



*Today's Scholar-Athletes ~ Tomorrow's Leaders*

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FOR IMMEDIATE RELEASE

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## **Patriot League Announces Women's Cross Country Academic Honor Roll**

*American's Keira Carlstrom Selected Scholar-Athlete of the Year and headlines 71 student-athletes on the academic honor roll.*

CENTER VALLEY, Pa. – American senior **Kiera Carlstrom**, the 2005 Women's Cross Country Scholar-Athlete of the Year, earned a 3.55 grade-point average (GPA) during the fall semester, while eight runners took home perfect 4.00 GPAs in the opening term. They were among the 71 student-athletes named to the 2005 Patriot League Women's Cross Country Academic Honor Roll, announced today by Patriot League Executive Director **Carolyn Schlie Femovich**.

Carlstrom was named the Patriot League Scholar-Athlete of the Year in 2003 and 2004. The Mathematics major will graduate this May.

On the course she finished a career-best sixth at the 2005 NCAA National Championship meet, the highest ever by an American University runner, and by a Patriot League competitor. This effort also gave her the third consecutive Patriot League individual title of her career. She then went on to finish second at the NCAA Mid-Atlantic Meet. In 2005 she was named to the All-America Team, All-Region Team, and Patriot League Runner of the Meet.

To be eligible for the Academic Honor Roll, a student-athlete must earn a 3.20 grade-point average in the fall semester and be awarded a varsity letter in one of the seven League-sponsored fall championship sports.

A total of 495 student-athletes were named to the League's Fall Academic Honor Roll, including 27 with 4.00 GPAs. The Fall Academic Honor Roll includes the sports of men's and women's cross country, field hockey, football, men's and women's soccer and volleyball.

*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 three 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.*

### **2005 Patriot League Women's Cross Country Academic Honor Roll**

<b><u>Name</u></b>	<b><u>Class</u></b>	<b><u>Major</u></b>	<b><u>GPA</u></b>	<b><u>Hometown/High School</u></b>
<b>AMERICAN (12)</b>				
Keira Carlstrom	Sr.	Mathematics	3.80	Oakton, Va./Oakton
Ashley Dellinger	Jr.	History	3.65	Collegetown, Pa./Perkiomen Valley
Amanda Fuentes	So.	International Marketing/Finance	3.49	Yonkers, N.Y./Maria Regina
Cathleen Ford	So.	Undecided	3.64	Cornwall-on-Hudson, N.Y./Cornwell Central
Vanessa Garber	So.	International Studies	3.62	San Rafael, Calif./San Domenico School
Catherine Hummel	Fr.	Undecided	3.33	Loudonville, N.Y./Shaker

(more)

**2005 Patriot League Women's Cross Country Academic Honor Roll/Add 1**

**AMERICAN (continued)**

<i>Kate Lilley</i>	So.	<i>Undecided</i>	4.00	<i>Portland, Ore./St. Mary's</i>
Meghan Mason	Fr.	International Relations	3.81	State College, Pa./State College
Mry Moloney	Fr.	International Business	3.81	Bay Village, Ohio/St. Joseph's Academy
Elizabeth O'Malley	Fr.	International Relations	3.61	Cooper City, Fla./Scarborough
<i>Hillary Roth</i>	So.	<i>International Studies/Pre-Med</i>	4.00	<i>Elysburg, Pa./Southern Columbia Area</i>
Zaia Wharton	Sr.	Psychology	3.60	Elkins, W. Va./Elkins

**ARMY (9)**

Margaret Clark	Jr.	Life Science	3.77	Waukesha, Wisc./Waukesha
Jill Hajec	Sr.	Nuclear Engineering	3.21	Camden, Del./Caesar Rodney
Margaret Kim	Fr.	Undeclared	3.44	Hawaiian Gardens, Calif./Gretchen Whitney
<i>Jenna Lafferty</i>	Fr.	<i>Undeclared</i>	4.00	<i>Redlands, Calif./Redlands East Valley</i>
Myra Markey	Sr.	American Legal System	3.43	Freeland, Mich./Freeland
Kaitlin Minks	Fr.	Undeclared	3.76	Bartlett, Tenn./St. Mary's Episcopal
Amanda Raulerson	Fr.	Undeclared	3.80	New Berlin, Wisc./New Berlin West
Ashley Urick	Sr.	Life Sciences	3.38	Carmel, Ind./Carmel
Kathryn Walker	Jr.	Law	3.97	Manchester, Iowa/West Delaware

**BUCKNELL (16)**

Lauren Armstrong	Sr.	Chemical Engineering	3.46	Catonsville, Md./Catonsville
Lauren Bricker	Jr.	Chemistry	3.33	Greensburg, Pa./Hempfield
Erin Cranmer-Hart	So.	Undeclared	3.50	Slippery Rock, Pa./Slippery Rock Area
Nicole Falcaro	Fr.	Undeclared	3.66	Dingmans Ferry, Pa./Delaware Valley
Kim Hassett	Fr.	Chemical Engineering	3.66	Falmouth, Mass./Falmouth
Jessica Hibbert	Fr.	Mechanical Engineering	3.75	Woodbine, Md./Glenelg
Emily Luderer	Sr.	International Relations	3.75	Sammamish, Wash./Whitfield
Gillian Nordquist	Fr.	Undeclared	3.83	Clarkston, Mich./Clarkston
<i>Jennifer O'Connor</i>	Sr.	<i>Elementary Education</i>	4.00	<i>Langhorne, Pa./Nazareth Academy</i>
Brittany Parlow	Fr.	Biology	3.41	Pt. Pleasant Beach, N.J./Pt. Pleasant Beach
Lisa Prybella	So.	Biology	3.66	Southampton, Pa./Mount Saint Joseph's Academy
<i>Linda Sanders</i>	Sr.	<i>Psychology</i>	4.00	<i>Old Bridge, N.J./Old Bridge</i>
Christa Sawko	Jr.	Sociology	3.83	Montoursville, Pa./Montoursville
Jenny Stevens	Jr.	Mathematics	3.50	Laceyville, Pa./Wyalusing Valley
Nicole Stoyer	Jr.	Mathematics	3.60	Reading, Pa./Governor Mifflin
Christine Totten	So.	Elementary Education	3.41	Perkasie, Pa./Pennridge

**COLGATE (6)**

Lia Cross	Sr.	Biology	3.67	Skaneateles, N.Y./Skaneateles
Hannah Falling	Jr.	Biochemistry	3.50	Deerfield, N.Y./Whitesboro
Sarah Hildebrand	Sr.	English	3.33	Fairport, N.Y./Hildebrand
Jessica KIELTY	Fr.	Undeclared	3.58	Depew, N.Y./Depew
Rachel Pettengill	Jr.	Psychology	3.34	Sudbury, Mass./Sudbury-Lincoln
Macrina Seals	Jr.	Sociology/Anthropology	3.33	Pennellville, N.Y./John C. Birdlebough

**HOLY CROSS (14)**

Sarah Arruda	Fr.	Undeclared	3.22	Assonet, N.Y./Bishop Stang
Kristin Burke	So.	Spanish	3.30	Guilford, Conn./Guilford
Meaghan Cassidy	Fr.	Undeclared	3.76	South Weymouth, Mass./Notre Dame
Brittany Chapman	Sr.	History	3.53	Haddonfield, N.J./Bishop Eustace
Erin Duggan	Sr.	Psychology	3.25	Rockville Center, N.Y./South Side
Megan Hyland	Jr.	English	3.40	Rye, N.Y./Rye

(more)

**2005 Patriot League Women's Cross Country Academic Honor Roll/Add 2**

**HOLY CROSS (continued)**

Christie Kapothanasis	So.	Philosophy	3.60	Westbrook, Maine/Cheverus
Lauren LaRusso	Jr.	Psychology	3.65	Stamford, Conn./Stamford
Meghan Lytle	So.	History	3.58	Lewiston, N.Y./Nardin Academy
Maureen McCarthy	Fr.	Undeclared	3.29	Seattle, Wash./Seattle Prep
Bethany Miczek	Sr.	Physics/Visual Arts	3.67	Leicester, Mass./Leicester
Emma Pace	Fr.	Undeclared	3.87	Porter Corner, N.Y./Saratoga
Colleen Spilka	Fr.	Undeclared	3.85	Hamden, Conn./Hamden
Katherine Zakreski	Fr.	Undeclared	3.25	Fair Haven, Conn./Rumson-Fair Haven

**LAFAYETTE (5)**

Lindsay Bryant	Jr.	Mathematics	3.40	Clinton Corners, N.Y./Our Lady of Lourdes
Kaela Mahon	Fr.	Undeclared	3.52	Setauket, N.Y./Ward Melville
Frances Morro	So.	Psychology	3.35	Stockholm, N.J./Pope John XXIII
Katie Schultes	So.	Biology	3.50	Woodbury, N.J./West Deptford
Hannah Tuscon	Sr.	Biochemistry	3.78	Yorktown Heights, N.Y./Somers

**LEHIGH (5)**

Carolyn House	Jr.	Industrial Engineering	3.64	Apo, N.Y./Patch American
<i>Andrea Luebbe</i>	<i>Sr.</i>	<i>Ecology</i>	<i>4.00</i>	<i>Bozeman, Mont./Bozeman</i>
Kathleen McClernard	Fr.	Business	3.35	Meadowbrook,, Pa./Mount St. Joseph's
Jen Schappert	Jr.	International Relations	3.73	North East, Md./Rising Sun
Sarah Seiler	Jr.	Biochemistry	3.61	Pennington, N.J./Hopewell Valley

**NAVY (4)**

<i>Allison Barlow</i>	<i>Jr.</i>	<i>Oceanography</i>	<i>4.00</i>	<i>Orange Park, Fla./Clay</i>
<i>Vicki Moore</i>	<i>So.</i>	<i>Information Technology</i>	<i>4.00</i>	<i>Burke, Va./James W. Robinson</i>
Gina DiPiero	Sr.	Economics	3.80	Sagamore Hills, Ohio/Western Reserve
Kyleigh Millhouse	So.	Ocean Engineering	3.35	Boiling Springs, Pa./Boiling Springs