

2007-08

**XAVIER**

**cross country and  
track & field**



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# XAVIER

*cross country and track & field*

**"Fab Three" freshmen Caitlin Thomas, Meredith Jaworek, and Christina Schneider highlight the most talented women's cross country and track recruiting class in Xavier history. All three were named All-Ohio Runners last year as seniors. Caitlin Thomas has the distinction of being the first individual State Champion to run for the Musketeers.**





**XAVIERS JESUIT TRADITION**

Xavier University provides a personalized education in the tradition of the Society of Jesus (Jesuits). It is an education that goes far beyond the knowledge found in books. A Xavier education incorporates values and strengthens the body, mind and spirit of its students, teaching them to live for others and become leaders in our global society.

A Xavier education today is best characterized by its emphasis on the liberal arts with a traditional Jesuit core curriculum, which includes a minimum of 64-credit hours. Eighty percent of the university's full-time faculty hold the highest degree attainable in their field. Students choose from more than 69 undergraduate majors in the three colleges, graduate degrees in 11 areas and a doctorate program in psychology. The student/faculty ratio is 13:1 and the average class size is 22 students.



**Xavier University has consistently been ranked in the top two among the 13 Division I schools in Ohio and in the "Top 25" nationally in the annual NCAA Graduation Rates Reports. Both the men's and women's cross country teams have been shining examples of Xavier's academic accomplishments. Last season the women's team carried a GPA of 3.32, while the men's side boasted a 3.13.**

**ATHLETIC DEPARTMENT MISSION STATEMENT**

Consistent with the Jesuit philosophy of education and the mission of the University, the Xavier University intercollegiate athletics program strives to enhance and integrate the intellectual, moral, spiritual, emotional, social and physical growth of young men and women. Each sport operates in an environment of integrity and ethical conduct which promotes: academic success, fiscal responsibility, competitive excellence, sportsmanship, community service and equitable opportunities for all students and staff, including women and minorities.

**Credits**

The 2007 Xavier University Cross Country Media Guide was written and designed by Kristine Frech. Editorial assistance by Pat McKenna, Jenna Willhoit, Jake Linder, and Steve Nester. Cover design by Pat McKenna. Printing by Berman.

**XAVIER AT A GLANCE**

Location-----3800 Victory Parkway  
Cincinnati, Ohio 45207-6114  
Founded -----1831  
Enrollment -----6,700  
Affiliation -----NCAA Division I  
Conference -----Atlantic 10  
Colors -----Navy Blue, Gray and White  
Nickname-----Musketeers

**ADMINISTRATION/STAFF DIRECTORY**

President ----- Michael J. Graham, S.J.  
Vice President ----- Dr. John Kucia  
Athletic Advisory Board Chair --- Dr. Lon Kriner  
Faculty Rep. ----- Dr. Dave Hellkamp  
Assoc. V.P./AD ----- Mike Bobinski  
Senior Assoc. AD ----- Rich Franchak  
Assoc. AD for Marketing -----Mike Dunn  
Dir. for Marketing----- Brian Hicks  
Assoc. AD for Business-----Greg Park  
Exec. Dir. All for One Club ----- Dan Cloran  
Dir. of Premium Seating/Ticketing- Andy Barry  
Ticket Manager ----- Barry Burns  
Compliance Coord. ----- Erin Kido  
Trainers-----Jody Jenike,  
Mike Mulcahey, Michelle Sullivan  
Strength & Conditioning-----Holly Frantz  
Academic Advisor ----- Sr. Rose Ann Fleming

**CROSS COUNTRY & TRACK COACHES**

Head Coach ----- Steve Nester (Fifth Season)  
Nester's e-mail----- Nester@xavier.edu  
Assistant Coach ----- Paul Longano  
Longano e-mail ----- longanotp@xavier.edu

**SPORTS INFORMATION STAFF**

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**ATHLETIC DEPARTMENT DIRECTORY**

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Athletic Department FAX -----513-745-4390  
Cross Country Office Phone -----513-745-3727  
Cross Country Office FAX -----513-745-3733



2007-08 Roster

Name	Year	Height	Hometown	High School
Amanda Brown	Sr.	5-2	Omaha, Neb.	Millard North
Becky Clark	Jr.	5-5	Cincinnati, Ohio	St. Ursula Academy
Danna Deans *	Jr.	5-5	Cincinnati, Ohio	Turpin
Katie Dominguez	Jr.	5-4	Indianapolis, Ind.	Bishop Chatard
Kelsey Flaherty	So.	5-9	Mason, Ohio	William Mason
Joanna Gruber	Sr.	5-7	Minster, Ohio	Minster
Meredith Jaworek	Fr.	5-5	Cincinnati, Ohio	Turpin
Lauren Krasniewski	So.	6-0	Toledo, Ohio	St. Ursula Academy
Meredith LaMaster	Fr.	5-4	Goshen, Ky.	North Oldham
Courtney Lucas	Fr.	5-2	Buffalo, N.Y.	Nardin Academy
Dani Meiners	So.	5-2	Cincinnati, Ohio	St. Ursula
Bethany Moore	So.	5-3	Avon Lake, Ohio	Magnificat
Emily Naber	Fr.	5-5	Lansing, Mich.	Lansing Catholic Central
Kate Phillips	So.	5-5	East Islip, N.Y.	East Islip
Amy Sanders	Jr.	4-11	Cincinnati, Ohio	Sycamore
Christina Schneider	Fr.	5-4	Cincinnati, Ohio	McAuley
Caitlin Shagena	Sr.	5-5	Cincinnati, Ohio	St. Ursula Academy
Ashley Stick	Jr.	5-5	Omaha, Neb.	Burke
Ashley Taite *	So.	5-4	Toledo, Ohio	Central Catholic
Caitlin Thomas	Fr.	5-1	Cardington, Ohio	Cardington-Lincoln
Tomilyn Thornberry	Sr.	5-4	Wilmington, Ohio	Wilmington
Cecelia Towns *	Sr.	5-6	Chicago, Ill.	Whitney Young
Katie Wetterau	Jr.	5-6	Dayton, Ohio	Kettering Alter

\* -- Denotes Members of the 2007-08 Track Team

**2006 Overall Record** \_\_\_\_\_ **78-69**  
**Atlantic 10 Championship** \_\_\_\_\_ **4<sup>th</sup>**  
**NCAA Great Lakes Regional** \_\_\_\_\_ **24<sup>th</sup>**





