

# MIAMI UNIVERSITY ATHLETIC MEDIA RELATIONS

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## MIAMI WOMEN'S CROSS COUNTRY

**This Week's Race:** Notre Dame/Adidas Invitational, South Bend, Ind., Friday, September 30

**Next Race:** Pre-NCAA Invitational, Terre Haute, Ind., Saturday, October 15

### 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 points)**  
**(Oxford, Ohio)**

17 Cedarville Invitational ..... 1st of 13 (45 pts.)  
(Xenia, Ohio)

30 at Notre Dame Invitational ..... 4:15 p.m.  
(South Bend, Ind.)

#### OCTOBER

15 at Pre-NCAA Invite ..... 10 a.m.  
(Terre Haute, Ind.)

29 at MAC Championship ..... Noon  
(DeKalb, Ill.)

#### NOVEMBER

12 NCAA Reg. Champ. .... 10 a.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 men's cross country on the web.

MU **REDHAWKS**.COM

**WELL RESTED:** Following a 13-day break between races, the Miami University women's cross country team is well rested heading into Friday's Notre Dame Invitational. The RedHawks are coming off a first-place finish at the Cedarville Invitational on Sept. 17 in which they outlasted Big 10 foe Ohio State for the team title. This weekend, Miami faces a tough, 25-team field at the Notre Dame Golf Course in South Bend, Ind., as the SEC, Pac-10, Big Ten, ACC, and Mountain West are among the conferences represented.

**THE BEST OF WHAT'S AROUND:** The 25-team field at the Notre Dame Invitational boasts some of the top cross country teams in the nation as nearly half of the field—12 of the 25 teams—are ranked or received votes in the FinishLynx National Poll released on Sept. 21. The nationally-ranked schools in the field are: Notre Dame (No. 3), Michigan (No. 4), Wake Forest (No. 12), Illinois (No. 16), Michigan State (No. 18), Missouri (No. 19), Indiana (No. 22), Colorado State (No. 26), Florida State (No. 28), Butler (RV-13), Rice (RV-12) and Utah State (RV-10).

**STOLL WINS SECOND CEDARVILLE TITLE:** Sophomore **Jennie Stoll** won her second Cedarville/Friendship Invitational in as many years at John Bryan State Park on Sept. 17 as she outdueled Cedarville's Samantha Maat for the individual title. Stoll holds the top time—17:53.96—at the three-year old course for her record-setting performance as a freshman in 2004.

**HENIZE PR:** Another milestone was achieved at John Bryan State Park on Sept. 17 as sophomore **Sarah Henize** ran her top collegiate time of 18:26 in the 5K race. En route to her fifth-place finish, Henize ran with the race leaders for the first two miles and was the second RedHawk across the finish line. Her time was an improvement of 29 seconds from her previous personal best of 18:55, set last season at the Cedarville Invitational.

**CEDARVILLE INVITE RECAP:** It was a bit of déjà vu at the Cedarville Invitational as, for the second-consecutive year, sophomore **Jennie Stoll** finished as the individual champion and the Miami RedHawks took home the team title at the 13-team race. As was the case at John Bryan State Park in 2004, Stoll and Cedarville's Samantha Maat finished in the top two spots while Miami was the team champion with four runners placing in the meet's top ten. Stoll finished the race in 18:07, and behind her, sophomores **Sarah Henize** and **Carol Eckerly** placed fifth (18:26) and sixth (18:39), respectively. Senior **Kristen Proach** was the other RedHawk to finish in the top 10 as she came in ninth (18:52). Miami (45 points) finished six points ahead of second-place finisher Ohio State (51 points).

**FLASHBACK:** Last season, the RedHawks did not race at the Notre Dame Invitational, and Friday's race will mark their first appearance in the race since the 2001 season. At the meet in 2001, Miami came in fifth out of 17 teams as then sophomore **Andrea Kremer** finished as the runner-up at the meet in a time of 17:26, lowering her previous best 5,000-meter time by 11 seconds. She trailed the race's winner, Fighting Irish freshman Lauren King, by just six seconds.

**ARE THEY CLAIRVOYANT?:** After finishing sixth in the conference last season, the RedHawks were the No. 5 team in the MAC Preseason Coaches Poll. Kent State, who finished fifth at the 2005 Miami Invitational, was tabbed as the preseason favorite. Miami has the ability to finish higher than fifth if their trio of talented sophomores, **Carol Eckerly**, **Jennie Stoll** and **Sarah Henize** can continue to improve in their second season and if Miami can get consistently higher finishes from its group of seniors. Ceronie expects **Kristen Proach**, a junior walk-on last season who has posted two straight top-15 finishes, to continue to run well and provide depth for the RedHawks.

**RELOADING, NOT REBUILDING:** Head coach **Richard Ceronie** returns his top nine runners from last season, and he did not lose any letterwinners to graduation. The RedHawks have a mixture of youth and veteran experience as five freshman and four seniors comprise Ceronie's top nine. Besides Stoll and Eckerly, Miami's sophomore class includes **Tricia Frisella**, **Mia Fiegelist** and **Sarah Henize**. The four member senior class includes **Kelly Ardelean**, **Kristen Proach**, **Leslie McCue** and **Abbey Reeser**.

**2004 RECAP:** In 2004, Miami finished sixth in the Mid-American Conference as **Carol Eckerly** (seventh) and **Jennie Stoll** (19th) 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 the 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 (8K)	All-Ohio (6K)	Pre-NCAA (6K)	MAC (5K)
Aeh	20:16 (6/27)	20:18 (7/35)	19:42 (7/32)				
Ardelean	DNR	DNR	DNR				
Eckerly	19:37 (2/12)	19:41 (4/21)	18:39 (3/6)				
Fiegelist	19:57 (5/18)	19:59 (6/30)	19:30 (6/27)				
Frisella	19:53 (4/17)	19:49 (5/28)	19:24 (5/25)				
Henize	19:04 (1/2)	19:11 (2/9)	18:26 (2/5)				
Hollander	DNR	DNR	20:47 (9/56)				
Mackell	21:43 (9/47)	21:45 (9/57)	21:11 (10/65)				
McCue	21:37 (8/45)	22:26 (10/62)	21:11 (11/66)				
McGowan	DNR	DNR	DNR				
Proach	19:42 (3/15)	19:23 (3/14)	18:52 (4/9)				
Reeser	20:48 (7/35)	20:38 (8/42)	20:01 (8/40)				
Siehl	DNR	DNR	21:19 (12/71)				
Stoll	DNR	18:45 (1/3)	18:07 (1/1)				

### 2005 Race-by-Race Team Breakdown

Dayton (5K)	Miami (5K)	Cedarville (5K)	Notre Dame (8K)	All-Ohio (6K)	Pre-NCAA (6K)	MAC (5K)
Cincinnati Dayton <b>MIAMI</b> Xavier Wright State IUPUI	Cincinnati E. Kentucky Malone <b>MIAMI</b> Kent State Wright State Cumberland	<b>MIAMI</b> Ohio State Cedarville Denison Ohio Northern Otterbein Wright State Roberts Wes. Tiffin Central State Ohio Dominican Kentucky Chris.				

### 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