



CROSS COUNTRY 2004

Presidents' Athletic Conference

Joe Onderko, Information Director

Phone - (724) 946-6357

Fax - (724) 946-7187

E-Mail: onderkjm@westminster.edu

Web: www.westminster.edu/pac

LAST WEEK'S RESULTS - September 4

Fisher Invitational - New Wilmington, Pa.

Men (six teams)

4. Westminster (123)

Thiel - individuals only

Women (seven teams)

4. Westminster (129)

5. Bethany (134)

7. Thiel (153)

CWRU Sudeck Classic - Cleveland, Ohio

Men (eight teams)

6. Grove City

Women (nine teams)

5. Grove City

Salisbury Sea Gull Opener - Salisbury, Md.

Men

7. Waynesburg

Women

6. Waynesburg

Washington & Jefferson vs. Allegheny (dual meet) - Canonsburg, Pa.

Men - individual only

Women - Allegheny 15, Wash. & Jeff. 60

THIS WEEK'S SCHEDULE - September 11

Bethany, Waynesburg, Westminster at Thiel Invitational - Greenville, Pa. - 10 a.m.

Grove City at Allegheny Invitational - Meadville, Pa. - 11 a.m.

Washington & Jefferson - off

PAC Men's Cross Country Runner of the Week

MATT RUDZKI

Washington & Jefferson College

Freshman

Pittsburgh, Pa./Fox Chapel H.S.

Rudzki finished in first place at the Allegheny-Washington & Jefferson dual meet in Canonsburg, Pa., on Saturday, hitting the ribbon with a five-kilometer time of 17:00.

Also nominated was senior **Chris Lee** of Grove City, sophomore **Heath Piper** of Waynesburg, and freshman **Chris Diamond** of Westminster.

PAC Women's Cross Country Runner of the Week

MICHELLE PROPST

Waynesburg College

Freshman

Brighton, Col./Faith Christian H.S.

Propst opened her collegiate career at Waynesburg by placing fifth out of 87 runners at the Salisbury Sea Gull Opener in Salisbury, Md., with a time of 23:10.

Other nominees included freshman **Sarah Goho** of Bethany, junior **Elisa Pedersen** of Grove City, freshman **Laura Tomsevich** of Washington & Jefferson, and senior **Felicie Reid** of Westminster.

PAC CROSS COUNTRY NOTES

Bethany Bison

The Bison women placed fifth at the eight-team Westminster Fisher Invitational on Saturday ... Freshman **Sarah Goho** led the way for Bethany with a 10th place finish in her collegiate debut in a time of 21:17 ... Junior **Mallory Roadman** was next for the Bison in 18th place with a time of 22:03, while freshman **Chantal Stettinius** placed 23rd in 22:39 ... Junior **Dana Culbert** and junior **Callie Chapman** rounded out the top five for the Bison in 41st and 42nd place, respectively ... Culbert ran a time of 30:24, while Chapman finished in 31:25.

Wash. & Jeff. Presidents

The W&J men's and women's cross country teams hosted Allegheny in a dual meet on Saturday morning at Mingo Creek Park in Canonsburg, Pa. ... Allegheny won the women's meet with 15 points, while W&J ran incomplete in the men's race ... W&J freshman **Matt Rudzki** finished as the top performer on the men's side with a time of 17:00, edging Allegheny's **Ryan Place** by nine seconds ... Freshman **Preston Lockwood** was W&J's only other runner and he placed fourth in a time of 18:16 ... On the women's side, AC's **Molly McGravey** finished first in a time of 22:12 ... Freshman **Laura Tomasevich** was the Presidents' top finisher in eighth place in 23:51 ... W&J returns to action on Sept. 18th at the IUP Invitational.

Grove City Wolverines

The defending PAC champions opened the 2004 season in Cleveland at the Case Western Reserve Bill Sudeck Classic ... **Chris Lee** led the Grove City men with a 15th-place finish while sophomore **Andy Leuenberger** took 28th ... Three Grove City women finished in the top 35, led by junior **Elisa Pedersen** in eighth ... Sophomore **Cara Pierce** took 22nd while freshman **Kylie Mackaness** finished 35th ... Grove City will compete in the Allegheny Invitational this weekend.

Waynesburg Yellow Jackets

The Waynesburg College cross country teams opened the season at the Sea Gull Opener in Salsbury, Md. ... The opener was also attended by the likes of Division II Slippery Rock University and Division I Loyola College ... Freshman runner **Michelle Propst** paced the women's team with a fifth place finish overall with a time of 23:10, two minutes behind the overall leader, while senior **Rachel Feldner** finished 15th overall with a time of 24:05 ... Sophomore **Heath Piper** ran the fastest time for the men's team, 29:35 ... Finishing closely behind Piper was freshman **Jack Haines** with a time of 30:24.

Thiel Tomcats

Both the Thiel men's and women's cross country teams opened the 2004 season at the Westminster Fisher Invitational Saturday morning ... The women's team finished seventh with 306 points while the men did not participate as a team ... Freshman **Ashlee Osterberg** was the Tomcats' top performer on the day, finishing 13th with a time of 21:25 ... On the men's side Thiel only had three runners compete and were therefore not scored as a team ... Junior **Dan Hemme** finished 40th with a time of 31:57.

Westminster Titans

Westminster hosted the annual Fisher Invitational in New Wilmington on Saturday, with both the men's and women's teams placing fourth ... Leading the way for the Westminster men was the freshman duo of **Chris Diamond** and **Nathan Mitchell** ... Diamond was the team's top finisher, placing 12th in 28:53, followed closely by Mitchell in 14th place with a time of 29:13 ... For the Lady Titans, senior **Felicie Reid** led the squad by placing 15th with a time of 21:36 ... Other women's finishers included freshman **Leanna Stitt** in 23rd place in 22:34 ... Both Westminster teams will compete at the Thiel Invitational this week.

Past PAC Men's Runners of the Week

September 5: Matt Rudzki, Wash. & Jeff.

September 12:

September 19:

September 26:

October 3:

October 10:

October 17:

Past PAC Women's Runners of the Week

September 5: Michelle Propst, Waynesburg

September 12:

September 19:

September 26:

October 3:

October 10:

October 17: