

PATRIOT LEAGUE CROSS COUNTRY 2008



PATRIOT LEAGUE CROSS COUNTRY CONTACT Ashley Hicks, Media and External Relations Assistant
PHONE 610.289.1960 E-MAIL ahicks@patriotleague.com

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

MALE RUNNER OF THE WEEK

BILL PROM, NAVY *Sr., New Berlin, Wis.*

Prom led the Midshipmen across the finish line for the second straight week, finishing his 8k race fourth of 117 runners with a time of 24:59.1 at the Navy Invitational. Prom finished 20.8 seconds behind the meet's individual champion in hot and extremely humid conditions Saturday morning, and led Navy to a first-place finish.



FEMALE RUNNER OF THE WEEK

AMY WATSON, NAVY *Jr., Hampstead, Md.*

Watson was the individual champion at the Navy Invitational, finishing first of 158 runners with a time of 22:26.0 in the women's 6k. Watson won the individual title by 13 seconds and led the Mids to a second-place finish at the meet, which featured teams from American, Maryland, UMBC, Richmond, George Washington and Loyola, among others.



MALE ROOKIE OF THE WEEK

DOMINIC DELLAPELLE, NAVY *Fr., Kennett Square, Pa.*

DellaPelle produced Navy's sixth-best time on Saturday at 26:32.3 in the men's 8k at one of the largest men's fields in USNA Cross Country Course history. DellaPelle has finished among the team's scoring seven in all three meets this year.



FEMALE ROOKIE OF THE WEEK

KATHERINE PIERCE, LEHIGH *Fr., Alfred, Maine*

Pierce ran the second-best time at the Lehigh-Lafayette Duals, finishing the 6k second overall with a time of 23:02.0. Pierce helped Lehigh earn a win over archrival Lafayette, and her second-place finish is the best of her young collegiate career.



HONORABLE MENTION PERFORMANCES LAST WEEK

JON WETZEL, LEHIGH *Sr., Niskayuna, N.Y.*

Won the first collegiate race of his career on an extremely hot and humid day in Bethlehem with a time of 25:58.0 in the men's 8k. Helped Lehigh beat archrival Lafayette.

SHANNON ALEJANDRO, LEHIGH *Sr., Springfield, Ohio*

Won women's 6k with a time of 22:29.7 by 32 seconds over teammate Katherine Pierce. Helped Lehigh defeat archrival Lafayette.

JOSH OLSEN, AMERICAN *Fr., Thomaston, Conn.*

Was the Eagles second-highest finisher at the Navy Invitational, completing the 8k in a time of 26:52.0. Was Olsen's first career 8k.

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

Was the top finisher for American, finishing 10th overall at the Navy Invitational with a time of 23:18.0 in the women's 6k. Was the first career 6k for Rinehardt.

September 16, 2008

UPCOMING SCHEDULE

Friday, September 19

Holy Cross at National Catholic Championship . . .
3:30 p.m.

Saturday, September 20

Lehigh, Navy at Iona Meet of Champions 9:30 a.m.
Colgate (W), Bucknell at Buffalo Stampede
11:30 a.m.
Colgate (M) at UMass Noon
Bucknell at Dickinson Long-Short Course Invite
1 p.m.

LATEST RESULTS

Friday, September 12

Cornell at Army M, L 49-15; W, L 46-17 (duals)

Saturday, September 13

Lafayette M, L 50-15; W, L 40-21 at Lehigh M, W
15-50; W W 21-40 (duals)
American M 9th of 14, W 9th of 15; Navy M 1st of
14, W 2nd of 15 at Navy Invitational

"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.....13
Overall Years of Head Coaching13

TROY ENGLE, ARMY MEN/WOMEN

Years at Army1st
Overall Years of Head Coaching12

LAURA KIRCHGRABER, ARMY WOMEN

Years at Army3
Overall Years of Head Coaching3

KEVIN DONNER, BUCKNELL

Years at Bucknell8
Overall Years of Head Coaching24

ART MCKINNON, COLGATE MEN

Years at Colgate.....20
Overall Years of Head Coaching27

LAURA NARDELLI, COLGATE WOMEN

Years at Colgate10
Overall Years of Head Coaching16

JIM KAVANAGH, HOLY CROSS

Years at Holy Cross.....31
Overall Years of Head Coaching31

JULIO PIAZZA, LAFAYETTE

Years at Lafayette22
Overall Years of Head Coaching22

TODD ETTERS, LEHIGH MEN

Years at Lehigh1st
Overall Years of Head Coaching.....1st

DEBBIE UTESCH, LEHIGH WOMEN

Years at Lehigh12
Overall Years of Head Coaching15

AL CANTELLO, NAVY MEN

Years at Navy.....41
Overall Years of Head Coaching41

KAREN BOYLE, NAVY WOMEN

Years at Navy.....22
Overall Years of Head Coaching24

PATRIOT LEAGUE NOTEBOOK

EIGHT PATRIOT LEAGUE TEAMS LAND IN PRESEASON POLLS

Eight Patriot League teams are in the top-15 of the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) Preseason Mid-Atlantic and Northeast Regional Polls. On the men's side, Navy is ranked fifth in the Mid-Atlantic Region, closely followed by American at sixth, Bucknell at 11th and Lehigh at 13th. Army is ranked 11th in the Northeast Region.

On the women's side, Navy is ranked ninth in the Mid-Atlantic Region, followed by Bucknell at 13th. The Colgate Raiders are listed at 11th in the Northeast Regional Poll.

FIVE PATRIOT LEAGUE TEAMS IN ACTION THIS WEEKEND

Holy Cross kicks off a busy weekend for Patriot League Cross Country as it travels to Notre Dame, Ind. for the National Catholic Championship on Friday. Bucknell and the Colgate women will be competing at the Buffalo Stampede, and Bucknell will also compete in the Dickinson Long-Short Course Invitational on Saturday. The Colgate men have a meet with UMass on Saturday, while Lehigh and Navy will compete in the Iona Meet of Champions.

2008 PATRIOT LEAGUE CHAMPIONSHIP

The 2008 Patriot League Cross Country Championships will take place on Nov. 1 at Lehigh University. The top-14 finishers in both the men and women's race will be awarded All-Patriot League status, with the top-seven being named to the First-Team and the next seven earning Second-Team recognition.

PATRIOT LEAGUE IN THE POLLS (MONDO)

	AMERICAN	ARMY	BUCKNELL	COLGATE	HOLY CROSS	LAFAYETTE	LEHIGH	NAVY
9.1	-	-	-	-	-	-	-	-
9.8	-	-	-	-	-	-	-	-
9.15	-	-	-	-	-	-	-	-
9.22								
9.29								
10.6								
10.13								
10.20								
10.27								
11.3								
11.10								
11.17								
FINAL								

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TEAM NOTEBOOKS



AMERICAN competed at the Navy Invitational this weekend, with the men's team finishing ninth of 14 and the women's team finishing ninth of 15. The Eagles will next compete October 3 at the Paul Short Invitational.



ARMY men and women's teams fell to Cornell in a dual meet on the West Point Golf Course this weekend. Junior Ashley Morgan led the Army women through heavy rains, completing the 5k course in 18:29.9. Army competes again on September 27 at the Roy Griak Invitational.



BUCKNELL had no scheduled events this week. The Bison will compete at the Buffalo Stampede and the Dickinson Long-Short Course Invitational on Saturday.



COLGATE had no scheduled events this week. The men's team will compete on Saturday at UMass, while the women's team travels to the Buffalo Stampede.



HOLY CROSS had no scheduled events this week. The Crusaders will travel to Indiana for Friday's National Catholic Championship.



LAFAYETTE lost the dual meet with rival Lehigh on Saturday. The Leopards look to rebound on October 3 as they travel back to Bethlehem for the Paul Short Invitational.



LEHIGH defeated Lafayette in the dual meet. The men's team won 15-50 and the women's team won 21-40. Lehigh will next compete at the Iona Meet of Champions on Saturday.



NAVY men won the Navy Invitational this weekend, while the women took second place at the meet. The Mids will next compete at the Iona Meet of Champions on Saturday in the Bronx.

