

# PATRIOT LEAGUE CROSS COUNTRY 2009



PATRIOT LEAGUE CROSS COUNTRY CONTACT Jimmy Johnson, Media and External Relations Assistant  
PHONE 610.289.1960 E-MAIL [jjohnson@patriotleague.com](mailto:jjohnson@patriotleague.com)

AMERICAN • ARMY • BUCKNELL • COLGATE • HOLY CROSS • LAFAYETTE • LEHIGH • NAVY

## MALE RUNNER OF THE WEEK

**ANDREW HANKO, NAVY** *Jr., Montville, N.J.*

Hanko finished first out of 78 runners at the Navy Invitational with a time of 24:37.1. It was his first first-place finish of his career as he crossed the line 12.3 seconds ahead of the second-place finisher. Hanko averaged a 4:57.2 mile on the 8K course. His top finish led the Navy Midshipmen to a finish first out of nine teams.



## FEMALE RUNNER OF THE WEEK

**PAIGE SUTHERLAND, HOLY CROSS** *So., Groveland, Mass.*

Sutherland led Holy Cross to a second-place finish at the Blue Devil Invitational by taking the top spot. She finished more than 30 seconds ahead of the second-place finisher with a time of 18:06.01.



## MALE ROOKIE OF THE WEEK

**MARK LEININGER, AMERICAN** *Fr., Colts Neck, N.J.*

Leininger finished 20th at the competitive Navy Invitational, helping the Eagles place second behind Navy. He finished the 8K race in 25:53.90.



## FEMALE ROOKIE OF THE WEEK

**BRIGID BYRNE, NAVY** *Fr., Vienna, Va.*

Byrne finished 14th out of 109 runners to lead Navy to a third-place finish at the Navy Invitational. Her time of 23:32.88 led the pack of Midshipmen, who were competing against the No. 4 team in the region, Georgetown, and the No. 5 team in Division III, Johns Hopkins. Byrne has won the first two Rookie of the Week awards in 2009.



## HONORABLE MENTION PERFORMANCES LAST WEEK

**JILLIAN BUSBY, ARMY** *Fr., Merrimack, N.H.*

Busby placed fifth at Cornell, finishing in 18:59.7.

**ZAC REITER, ARMY** *Sr., Rock Springs, Wyo.*

Reiter placed third at Cornell, finishing in 26:15.2.

**RYAN WILLIAMS, AMERICAN** *So., Burbank, Calif.*

Williams finished ninth at the Navy Invitational with a time of 25:17.8.

**OCTAVIA RINEHARDT, AMERICAN** *So., Virginia Beach, Va.*

Rinehardt claimed fifth place at the Navy Invitational, finishing in 22:47.21.

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## UPCOMING SCHEDULE

**Friday, September 18**

Holy Cross at Notre Dame Nat'l Catholic Invite

**Saturday, September 19**

Bucknell at Duquesne

Holy Cross at UMass-Dartmouth Invitational

Lehigh at Lafayette

Navy at Colgate Invitational

Colgate at Colgate Invitational

## LATEST RESULTS

**Saturday, September 12**

at Navy Invitational

American (M) 9th/9

American (W) 6th/8

Navy (M) 1st/9

Navy (W) 3rd/8

at Blue Devil Invitational

Holy Cross (M) 3rd/4

Holy Cross (W) 2nd/4

**Friday, September 11**

at Cornell Dual Meet

Army (M) L 18-42

Army (W) L 17-44

**Saturday, September 5**

at UMES Invitational

Navy (M) 2nd/7

at Harry Lang Invitational

Bucknell (M) 1st/6, (W) 1st/6

Colgate (M) 3rd/6, (W) 2nd/6

### "TODAY'S SCHOLAR-ATHLETES, TOMORROW'S LEADERS"

The Patriot League continually demonstrates that student-athletes can excel at both academics and athletics without sacrificing its high standards. The Patriot League's athletic success is achieved while its member institutions remain committed to its founding principle of admitting and graduating student-athletes that are academically representative of their class. Participation in athletics at Patriot League institutions is viewed as an important component of a well-rounded education.

