

2011 CLEMSON CROSS COUNTRY

NCAA SOUTHEAST REGIONALS - SATURDAY, NOV. 12 - LOUISVILLE, KY

NCAA Southeast Regionals Central

Clemson will take its two cross country teams to Louisville, KY to compete at the NCAA Southeast Regionals at E.P. "Tom" Sawyer Park. It will be the third straight year the Southeast Regional meet will be held in Louisville. The men's 10K is scheduled for 10:00 AM, followed by the women's 6K at 11:15.

The Tigers will travel a total of 14 student-athletes this weekend, seven apiece from the two squads. Clemson's women consist of Natalie Anthony, Elyse Borisko, Kate Borowicz, Alyssa Henshaw, Alyssa Kulik, Kim Ruck and Cara Talty. The men's team will be comprised of James Dwyer, Martin Maloney, Ty McCormack, Aaron Ramirez, Scott Stanley, Jonathan Sunde and Tim Tyler.

The women's team is ranked No. 4 in the Southeast Region by the coaches. Clemson is coming off a sixth-place showing at the ACC Championships, the program's best in 12 years.

The top two teams automatically advance out of each of the nine regions. The 13 at-large teams chosen for the NCAA Championships field will be announced no later than 7:00 PM on Sunday, Nov. 13.

Nationally-Ranked Tigers

The Clemson women broke into the national rankings for the first time in nearly 20 years when the coaches poll was released on Oct. 4. Clemson was ranked 30th for two weeks by the USTFCCCA, before falling out after the Wisconsin Invitational.

Clemson's women have also been ranked among the top five in the Southeast Region each of the last seven weeks. The Tigers began the season No. 6, before falling to No. 7 on Sept. 12. Clemson has been as high as third regionally, both in the Oct. 3 and Oct. 10 polls.

Clemson's NCAA Regional History

Both the men's and women's programs have enjoyed success at the regional championships. Both have claimed stake to one team championship at the district/region level. The men won the 1983 district meet, while the women took home first place at the 1990 regional.

The men have claimed four individual trophies, led by three-time winner Hans Koeleman. He won the district title in 1980, 1982 and 1983. Jason Meany is the most recent harrier to win for Clemson, taking home the top prize in 2002.

On the women's side, Anne Evans' runner-up

finish led the 1990 team to the championship. She also led the 1989 team to a third-place showing. The women's team has produced five third-place team finishes at the district/regional level.

Clemson's top regional finishes (men)

| Year | Place | Top Finisher (Place) |
|------|-------|-----------------------|
| 1983 | 1st | Hans Koeleman (1st) |
| 1982 | 2nd | Hans Koeleman (1st) |
| 1987 | 2nd | Dov Kremer (2nd) |
| 1988 | 2nd | Yehezkel Halifa (2nd) |

Clemson's men's individual region champions

| Year | Name |
|------|---------------|
| 1980 | Hans Koeleman |
| 1982 | Hans Koeleman |
| 1983 | Hans Koeleman |
| 2002 | Jason Meany |

Clemson's top regional finishes (women)

| Year | Place | Top Finisher (Place) |
|------|-------|-----------------------|
| 1990 | 1st | Anne Evans (2nd) |
| 1981 | 3rd | Kerry Robinson (9th) |
| 1983 | 3rd | Tina Krebs (3rd) |
| 1988 | 3rd | Gail Groulx (26th) |
| 1989 | 3rd | Anne Evans (7th) |
| 1993 | 3rd | Mareike Rensing (5th) |

2010 NCAA Southeast Regionals Review

Clemson traveled to Louisville, KY in November of 2010 and returned home with an NCAA qualifier in junior Kim Ruck. She became the first individual to qualify for the NCAA Cross Country Championships on the women's side since the 1993 season. Ruck finished sixth place with a personal best time of 20:26.1 over the 6,000-meter course.

The women's team finished eighth - Clemson's best finish collectively since 1998. A second runner from the Tiger squad, Alyssa Kulik, earned all-region recognition with a 25th-place finish.

The men's team had a disappointing showing, but then freshman Ty McCormack stood out with a 35th-place effort in his first-ever collegiate 10K.

2011 ACC Championships Recap

The Clemson women finished sixth as a team at the ACC Championships two weeks ago. It was the program's highest finish at a conference meet since the 1999 team also placed sixth. At that time, however, the conference consisted of just nine teams.

The women's team used a balanced effort to score its best finish in 12 years. Clemson did not have anyone finish higher than 24th individually, but each of the team's top five scorers were also inside the top 40. Alyssa Kulik led with a time of 21:07.4 and the 24th-place showing, followed by Kate Borowicz (31st), Natalie Anthony (32nd), Kim Ruck (33rd) and Elyse Borisko (40th).

The men's team struggled to a 10th-place finish, but sophomore Ty McCormack was certainly a standout as he reached the podium as an all-conference performer.

The meet was the first ACC Championships in Clemson in 10 years, and the first at the school's Musser Farms course.

Kulik Paces Tiger Women's Team

The 2011 season has seen a balanced effort for the most part from the women's group, but senior Alyssa Kulik has proven to be the most consistent finisher in each of her four meets this season.

QUICK FACTS

University Information

| | |
|----------------------|--------------------------|
| Location | Clemson, SC 29633 |
| Founded | 1889 |
| Enrollment | 19,453 |
| President | James F. Barker |
| Conference | Atlantic Coast |
| Nickname | Tigers |
| Colors | Clemson Orange & Regalia |
| Athletic Director | Dr. Terry Don Phillips |
| Athletic Dept. Phone | (864) 656-1935 |

Coaching Staff

| | |
|------------------------------|---------------------|
| Director of Track & Field/XC | Lawrence Johnson |
| Alma Mater/Yr | Arkansas/2000 |
| Season at Clemson | 3rd |
| Office Phone | (864) 656-2269 |
| Assistant Coach | Brad Herbster |
| Alma Mater/Yr | South Carolina/1991 |
| Season at Clemson | 2nd |
| Office Phone | (864) 656-1972 |
| Herbster Email | bherbst@clemson.edu |

Sports Information

| | |
|-----------------------------|--|
| Sports Information Director | Tim Bourret |
| Cross Country Contact | Philip Sikes |
| Sikes Office Phone | (864) 656-1985 |
| Sikes Cell Phone | (864) 525-4889 |
| Sikes Email | philips@clemson.edu |
| Mailing Address | P.O. Box 31 |
| | Clemson, SC 29633 |
| Overnight Address | Jervey Athletic Center |
| | 100 Perimeter Rd. -- Clemson, SC 29634 |
| Athletic Web Site | www.ClemsonTigers.com |

Kulik opened the season at home in the Clemson Invitational at Musser Farms on Sept. 16. She was fourth overall with a time of 21:00.27. She followed with a 23rd-place outing at Notre Dame on Sept. 30 and 76th-place effort at Wisconsin on Oct. 15.

Kulik did not earn the elusive All-ACC honor, but she was 24th individually and led the Tigers to a sixth-place finish at home on Saturday, Oct. 29.

McCormack Nabs First Career All-ACC Award

Clemson sophomore Ty McCormack became the first men's cross country runner to earn all-conference honors since Matt Clark in 2007 when he placed eighth at the ACC meet on Oct. 29.

McCormack did so in fine fashion, running to a lifetime best of 23:28.2 over Clemson's 8K course. This weekend, he looks to improve on his 35th-place effort at the Southeast Regionals from last season.

Borowicz Making an Impact After Transfer

Clemson red-shirt sophomore Kate Borowicz is picking up momentum late in the 2011 cross country season. After transferring from ACC rival Georgia Tech, the Upstate South Carolina native has made a name for herself of late.

Coming off her best showing of the season, a time of 21:09.9 against an elite national field at the Wisconsin Invitational, Borowicz followed up with a solid 31st-place outing at the ACC Championships at Clemson. She had a time of 21:14.9 over the Tigers' tough Musser Farms home course.

Borowicz, who attended J.L. Mann High School in nearby Greenville, has a twin sister who competes for the University of South Carolina.

HONORS & RANKINGS

Individual Event Champions

Ty McCormack, Clemson Invitational

ACC Performer-of-the-Week

Sept. 20 Ty McCormack

USTFCCCA Southeast Region Rankings

| Date | Men | Women |
|-----------|-----|-------|
| Preseason | NR | 6 |
| Sept. 12 | NR | 7 |
| Sept. 19 | NR | 5 |
| Sept. 26 | NR | 4 |
| Oct. 3 | NR | 3 |
| Oct. 10 | NR | 3 |
| Oct. 17 | NR | 5 |
| Oct. 24 | NR | 5 |
| Nov. 1 | NR | 4 |

2011 SEASON RESULTS

Eye Opener • Spartanburg, SC Sept. 2, 2011 • Men, 8K - Women, 5K

Men's Results (T-1st of 18)

2. Ty McCormack, 25:44
6. Aaron Ramirez, 26:03
8. Scott Stanley, 26:11
13. Nathan Hendershot, 26:39
18. Tim Tyler, 26:48

Women's Results (2nd of 20)

5. Natalie Anthony, 18:10
11. Elyse Borisko, 18:29
12. Cara Talty, 18:36
13. Walker Marion, 18:37
14. Alyssa Henshaw, 18:52
- (19). Lisa Girard, 19:13
- (20). Sara Manesiotis, 19:21
- (35). Katie Inclan, 20:07

Clemson Invitational • Clemson, SC Sept. 16, 2011 • Men, 8K - Women, 6K

Men's Results (7th of 12)

1. Ty McCormack, 23:56.72
32. Aaron Ramirez, 25:03.30
34. Jonathan Sunde, 25:05.97
49. James Dwyer, 25:31.86
50. Nathan Hendershot, 25:32.43
- (64). Tim Tyler, 25:54.65
- (66). Scott Stanley, 25:59.37

Women's Results (1st of 12)

4. Alyssa Kulik, 21:00.27
5. Kim Ruck, 21:04.29
7. Natalie Anthony, 21:15.06
9. Kate Borowicz, 21:17.85
20. Alyssa Henshaw, 21:44.91
- (21). Cara Talty, 21:49.11
- (29). Elyse Borisko, 21:54.85
- (34). Walker Marion, 22:20.45
- (35). Taylor Miller, 22:21.33
- (40). Lisa Girard, 22:44.53
- (44). Sara Manesiotis, 22:47.86

Notre Dame Invitational • South Bend, IN Sept. 30, 2011 • Men, 8K - Women, 5K

Men's Results (22nd of 26)

32. Ty McCormack, 24:48
127. Aaron Ramirez, 25:47
141. Jonathan Sunde, 25:56
159. Nathan Hendershot, 26:12
166. James Dwyer, 26:20
- (180). Scott Stanley, 26:36
- (199). Tim Tyler, 27:18

Women's Results (7th of 28)

23. Alyssa Kulik, 17:32
30. Kate Borowicz, 17:38
50. Kim Ruck, 17:50
52. Natalie Anthony, 17:52
112. Elyse Borisko, 18:18
- (123). Cara Talty, 18:23
- (136). Alyssa Henshaw, 18:32
- (154). Walker Marion, 18:42
- (174). Taylor Miller, 18:53

Wisconsin Invitational • Madison, WI Oct. 14, 2011 • Men, 8K - Women, 6K

Men's Results (39th of 39)

209. Ty McCormack, 25:40.4
226. Jonathan Sunde, 26:00.0
231. James Dwyer, 26:06.6
250. Aaron Ramirez, 26:34.4
255. Scott Stanley, 26:38.7
- (259). Martin Maloney, 26:54.4
- (263). Nathan Hendershot, 28:44.1

Women's Results (24th of 44)

76. Alyssa Kulik, 21:07.7
88. Kate Borowicz, 21:09.9
124. Natalie Anthony, 21:26.0
128. Kim Ruck, 21:27.9
143. Elyse Borisko, 21:34.5
- (192). Cara Talty, 21:50.4
- (242). Alyssa Henshaw, 22:16.7

ACC Championships • Clemson, SC Oct. 29, 2011 • Men, 8K - Women, 6K

Men's Results (10th of 12)

8. Ty McCormack, 23:28.2
62. Jonathan Sunde, 25:04.0
80. Martin Maloney, 25:28.5
81. Aaron Ramirez, 25:28.6
88. Scott Stanley, 25:42.3
- (93). James Dwyer, 25:48.9
- (96). Nathan Hendershot, 26:03.4
- (107). Tim Tyler, 27:13.7

Women's Results (6th of 12)

24. Alyssa Kulik, 21:07.4
31. Kate Borowicz, 21:14.9
32. Natalie Anthony, 21:15.9
33. Kim Ruck, 21:16.1
40. Elyse Borisko, 21:24.6
- (45). Cara Talty, 21:42.8
- (55). Alyssa Henshaw, 21:58.3
- (74). Walker Marion, 22:48.9
- (87). Lisa Girard, 23:22.9
- (91). Sara Manesiotis, 23:40.2

WOMEN'S TOP TIMES

5,000 Meters

| | | | |
|----|-----------------|-------------------------|-------|
| 1. | Alyssa Kulik | Notre Dame Invitational | 17:32 |
| 2. | Kate Borowicz | Notre Dame Invitational | 17:38 |
| 3. | Kim Ruck | Notre Dame Invitational | 17:50 |
| 4. | Natalie Anthony | Notre Dame Invitational | 17:52 |
| 5. | Natalie Anthony | Eye Opener | 18:10 |

6,000 Meters

| | | | |
|----|---------------|------------------------|----------|
| 1. | Alyssa Kulik | Clemson Invitational | 21:00.27 |
| 2. | Kim Ruck | Clemson Invitational | 21:04.29 |
| 3. | Alyssa Kulik | ACC Championships | 21:07.4 |
| 4. | Alyssa Kulik | Wisconsin Invitational | 21:07.7 |
| 5. | Kate Borowicz | Wisconsin Invitational | 21:09.9 |

MEN'S TOP TIMES

8,000 Meters

| | | | |
|-----|-------------------|-------------------------|----------|
| 1. | Ty McCormack | ACC Championships | 23:28.2 |
| 2. | Ty McCormack | Clemson Invitational | 23:56.72 |
| 3. | Ty McCormack | Notre Dame Invitational | 24:48 |
| 4. | Aaron Ramirez | Clemson Invitational | 25:03.30 |
| 5. | Jonathan Sunde | ACC Championships | 25:04.0 |
| 6. | Jonathan Sunde | Clemson Invitational | 25:05.97 |
| 7. | Martin Maloney | ACC Championships | 25:28.5 |
| 8. | Aaron Ramirez | ACC Championships | 25:28.6 |
| 9. | James Dwyer | Clemson Invitational | 25:31.86 |
| 10. | Nathan Hendershot | Clemson Invitational | 25:32.43 |