Name	Year	Height	Hometown	High School
Andrew Archer	Fr.	5-10	Park City, Utah	Park City
Luke Beuerlein	Jr.	6-1	Cincinnati, Ohio	Moeller
David Ford	Sr.	5-10	Nashville, Tenn.	Franklin Road Academy
Tyler Fry	Fr.	6-0	Cincinnati, Ohio	St. Xavier
Jeff Hileman *	Jr.	5-9	Versailles, Ohio	Versailles
Drew Kaiser	So.	5-8	Baldwin, Mo.	Saint Louis University
Tommy Kauffmann	Fr.	5-8	Mariemont, Ohio	Mariemont
Paul Kostoff	Fr.	5-11	Finneytown, Ohio	Finneytown
Sam Lewis	Fr.	5-11	Fort Wayne, Ind.	R. Nelson Snider
Derek LeBlanc *	So.	5-11	Columbia, Md.	Wilde Lake
Dan Magness *	Jr.	6-2	Cincinnati, Ohio	Colerain
Tony Matheus	Sr.	5-9	Cincinnati, Ohio	Kings
Michael McManus *	Fr.	6-2	Delmar, N.Y.	Bethlehem Central
Ben Milroy	Sr.	5-4	Columbus, Ind.	Columbus North
Ben Nathan	Fr.	6-0	Bloomington, Ill.	Bloomington High
Eric Questel *	So.	5-11	Wooster, Ohio	Wooster
Matt Riley	Fr.	5-9	Castro Valley, Calif.	Castro Valley
Dean Rothenberger	Fr.	5-6	Mooresville, Ind.	Mooresville
Alejandro Ruiz	Fr.	5-6	Concord, Mass.	Concord-Carlisle
Joe Ryan	Fr.	5-10	Fort Wayne, Ind.	Bishop Dwenger
Aaron Smith	Jr.	5-6	Columbus, Ind.	Columbus North
Matthew Weingardt	Sr.	5-10	Louisville, Ky.	North Oldham
Michael Westendorp	So.	5-10	Holland, Mich.	Holland Christian
Clinton Womack	Jr.	6-1	Lawrenceville, Ga.	Central Gwinnett

\* -- Denotes Members of the 2007-08 Track Team

**2006 Overall Record** \_\_\_\_\_ **44-97**  
**Atlantic 10 Championship** \_\_\_\_\_ **9<sup>th</sup>**  
**NCAA Great Lakes Regional** \_\_\_\_\_ **24<sup>th</sup>**



After concluding another season with a dedication to improvement and success the Xavier University men's and women's cross country and track teams look forward to the 2007-08 schedule and a chance to compete again for the Atlantic 10 Title. The men's side will return with its top performers while the women will have to continue without one of their leading runners.

The men's team finished the 2006 season with a 44-97 record after competing against the most challenging schedule in program history. The 2007-08 men's squad looks forward to returning stronger and focused on winning. A solid core of runners return in hopes of improving Xavier's Atlantic 10 and NCAA finishes.

The men's side will be led by three senior captains; Tony Matheus, Ben Milroy and Matthew Weingardt. Matheus will be readshirting the 2007-08 season, but will return in the fall of '08. Milroy's career bloomed during his junior year as he recorded the fastest 5K time on the men's team for the season at the Flyer 5K challenge in 15:42.49. During track season, he claimed three top-five finishes in the 3,000-meter run including a fourth place finish at the Boston-Moon Classic and placed in the 10,000-meter run, at the Atlantic 10 Outdoor Championship. Weingardt set a new school record in the 1,000-meter run last season at the Golden Flash Gala in 2:39.22.

Also returning for the Musketeers will be juniors Luke Beuerlein and Clinton Womack, and sophomore Drew Kaiser. Despite being stricken with mononeucleosis, Beuerlein continued his cross country and track success into his sophomore year claiming Xavier's season-best 8K time at the National Catholic Championship in 26:00, as well as setting three school records in the 1,500-meter run, 3,000-meter run and the 3,000-meter steeplechase. Beuerlein saw individual success at the Atlantic 10 Outdoor Championships placing fourth in the 3,000-meter steeplechase. Womack completed a standout track campaign last season with eight top-10 finishes in the 800-meter run, including a third place finish at the Atlantic 10 Championships – the highest individual honor ever at XU. Kaiser had a strong rookie season running in seven meets in the fall and turning in seven top-15 finishes during the track season.

Incoming runner Dean Rothenberger will lead a strong 10 person freshmen class this year.

The women's squad lost senior standout Kelly Sraj who lead the team last season as one of the tri-captains, and helped Xavier to a 78-69 winning cross country record.



Continuing as a captain will be senior Joanna Gruber. Senior Caitlin Shagena will replace Sraj as the second captain for cross country and senior Cecelia Towns will take over as women's track captain.

Top performers, include senior Amanda Brown and juniors Becky Clark (top right corner) and Ashley Stick hope to lead the women's side to a successful 2007-08 campaign. Brown, who





led the team as a co-captain last year, recorded three top-20 finishes in the fall and eight top-10 finishes during the track season. She also set a new school record in the 10,000-meter run at the Atlantic 10 Outdoor Championships. This marked the third year in a row that Brown placed in the 10,000-meter run at the Atlantic 10 Outdoor Championships. Clark recorded team-best performances at both the Atlantic 10 and NCAA Regional in the fall turning in times of 18:32.72 5K and 23:03.50 respectively. These times earned her spots in the 5K Top-10 and 6K Top-10 record books. Clark, along with teammate Stick, helped lead their 4x800 relay team to a silver medal at last year's Atlantic 10 Track Championships (see photo below left). Stick had more success in the 800-meter run, recording four top-10 and eight top-20 finishes on the season.

A strong core of returning letterwinners are expected to help carry on the success of the women's program including sophomores Dani Meiners and Kate Phillips. Meiners earned her place in the record books, finishing the 3,000-meter steeplechase in 11:30.16 at the All Ohio Championships. She also earned Atlantic 10 Rookie of the Week Honors for her top-20 finish at the National Catholic Championship. Phillips set a new school record in the 100-meter dash at the Atlantic 10 Championships, earning A-10 Rookie of the Week honors.

Newcomers Caitlin Thomas, Meredith Jaworek and Christina Schneider will lead a strong incoming class for the 2007 season.

**2007 MENS AND WOMENS CROSS COUNTRY SCHEDULE**

<b>Date</b>	<b>Opponent/Event</b>	<b>Location</b>	<b>Time</b>
9/01/07	Flyer Invitational	Kettering, Ohio	10:45a.m.
9/08/07	Queen City Invitational	West Chester, Ohio	10:00 a.m. #
9/14/07	National Catholic Championship	South Bend, Ind.	4:30 p.m.
9/22/07	Pepperdine University	Malibu, Calif.	8:30 a.m. *
9/29/07	Roy Griak Invitational	St. Paul, Minn.	11:20 a.m.
10/12/07	Hatter Invitational	Deland, Fla.	4:30 p.m.
10/27/07	Atlantic 10 Championships	Philedelphia, Pa.	10:00 a.m.
11/10/07	NCAA Regional Championships	Bloomington, Ind.	12:00 p.m.

# -- Denotes Xavier's Home Meet

\* -- Denotes Pacific Time





## JOANNA GRUBER

**SENIOR — Co-CAPTAIN**

**MINSTER, OHIO**

**MINSTER**

**2006-07:** Saw action in five meets in the fall • Ran a season-best 5K time at the Flyer 5K Challenge • Recorded five top-20 finishes in the 3,000-meter run throughout track season • Turned in a season-best 3,000-meter time of 10:44.43 at the Boston-Moon Classic • Finished 14th at the Atlantic-10 Outdoor Championships in the 10,000-meter run in 38:56.96, which is a new personal-best time in the event • Was named to the 2006-07

Atlantic 10 Commissioners Honor Roll.