3773 Corporate Parkway, Suite 190  
Center Valley, Pa. 18034  
610.289.1950; Fax 610.289.1952

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## PATRIOT LEAGUE COACHES

### MATT CENTROWITZ, AMERICAN

Years at American .....14th  
Overall Years of Head Coaching .....14th

### TROY ENGLE, ARMY MEN/WOMEN

Years at Army .....2nd  
Overall Years of Head Coaching .....13th

### KEVIN DONNER, BUCKNELL

Years at Bucknell .....9th  
Overall Years of Head Coaching .....25th

### ART MCKINNON, COLGATE MEN

Years at Colgate .....21st  
Overall Years of Head Coaching .....28th

### LAURA NARDELLI, COLGATE WOMEN

Years at Colgate .....11th  
Overall Years of Head Coaching .....17th

### JIM KAVANAGH, HOLY CROSS

Years at Holy Cross .....38th  
Overall Years of Head Coaching .....38th

### JULIO PIAZZA, LAFAYETTE

Years at Lafayette .....24th  
Overall Years of Head Coaching .....31st

### TODD ETTERS, LEHIGH MEN

Years at Lehigh .....2nd  
Overall Years of Head Coaching .....2nd

### DEBBIE UTESCH, LEHIGH WOMEN

Years at Lehigh .....13th  
Overall Years of Head Coaching .....14th

### AL CANTELLO, NAVY MEN

Years at Navy .....42nd  
Overall Years of Head Coaching .....42nd

### KAREN BOYLE, NAVY WOMEN

Years at Navy .....23rd  
Overall Years of Head Coaching .....25th

## PATRIOT LEAGUE NOTEBOOK

### REGIONAL RANKINGS

The first men's and women's regional polls were released Monday with seven Patriot League teams cracking the top 15 in their respective region. The Navy women earned the highest ranking as they are seventh in Mid-Atlantic Region. Bucknell is ninth and Lehigh is 12th. The Army women are ranked 11th in the Northeast Region. On the men's side, Lehigh is ninth, Navy is 10th and Bucknell is 12th in the Mid-Atlantic Region.

### REINFORCEMENTS

The Army men's team graduated its top two runners, but there's plenty of runners ready to step up and take the place of Patriot League champion Jon Anderson and First-Team All-League runner Andrew Catalano. Coming off their seventh League title in 19 seasons, Army returns two of its four All-League performers from last season. Stepping into the limelight will be Second-Team All-League seniors Zac Reiter, who finished 10th last season (25:17.5), and Kirk Chitwood, who placed 14th (25:22.2). Also returning for Army is junior Torre Alexis, who just missed an All-League performance, finishing 16th (25:25.4). Junior Bryce Livingston (19th) and senior Greg Griffith (26th) also return.

### VYING FOR THREE-PEAT

The Navy women's team's performance at the 2008 League meet was dominant, and with seven of eight top-15 runners returning, the Midshipmen are prepared to win their third straight title. The individual League champion, Amy Watson, who placed 153rd at the NCAA Championships, returns for her senior season. She was one of four First-Team All-League runners for Navy as junior Katie Rentz finished third, sophomore Marina McGrial placed fourth and sophomore Jess Palacio was fifth. Second-Team All-League runners Lexa Gass (ninth) and Anna Bernal (14th) also return, with 15th-place finisher sophomore Kristine Mun. Junior Bethany Rahall (26th), senior Erica Ziel (29th) and senior Jenny Rubin (36th) will provide depth for the experienced Midshipmen.

### NAVY SWEEPS PRESEASON POLLS

The Navy men's and women's cross country teams have been selected to finish first in their respective 2009 Patriot League Preseason Polls. Both squads are the reigning Patriot League Champions. The Navy women's squad, which won the title outright last season, earned 97 points in the preseason poll, including 13 first-place votes. Bucknell garnered the other three first-place votes and 87 points to finish second in the poll. Lehigh was picked to finish third with 67 points, followed by Army (58) and Colgate (41). Holy Cross (40), American (38) and Lafayette (18) round out the eight teams in the poll. On the men's side, Navy took the top spot with 95 points and 11 first-place votes. Army picked up the other five first-place votes and 89 points to finish second. American (69), Lehigh (61) and Bucknell (55) followed in third, fourth and fifth place, respectively. Holy Cross and Colgate tied for sixth with 31 points, while Lafayette was picked eighth with 15 points.

