

MIAMI UNIVERSITY ATHLETIC MEDIA RELATIONS

230 Millett Hall
Oxford, OH 45056
(513) 529-7092
Fax: (513) 529-6729
Email: kieferdj@muohio.edu
Web Site: www.MURedHawks.com

Mike Harris, Director
Angie Renninger, Assoc. Director
Vince Frieden, Pub. Coord./Asst. Dir.
Jess Bechard, Asst. Dir.
David Kiefer, Intern
Norma McClure, Sr. Program Asst.



Weekly Release: Oct. 25, 2005

MIAMI WOMEN'S CROSS COUNTRY

This Week's Race: MAC Championship (Northern Illinois), DeKalb, Ill., Saturday, October 29

Next Race: NCAA Great Lakes Regional (Indiana State), Terre Haute, Ind., Saturday, November 12

2005 MIAMI WOMEN'S CROSS COUNTRY SCHEDULE/RESULTS

SEPTEMBER

- 3 at Dayton Invitational 3rd of 6 (64 pts.)
(Kettering, Ohio)
- 10 Miami Invitational 4th of 7 (75 pts.)**
(Oxford, Ohio)
- 17 Cedarville Invitational 1st of 13 (45 pts.)
(Xenia, Ohio)
- 30 at Notre Dame Invitational 23rd of 24 (594 pts.)
(South Bend, Ind.)

OCTOBER

- 7 at All-Ohio Championship 5th of 41 (172 pts.)
(Delaware, Ohio)
- 15 at Pre-NCAA Invite 27th of 34 (680 pts.)
(Terre Haute, Ind.)
- 29 at MAC Championship Noon
(DeKalb, Ill.)

NOVEMBER

- 12 NCAA Reg. Champ. 12:15 p.m.
(Bloomington, Ind.)
- 21 NCAA Championship 10 a.m.
(Terre Haute, Ind.)

all times are local to site and subject to change

Home Meet in **BOLD**

Miami Athletic Media Relations

Cross Country Contact: David Kiefer
Work Phone: (513) 529-7092
Work Fax: (513) 529-6729
Email: kieferdj@muohio.edu
Website: www.MURedHawks.com

During the Week: Interviews with Miami runners and head coach Richard Ceronie should be coordinated through the Athletic Media Relations Office. Please contact David Kiefer at least one day ahead of time when requesting an interview. Home phone numbers of runners will not be made available.

MURedHawks.com: For up to the minute results, statistics, rosters and notes follow Miami women's cross country on the web.

MU  .COM

DESTINATION DEKALB: With the Mid-American Conference title at stake, the Miami women's cross country team travels to the MAC Championship in DeKalb, Ill., on Oct. 29 seeking to improve on their sixth-place finish at the 2004 race. Picked to finish fifth in preseason coaches poll, the RedHawks finally boast a healthy squad that looks to finish among the top four in the conference for the 14th time in the past 22 seasons.

FIVE IN A ROW: Sophomore **Jennie Stoll** was the first Miami runner across the line at the Pre-National meet on Oct. 15, the fifth-consecutive race that she has been the top team finisher. Running in the first 6K race of the season at Terre Haute, Ind., Stoll posted a 81st-place finish, clocking in at 21:55. Her top finish marked the eighth time in her career she was the top Miami finisher, and dating back to last season's Great Lakes Regional, Stoll has been the top Miami finisher in each of the last six races she has participated in—excluding the season opening Flyer 5K Challenge which she sat out because of an injury. During the 2004 season, Stoll was the top RedHawk runner on three occasions at the Cedarville Invitational, Pre-NCAA Invitational and Great Lakes Regional.

HITTING HER STRIDE: An All-MAC Second Team selection in her first collegiate season, sophomore **Carol Eckerly** posted her best team finish (second) at the Pre-National meet since the season-opening Dayton Flyer 5K Challenge. Eckerly has finished among the top four RedHawks in every race this season, but she flashed her 2004 form as her time was just 15 seconds of the pace of sophomore **Jennie Stoll**, the top team finisher.

HEALTHY HAWKS: After missing the first three races of the season because of an injury, senior **Kelly Ardelean** showed that she is healthy heading in to the MAC meet by clocking in at 23:13 at the Pre-Nationals. Ardelean posted a time of 19:15 at the 5,000-meter mark of the Pre-National meet, a six second improvement over her 5K time at the Notre Dame Invitational (Sept. 30) and 37 seconds better than her 5K time at the All-Ohio meet (Oct. 7).