**2005-06:** In the fall, recorded a time of 19:50.7 5K in the Atlantic 10 Championships • Ran a season-best 19:22 5K at the Loyola Lakefront Invitational • Had a season-best time of 5:06.00 1,500 in the Cardinal Invitational • Recorded a time of 2:28.99 800 in the U.C. Early Bird Relays • Named to the 2005-06 Atlantic 10 Commissioner's Honor Roll • Currently on the 6K top-10 with a time of 23:16.5.

**2004-05:** Ran a 5:01 1500 at the Atlantic 10 Championships • Had a season best 18:54 5K at the Marv Frye Track Invitational • Ran a season-best 19:20 at the Greater Louisville Classic in the fall.

**High School:** Three time 4x800 relay champion • Six-time team state champion in CC and track.

**Personal:** Majoring in economics • Born Mar. 2, 1986.



## CAITLIN SHAGENA

**SENIOR — Co-CAPTAIN**

**CINCINNATI, OHIO**

**ST. URSULA ACADEMY**

**2006-07:** Recorded a season-best 5K time of 20:34.80 at the Atlantic 10 Championships • Turned in a 6K time of 26:16 at the Rocky Mountain Shootout • Was a member of the 4x800 relay team that claimed the silver medal at the Atlantic 10 Outdoor Championships, running a 2:18 split • Placed in the top-20 in every event competed in throughout track season except one • Placed third in the one-mile run at the Oiler

Opener. • Ran a season-best 2:22.67 800-meter at the Boston-Moon Classic.

**2005-06:** Ran a season-best time of 2:23.12 800 at the Oliver Nikoloff Invitational • Had a season-best 19:54 5K at the National Catholic Championship • School record holder in the 4 x 800.

**2004-05:** Ran a season-best 5K of 2:23.71 at the All-Ohio Outdoor Championship • In the fall ran a season-best 19:46.23 at the Greater Louisville Classic.

**High School:** Team placed sixth at 2003 cross country State Championship • Eighth place at 2004 State Championship in the 4x800 relay.

**Personal:** A nursing major • Born July 11, 1986.



## CECELIA TOWNS

**WOMENS TRACK TEAM CAPTAIN**

**SENIOR**

**CHICAGO, ILL.**

**WHITNEY YOUNG**

**2007:** Completed her first year of collegiate running last spring • Recorded a personal-best time of 62.00 in the 400-meter dash.

**2005-06:** Recorded a season-best time of 1:09.88 400 at the Atlantic 10 Outdoor Championships • Turned in a 7th place finish in the 800-meter run with a time of 2:49.68 at the Purdue Invitational.

**High School:** First-team All-FAVC, regional qualifier with a time of 21:16 • Ran 1600 in 5:37.

**Personal:** Majoring in biology • Born Mar. 21, 1986.



**AMANDA BROWN**

**SENIOR**  
**OMAHA, NEB.**  
**MILLARD NORTH**

**2006-07:** Ran a season-best 5K time of 18:49.55 at the Atlantic 10 Championships, marking the seventh-best on the women's squad for the entire season • Turned in three top-20 finishes in the fall • Recorded eight top-10 finishes during track season including a third place finish in the 3,000-meter run at the Boston-Moon Classic in 10:17.57 • Shaved nearly three minutes off her 10,000-meter run time for the Atlantic 10 Outdoor Championships, recording a time of 37:16.70 and setting a new school record • Was named to the 2006-07 Atlantic 10 Commissioners Honor Roll.

**2005-06:** Ran a career-best 17:54 5K at the Loyola Lakefront Invitational • Turned in a fourth place finish in the Atlantic 10 Outdoor Championships in the 10,000-meter run with a time of 38:43.50 • Ran a season-best 10:46.88 3,000 at the Purdue Invitational • In the fall, recorded a time of 18:02.5 5K in the Atlantic 10 Championships which gave her runner-up honors • Named team "Most Valuable Runner" for Cross Country • Named to the A-10 Commissioner's Honor Roll.

**2004-05:** Ran a school-record 38:27 10K at the Atlantic 10 Championships • Had a season best 18:28.78 5K at the Marv Frye Invitational • Ran 5:01.75 at the Bobcat Invitational • In the fall ran a season-best 18:36 at the Greater Louisville Classic.

**High School:** Ran a career best half-marathon in 1:33:49 • All-State CC runner in Nebraska placing 9th at state • Coached by Mike Neeman.

**Personal:** An entrep. studies/business major • Born Dec. 9, 1985.



**TOMILYN THORNBERRY**

**SENIOR**  
**WILMINGTON, OHIO**  
**WILMINGTON**

**2006-07:** Ran a season-best 5K time of 20:57.64 at the Falcon Cross Country Invitational • Recorded a time of 21:17.67 5K at the Xavier Invitational • Turned in a season-best time of 5:24.36 in the 1,500-meter run at the Stan Lyons Invitational.

**2005-06:** Recorded a season-best time of 1:09.88 400 at the Atlantic 10 Outdoor Championships • Turned in a 7th place finish in the 800-meter run with a time of 2:49.68 at the Purdue Invitational.

**High School:** First-team All-FAVC, regional qualifier with a time of 21:16 • Ran 1600 in 5:37.

**Personal:** Majoring in biology • Born Mar. 21, 1986.



**BECKY CLARK**

**JUNIOR**  
**CINCINNATI, OHIO**  
**ST. URSULA ACADEMY**

**2006-07:** Claimed overall season-best times on both the 5K and 6K lists for the women's squad • Recorded five top-20 finishes on the season including an 11th place finish at the Xavier Invitational in 19:56.47 5K • Turned in the team-best performance at the Atlantic 10 and NCAA Great Lakes Regional in 18:32.72 5K and 23:03.50 6K respectively. These times earned her spots on both the 5K Top-10 Record Book and the 6K Top-10 Record Book • Claimed first place honors four times for the season • Was a member of the 4 x 800 relay team who took second place at the Atlantic 10 Outdoor Championships in a school-record time of 9:07.77. • Set a new 800-meter school record in 2:17.23 at the Eastern Kentucky Invitational • Also set new school records in the 1,000-meter run and 1,500-meter run at the Golden Flash Gala and Oliver Nikoloff Invitational in times of 2:57.25 and 4:42.76, respectively.

**2005-06:** Ran a career-best 18:23 5K at the National Catholic Championships • Recorded a 3:02.51 1,000 at the Ohio State Invitational • Turned in a second place finish at the Mike Hodges Invitational with a time of 18:44.65 5K • Ran the One-Mile Run in a career-best 5:03.98 at the Atlantic 10 Indoor Championships.

**High School:** Ran the 5k in 19:20, 5:13.2 in the 1600 and 2:15.8 in the 800 • Earned All-American status in the indoor 4 x mile relay during her senior year.

