



Today's Scholar-Athletes - Tomorrow's Leaders

3773 Corporate Parkway • Ste. 190 • Center Valley, PA 18034 • Phone: (610) 289-1950 • Fax: (610) 289-1952

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Contact: Kristina Petersen
Phone: (610) 289-1963

Patriot League Cross Country All-League Teams Announced

American's Pat MacAdie And Keira Carlstrom Headline The List Of Honorees

CENTER VALLEY, Pa. -- The American University men's and women's cross country teams, who repeated as Patriot League champions, placed a League-best 11 student-athletes on the men's and women's All-League team. Student-athletes gained first-team status with a Top 10 finish at the League meet, while second-team honorees were those runners that placed 11-20.

Leading the list of Eagle honorees is **Pat MacAdie**, the 2003 PL Men's Cross Country Runner of the Meet. The junior, who won his first career individual title, completed the course with a time of 25:18.80, which was 45 seconds quicker than the runner-up.

Joining MacAdie on the first-team from American are senior **Matt Seymour**, who was the second Eagle across the line in fourth spot (25:41.50). Junior **Sean Duffy** led the next group of Eagles across the line in sixth place (25:43.70). He was followed closely by sophomore **Phil Gaeta** (7th - 25:44.80) and junior **Danny Maurer** (8th - 25:45.40). Junior **Pat Burford** gained second-team honors after coming in 15th spot with a time of 26:01.60.

The Navy men, who came in second-place, lay claim to five all-stars, including two first-team honorees. Senior **Eric Eckstrand** and junior **Barry Carmody** were the Midshipmen representatives on the first-team after third- and 10th-place finishes, respectively. Three Navy student-athletes took home second-team accolades, including sophomores **Ty Rose** (11th) and **Josh Sink** (12th) and senior **Erik Schmidt** (14th).

Army, which was third in the team chase, has a trio of All-League choices, led by **Eric Heely**. The senior was the silver medalist on the men's side with a time of 25:33.60. Heeley is joined on the first-team by sophomore and fifth-place finisher **Phil Sakala**, who is a first-team honoree for the second-straight year. The lone second-team representative for Army was junior **Paul Strozier** (20th).

Bucknell's men's squad is led by graduate student **Greg Costello** on the first-team, who makes his third all-star appearance with a ninth-place finish. The Bison also lay claim to second-team selections **Dan Lousbury** (17th) and **Wes Reinhardt** (19th).

Rounding out the list of men's all-stars are second-team picks **Xavier de Boissezon** of Colgate (13th), Lehigh sophomore **Rob Hampson** (16th) and Holy Cross junior **John Nieskens** (18th).

On the women's side, **Keira Carlstrom**, headlines a list of five AU all-stars. The sophomore was the 2003 Women's Cross Country Runner of the Meet after winning her fourth race of the season in a time of 20:02.80 to lead a 1-2-3 AU finish. Carlstrom was one of four AU women to take home first-team accolades. **Kelley Taylor** picked up the silver medal at the PL meet with a time of 20:45.60, while senior **Jen Baclawski** was the third runner across the finish line (21:00.80). Junior **Whitney McNees** is the fourth first-teamer for AU with a sixth-place performance (21:08.60). American's lone second-team selection was sophomore **Zaia Wharton**, who came in 18th.

The Navy women also had a successful Championship with four all-star performers, including a pair of first-teamers. Freshmen **Emily Castro** and **Allison Barlow** paced the Mids with fifth- and 10th-place finishes, respectively. The second-team recipients for Navy include freshman **Erin Demchko** and senior **Stephanie Patterson**. Demchko crossed the line in 13th, while Patterson took home 14th place.

Army finished second to the Eagles on the women's side and were rewarded with four All-League selections. The top Black Knight runner was **Ashley Urick**, who is a first-team honoree for the second time in her career, with a fourth-place outing time of 21:02.20. Sophomore **Ann Lee Cole** also took home first-team accolades with a seventh-place performance. Second-team recipients for Army include junior **Stephanie Richardson**, who just missed out on first-team honors in 11th-place, and sophomore **Lindsey Hankins**, who crossed the line in 12th.

Headlining the list of Bucknell women's honorees is first-team selection **Katie Pfeifer**, who came in ninth. The Bison have three second-team selections, including freshman **Lauren Bricker** (15th) and sophomores **Jamie Gow** (16th) and **Kayla Halloran** (20th).

Completing the women's All-League list are Lehigh's **Andrea Luebbe** (8th), who was a first-team all-star, Holy Cross junior **Kate Thornton** (17th) and Lafayette junior **Devon Landers** (19th), who were second-team picks.

American head coach **Matt Centrowitz** repeated as the Men's and Women's Cross Country Coach of the Year.