REMEMBER WHEN: Last season at the MAC Championship, the RedHawks finished sixth (134 points) as **Carol Eckerly** was the top Miami finisher in seventh place. **Jennie Stoll** finished second on the team behind Eckerly as she posted a 19th-place finish.

LAST WEEK AT THE PRE-NATIONAL MEET: Running against 10 nationally-ranked teams in the White Race at the Pre-Nationals, the Miami RedHawks finished in 27th place out of a 34-team field at Indiana State. Led by sophomore **Jennie Stoll's** 81st-place finish, Miami bested one Mid-American Conference foe, the Ohio Bobcats, and its in-state rival, the Cincinnati Bearcats, at the 6K LaVern Gibson Championship Course.

Stoll was the top Miami finisher for the fifth-consecutive race as she clocked in at 21:55. Sophomore **Carol Eckerly** flashed the form that made her a 2004 All-MAC Second Team selection as she finished second on the team and 103rd overall, turning in a time of 22:11. Behind Eckerly, sophomore **Sarah Henize** was the third Miami scorer as she posted time of 22:30 and finished in 131st place. Seniors **Kristen Proach** and **Kelly Ardelean** rounded out the RedHawks' scoring five as they finished 181st and 184th, respectively. Proach clocked in at 23:10, while Ardelean finished the course in 23:14. At the Pre-National meet, 10 of the top 11 finishers were nationally ranked, and the top four finishers were all ranked in the top 10 by the FinishLynx National Poll.

FLASHBACK TO THE MAC CHAMPIONSHIP: At the 2004 MAC Championship, a group of five runners in their first season as part of the Miami women's cross country team represented Miami's scorers as the team came in sixth at the MAC Championships. The finish was just one spot lower than 2003 when Miami boasted all-American **Andrea Kremer** as its lead runner. This time around, **Carol Eckerly** was the first Miamian across the tape for the fourth time this year as she came in seventh overall in 18:30.20, earning her a spot on the second all-MAC team. **Jennie Stoll** continued her string of finishing in the top two among her teammates in every race this season, coming in 19th overall in 18:56.00. **Kristen Proach**, in her first year on the team, finished 29th overall in 19:07.60, while **Tricia Frisella**, who came in 36th in 19:17.10 and **Sarah Henize** completed the scoring for Miami in 43rd place in 19:28.50.

2004 RECAP: In 2004, Miami finished sixth at the Mid-American Conference Championship as **Carol Eckerly** (seventh place) and **Jennie Stoll** (19th place) paced the RedHawks. Miami began its season by winning its first three meets—the Dayton Flyer Invitational, the Miami Invitational and the Cedarville Invitational—and a young RedHawks' squad that featured six freshman placed 12th at the Great Lakes Regional. Stoll was the top finisher (12th) at the regional meet while Eckerly was the only Miami runner to earn MAC honors (second-team) by virtue of her seventh-place finish at the conference meet.

Miami Coaching Staff

Rich Ceronie
22nd Season at Miami
28th season overall



Jennifer Hardesty
Eighth Season at Miami
Ninth Season Overall



Chris Bostwick
Fourth Season at Miami
Sixth Season Overall



Dr. Richard Ceronie "By the Numbers"

2—Mid-American Conference Coach of the Year Awards

2—Cross Country All-Americans

4—Mid-American Conference Cross Country Individual Champions

4—Mid-American Conference Athletes of the Year

4—All-America Individual Awards For Academics

7—NCAA Cross Country Individual Qualifiers

7—Miami Scholar-Athlete Award Recipients

10—Miami Female Athletes of the Year

9—WICCCA All-American Cross Country Teams (Academic)