**Personal:** Majoring in special education Born Dec. 17, 1986.



**DANNA DEANS**

**JUNIOR**  
**CINCINNATI, OHIO**  
**TURPIN**

**2006-07:** Competed in five meets in the fall • Had a season-best performance at the Flyer 5K Challenge, recording a time of 20:19 • In the spring, recorded a season-best distance of 5.06 in the long jump at the Boston-Moon Classic • Ran a season-best 1:05.00 400-meter at the Atlantic 10 Indoor Championships • Had a record-breaking meet at the Oiler Opener, starting new school records in the 60-meter hurdles in a time of 11.34, 300-meter run in a time of 44.76 and shot put in a distance of 6.57 meters • Also broke the school record in the 60-meter dash at the Golden Flash Gala in 8.57 • Was named to the 2006-07 Atlantic 10 Commissioners Honor Roll.

**2005-06:** Ran a season-best 1:02.46 400 at the National City Invitational • During the fall recorded a time of 20:01 5K at the National Catholic Championship • Long jumped a season-best distance of 5.16m at the ASU Invitational • Named to the A-10 Commissioner's Honor Roll.

**High School:** Ran the 5K in 20:07 • Ran the 200 in 25.6 seconds during her junior year.

**Personal:** Majoring in business and Spanish • Born Dec. 31, 1986.



## KATIE DOMINGUEZ

**JUNIOR**

**INDIANAPOLIS, IND.**

**BISHOP CHATARD**

**2006-07:** Saw action in four meets in the fall • Turned in a season-best performance at the Falcon Cross Country Invitational in a time of 20:57.79 5K • Recorded a fourth place finish in the one-mile run at the Oiler Opener in 5:49.14 • Turned in a season-best time of 20:41.19 5,000-meter at the Eastern Kentucky Invitational earning her a ninth-place finish.

**2005-06:** Ran a 5:16.59 1,500 at the U.C. Early Bird Relays • Turned in a season-best time of 21:22.42 5K at the Greater Louisville Classic.

**High School:** Ran the 4K in 15:24 • All-City all four years • State Qualifier her senior year.

**Personal:** A nursing major • Born Dec. 19, 1986.



## AMY SANDERS

**JUNIOR**

**CINCINNATI, OHIO**

**SYCAMORE**

**2006-07:** Turned in a season-best 3,000-meter run time of 11:28.74 at the Boston-Moon Classic • Finished eighth in the 5,000-meter run at the Eastern Kentucky Invitational in 20:10.64 • Was named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**2005-06:** In the fall, ran a season-best 19:31.75 5K at the Greater Louisville Classic • Turned in an 11th place finish at the Xavier Invitational with a time of 20:08.04 • Ran a season-best 5:28.18 1,500 at the Cardinal Invitational

**High School:** Ran a personal-best 18:40 5K during her senior year • Placed 10th in State • Honored as the "Most Improved Runner" in Ohio after her senior year.

**Personal:** A psychology major • Born Oct. 6, 1986.



## ASHLEY STICK

**JUNIOR**

**OMAHA, NEB.**

**BURKE**

**2006-07:** Turned in a season-best performance at the Falcon Cross Country Invitational in a time of 19:54.73 5K • Recorded a top-20 performance at the Xavier Invitational in 20:34.79 5K • Ran a season-best 6K time of 24:36.27 at the NCAA Great Lakes Regional • Was a member of the 4x800 team that took home the silver medal at the Atlantic 10 Outdoor Championships in a school-record time of 9:07.77. • Recorded four top-10 and eight top-20 finishes in the 800-meter run throughout the season • Ran a season-best 2:17.67 800-meter at the All-Ohio Outdoor Championships.

**2005-06:** Ran a season-best 2:29.72 800 at the Atlantic 10 Outdoor Championships • During the fall, recorded a season-best 19:55.8 5K at the Atlantic 10 Championships.

**High School:** 4K time of 15:35 • Finished fourth at State in the 800 • Stick's cross country team was the state runner-up while her track team took home the championship hardware from State in 2004 •

**Personal:** A nursing major • Born Mar. 29, 1987.



## KATIE WETTERAU

**JUNIOR**

**DAYTON, OHIO**

**KETTERING ALTER**

**2006-07:** Recorded a season-best 23:40.75 at the Falcon Cross Country Invitational • Turned in four top-20 finishes for track season • Ran a season-best 5:20.70 at the Eastern Kentucky Invitational • Was named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**2005-06:** Ran the 400-meter dash in 1:10.70 at the Atlantic 10 Outdoor Championship • Recorded a career-best time of 22:38 5K at the Loyola Lakefront Invitational.

**High School:** Ran the 5K in 22:42 and the 1600 in 6:24 • Kettering Alter cross country was the state runner-up her senior year.

**Personal:** A psychology major • Born Feb. 25, 1987.



## KELSEY FLAHERTY

**SOPHOMORE**

**MASON, OHIO**

**WILLIAM MASON**

**2006-07:** Competed in seven events as a freshman • Ran a season-best 5K time of 19:32.80 at the Falcon Cross Country Invitational • Recorded a personal-best 6K time of 24:22 at the Rocky Mountain Shootout • Ran the 3,000-steeplechase five times, placing 12th or higher each time • Recorded a season best 3,000-steeplechase time of 11:34.35 at the Atlantic 10 Outdoor Championships, earning her eighth in the event • Turned in a season-best 2:24.62 800-meter at the All-Ohio Indoor Championships.

**High School:** Turned in personal-best times of 2:20 800 and 5:12 1600 • Carded a career-best time of 19:17 5K • Member of the 4 x 800 relay team that won state in 2005 • Named First Team All FAVC.

**Personal:** Undecided on a major • Born January 15, 1988.



**LAUREN KRASNIEWSKI**

**SOPHOMORE  
TOLEDO, OHIO  
ST. URSULA**

**High School:** Was a part of her high school soccer team • Ran the Flying Pig Marathon in 4:07.00.  
**Personal:** Undecided on a major • Born January 20, 1988.



**DANI MEINERS**

**SOPHOMORE  
CINCINNATI, OHIO  
ST. URSULA**

**2006-07:** Began her rookie career with a fifth-place finish at the Flyer 5K Challenge, turning in a personal-best time of 18:48 • Followed her impressive first meet with a seventh-place finish at the Xavier Invitational, recording a time of 19:07.30 • Turned in a top-20 finish at the National Catholic Championship in a 5K time of 18:58 earning her Atlantic 10 Rookie of the Week Honors • Recorded a season-best 6K time of 23:48.30 at the Roy Griak Invitational • Turned in six top-10

finishes throughout track season including a first place finish in the 3,000-steeplechase at the Boston-Moon Classic in 11:32.11 • Set a new school 3,000-steeplechase record at the All-Ohio Championships in 11:30.16 • Turned in top-5 finishes in the one-mile run at the Oiler Opener and the Golden Flash Gala, recording a time of 5:26.18 and 5:18.64, respectively.

**High School:** Ran career-best times of 19:04 5K and 11:12 3200 during her junior year • Turned in a time of 5:18 1600 during her senior year • Earned All-American honors her junior year • Her 4 x 1600 relay team was All-Ohio as a senior • Currently holds school record for her time of 11:12 3200.

