

PATRIOT LEAGUE CROSS COUNTRY 2008

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

MALE RUNNER OF THE WEEK

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

Hanko led the Mids across the finish line with a time of 25:03.6 in the men's 8k at this weekend's Iona Meet of Champions. His time ranks as the 19th fastest Navy time ever recorded at Van Cortlandt Park. Hanko finished just 39.5 seconds behind the meet's individual winner. The meet featured runners from No. 8 Michigan, No. 4 Iona, Penn State, Boston College and Penn, among others.



FEMALE RUNNER OF THE WEEK

STEPHANIE FULMER, BUCKNELL *Fr., Pottstown, Pa.*

Fulmer was the top finisher for the Bison with a time of 18:19 in the women's 5k at the Buffalo Stampede. Fulmer led Bucknell to a second-place team finish, while she finished fifth in a field of 104 runners. The Buffalo Stampede featured runners from Akron, host Buffalo, Binghamton, Niagara and Robert Morris, among others.



MALE ROOKIE OF THE WEEK

DAVE BROWN, BUCKNELL *Fr., West Borough, Mass.*

Brown helped lead Bucknell to a second-place team finish at the Buffalo Stampede, scoring for the Bison with a time of 26:43.6 in the men's 8k. Brown's time was good for 16th place of 110 runners at the meet.



FEMALE ROOKIE OF THE WEEK

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

Sutherland was the top finisher for the Crusaders at the National Catholic Championship, finishing 16th in the women's 5k with a time of 18:38. Sutherland helped lead Holy Cross to a sixth-place finish of 35 teams at the meet, and has now been Holy Cross' top finisher in both races she has run this season.



HONORABLE MENTION PERFORMANCES LAST WEEK

TIM RICHARD, HOLY CROSS *Jr., Attleboro, Mass.*

Turned in a time of 25:49 in the men's 8k at the National Catholic Championship. Was top finisher for the Crusaders in the field of 267 runners.

ANDREW HUEBNER, BUCKNELL *Jr., Hampton Falls, N.H.*

Led Bison to second-place team finish at Buffalo Stampede with time of 25:53.2 in the men's 8k. Finished just 4.8 seconds behind first-place finisher from Binghamton.

September 23, 2008

UPCOMING SCHEDULE

Saturday, September 27

Army, Navy at Roy Griak Invitational . . . 1:10 p.m.

LATEST RESULTS

Saturday, September 20

Lehigh M 5th of 24, W 9th of 21, Navy (M) 4th of 24 at Iona Meet of Champions

Bucknell M 2nd of 11, W 2nd of 10 at Buffalo Stampede
11:30 a.m.

Colgate M NTS, W NTS at UMass

Bucknell M 6th of 19, W 4th of 15 at Dickinson Long-Short Course Invite

Holy Cross M 16th of 38, W 8th of 41 at UMass-Dartmouth Invitational

Friday, September 19

Holy Cross M 7th of 33, W 6th of 35 at National Catholic Championship

"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.

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PATRIOT LEAGUE CROSS COUNTRY 2008

September 23, 2008

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page 2

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 Colgate20
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 Navy41
Overall Years of Head Coaching41

KAREN BOYLE, NAVY WOMEN

Years at Navy22
Overall Years of Head Coaching24

PATRIOT LEAGUE NOTEBOOK

NAVY'S WATSON NAMED ECAC CO-RUNNER OF THE WEEK

Navy runner Amy Watson was named ECAC Co-Runner of the Week for the week of September 9-16. Watson is the first Patriot League runner to earn the ECAC distinction this season.

The Hampstead, Md. native 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 over Richmond's Nicol Traynor, with whom she shares Co-Runner of the Week honors. Watson led the Mids to a second-place finish at the meet.

The Navy Invitational was one of the largest women's fields in USNA Cross Country Course history. Watson's time was the ninth-fastest in the course's history, and the third-fastest time turned in by a Navy runner.

Watson also received Patriot League Female Runner of the Week honors last week, making her the first Patriot League cross country student-athlete to win the award for three consecutive weeks.

ARMY, NAVY TO COMPETE IN ROY GRIAK MEET THIS WEEKEND

Archrivals Army and Navy are the only two Patriot League teams competing this weekend, facing off at the Roy Griak Invitational in Falcon Heights, Minn. This will be Navy's fifth-consecutive week of competition, as Navy last ran in the Iona Meet of Champions. Army last competed earlier this month when it hosted a dual meet with Ivy League foe Cornell.

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 (USTFCCCA)

	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								

PATRIOT LEAGUE CROSS COUNTRY 2008

September 23, 2008

www.patriotleague.com

page 3

TEAM NOTEBOOKS



AMERICAN had no scheduled events this week. The Eagles will next compete October 3 at the Paul Short Invitational and October 4 at the George Mason Invitational.



ARMY had no scheduled events this week. The Black Knights compete again on Saturday at the Roy Griak Invitational.



BUCKNELL finished in second-place in both the men's and women's meets at the Buffalo Stampede. The Bison men finished sixth and the women fourth at the Dickinson Long-Short Course Invitational. Bucknell will next compete at the Paul Short Invitational in Bethlehem, Pa.



COLGATE competed at the UMass Invitational this weekend, where there was no team scoring. The Raiders will next compete October 3 at the Paul Short Invitational.



HOLY CROSS competed in both the National Catholic Championship and the UMass-Dartmouth Invitational this weekend. The Crusaders will next compete at the Murray Keating Invitational on October 4.



LAFAYETTE had no scheduled events the week. The Leopards will next compete at the Paul Short Invitational on October 3.



LEHIGH men finished fifth of 24 and the women 9th of 21 at the Iona Meet of Champions this weekend. Lehigh will host and compete in the Paul Short Invitational on October 3.



NAVY men finished second at the Iona Meet of Champions. The Mids will compete in their fifth consecutive meet at the Roy Griak Invitational on Saturday.

ALL-TIME PATRIOT LEAGUE CHAMPIONS

MEN

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

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
1	NAVY	2007
1	LAFAYETTE	1993
1	LEHIGH	1992

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PATRIOT LEAGUE CROSS COUNTRY 2008

September 23, 2008

www.patriotleague.com

page 4

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

ANDREW HANKO, *Navy, So.*

10th of 277 in 8k at Iona Meet

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

STEPHANIE FULMER, *Bucknell, Fr.*

5th of 104 at Buffalo Stampede

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

DAVE BROWN, *Bucknell, Fr.* 16th of 110 at Buffalo Stampede

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

PAIGE SUTHERLAND, *Holy Cross, Fr.* 16th of 287 at NCC

TUESDAY, SEPT. 30

TUESDAY, OCT. 7

TUESDAY, OCT. 14

PATRIOT LEAGUE CROSS COUNTRY 2008

September 23, 2008

www.patriotleague.com

page 5

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	.M, 2nd of 11; W, 2nd of 10
	at Dickinson Long-Short Course Invite	.M, 6th of 19; W 4th of 15
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, NTS; W, NTS
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	.M, 7th of 33; W 6th of 35
9.20	at UMass-Darmouth Invite	.M, 16th of 38; W, 8th of 41
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	.M, 4th of 24
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.