The Patriot League, which was founded on the principles of admitting athletes who are academically representative of their class, is in its second decade of academic and athletic excellence. Participation in athletics at Patriot League institutions is viewed as an important component of the undergraduate experience. The Patriot League, which began as a successful Division I-AA football conference in 1986 and became an all-sport conference in 1990, includes American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy as full members and six associate members. These institutions are among the oldest and most prestigious in the nation and their alumni have played leadership roles in the shaping of our country. In the most recent NCAA Graduation Rate Report of student-athletes, the Patriot League ranked FIRST among NCAA Division I conferences.

(more)

American * Army * Bucknell * Colgate * Holy Cross * Lafayette * Lehigh * Navy

2003 Patriot League Cross Country All-League Teams

MEN

First Team

<u>Name, School</u>	<u>Yr.</u>	<u>Hometown/Last School</u>	<u>Previous All-League Honors</u>
Pat MacAdie, American	Jr.	Acton, Mass./Acton-Boxboro Regional	2002 (1st)
Eric Heely, Army	Jr.	Clovis, Calif./Floyd Buchanan	2002 (2nd)
Eric Eckstrand, Navy	Sr.	Wilmington, Del./Salesianum	
Matt Seymour, American	Sr.	Rockville, Md./Magruder	2002 (1st); 2001
Phil Sakala, Army	So.	Las Cruces, N.M./Onate	2002 (1st)
Sean Duffy, American	Jr.	Holmes, Pa./Cardinal O'Hara	2002 (1st)
Phil Gaeta, American	So.	Oakton, Va./Herndon	2002 (2nd)
Danny Maurer, American	Jr.	St. Louis, Mo./John Burroughs	
Greg Costello, Bucknell	Gr.	Pittsburgh, Pa./Mt. Lebanon	2001; 2000
Barry Carmody, Navy	Jr.	Elk Grove, Calif./Jesuit	

Second Team

Ty Rose, Navy	So.	Germantown, Tenn./Houston	
Joshua Sink, Navy	So.	Welcome, N.C./North Davidson	
Xavier deBoissezon, Colgate	Sr.	Geneva, Switzerland/Blair Academy	2002 (2nd); 2001
Erik Schmidt, Navy	Sr.	Spokane, Wash./University	
Pat Burford, American	So.	Bellmore, N.Y./John F. Kennedy	
Rob Hampson, Lehigh	So.	Holland, Pa./Council Rock	
Dan Lounsbury, Bucknell	Jr.	Melrose, Mass./Melrose	
John Nieskens, Holy Cross	Jr.	Peterborough, N.H./Contoocook Valley	
Wes Reinhardt, Bucknell	Sr.	Bethel Park, Pa./Bethel Park	
Paul Strozier, Army	Jr.	Irvine, Calif./Woodbridge	

WOMEN

First Team

<u>Name, School</u>	<u>Yr.</u>	<u>Hometown/Last School</u>	<u>Previous All-League Honors</u>
Keira Carlstrom, American	So.	Oakton, Va./Oakton	2002 (1st)
Kelley Taylor, American	Fr.	Virginia Beach, Va./Kellam	
Jen Baclawski, American	Sr.	Ijamsville, Md./Urbana	2002 (1st); 2001
Ashley Urick, Army	So.	Carmel, Ind./Carmel	2002 (1st)
Emily Castro, Navy	Fr.	Centennial, Colo./Cherry Creek	
Whitney McNeas, American	Jr.	Pennington, N.J./Hopewell Valley Central	2002 (1st)
Ann Lee Cole, Army	So.	Nottoway, Va./Nottoway	
Andrea Luebbe, Lehigh	Jr.	Bozeman, Mont./Bozeman	
Katie Pfeifer, Bucknell	Jr.	Cantonsville, Md./Cantonsville	2002 (2nd)
Allison Barlow, Navy	Fr.	Orange Park, Fla./Clay	

Second Team

Stephanie Richardson, Army	Jr.	Rapid City, S.D./Stevens	2002 (2nd)
Lindsey Hankins, Army	So.	Orlando, Fla./Dr. Phillips	
Erin Demchko, Navy	Fr.	Nanuet, N.Y./Pearl River	
Stephanie Patterson, Navy	Sr.	Mayville, Mich./Mayville	
Lauren Bricker, Bucknell	Fr.	Greensburg, Pa./Hempfield	
Jamie Gow, Bucknell	So.	Brookline, N.H./Hollis-Brookline	2002 (2nd)
Katie Thornton, Holy Cross	Jr.	Burbank, Calif./Sacred Heart	
Zaia Wharton, American	So.	Elkins, W.Va./Elkins	
Devon Landers, Lafayette	Jr.	Spring Lake, N.J./St. Rose	
Kayla Halloran, Bucknell	So.	Norwell, Mass./Norwell	2002 (2nd)

Men's Cross Country Runner of the Meet: Pat MacAdie, American, junior

Women's Cross Country Runner of the Meet: Keira Carlstrom, American, sophomore

Men's Cross Country Coach of the Year: Matt Centrowitz (also won the award in 2002)

Women's Cross Country Coach of the Year: Matt Centrowitz (also won the award in 2002)