**Personal:** Undecided on a major • Born July 22, 1988.



**BETHANY MOORE**

**SOPHOMORE  
AVON LAKE, OHIO  
MAGNIFICAT**

**2006-07:** Started off her rookie season strong with a top-20 finish at the Flyer 5K Challenge in a time of 19:33 • Followed that performance with another top-20 finish at the Xavier Invitational recording a 5K time of 20:20.83 • Turned in a notable time of 19:44.83 5K at the Falcon Cross Country Invitational • Ran the third leg of the 4x800 relay team that claimed second place at the Atlantic 10 Outdoor Championships in a school-record time of 9:07.77. • Claimed five top-20 800-

meter finishes throughout track season • Recorded a season-best 2:21.13 800-meter at the Stan Lyons Invitational • Placed eighth in the 1000-meter run at the Atlantic 10 Championship • Ran a season-best 4:58.41 1,500-meter earning her fifth at the Boston-Moon Classic.

**High School:** Helped lead team to a sixth-place finish at the state meet during senior year • Turned in personal-best times of 19:26 5K, 2:20 800, and 5:18 1600 • Earned All-School Sportsmanship award.

**Personal:** A middle childhood education major • Born July 22, 1988.



**KATE PHILLIPS**

**SOPHOMORE  
EAST ISLIP, N.Y.  
EAST ISLIP**

**2006-07:** Turned in a season-best performance at the Falcon Cross Country Invitational in a time of 20:31.63 • Set a new school 100-meter dash record in 13.76 at the Atlantic 10 Outdoor Championships • Received Atlantic 10 Rookie of the Week honors following the event • Also hit the record-books in the 200-meter dash and 400-meter dash at the Stan Lyons Invitational and Boston-

Moon Invitational in times of 27.55 and 1:01.06, respectively • Recorded four top-10 finishes in the 800-meter run throughout track season including two-third place finishes at the Early Bird Relays and Oliver Nikoloff Invitational in times of 1:03.60 and 1:02.06, respectively • Ran a season-best 2:20.41 in the 800-meter run at the All-Ohio Indoor Championships.

**High School:** Ran personal-best times of 59.8 400 and 2:19 800 • Turned in a time of 19.53 5K during her senior year • Named All-County Academic during her senior year • Was captain of her team as a sophomore, junior and senior • Named as a scholar-athlete for four consecutive years.

**Personal:** Majoring in English • Born Sept. 26, 1988



**ASHLEY TAITE**

**SOPHOMORE  
TOLEDO, OHIO  
CENTRAL CATHOLIC**

**2006-07:** Shaved over three minutes off her time for a season-best 23:55.07 5K at the Falcon Cross Country Invitational • Ran a season-best 27.71 200-meter at the Stan Lyons Invitational • Placed 10th in the 200-meter dash at the Oliver Nikoloff Invitational in 1:06.52

**High School:** Recorded a personal-best time of 63.00 400 • Earned two varsity letters as a junior and a senior.

**Personal:** Majoring in biology • Born Sept. 4, 1988.



### **MEREDITH JAWOREK**

**FRESHMAN**  
**CINCINNATI, OHIO**  
**TURPIN**

**High School:** Ran a personal-best 18:37 5K • Turned in a personal-best one mile time of 5:17 during her sophomore year • Completed the 800-meter run in a personal-best 2:23 last season • Named Cross Country Runner of the Year in 2004 and 2006 • Received *Cincinnati Enquirer* All-State Honors in 2004 and 2006 • Finished ninth at the Ohio girls cross country state meet in 2004.

**Personal:** Born September 18, 1989 • Majoring in nursing.



### **MEREDITH LAMASTER**

**FRESHMAN**  
**GOSHEN, KY.**  
**NORTH OLDHAM**

**High School:** Recorded a personal-best 5K time of 20:20 • During track season turned in personal-best times in the two-mile and one-mile run in 12:57 and 5:58, respectively • Named Cross Country Second Team All-State • Was First Team Academic All-State three times • Qualified for the state track championships in the two-mile run.

**Personal:** Born July 26, 1989 • Majoring in political science with a minor in business.



### **COURTNEY LUCAS**

**FRESHMAN**  
**BUFFALO, N.Y.**  
**NARDIN ACADEMY**

**High School:** Was a 2006 state qualifier in the girls 4x800-meter relay • Ran personal-best times of 5:07 and 11:09 in the 1500-meter run and 3,000-meter run, respectively during her senior track season • Recorded a personal-best 5K time of 20:06 also during her senior season.

**Personal:** Born November 16, 1989 • Majoring in biology.



### **EMILY NABER**

**FRESHMAN**  
**LANSING, MICH.**  
**LANSING CATHOLIC CENTRAL**

**High School:** Ran a personal-best 5K time of 20:04 during her junior year • Turned in a personal-best 3200-meter run time of 12:55 in her sophomore season • Named to both the All-Area and All-League teams • Was a three-time state qualifier • Named team captain for her senior year.

**Personal:** Born February 17, 1989 • Majoring in philosophy, politics and the public.



### **CHRISTINA SCHNEIDER**

**FRESHMAN**  
**CINCINNATI, OHIO**  
**McAULEY**

**High School:** Turned in a personal-best 5K time of 17:48 • Ran the 3200-meter run and the 1600-meter run in personal-best times of 10:37 and 5:06 • Named to the All-State Cross Country Team in 2005 and 2006 • Was named First Team Girls Greater Catholic League in 2005 and 2006 • Broke the city record in the 3200-meter run in 2007 • Earned a spot on the All-State Track and Field Team in 2006 and 2007 • Named First Team Girls Greater Catholic League for Track and Field in 2007.

**Personal:** Born January 3, 1989 • Undecided on a major.



### **CAITLIN THOMAS**

**FRESHMAN**  
**CARDINGTON, OHIO**  
**CARDINGTON-LINCOLN**

**High School:** Was the 2006 Division III State Cross Country Champion • Turned in a personal-best time of 18:12 5K • In the 2006 State Meet recorded a 1600-meter run time of 5:08 • During her junior year turned in a time of 11:21 in the 3200-meter run • MOAC League Champion for four consecutive years • 2006 MOAC Runner of the Year • Central District Runner of the Year all four years of high school • Earned 6th in the State Cross Country Championships in 2003 and 4th in 2004 • Three-

Time Academic All-Ohio • Three-Time MOAC League 1600 Champion • Four-Time MOAC League 3200 Champion • Four Time Central District and Regional Champ in 1600-meter run and 3200-meter run, holding the regional record in both events.

**Personal:** Born September 14, 1988 • Majoring in biology.



**TONY MATHEUS**

**SENIOR**

**CINCINNATI, OHIO**

**KINGS**

**2006-07:** Competed in every meet during the fall • Turned in a season-best 26:49 8K at the National Catholic Championships • Recorded a 16:10.20 5K at the Xavier Invitational earning him 14th place • Ran the 3,000-meter run in 9:11.6 at the Oiler Opener.

**2005-06:** Recorded a season-best time of 25:21.39 8K at the Greater Louisville Classic • Turned in a season-best time of 10:24.88 3,000 Steeplechase at the Atlantic 10 Outdoor Championships • School record holder in 4 X 800 which was set at the A-10 Championships • Turned in four top-10 finishes during the track season including an eighth place finish in the 3,000-meter Steeplechase at the Cardinal Invitational.