ALL-TIME PATRIOT LEAGUE CHAMPIONS

MEN

12	AMERICAN	1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2006, 2007
3	BUCKNELL	1991, 1992, 1993
2	NAVY	2004, 2005

WOMEN

11	BUCKNELL	1992, 1993, 1998, 1999, 2000, 2002, 2003, 2004, 2005, 2006, 2007
4	ARMY	1994, 1995, 1996, 1997
1	NAVY	2007
1	FORDHAM	1991

PATRIOT LEAGUE CROSS COUNTRY SIDs

AMERICAN

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

ARMY

Mark Brumbaugh
 mark.brumbaugh@usma.edu
 845.938.6996
 www.goarmysports.com

BUCKNELL

Matt Saylor msaylor@bucknell.edu
 570.577.3068
 www.bucknellbison.com

COLGATE

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

HOLY CROSS

Kevin Mullaney kmullaney@holycross.edu
 508.793.3582
 www.goholycross.com

LAFAYETTE

Jenna Marinamarinaj@lafayette.edu
 610.330.5003
 www.goleopards.com

LEHIGH

Brian Tahmosh bnt208@lehigh.edu
 610.758.5101
 www.lehighsports.com

NAVY

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

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MEN'S PRESEASON POLL

1. Navy 94 (10)
2. American 84 (4)
3. Army 72 (2)
4. Bucknell 66
5. Lehigh 49
6. Colgate 40
7. Lafayette 26
8. Holy Cross 16

WOMEN'S PRESEASON POLL

1. Navy 94 (12)
2. Bucknell 88 (4)
3. Colgate 71
4. Army 58
5. Lehigh 46
6. American 42
7. Holy Cross 26
8. Lafayette 19

MEDIA SERVICES

PATRIOT LEAGUE ON THE WEB

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 2007 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 Ashley Hicks (ahicks@patriotleague.com/610.289.1960) with requests or questions.

RUNNER OF THE WEEK

MALE

WEDNESDAY, SEPT. 3

NICK RYAN, *American, So.*

2nd place at MSM Invite

TUESDAY, SEPT. 9

BILL PROM, *Navy, Sr.*

3rd of 176 in 8k at Fordham Invite

TUESDAY, SEPT. 16

BILL PROM, *Navy, Sr.*

4th of 117 in 8k at Navy Invitational

TUESDAY, SEPT. 23

TUESDAY, SEPT. 30

TUESDAY, OCT. 7

TUESDAY, OCT. 14

FEMALE

WEDNESDAY, SEPT. 3

AMY WATSON, *Navy, Jr.*

1st place at MSM Invite

TUESDAY, SEPT. 9

AMY WATSON, *Navy, Jr.*

2nd of 233 runners in 5k

TUESDAY, SEPT. 16

AMY WATSON, *Navy, Jr.*

1st place at Navy Invitational

TUESDAY, SEPT. 23

TUESDAY, SEPT. 30

TUESDAY, OCT. 7

TUESDAY, OCT. 14

ROOKIE OF THE WEEK

MALE

WEDNESDAY, SEPT. 3

JOSH OLSEN, *American, Fr.* Second fastest freshman finish at MSM

TUESDAY, SEPT. 9

CORY LOFTIS, *Holy Cross, Fr.* 6th place in 8k at Blue Devil Invite

TUESDAY, SEPT. 16

DOMINIC DELLAPELLE, *Navy, Fr.* 29th of 117 at Navy Invitational

TUESDAY, SEPT. 23

TUESDAY, SEPT. 30

TUESDAY, OCT. 7

TUESDAY, OCT. 14

FEMALE

WEDNESDAY, SEPT. 3

OCTAVIA RINEHARDT, *American, Fr.* 2nd place at MSM Invite

TUESDAY, SEPT. 9

CAITLIN CAVANAUGH, *Bucknell, Fr.* 6th place in 5,000m

TUESDAY, SEPT. 16

KATHERINE PIERCE, *Lehigh, Fr.* 2nd place at Lehigh-Lafayette dual

TUESDAY, SEPT. 23

TUESDAY, SEPT. 30

TUESDAY, OCT. 7

TUESDAY, OCT. 14

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AMERICAN EAGLES

8.29	at Mount St. Mary Invite	.M, 4-1; W, 4-2 (duals)
9.13	at Navy Invite	.M, 9th of 14; W, 9th of 15
10.3	at Paul Short Invitational	.10 a.m.
10.4	at George Mason Invitational	.10 a.m.
10.18	at Delaware Invitational	.10 a.m.
	at Leopard Invitational	.10 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic Regional	.10 a.m.
11.24	at NCAA Championship	.11 a.m.

