



# CROSS COUNTRY 2007

**Presidents' Athletic Conference**  
8500 Brooktree Road, Suite 130  
Wexford, PA 15090  
Phone - (724) 933-4630  
Fax - (724) 933-4635  
E-Mail: [onderko@pacathletics.org](mailto:onderko@pacathletics.org)  
Web: [www.pacathletics.org](http://www.pacathletics.org)

## RECENT RESULTS

*Friday, October 12, 2007*

### Wilmington Invitational - Wilmington, Ohio

#### Men

Thomas More - individuals only

*Saturday, October 13, 2007*

### Carnegie Mellon Invitational - Pittsburgh, Pa.

#### Men (23 teams)

4. Saint Vincent (181)
13. Washington & Jefferson (329)
17. Geneva (511)
18. Thiel (558)
19. Westminster (577)
20. Bethany (608)

#### Women (20 teams)

4. Geneva (134)
13. Washington & Jefferson (353)
16. Westminster (459)
17. Bethany (462)

### Waynesburg Invitational - Waynesburg, Pa.

#### Men (3 teams)

2. Waynesburg

#### Women (4 teams)

1. Waynesburg

### Gettysburg Invitational - Gettysburg, Pa.

#### Men (15 teams)

4. Grove City (108)

#### Women (14 teams)

3. Grove City (63)
6. Saint Vincent (188)

## UPCOMING EVENTS

*Saturday, October 27, 2007*

### 2007 PAC Cross Country Championships - 11 a.m.

*Hosted by Saint Vincent College - Latrobe, Pa.*

## PAC Men's Runner of the Week

### GARRETT CICHOWITZ

#### Grove City

Freshman

Colorado Springs, Colo.

Palmer H.S.



Cichowitz earned his second PAC weekly laurel of the season after placing fourth in a 171-runner field (second among Division III runners) at the Gettysburg Invitational in Gettysburg, Pa., on Saturday. He posted an 8K time of 26:42.23 to help GCC to a fourth-place team finish.

*Also nominated was sophomore **Zach Foster** of Bethany, junior **Bobby Regan** of Washington & Jefferson, senior **Tim Monaghan** of Waynesburg, and sophomore **Jeremiah Patterson** of Westminster.*

## PAC Women's Runner of the Week

### KRISTEN CARTER

#### Grove City

Junior

Bellingham, Wash.

Bellingham H.S.



Carter captured her third consecutive race title and fifth PAC honor this season after winning the individual title at the Gettysburg Invitational in Gettysburg, Pa., on Saturday. The junior bested the 153-runner field with a 6K time of 22:11.23, topping the second-place finisher by over 39 seconds.

*Also nominated was freshman **Suzanne Stettinius** of Bethany, junior **Erin Long** of Washington & Jefferson senior **Michelle Propst-Cross** of Waynesburg, and sophomore **Elizabeth Beardsley** of Westminster.*

## PAC CROSS COUNTRY CAPSULES

### Bethany Bison



In their final race before PAC Championships Oct. 27, Bethany competed at the Carnegie Mellon Invitational, which featured many Division I and II teams ... The BC women took 17<sup>th</sup> out of 20 teams and had three runners place in the top half of the 197-runner field ... Freshman **Suzanne Stettinius** was the top runner, taking 88<sup>th</sup>, with senior **Chantal Stettinius** finishing 92<sup>nd</sup> and sophomore **Desiree Finley** crossing in 96<sup>th</sup> ... For the men, who were 20<sup>th</sup> of 23 teams, sophomore **Zach Foster** was the top performer, taking 88<sup>th</sup> out of 230 with a season-best time of 28:09.67 ... The Bison's next two runners were freshman **Clifford Arbogast** (151<sup>st</sup>) and junior **Matt Schlemmer** (173<sup>rd</sup>).

### Saint Vincent Bearcats



The SVC men finished fourth out of 23 squads at the Carnegie Mellon Invitational, finishing behind the host Tartans and Division I schools Pitt and Duquesne ... Junior **Adam Smith** finished in fourth place out of 230 runners, finishing the 8K course in 25:58 ... He became just the fifth runner in school history to complete an 8K race under 26 minutes ... Wayne Hooper finished 14<sup>th</sup> (26:14), while Jim Walsh finished 49<sup>th</sup> (27:23) ... The Lady Bearcat runners took sixth at the Gettysburg Invitational, led by **Laura Magnuson's** fourth place finish ... **Kelsey Sullivan** took 49<sup>th</sup>, **Emma Goetz** 50<sup>th</sup>, and **Amanda Connell** 52<sup>nd</sup> for the Lady Bearcats.