**2004-05:** Ran a season best 2:03 800 at the Marv Frye Invitational • Had a season-best 4:07.51 1500 at the UC Early Bird Relays • Ran a season-best 15:29.31 5K at the Oliver Nikoloff Invitational • In the fall ran a season-best 16:14 at the Xavier Invitational.

**High School:** Coached by Jim Brant • District Champion in 2003.

**Personal:** Majoring in accounting • Born Sept. 26, 1985.



**BEN MILROY**

**SENIOR**

**COLUMBUS, IND.**

**COLUMBUS NORTH**

**2006-07:** Turned in an eighth-place finish at the Flyer 5K Challenge in 15:42.49, this time was the fastest 5K time on the men's squad for the season • Followed the Flyer 5K Challenge with a 13th-place finish at the Xavier Invitational in a time of 15:56.33 5K • Recorded a season-best 8K time of 26:15 at the National Catholic Championships • Claimed three top-5 finishes in the 3,000-meter run including a fourth-place finish at the Boston-Moon Classic in 8:56.55 • Took third at the Atlantic 10 Commissioner's Honor Roll.

**2005-06:** In the fall ran a season-best time of 25:40.03 8K at the Greater Louisville Classic • Turned in seven top-10 finishes during track season • Finished 3rd at the National City Invitational in the 5,000-Meter Run with a time of 15:31.90 • Ran a career-best time of 8:39.34 3,000 at the Atlantic 10 Outdoor Championship in a personal-best time of 31:32.03 • Named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**2004-05:** Ran a season-best 32:26.44 10K at the All-Ohio Outdoor Championship • During the fall had a season-best time of 16:13 at the Dayton Flyer Invitational.

**High School:** Team State Champions in 2002 & 2003 • Ran 9:20 in the 3200 • Coached by Rick Weinheimer.

**Personal:** A math major • Born Mar. 14, 1986.



**MATTHEW WEINGARDT**

**SENIOR**

**LOUISVILLE, KY.**

**NORTH OLDHAM**

**2006-07:** Turned in a season-best time of 17:14.30 5K at the Xavier Invitational • Recorded a time of 28:16.15 8K at the Atlantic 10 Championships • Turned in a season-best time of 2:02.51 in the 800-meter run at the Gladstein Invitational • Claimed fifth place in the 3,000-steeplechase at the Early Bird Relays in a time of 10:06.90.

**2005-06:** Recorded six top-10 finishes during track season • Ran a season-best time of 27:43 8K at the Loyola Lakefront Invitational • Had a career-best time of 10:10.34 3,000 Steeplechase at the Atlantic 10 Outdoor Championships.

**2004-05:** Ran a 27:20 8K at Louisville • Had a season-best 9:40.39 3K at the Bobcat Invitational • Established a school record in the 1000M in the A-10 Indoor • During the fall ran a season-best 16:51 at the Xavier Invitational.

**High School:** Ran a career-best 16:27 in the 5K • Member of 2000 State Championship cross country team at South Oldham H.S. • Coached by Steve Rauh.

**Personal:** A marketing major • Born Aug. 18, 1985.



## DAN MAGNESS

### MENS TRACK TEAM CAPTAIN

**JUNIOR**  
**CINCINNATI, OHIO**  
**COLERAIN**

**2006-07:** Ran a season-best 19:51.36 5K at the Xavier Invitational • Placed ninth in the De-cathlon at the Atlantic 10 Outdoor Championships • Turned in a season-best distance of 5.83 in the shot put at the Boston-Moon Classic • Claimed three top-20 finishes in the javelin throughout track season including his season-best distance of 33.72 at the Boston-Moon Classic • Named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**2005-06:** Recorded a season-best time of 12:89 100 at the Atlantic 10 Outdoor Championships • Jumped a season-best distance of 5.58m in the long jump at the Cardinal Invitational.

**High School:** Ran personal-best times of 38.8 300 hurdles and 14.8 110 hurdles • Helped lead his 4 x 200 relay team to a fourth place finish at state.

**Personal:** A biology major • Born Aug. 12, 1986.



## DAVID FORD

**SENIOR**  
**NASHVILLE, TENN.**

**FRANKLIN ROAD ACADEMY**

**2006-07:** In the fall, ran a season-best times of 30:52 8K and 15:51.74 5K at the National Catholic Championships, and the Xavier Invitational, respectively • Turned in four top-20 finishes throughout track season • Brought home sixth place in the 800-meter dash at the Golden Flash Gala in 2:11.23.

**2005-06:** Turned in a season-best 2:06.48 800 at the Atlantic 10 Outdoor Championships • Finished the fall with a season-best time of 29:59 8K at the Loyola Lakefront Invitational • Ran a time of 2:07.87 800 at the Atlantic 10 Indoor Championships • Named to the A-10 Commissioner's Honor Roll

**2004-05:** During the fall, ran a season-best 17:51 at the Xavier Invitational.

**High School:** Won five state titles including one track, three cross country, and one in soccer. Ran the three mile in 16:11.

**Personal:** An English major • Born July 19, 1986.



## LUKE BEUERLEIN

**JUNIOR**  
**CINCINNATI, OHIO**

**MOELLER**

**2006-07:** Ran a season-best 8K time of 26:00 earning him 17th place at the National Catholic Championships • His time at the National Catholic Championship was Xavier's season-best 8K time • Claimed the new school record in the 1,500 meter run in a time of 4:02.44 at the Eastern Kentucky Invitational • Brought home two other records during the season including the 3,000-meter run and steeplechase • Placed first at the Stan Lyons Invitational in the 3,000-steeplechase at 9:30.47 and 4th in the same event at the Atlantic 10 Outdoor Championships • Turned in runner-up honors in the

5,000-meter run twice, once at the All-Ohio Indoor Championships in 15:06.86 and again at the Early Bird Relays in 14:57.46.

**2005-06:** During the fall, ran a season-best time of 25:30 8K at the National Catholic Invitational • Recorded a time of 33:27.3 10K at the NCAA Great Lakes Regional • Finished first in the 5,000-meter run at the U.C. Early Bird Relays with a time of 15:10.80 Recorded a sixth place finish in the one-mile run at the A-10 Outdoor Championships with a personal-best time of 4:17.84.

**High School:** Ran 15:26 in 5K • Ran the 3200 in a personal-best 9:18 during his senior year • Placed third in state his senior year.

**Personal:** Majoring in graphic-design • Born Nov. 1, 1986



## JEFF HILEMAN

**JUNIOR**  
**VERSAILLES, OHIO**

**VERSAILLES**

**2006-07:** Ran a season-best 5K time of 18:53.55 at the Xavier Invitational • Turned in a ninth-place finish in the 60-meter hurdles at the All-Ohio Indoor Championships in a time of 8.86, putting Hileman in the record books • Recorded a season-best time of 15.89 110-meter hurdles at the Early Bird Relays, this time was also a new school record • Had four top-20 finishes in the 400-meter hurdles, including his season-best time of 57.65 at the Stan Lyons Invitational • Named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**2005-06:** Turned in a season-best time of 8.15 in the 55-meter hurdles at the Atlantic 10 Indoor Championships • Turned in a season-best time of 1:00.31 in the 400 meter-hurdles and a season-best time of 16.12 in the 110-meter hurdles at the Atlantic 10 Outdoor Championship.

