

2009 PAC Cross Country Release Week 8 - October 19



Presidents' Athletic Conference
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2009 PAC CROSS COUNTRY RESULTS/SCHEDULE

LAST WEEK

Friday, October 16, 2009

Wilmington Fall Classic

Men (26 teams)

19. Thomas More - 575
Bethany - individuals only

Women (25 teams)

14. Thomas More - 390
Bethany - individuals only

Saturday, October 17, 2009

Oberlin Inter-Regional Rumble

Men (28 teams)

14. Saint Vincent - 404
15. Grove City - 457
27. Westminster - 812

Women (25 teams)

9. Grove City - 262
19. Westminster - 523

Gettysburg Invitational

Women (28 teams)

11. Saint Vincent - 310

Mercyhurst Invitational

Men (six teams)

1. Thiel - 39

Women (five teams)

3. Thiel - 99

Hood Invitational

Men (14 teams)

3. Washington & Jefferson - 91

Women (13 teams)

6. Washington & Jefferson - 191

Chatham, Waynesburg - idle

THIS WEEK/NEXT WEEK

Saturday, October 24, 2009

Geneva at **Walsh Invitational** - North
Canton, Ohio - 11 a.m.

Saturday, October 31, 2009

2009 PAC Cross Country Championships

Saint Vincent College - Latrobe, Pa.

Women - 11 a.m.

Men - noon

Men's Runner of the Week

SCOTT RYAN

Wash. & Jeff.

Freshman

Williamsville, N.Y.

Williamsville East H.S.



Ryan earned PAC Weekly Honor for this third time this season after capturing his first career individual title at the Hood College Invitational in Maryland. The freshman finished the eight-kilometer race in 28:04 to finish first in a field of 123 runners.

Also nominated was senior **Patrick Miller** of Bethany, junior **Garrett Cichowitz** of Grove City, freshman **Regis Wagner** of Thiel, freshman **Matt Lengerich** of Thomas More, and senior **Jeremiah Patterson** of Westminster.

Women's Runner of the Week

ELLA SMITH

Grove City

Freshman

Becker, Minn.

Becker H.S.



Smith earned her third PAC weekly honor of the 2009 season after leading all Grove City runners at the Oberlin Inter-Regional Rumble in Oberlin, Ohio. She finished the six-kilometer course in 22:43 to finish in 31st place in a 220-runner field.

Also nominated was senior **Maggie McCort** of Bethany, freshman **Celia Arlinghaus** of Thomas More, junior **Laura Procaro** of Washington & Jefferson, and freshman **Brittany Kaltenbaugh** of Westminster.

2009 PAC CROSS COUNTRY RUNNERS OF THE WEEK

	<u>Men</u>	<u>Women</u>
September 7:	Garrett Cichowitz , GRO	Ella Smith , GRO
September 14:	Scott Ryan , W&J	Megan Donovan , WAY
September 21:	Scott Ryan , W&J	Brittany Kaltenbaugh , WES
September 28:	Garrett Cichowitz , GRO	Ella Smith , GRO
October 5:	Garrett Cichowitz , GRO	Sara Fisher , GRO
October 12:	Kyle Edwards , WAY	Megan Donovan , WAY
October 19:	Scott Ryan , W&J	Ella Smith , GRO

Bethany Bison

In their final tune-up for the conference meet, both Bison teams competed as individuals only at the Wilmington Fall Classic last Friday ... The women's team had two runners in the top 50, led by freshman **Erin Reske**, who ran the 5K course in 20:34.52 to place 44th out of 244 runners ... Right on her heels was senior **Maggie McCort**, who was just under five seconds behind Reske and placed 46th overall ... Freshman **Emily Andrews** finished in the top half by crossing 122nd and senior Alissa Moss also ran for BC ... For the men, senior **Patrick Miller** and freshman **Josh Wentz** closed out the regular season with solid times ... Bethany will have this weekend off to prepare for the Oct. 31 PAC Championship Meet at Saint Vincent.



Chatham Cougars

Chatham was off this week ... The Cougars are preparing to compete at the Presidents' Athletic Conference (PAC) championships in Latrobe, Pa., as they travel to Saint Vincent on Saturday, October 31st.



Geneva Golden Tornadoes

The Golden Tornadoes will finally get back on the course this Saturday after back to back off weeks ... Geneva will compete at Walsh University just one week before heading to Saint Vincent College for the PAC Championships.



Grove City Wolverines

Grove City's cross country teams returned to action Saturday at the Oberlin Inter-Regional Rumble ... The men took 15th out of 28 teams while the women finished ninth in a 25-team field ... Freshman **Ella Smith** took 31st to lead the women's team while freshman **Sara Fisher** followed in 35th ... Junior **Emily Pierce** finished 36th ... Grove City finished with 262 team points ... On the men's side, **Garrett Cichowitz** finished 23rd while senior **Frankie Hourigan** earned 62nd ... Grove City finished with 457 team points ... After an off weekend, Grove City will compete in the PAC Championships October 31 in Latrobe, Pa.



Saint Vincent Bearcats

The Bearcat men finished 14th against a strong field at the Oberlin Inter-regional Rumble, as six of the 28 teams were ranked nationally ... **Kevin Wanichko** led the Bearcat runners with a 14th-place finish, and his 25:28 was the third-fastest 5-mile time in team history ... Each of SVC's top five recorded personal best times, including **Adam Tucek** (89th/26:43), **Josh Hooke** (102nd/26:53), **Shane Simmons** (104th/26:57) and **Jeff Hite** (113th/27:09) ... The Lady Bearcats ran at the 290-runner Gettysburg College Invitational, finishing 14th out of 28 teams ... **Ivette Mejia** again led the way, medaling in the 6K race by finishing in 13th with a time of 24:29 ... Other top finishers for the Lady Bearcats included **Emma Goetz** (54th/25:58) and **Katie Macioce** (80th/26:29).



Thiel Tomcats

Led by freshman **Regis Wagner**, the Thiel College men's cross country team captured the team title at the 2009 Mercyhurst Invitational, Saturday at Pleasant Ridge Park ... Wagner compiled a second-place individual time of 28:07.0 as the Tomcat men scored 39 points to pace the field of six teams... Sophomore **Brendan Dulaney** was Thiel's next finisher, turning in a fifth-place time of 28:16.4... The Thiel women turned in a team third-place effort in a field of five... Sophomore **Tiffany Blosser** led Thiel with an overall 10th-place effort of 26:49.9... Thiel is off until Oct. 31 when they take part in the 2009 PAC Championships.



Thomas More Saints

The Thomas More men's and women's cross country teams ran at the Wilmington College Fall Classic last week and the women's team finished 14th out of 25 teams and the men's team finished 19th out of 26 teams ... The women's team was paced by freshman **Celia Arlinghaus**, who finished 57th with a time of 20:54.74. Also with top-100 finishes were freshman **Sarah Miller** in 63rd place with a time of 20:59.40, sophomore **Ashley Jordan** in 91st place with a time of 21:28.88 and freshman **Alice Wallenhorst** in 94th place with the ime of 21:32.05 ... The men's team was led by freshman **Matt Lengerich**, who finished 103rd with a time of 28:39.99.



Washington & Jefferson Presidents

W&J competed in Maryland last Saturday at the Hood College Invitational ... The men placed third out of 14 teams, while the women came in sixth out of 13 teams ... The men were once again led by freshman **Scott Ryan**, who earned his first collegiate cross country title, winning the 123-runner event with a time of 28:04 ... Freshman **Benjamin Kopchick** also performed well for the Presidents, claiming sixth place (28:28) ... Senior **Bryan Hanrahan** notched a 35th-place showing (30:07), while freshman **Jacob Montag** ran 30:26 and took 39th ... Junior **Laura Procaro** paced the women, finishing 17th overall out of 110 runners with a time of 26:41 in the 6K race ... Freshman **Erica Heidelberger** finished close behind Procaro in 23rd place (27:27).



Waynesburg Yellow Jackets

The Waynesburg University men's and women's cross country teams are preparing for the PAC Cross Country Championships, which will be held on Oct. 31.



Westminster Titans

Westminster competed at the Oberlin Inter-Regional Rumble Saturday at Oberlin College ... The Titan women placed 19th out of 25 teams with 523 points, while the Titan men took 27th out of 28 with 812 points ... Freshman **Brittany Kaltenbaugh** led the Titans with a 50th-place time of 23:16. The other Titans to crack the Top 100 including sophomore **Jennifer Krueger** at 92nd with a time of 24:08 and senior **Rachel Hudson** clocking in at 24:15 for 100th place ... On the men's side, senior **Jeremiah Patterson** paced the Titans with a 134th-place time of 27:29, followed by sophomore **Morgan Hanes** in at 27:42 for 144th place.