### Washington & Jefferson Presidents



Both W&J cross country teams posted 13th-place finishes Saturday at the Carnegie Mellon Invitational ... Five W&J men set personal best times, while three Presidents also notched season-best marks ... Three W&J women student-athletes also set personal best marks ... The W&J women were paced by junior **Erin Long's** 14th-place finish in a season-best time of 19:32 ... Junior **Megan Duffett** grabbed 70th place (21:08), while junior **Kelli Hartman** placed 97th (22:05) ... Junior **Bobby Regan** and senior **Matthew Rudzki** placed right behind each other for the second-straight week as Regan took 25th place (26:44), while Rudzki grabbed 26th place (26:48).

### Geneva Golden Tornadoes



In one of the toughest fields of the season, Geneva's men and women competed at the CMU Invitational on Saturday ... In men's action, **Phil Falk** was Geneva's top finisher in 75<sup>th</sup> place with a time of 27:51, with his brother **Josh Falk** finishing in 29:07 ... Geneva's women gave their best performance of the year with a fourth place overall finish ... **Susan Fletcher** led the way with a 17<sup>th</sup> place finish as the Golden Tornadoes had a total of four runners finish in the top 30, including **Sara Morrison**, **Beth Bartolomeo** and **Rebecca VanRegenmorter**.

### Thiel Tomcats



The Thiel men's cross country squad posted an 18th place finish with 145 team points at Saturday's 23-team Carnegie Mellon University Invitational ... Freshman **Derek Workman** finished 102<sup>nd</sup> in the 229 person field with a time of 28:39.78 in the eight kilometer event ... Junior **Klavin Boyd** was 141<sup>st</sup> with a time of 29:32.98.

### Waynesburg Yellow Jackets



The Yellow Jackets accomplished a program first on Saturday at their home invitational, as the women won their race with a perfect score of 15 ... Senior **Michelle Propst Cross** was the top scorer for the Yellow Jackets on Saturday with a time of 24:49 ... Fellow senior **Katie Weko** finished third overall with a time of 25:31, while sophomore **Janet Carson** crossed the finish line at 25:45 to finish fourth overall ... Rounding out the top-five finishers for the Yellow Jackets were senior **Haley Hinds** in fifth place (26:36) and sophomore **Dina Mannarino** moved into the scorers (27:41) ... On the men's side, the Yellow Jackets placed a season-best second overall behind two top-10 finishers.

### Grove City Wolverines



Grove City competed in the Gettysburg Invitational Saturday, battling against several regionally-ranked squads ... Junior **Kristen Carter** posted her third straight individual title, helping the women to a third-place finish ... Carter completed the 6K course in 22:11.23, winning by over 39 seconds ... **Julia Seward** took fifth while **Emily Pierce** (16<sup>th</sup>) and **Brigitte Fryan** (20<sup>th</sup>) earned top-20 finishes ... The GCC women entered the race as the USTFCCCA's No. 4 team in the Mid-east region ... The No. 3 team, Johns Hopkins, took 7<sup>th</sup> at Gettysburg ... The men also fared well, grabbing fourth place out of 15 teams ... Freshman **Garrett Cichowitz** took fourth overall and second among D-III runners with an 8K time of 26:42.23.

### Thomas More Saints



Sophomore **Chad Schmidt** surpassed his previous personal best by 32 seconds as he placed 96<sup>th</sup> in a time of 28:30 at the Wilmington Fall Classic ... Thomas More only had three runners compete, which was not enough to qualify for the team standings ... Sophomore **Josh Horn** placed 117<sup>th</sup> with a time of 30:11, while freshman **Kyle Egan** finished 187<sup>th</sup> with a time of 32:10.

### Westminster Titans



Westminster ran at the Carnegie Mellon University Cross Country Invitational Saturday at Schenley Park in Pittsburgh ... The Titan women placed 16th out of 20 teams with 459 points and the Titan men took 19th out of 23 teams with 577 points ... Sophomore **Elizabeth Beardsley** led the Titans by completing the 5K women's race with an 89th-place time of 21:45.41 ... Indiana (Pa.) finished first in the team standings with 53 points ... On the men's side, sophomore **Jeremiah Patterson** led the Titans with a 104th-place, 8-kilometer time of 25:01.35 ... Host CMU won the men's standings with 31 points.