of six) with 119 team points while the men's team did not score as a team due to an insufficient number of runners ... Osterberg finished with time of 24:53.6 ... Sophomore **Emily Slade** finished 31st in 29:31.7 while junior **Jill Turrisi** was 32nd in 30:13.3 ... Junior **Dan Hemme** was the men's top finisher, coming 15th with a time of 30:39.0 ... The men's and women's cross country teams will be back in action on Saturday, Oct. 30 when they compete in the Presidents' Athletic Conference (PAC) Championships at Bethany College.

### **Westminster Titans**

The Titan men captured their second invitational in as many weeks by winning the Waynesburg Invitational, while the Lady Titans placed sixth ... Freshman **Chris Diamond** led the men, finishing the 10-K course in fourth place in 28:32.0 ... Other top finishers included sophomore **Scott Seserko**, who finished seventh in 29:36.2; freshman **Willie DeLair** in eighth place in 29:42.9; senior **Brad Zerbe** in 10th place in 29:58.5; and senior **Marcus Corvino**, who placed 11th in 30:14.2 ... For the Lady Titans, freshman **Leanna Stitt** finished in 17th place out of 50 runners with an 8K time of 27:26.5 ... Among the other finishers included senior **Sandy Edmiston** in 20th place in 27:50.8.

### **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: Chris Diamond, Westminster

October 10: Chris Diamond, Westminster

October 17: Andrew Kloes, Grove City

### **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: Michelle Propst, Waynesburg

October 10: Elisa Pedersen, Grove City

October 17: Michelle Propst, Waynesburg