

# MIAMI UNIVERSITY ATHLETIC MEDIA RELATIONS

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## MIAMI WOMEN'S CROSS COUNTRY

**This Week's Race:** NCAA Great Lakes Regional, Bloomington, Ind., Saturday, November 12

**Next Race:** NCAA Championships, Terre Haute, Ind., Monday, November 21

### 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 ..... 5th of 12 (132 pts.)  
(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

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**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.

**REGIONAL RACING:** After a fifth-place finish at the Mid-American Conference Championship, the Miami women's cross country team travels to Bloomington, Ind., on Nov. 12 for the NCAA Great Lakes Regional. The 34-team race at the Indiana Cross Country Course features regional heavyweights Notre Dame, Michigan and Marquette, all schools ranked in the top 25 in the latest FinishLynx National Poll.

**ALL-MAC ACCOLADES:** With her ninth-place finish at the MAC Championship, sophomore **Jennie Stoll** was the only RedHawk to earn all-conference honors as she was named to the All-MAC Second Team. Stoll—an all-MAC performer during last year's indoor and outdoor track seasons—paced the RedHawks with her time of 18:06 at Northern Illinois' Anderson Field. Stoll's time tied for her season-best which she also set at the Notre Dame Invitational (Sept. 30).

**SIX IN A ROW:** Sophomore **Jennie Stoll** was the first Miami runner across the line at the conference meet on Oct. 29, the sixth-consecutive race this season that she has been the top team finisher. At Northern Illinois, Stoll posted a ninth-place finish, clocking in at 18:06 and earning second-team all-MAC honors. Her top finish marked the ninth 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 seven 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.

**SHOWING IMPROVEMENT:** As Miami improved on its 2004 finish and moved up from sixth to fifth at the MAC Championship, each of the RedHawks' top-five finishers also improved on their individual times from last year's conference meet. Sophomore **Jennie Stoll** knocked 50 seconds off her time (18:06 in 2005 versus 18:56 in 2004) en route to a ninth-place finish, while sophomore **Carol Eckerly**, the second Miami finisher, took five seconds (18:30 versus 18:25) off her time. Sophomore **Sarah Henize** knocked 46 seconds off her time in moving up from 43rd to 26th place, while seniors **Kelly Ardelean** and **Kristen Proach** improved by 56 and 10 seconds, respectively.



**LAST WEEK AT THE MAC CHAMPIONSHIP:** Paced by sophomore Jennie Stoll's ninth-place finish, the Miami RedHawks finished fifth at the Mid-American Conference Championship in DeKalb, Ill. At Northern Illinois' Anderson Field, the RedHawks placed two runners in the top 20 as they finished four spots behind the champion Akron Zips.

Stoll was the only RedHawk to earn all-conference honors after she was the first Miami runner to finish the 5K course. The MAC Championships marked the sixth-consecutive race the Stoll was the top Miami finisher, and her time of 18:06 was tied for her best time of the season.

Behind Stoll, sophomore **Carol Eckerly** was the only other Miami runner to finish in the meet's top 20 as she placed 19th with a time of 18:25. Sophomore **Sarah Henize** rounded out the trio of second-year runners that were the top-three Miami finishers as she placed 26th overall (18:42). The RedHawks' two seniors, **Kelly Ardelean** and **Kristen Proach**, rounded out Miami's scoring five as they placed 37th (18:55) and 41st (18:57), respectively.

By placing three runners among the top six finishers, the Akron Zips (41 points) finished as the team champions. The Toledo Rockets (64) and Ball State Cardinals (117) rounded out the top three finishers while the Ohio Bobcats placed fourth (122), just ahead of the fifth-place RedHawks (132).

**FLASHBACK TO THE GREAT LAKES REGIONAL:** At the 2004 Great Lakes Regional, **Jennie Stoll** was Miami's top finisher at the Eagle Crest Golf Course in Ypsilanti, Mich., as the RedHawks finished 12th as a team.

Stoll finished the race in 21:07.3, taking 27th overall. **Carol Eckerly** was the next Miamian across the tape, finishing 65th in 21:42.7. She was followed among RedHawks by **Sarah Henize** in 88th (22:11.9), **Kristen Proach** in 91st (22:14.4) and **Kelly Ardelean** in 93rd (22:14.7).

The race's individual winner was Michigan's Rebecca Walter, who finished in 20:01.4 as the Wolverines also won the team title. Michigan and Notre Dame won the Great Lakes region's automatic bids to the NCAA Championships.

## 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*)	19:33(7/63)
Ardelean	DNR	DNR	DNR	19:21(5/167)	19:52(5/61)	23:13(5/184)	18:55(4/37)
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)	18:25(2/19)
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)	19:22(6/56)
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)	20:17(9/94)
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)	18:42(3/26)
Hollander	DNR	DNR	20:47(9/56)	21:28*	21:17(10/77*)	25:22(10/142*)	DNR
Mackell	21:43(9/47)	21:45(9/57)	21:11(10/65)	21:49*	22:14(12/145*)	26:23(11/153*)	DNR
McCue	21:37(8/45)	22:26(10/62)	21:11(11/66)	21:20*	21:56(11/120*)	DNR	DNR
McGowan	DNR	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)	18:57(5/41)
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*)	19:33(8/66)
Siehl	DNR	DNR	21:19(12/71)	22:24*	22:31(13/162*)	DNR	DNR
Stoll	DNR	18:45(1/3)	18:07(1/1)	18:06(1/68)	18:28(1/5)	21:55(1/81)	18:06(1/9)

\*(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	<b>MIAMI</b>	Michigan	Kentucky	Akron	Michigan	Akron
Dayton	E. Kentucky	Ohio State	Illinois	Indiana State	Ohio State	Arizona State	Toledo
<b>MIAMI</b>	Malone	Cedarville	Notre Dame	Arizona	Cincinnati	Illinois	Ball State
Xavier	<b>MIAMI</b>	Denison	Wake Forest	Akron	BGSU	Colorado	Ohio
Wright State	Kent State	Ohio Northern	Arkansas	Purdue	<b>MIAMI</b>	Wake	<b>MIAMI</b>
IUPUI	Wright State	Otterbein	Mich. State	UAB	Ohio	B.C.	W. Mich.
	Cumberland	Wright State	Butler	Georgia Tech	Cedarville	Princeton	Kent State
		Roberts Wes.	Wisconsin	Florida	Denison	Oregon	C. Mich.
		Tiffin	Missouri	<b>MIAMI</b>	Kent State	Mich. State	Buffalo
		Central State	Vandy	Miss. State	Dayton	Washington	BGSU
		Ohio Dominican	Colo. State		Oberlin	<b>MIAMI(22nd)</b>	E. Mich.
		Kentucky Chris.	Fla. State		Ohio Northern		NIU
			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