## ALL-TIME PATRIOT LEAGUE CHAMPIONS

### MEN

7	ARMY	1993, 1994, 1995, 1996, 2000, 2001, 2008*
6	BUCKNELL	1990, 1991, 1992, 1997, 1998, 1999
6	AMERICAN	2002, 2003, 2004, 2005, 2006, 2007
1	NAVY	2007, 2008*

### WOMEN

7	BUCKNELL	1998, 1999, 2000, 2001, 2005, 2006, 2007*
5	ARMY	1994, 1995, 1996, 1997, 2004
2	FORDHAM	1990, 1991
2	AMERICAN	2002, 2003
2	NAVY	2007*, 2008
1	LAFAYETTE	1993
1	LEHIGH	1992

\*co-champions

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## TEAM NOTEBOOKS



**AMERICAN** The Eagles competed at the Navy Invitational on Saturday with the men finishing second out of nine teams and women finishing sixth out of eight teams. Ryan Williams led the men with a ninth-place finish (25:17.8) and Octavia Rinehardt placed fifth for the women (22:47.21). The Eagles will be idle this week before they travel to the William and Mary Inter-Regional on Sept. 26. Among other teams, American will be running against Navy for the third straight meet.



**ARMY** The Black Knights competed against Cornell on Friday with the Big Red winning in both the men's and women's race. Zac Reiter finished third for the men, who lost 18-42, and freshman Jillian Busby placed fifth for the women, who lost 17-44. Army will be idle this week and will return to the course when the men and women compete at the Roy Griak Invitational on Sept. 26.



**BUCKNELL** The Bison were idle last week and the men's and women's teams will travel to Duquesne for a dual meet Saturday. Bucknell opened its season a high note, as the men's and women's teams earned first-place finishes at the 15th Annual Harry Lang Invitational on Sept. 5.



**COLGATE** The Raiders were idle last week and will host the Colgate Invitational on Saturday. Colgate opened the season on Sept. 5 when it hosted the 15th Annual Harry Lang Invitational, finishing second on the women's side and third on the men's. Sophomore Elise DeRoo scored the top finish for the women and Ed Sheridan led the men's squad.



**HOLY CROSS** The Crusaders opened their season at the Blue Devil Invitational at Central Connecticut. The women's team finished second out of four teams with Paige Sutherland leading the way with her first-place finish (18:06.01). The men's team placed third with Tim Richard finishing as the runner-up. The men's and women's teams will return to the course when they compete at the National Catholic Invitational on Friday.



**LAFAYETTE** The Leopards were idle last week and will compete against Lehigh at home on Saturday. Lafayette opened the season on Sept. 4 at the Lehigh Valley Championship with the women's team finishing second and the men's team placing third. Sarah Welsh-Huggins led the women's team with her first-place finish (22:31.4). Ryan Stasiowski had the top finish on the men's side, placing third (18:50.5).



**LEHIGH** The Mountain Hawks were idle last week and will compete at Lafayette on Saturday. Lehigh opened the season on Sept. 4 with first-place finishes by both the men's and women's teams at the Lehigh Valley Championship. Junior Steve Sample took the top spot on the men's side (18:45.0) and sophomore Katherine Pierce was second in the women's race (22:45.4).



**NAVY** The Midshipmen competed at the Navy Invitational with the men taking the top spot and women finishing third. Andrew Hanko led the men's team, winning the individual title (24:37.1). The women's team was led by freshman Brigid Byrne, who placed 14th out of 109 runners. The Midshipmen will return to competition when they travel to the Colgate Invitational.

## PATRIOT LEAGUE IN THE POLLS (USTFCCCA)

AMERICAN ARMY BUCKNELL COLGATE HOLY CROSS LAFAYETTE LEHIGH NAVY

9.16

The United States Track and Field and Cross Country Coaches Associations' first national poll is slated to be released on Sept. 16.

## PATRIOT LEAGUE CROSS COUNTRY SIDs

### AMERICAN

Andrew Chesebro .chesebro@american.edu  
202.885.3030  
www.aueagles.com

### ARMY

Dallas Miller . . . .dallas.miller@usma.edu  
845.938.6996  
www.goarmysports.com

### BUCKNELL

Becky Hart . . . .becky.hart@bucknell.edu  
570.577.3068  
www.bucknellbison.com

### COLGATE

Jeremiah Hergott . . jhergott@mail.colgate.edu  
315.228.7566  
www.gocolgateraiders.com

### HOLY CROSS

Anna Poulter-Hendrickson/James Greene  
apoulter@holycross.edu/jgreene@holycross.edu  
508.793.2583  
www.goholycross.com

### LAFAYETTE

Caitlin McCarty .mccartyc@lafayette.edu  
610.330.5003  
www.goleopards.com

### LEHIGH

Garrett Falk . . . . .gkf209@lehigh.edu  
610.758.5101  
www.lehighsports.com

### NAVY

Jonathan Maggart . . maggart@usna.edu  
410.293.8771  
www.navyports.com

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## MEN'S PRESEASON POLL

1. Navy	95 (11)
2. Army	89 (5)
3. American	69
4. Lehigh	61
5. Bucknell	55
6. Holy Cross Colgate	31
8. Lafayette	15

## WOMEN'S PRESEASON POLL

1. Navy	97 (13)
2. Bucknell	87 (3)
3. Lehigh	67
4. Army	58
5. Colgate	41
6. Holy Cross	40
7. American	38
8. Lafayette	18

## MEDIA SERVICES

### PATRIOT LEAGUE ON THE WEB

[www.patriotleague.com](http://www.patriotleague.com)

Patriot League.com features the latest news and stories on all eight Patriot League members. In addition, the site also contains the 2009 Patriot League webguide, up-to-date statistics, schedules, results and archives.

### WEEKLY RELEASE

Media can access a downloadable Adobe Acrobat PDF files of the complete Patriot League weekly cross country release on the Patriot League Cross Country page.

### E-MAIL DISTRIBUTION

Media may contact the Patriot League office to be included on the Patriot League's e-mail lists for cross country releases and information (or any of the Patriot League's sports). Please contact Patriot League Media and External Relations Assistant Jimmy Johnson ([jjohnson@patriotleague.com](mailto:jjohnson@patriotleague.com)/610.289.1960) with requests or questions.

## RUNNER OF THE WEEK

### MALE

**WEDNESDAY, SEPT. 9**    **ANDREW HUEBNER**, *Bucknell, Sr.*    2nd/89 at Harry Lang Invite  
**TUESDAY, SEPT. 15**    **ANDREW HANKO**, *Navy, Jr.*    1st/78 at Navy Invite

### FEMALE

**WEDNESDAY, SEPT. 9**    **ELISE DEROO**, *Colgate, So.*    1st at Harry Lang Invite  
**TUESDAY, SEPT. 15**    **PAIGE SUTHERLAND**, *Holy Cross, So.*    1st at Blue Devil Invite

## ROOKIE OF THE WEEK

### MALE

**WEDNESDAY, SEPT. 9**    **ANTHONY RIZZO**, *Bucknell, Fr.*    Top freshman at Harry Lang, 10th overall  
**TUESDAY, SEPT. 15**    **MARK LEININGER**, *American, Fr.*    20th/78 at Navy Invite

### FEMALE

**WEDNESDAY, SEPT. 9**    **BRIGID BYRNE**, *Navy, Fr.*    9th overall, 5th of 7 Navy runners in top 11  
**TUESDAY, SEPT. 15**    **BRIGID BYRNE**, *Navy, Fr.*    14th/109 at Navy Invite

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## AMERICAN EAGLES

9.4	at Mount St. Mary's 5K Duals	(M) 5-0, (W) 3-2 (Duals)
9.12	at Navy Invitational	(M) 2nd/9, (W) 6th/8
9.26	at William and Mary Inter-Regional	10 a.m.
10.3	at George Mason Invitational	10 a.m.
10.16	at UVA Panorama Farms Invitational	10 a.m.
10.17	at Leopard Invitational	10 a.m.
10.31	at Patriot League Championships	10 a.m.
11.14	at NCAA Mid-Atlantic Regionals	11 a.m.
11.23	at NCAA Championships	11 a.m.

## ARMY BLACK KNIGHTS

9.4	Army Open	NTS
9.11	at Cornell Dual Meet	(M) 18-42, (W) 17-44
9.26	at Roy Griak Invitational	1 p.m.
10.2	at Paul Short Invitational	11 a.m.
10.16	Navy (Star Meet)	4 p.m.
10.31	Patriot League Championships	TBA
11.14	NCAA Mid-Atlantic Regionals	11 a.m.
11.23	NCAA Championships (at Indiana State)	Noon

## BUCKNELL BISON

9.5	at Harry Lang Invitational	(M) 1st/6, (W) 1st/6
9.19	at Duquesne	TBA
10.2	at Paul Short Memorial Invitational	11 a.m.
10.16	at Penn State National Invitational	10 a.m.
10.31	at Patriot League Championships	TBA
11.14	at Mid-Atlantic Regional Championships	11 a.m.
11.21	at ECAC Championships (W)	11 a.m.
11.21	at IC4A Championships (M)	11 a.m.
11.23	at NCAA Championship	Noon

## COLGATE RAIDERS

9.5	at Harry Lang Invitational	(M) 3rd/6, (W) 2nd/6
9.19	at Colgate Invitational	11 a.m.
10.2	at Paul Short Invitational	11 a.m.
10.17	at Albany Invitational	11 a.m.
10.31	at Patriot League Championship	TBA
11.14	at NCAA Regionals (at Boston)	11 a.m.
11.21	at ECAC Championship (W)	11 a.m.
11.21	at IC4A Championship (M)	11 a.m.
11.23	at NCAA Championships	Noon

## HOLY CROSS CRUSADERS

9.12	at Blue Devil Invitational	(M) 3rd/4, (W) 2nd/4
9.18	at Notre Dame Nat'l Catholic Invitational	3:30 p.m.
9.19	at UMass-Dartmouth Invitational	10:30 a.m.
10.3	at Murray Keatinge Invitational	10 a.m.
10.10	at New England Championship	Noon
10.24	at Central Connecticut Mini Meet	10 a.m.
10.31	at Patriot League Championship	TBA
11.14	at NCAA Northeast Regional	11 a.m.
11.21	at IC4A Championship (M)	11 a.m.
11.21	at ECAC Championship (W)	11 a.m.
11.23	at NCAA Championship	Noon

## LAFAYETTE LEOPARDS

9.4	at Lehigh Valley Championships	(M)3rd/5, (W) 2nd/7
9.19	Lehigh	10 a.m.
10.2	at Paul Short Invitational	11 a.m.
10.17	Leopard Invitational	10 a.m.
10.31	at Patriot League Championships	TBA
11.14	at NCAA Mid-Atlantic Regional	11 a.m.
11.23	at NCAA Championships	Noon

## LEHIGH MOUNTAIN HAWKS

9.4	Lehigh Valley Championship	(M) 1st/5, (W) 1st/7
9.19	at Lafayette	10 a.m.
10.2	Paul Short Invitational	11 a.m.
10.16	at Penn State National Invitational	10 a.m.
10.17	at Leopard Invitational	10 a.m.
10.31	at Patriot League Championship	TBA
11.14	at NCAA Mid-Atlantic Regional	11 a.m.
11.23	at NCAA Championship	Noon

## NAVY MIDSHIPMEN

9.4	Mount St. Mary's 5K Duals (W)	5-0 (Duals)
9.5	at UMES Invitational (M)	2nd/7
9.12	Navy Invitational	(M) 1st/9, (W) 3rd/8
9.19	at Colgate Invitational	11 a.m.
9.26	William & Mary Invitational (W)	10 a.m.
9.26	at Roy Griak Invitational (M)	Noon
10.2	at Paul Short Run	11 a.m.
10.16	at Army (Star Meet)	4 p.m.
10.31	at Patriot League Championship	TBA
11.14	at NCAA Mid-Atlantic Regional	11 a.m.
11.23	at NCAA Championship	Noon