Bethany Bison

		<u>Men</u>	<u>Women</u>
Sept. 5	at Westminster Fisher Invitational	Ind. only	7th/11
Sept. 19	at Penn St.-Behrend Invitational	Ind. only	Ind. only
Oct. 3	at Slippery Rock Invitational	Ind. only	8th/9
Oct. 16	at Wilmington Fall Classic	Ind. only	Ind. only
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Chatham Cougars

		<u>Women</u>
Sept. 1	at La Roche Tri-Meet	2nd/3
Sept. 5	at Westminster Fisher Invitational	9th/11
Sept. 12	at Waynesburg Invitational	7th/9
Sept. 26	at Saint Vincent Invitational	12th/15
Oct. 3	at Pitt-Greensburg Invitational	8th/11
Oct. 10	at Carnegie Mellon Invitational	12th/13
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)	
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)	

Geneva Golden Tornadoes

		<u>Men</u>	<u>Women</u>
Sept. 1	THIEL (dual)	L 26-29	W 17-42
Sept. 5	at Westminster Fisher Invitational	5th/12	6th/11
Sept. 12	at Waynesburg Invitational	2nd/7	2nd/9
Sept. 26	at Saint Vincent Invitational	6th/12	T-4th/15
Oct. 3	at Pitt-Greensburg Invitational	4th/9	2nd/11
Oct. 24	at Walsh Invitational		
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCCAA National Championships (Cedarville, Ohio)		

Grove City Wolverines

		<u>Men</u>	<u>Women</u>
Sept. 5	at California (Pa.) Invitational	2nd/7	1st/10
Sept. 11	at Penn State Spiked Shoe Invitational	8th/9	7th/10
Sept. 26	at Saint Vincent Invitational	2nd/12	1st/15
Oct. 3	at Pitt-Greensburg Invitational	1st/9	1st/11
Oct. 17	at Oberlin Inter-Regional Invitational	15th/28	9th/25
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Saint Vincent Bearcats

		<u>Men</u>	<u>Women</u>
Sept. 5	at Duquesne Duals (M)	6th/9	---
Sept. 5	at California (Pa.) Invitational (W)	---	5th/10
Sept. 12	at Marietta Invitational (W)	---	3rd/7
Sept. 18	at Notre Dame Catholic Invitational	7th/25	13th/24
Sept. 26	SAINT VINCENT INVITATIONAL	1st/12	3rd/15
Oct. 10	at Carnegie Mellon Invitational (M)	5th/14	---
Oct. 10	at Juniata Invitational (W)	---	1st/5
Oct. 17	at Oberlin Inter-Regional Rumble (M)	14th/28	---
Oct. 17	at Gettysburg Invitational (W)	---	11th/28
Oct. 31	PAC CHAMPIONSHIPS (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 7	ECAC Championships (Williamstown, Mass.)		

Thiel Tomcats

		<u>Men</u>	<u>Women</u>
Sept. 1	at Geneva (dual)	W 26-29	L 17-42
Sept. 5	at Westminster Fisher Invitational	3rd/12	8th/11
Sept. 19	at PS-Behrend Invitational	4th/15	8th/12
Sept. 26	at Saint Vincent Invitational	4th/12	8th/15
Oct. 3	at Pitt-Greensburg Invitational	2nd/9	6th/11
Oct. 17	at Mercyhurst Invitational	1st/6	3rd/5
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Thomas More Saints

		<u>Men</u>	<u>Women</u>
Sept. 5	at Franklin Invitational	Ind. only	5th/8
Sept. 12	at Queen City Invitational	8th/9	8th/9
Sept. 26	at Otterbein Invitational	16th/16	12th/14
Oct. 3	at Louisville Invitational	Ind. only	24th/35
Oct. 16	at Wilmington Fall Classic	19th/26	14th/25
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA South Regionals (Greensboro, N.C.)		

Washington & Jefferson Presidents

		<u>Men</u>	<u>Women</u>
Sept. 12	at Waynesburg Invitational	3rd/7	6th/9
Sept. 19	at Penn St.-Behrend Invitational	6th/15	Ind. only
Oct. 3	at Slippery Rock Invitational	6th/8	Ind. only
Oct. 17	at Hood Invitational	3rd/14	6th/13
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Waynesburg Yellow Jackets

		<u>Men</u>	<u>Women</u>
Sept. 5	at Salisbury Sea Gull Opener	5th/6	5th/9
Sept. 12	WAYNESBURG INVITATIONAL	6th/7	3rd/8
Sept. 26	at Saint Vincent Invitational	10th/12	8th/15
Oct. 3	at Pitt-Greensburg Invitational	6th/9	4th/11
Oct. 10	at Carnegie Mellon Invitational	12th/14	8th/13
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		

Westminster Titans

		<u>Men</u>	<u>Women</u>
Sept. 5	FISHER INVITATIONAL	6th/12	5th/11
Sept. 19	at PS-Behrend Invitational	5th/15	3rd/12
Sept. 26	at Saint Vincent Invitational	7th/12	T-4th/15
Oct. 3	at Slippery Rock Invitational	4th/7	5th/9
Oct. 17	at Oberlin Inter-Regional Invitational	27th/28	19th/25
Oct. 31	PAC Championships (Latrobe, Pa. - hosted by Saint Vincent)		
Nov. 14	NCAA Mid-East Regionals (Bethlehem, Pa.)		