ARMY BLACK KNIGHTS

8.29	Army Open	.NTS
9.12	Cornell	.M, L 49-15; W, L 46-17 (duals)
9.27	at Roy Griak Invitational	.12:10 p.m.
10.3	at Paul Short Invitational	.11 a.m.
10.18	at Navy	.10:30 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Northeast Regional	.10 a.m.
11.22	at IC4A Championship (M)	.9:30 a.m.
	at ECAC Championship (W)	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

BUCKNELL BISON

8.29	Bison Open	.M, 1 of 4; W, 1 of 4
9.6	at Detroit Invitational	.M, 1st of 13; W, 2nd of 13
9.20	Buffalo Stampede	.Noon
	at Dickinson Long-Short Course Invitational	.1 p.m.
10.3	at Paul Short Invitational	.11 a.m.
10.18	at Princeton Invitational	.10 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	NCAA Mid-Atlantic Regional	.11 a.m.
11.22	IC4A Championship (M)	.9:30 a.m.
	ECAC Championship (W)	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

COLGATE RAIDERS

9.6	Harry Lang Invitational	.M, NTS; W, NTS
9.20	at UMass (M)	.Noon
	at Buffalo Stampede (W)	.Noon
10.3	at Paul Short Invitational	.11 a.m.
10.18	at Albany Invitational	.11 a.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Northeast Regional	.11 a.m.
11.22	at IC4A Championship (M)	.9:30 a.m.
	at ECAC Championship	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

HOLY CROSS CRUSADERS

9.6	at Blue Devil Invitational	.M, 1st of 4; W, 1st of 5
9.19	at National Catholic Championship	.3:30 p.m.
10.4	at Murray Keating Invitational	.10 a.m.
10.11	at New England Championship	.Noon
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Northeast Regional	.10 a.m.
11.22	at IC4A Championship (M)	.9:30 a.m.
	at ECAC Championship (W)	.9:30 a.m.
11.24	at NCAA Championship	.11 a.m.

LAFAYETTE LEOPARDS

8.29	at Lehigh Valley Championship	.M, 2of 5; W, 3 of 5
9.13	at Lehigh	.M, L 50-15; W, L 40-21
10.3	at Paul Short Invitational	.11 a.m.
10.18	Leopard Invitational	.10 a.m.
11.1	Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic District Championship	.11 a.m.
11.24	at NCAA Championship	.11 a.m.

LEHIGH MOUNTAIN HAWKS

8.29	Lehigh Valley Championship	.M, 1of 5; W, 1 of 5
9.13	Lafayette	.M, W 15-50; W, W 21-40
9.20	at Iona Meet of Champions	.9:30 a.m.
10.3	Paul Short Invitational	.11 a.m.
10.18	at Princeton Invitational	.10 a.m.
11.1	Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic Regional	.11 a.m.
11.24	at NCAA Championship	.11 a.m.

NAVY MIDSHIPMEN

8.29	at Mount St. Mary's Invitational (W)	.6-0 (duals)
8.30	at Richmond Invitational (M)	.2 of 3
9.6	at Fordham Invitational	.M, 1st of 16; W, 1st of 20
9.13	Navy Invitational	.M, 1st of 14; W, 2nd of 15
9.20	at Iona Meet of Champions	.10:15 a.m.
9.27	at Roy Griak Invitational	.12:10 p.m.
10.3	at Paul Short Invitational	.11 a.m.
10.18	Army	.10:30 p.m.
11.1	at Patriot League Championship	.11 a.m.
11.15	at NCAA Mid-Atlantic Regional	.8 a.m.
11.24	at NCAA Championship	.11 a.m.