**High School:** Ran career-best times of 14.36 110 hurdles and 38.42 300 hurdles • Placed second in 300 hurdles and sixth in 110 hurdles at state his senior year.

**Personal:** A middle childhood education major • Born April 20, 1986.

**Personal:** Born Nov. 1, 1986.



## AARON SMITH

**JUNIOR**  
**COLUMBUS, IND.**

**COLUMBUS NORTH**

**2006-07:** Recorded a season-best time of 30:36 8K at the Rocky Mountain Shootout • Shaved over a minute off his first meet's time to turn in a season-best 5K time of 17:10.63 at the Xavier Invitational • Recorded a season-best time of 4:23.65 in the 1,500-meter run at the Atlantic 10 Championships • Named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**2005-06:** Ran a season-best 4:33.4 in the one-mile run at the Husker Invitational • During the fall, recorded a season-best time of 27:07 8K at the National Catholic Championship • Turned in a time of 4:19.49 1,500 at the Atlantic 10 Outdoor Championships • Named to the A-10 Spring Commissioner's Honor Roll.

**High School:** Ran the 1600 in 4:22 during sectionals • Team won the State Championship in 2003 and 2004.

**Personal:** An accounting major • Born Nov. 26, 1986.



**CLINTON WOMACK**

**JUNIOR**  
**LAWRENCEVILLE, GA.**

**CENTRAL GWINNETT**

**2006-07:** In the fall, recorded a season-best 27:01 8K at the National Catholic Championships • Turned in a top-20 finish in a time of 16:34.62 5K at the Xavier Invitational • Claimed eight top-10 finishes in the 800-meter run for track season • Took home runner up honors at the Golden Flash Gala in the 800 at 1:56.87 • Earned the bronze medal at the Atlantic 10 Championships in the 800-meter

run in a time of 1:53.62, claiming a new school record • Also set a new school record in the 400-meter run at the Stan Lyons Invitational in a time of 50.89.

**2005-06:** During the fall, recorded a season-best time of 26:37.8 10K at the Atlantic 10 Championships • Turned in a fourth place finish in the 800-meter run at the Ohio State Invitational with a time of 1:58.68 • Had a season-best time of 1:57.02 800 at the Atlantic 10 Outdoor Championships • Awarded "Most Improved Runner" in cross country.

**High School:** Ran a personal-best 16:15, which placed him eighth in the state • Was the Georgia State Champion in the 800 with a time of 1:57.64 • Second-team All-State • Team MVP last two years.

**Personal:** A marketing major • Born Feb. 21, 1987.



**DREW KAISER**

**SOPHOMORE**  
**BALDWIN, Mo.**

**SAINT LOUIS UNIV. HIGH**

**2006-07:** Ran in seven meets during the fall to start off his rookie career • Turned in a season-best 8K time of 27:16.15 at the Atlantic 10 Championships • Ran a personal-best 16:56.87 5K at the Xavier Invitational • Recorded seven top-15 finishes for track season • Finished in a season-best 15:49.81 5,000-meter at the Gladstein Invitational earning him 13th place • Recorded a time of 9:08.41 3,000-

meter at the Golden Flash Gala • Named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**High School:** Ran personal-best times of 16:43 5K and 9:49 3200 • Was All-State his senior year • Earned first honors in scholarship for four consecutive years • During senior year earning All-State Class IV Cross Country Honors.

**Personal:** Earned Eagle Scout honors • Majoring in biology • Born October 4, 1987



**DEREK LEBLANC**

**SOPHOMORE**  
**COLUMBIA, Md.**

**WILDE LAKE**

**2006-07:** Claimed four top-10 finishes in the long jump throughout track season including a fourth place finish for his season-best distance of 6.59m • Claimed a new school record in the 55-meter dash in a time of 7.12 at the Atlantic 10 Indoor Championships • Recorded a season-best time of 11.52 in the 100-meter dash at the Atlantic 10 Championships earning him 13th place and another place in

school history.

**High School:** Ran a personal-best time of 10.8 in the 100-meter dash • Recorded personal-best time of 22.0 and 50.7 in the 200 and 400-meter dashes, respectively • jumped personal-best distances of 22'4 and 41'7 in the long jump and triple jump, respectively • Was a Minnesota State High School Class AA honor roll athlete • Turned in a sixth place finish in the long jump at state.

**Personal:** A finance major • Born November 14, 1987



**ERIC QUESTEL**

**SOPHOMORE**  
**WOOSTER, OHIO**

**WOOSTER**

**2006-07:** Ran a season-best 11.94 100-meter dash at the Stan Lyons Invitational • Claimed eighth place at the Oliver Nikoloff Invitational in the 110-meter hurdles at 15.74 • Named to the 2006-07 Atlantic 10 Commissioner's Honor Roll.

**High School:** Ran personal-best times of 15.3, 42.2, and 9.12 in the 110,300, and 60-meter hurdles, respectively • Earned Honorable Mention honors in the Ohio Cardinal Conference.

**Personal:** A marketing major • Born April 14, 1988.



**MICHAEL WESTENDORP**

**SOPHOMORE**  
**HOLLAND, MICH.**

**HOLLAND CHRISTIAN**

**2006-07:** Finished eighth in the 800-meter run at the Early Bird Relays in 2:05.99 • Ran a personal-best 2:02.90 800-meter run at the All-Ohio Championships • Turned in two top-20 finishes in the 1,500 meter run in 4:20.01 and 4:17.44 at the Oliver Nikoloff Invitational and Boston-Moon Classic, respectively.

**High School:** Recorded a 2:01 in the 800-meter run at the 2006 Cross Country Regional Championship • Finished the 1600-meter run in 4:31 at the 2005 Regional Cross Country Championship • Turned in a personal-best 17:11 5K during his senior year.

**Personal:** Majoring in international affairs • born April 18, 1988.



**ANDREW ARCHER**

**FRESHMAN**  
**PARK CITY, UTAH**  
**PARK CITY**

**High School:** Ran a personal-best three-mile time of 16:20 at the Wasatch Rendezvous • Turned in a time of 2:01 in the 800-meter run • Helped lead his team to a third place finish at the Utah Indoor Track State Championships • Was named Most Improved Runner for both cross country and track.

**Personal:** Born on April 11, 1998 • majoring in accounting and finance.



**TYLER FRY**

**FRESHMAN**  
**CINCINNATI, OHIO**  
**ST. XAVIER**

**High School:** During his senior year ran a personal-best 5K time of 16:34 • Recorded personal-best times in the 3200-meter run, one-mile run, and the 800 in 9:45, 4:28 and 2:00.4, respectively in the spring • Earned the Coaches Award for Cross Country • During his senior year was named captain of his track team and was awarded the captain's award • Helped lead

the cross country team to the state meet in the fall of his senior year • Earned medalist honors at the indoor track state meet for his junior and senior year • Named Second Team-All Greater Catholic League senior year.