70%—Percentage of meets won in last 20 years

2005 Miami RedHawks Race-by-Race (Team Finish/Overall Finish)

Name	Dayton (5K)	Miami (5K)	Cedarville (5K)	Notre Dame (5K)	All-Ohio (5K)	Pre-NCAA (6K)	MAC (5K)
Aeh	20:16 (6/27)	20:18 (7/35)	19:42 (7/32)	20:21 (9/196)	20:39 (8/44*)	24:26 (9/116*)	
Ardelean	DNR	DNR	DNR	19:21 (5/167)	19:52 (5/61)	23:13 (5/184)	
Eckerly	19:37 (2/12)	19:41 (4/21)	18:39 (3/6)	18:48 (3/131)	19:36 (4/44)	22:10 (2/103)	
Fiegelist	19:57 (5/18)	19:59 (6/30)	19:30 (6/27)	20:04 (8/193)	19:59 (6/70)	23:38 (6/197)	
Frisella	19:53 (4/17)	19:49 (5/28)	19:24 (5/25)	19:48 (6/187)	20:25 (7/98)	23:46 (7/203)	
Henize	19:04 (1/2)	19:11 (2/9)	18:26 (2/5)	18:37 (2/110)	19:13 (2/21)	22:30 (3/131)	
Hollander	DNR	DNR	20:47 (9/56)	21:28*	21:17 (10/77*)	25:22 (10/142*)	
Mackell	21:43 (9/47)	21:45 (9/57)	21:11 (10/65)	21:49*	22:14 (12/145*)	26:23 (11/153*)	
McCue	21:37 (8/45)	22:26 (10/62)	21:11 (11/66)	21:20*	21:56 (11/120*)	DNR	
McGowan	DNR	DNR	DNR	DNR	DNR	DNR	
Proach	19:42 (3/15)	19:23 (3/14)	18:52 (4/9)	19:06 (4/152)	19:32 (3/41)	23:09 (4/181)	
Reeser	20:48 (7/35)	20:38 (8/42)	20:01 (8/40)	19:53 (7/189)	20:41 (9/50*)	23:41 (8/86*)	
Siehl	DNR	DNR	21:19 (12/71)	22:24*	22:31 (13/162*)	DNR	
Stoll	DNR	18:45 (1/3)	18:07 (1/1)	18:06 (1/68)	18:28 (1/5)	21:55 (1/81)	

*(Open Race)

2005 Race-by-Race Team Breakdown

Dayton (5K)	Miami (5K)	Cedarville (5K)	Notre Dame (8K)	N. Dame (Cont.)	All-Ohio (5K)	Pre-NCAA (6K)	MAC (5K)
Cincinnati	Cincinnati	MIAMI	Michigan	Kentucky	Akron	Michigan	
Dayton	E. Kentucky	Ohio State	Illinois	Indiana State	Ohio State	Arizona State	
MIAMI	Malone	Cedarville	Notre Dame	Arizona	Cincinnati	Illinois	
Xavier	MIAMI	Denison	Wake Forest	Akron	BGSU	Colorado	
Wright State	Kent State	Ohio Northern	Arkansas	Purdue	MIAMI	Wake	
IUPUI	Wright State	Otterbein	Mich. State	UAB	Ohio	B.C.	
	Cumberland	Wright State	Butler	Georgia Tech	Cedarville	Princeton	
		Roberts Wes.	Wisconsin	Florida	Denison	Oregon	
		Tiffin	Missouri	MIAMI	Kent State	Mich. State	
		Central State	Vandy	Miss. State	Dayton	Washington	
		Ohio Dominican	Colo. State		Oberlin	MIAMI (22nd)	
		Kentucky Chris.	Fla. State		Ohio Northern		
			Rice		Malone		
			Utah State				

2005 Miami Cross Country Roster

Name	Cl./El.	Hometown/High School
Aeh, Lauren	Fr./Fr.	Columbus, Ohio/Bishop Ready
Ardelean, Kelly	Sr./Sr.	Strongsville, Ohio/Strongsville
Eckerly, Carol	So./So.	Beavercreek, Ohio/Beavercreek
Fiegelist, Mia	So./So.	Hillard, Ohio/Davidson
Frisella, Tricia	So./So.	St. Louis, Mo./Visitation Academy
Henize, Sarah	So./So.	Bucyrus, Ohio/Bucyrus
Hollander, Rebekah	Fr./Fr.	Centerville, Ohio/Centerville
Mackell, Christina	Fr./Fr.	Findlay, Ohio/Findlay
McCue, Leslie	Sr./Jr.	Braidwood, Ill./Reed-Custer
McGowan, Erin	Fr./Fr.	Perrysburg, Ohio/Notre Dame
Proach, Kristen	Sr./Jr.	Canton, Ohio/St. Thomas Aquinas
Reeser, Abbey	Jr./So.	Circleville, Ohio/Circleville
Siehl, Whitney	Fr./Fr.	Port Clinton, Ohio/Port Clinton
Stoll, Jennifer	Fr./Fr.	Pewaukee, Wis./Pewaukee