**Personal:** Born February 5, 1989 • Majoring in business with a minor in biology.



**TOMMY KAUFFMANN**

**FRESHMAN**  
**MARIEMONT, OHIO**  
**MARIEMONT**

**High School:** Ran a time of 16:22 5K at the 2006 State Championships • Recorded personal-best 3200-meter run time of 9:38 at the 2006 State Track Championships • Turned in a 1600-meter run time of 4:32.

**Personal:** Born May 6, 1989 • Undecided on a major.



**PAUL KOSTOFF**

**FRESHMAN**  
**FINNEYTOWN, OHIO**  
**FINNEYTOWN**

**High School:** Recorded a personal-best 5K time of 16:40 • During track season turned in personal-best times in the 3200-meter and 1600-meter runs in 9:58 and 4:37, respectively • Also turned in top-times in the 800-meter run and the 400-meter dash in time of 2:04 and 53.8, respectively • Qualified for the state cross country meet during his senior season.

**Personal:** Born May 26, 1988 • Majoring in history.



**SAM LEWIS**

**FRESHMAN**  
**FORT WAYNE, IND.**  
**R. NELSON SNIDER**

**High School:** Recorded a personal-best 16:29 5K at the Bruin Invitational • Turned in a 400-meter run time of 50.1, an 800-meter run time of 1:55.44, and a 1600-meter run time of 4:27.1 all during his senior year • Earned Academic All-State in cross country and track • Named All-State in track after coming in fourth for his 800-meter run time • Mental Attitude Award Winner.

**Personal:** Born November 30, 1988 • Majoring in business



**MICHAEL MCMANUS**

**FRESHMAN**  
**DELMAR, N.Y.**  
**BETHLEHEM CENTRAL**

**High School:** Recorded a personal-best high jump distance of 6'7" • Turned in a personal-best long jump distance of 20'8" • Ran the 400-meter in 52 seconds flat • Broke a 22 year old school record in high jump • Currently holds the sixth place spot for the state and federation in New York.

**Personal:** Born February 21, 1989 • An international business major.



**BEN NATHAN**

**FRESHMAN**  
**BLOOMINGTON, ILL.**  
**BLOOMINGTON**

**High School:** Ran a personal best three-mile time of 15:29 • During his senior year, turned in times of 4:27, 1:56.40, and 50.2 in the 1600-meter run, 800-meter run, and 400-meter dash, respectively • Named All-State in track and field • Helped lead team to a new school record in the 4x400-relay senior year • Qualified for the state cross country meet all four years of high school • All-Conference cross country for four years • All-Area track for four consecutive years • Three-Time state track and field finalist.

**Personal:** Born February 21, 1989 • Majoring in accounting.



**MATTHEW RILEY**

**FRESHMAN**  
**CASTRO VALLEY, CALIF.**  
**CASTRO VALLEY**

**High School:** Ran a personal-best 16:17 5K during his senior year • During track season ran a personal-best 3200-meter run in 10:08 • Turned in times of 4:42 and 2:07 in the one-mile and 800-meter run, respectively • Was a two-time All-League Selection for cross country • Named cross country team Most Valuable Runner • Helped lead his team to becoming four-time league champions in both cross country and track and field.

**Personal:** Born November 4, 1988 • Majoring in business management.



**DEAN ROTHENBERGER**

**FRESHMAN**  
**MOORESVILLE, IND.**  
**MOORESVILLE**

**High School:** During his sophomore year ran a personal-best 16:09 5K • Recorded a personal-best 4:22.1 in the 1600-meter run during his senior year • Turned in a time of 1:58.1 800-meter also during his senior year • Qualified three times for the state track meet • Currently holds the Mooresville High School records in the 1600 and 4x800 • Named All-Conference five times while county candidate, two time team Most Valuable Runner, and two time track champion.

being a six time All  
**Personal:** Born January 18, 1989 • A nursing major.



**ALEJANDRO RUIZ**

**FRESHMAN**  
**CONCORD, MASS.**  
**CONCORD-CARLISLE**

**High School:** Turned in a personal-best 5K time of 17:41 • Ran personal-best times of 2:00.99 and 53.7 in the 800-meter run and 400-meter dash, respectively in the spring.

**Personal:** Born May 19, 1989 • Double majoring in communications and arts.



**JOE RYAN**

**FRESHMAN**  
**FORT WAYNE, IND.**  
**BISHOP DWENGER**

**High School:** Ran a personal-best 5K time of 16:33 during his junior year • Turned in a personal-best time of 4:35 in the 1600-meter run in his senior season • Received the Cross Country Mental Attitude Award in 2004 and 2006 • Earned three varsity letters in cross country and track.

**Personal:** October 12, 1988 • Majoring in mathematics with a minor in education.



**PAUL LONGANO**

**ASSISTANT TRACK COACH**  
**SECOND YEAR**

Paul Longano is in his second year as the assistant coach of the Xavier University men's and women's track and field programs.

Longano started his coaching career at Mariemont City Schools where he was the assistant varsity track coach. He was later promoted to head coach of the junior high school program and then moved on to lead the high school team. During his time at Mariemont, Longano also served as an assistant junior high and varsity football coach. While at Mariemont, Longano helped lead his girl's track and field team to the 1998 League Championship, 1998 District Championship and the men to a 1996 District and Regional Championship.

After Mariemont, Longano coached at the Three Rivers School District where he was the head varsity cross country coach and strength coordinator as well as the assistant varsity track coach. Under Longano's lead both the men's and women's cross country teams won three consecutive league championships, while the women moved on to win two district championships. The women's team went on to win the State DII Cross Country Championships in 2004. Longano, a 1998 graduate of the University of Cincinnati, graduated with a bachelor's degree in history and then went on to graduate in 2006 from Xavier with a master's degree in sports administration. He is USA Track and Field Level I & II certified. Longano currently resides in Cincinnati with his wife Bernadette, and children Thomas (4), Tony (2), and Teresa (4 mo.).



# STEVE NESTER

## Head Coach

**Fifth Season**  
**Nebraska-Kearney, '92**

Steve Nester begins his fifth season at the helm of both Xavier University's men's and women's cross country and track programs. Nester has made a tremendous impact on the programs since his arrival in 2003.

He has overseen quick improvement in the women's team in the past four years. The 2003 Musketeers finished the season with a 70-64 record after the program Nester inherited finished 60-86 in 2002. In 2004,

the women continued to improve as they finished 98-58, a 28-win improvement from the previous year. The members of the 2005 women's team had the best season Xavier cross country has ever seen turning in a 107-43 record, which is a nine win improvement from 2004, and a 37 win improvement from 2003. The women's team had back to back

school-record years in 2004 and 2005 carding seventh and fifth place finishes, respectively in the Atlantic 10 Championships. Nester helped lead the women's team to a historical 20th place finish at the 2005 NCAA Great Lakes Regional in Bloomington, Ind. Last year the women's squad finished fourth at the Atlantic 10 Cross Country Championships, the then best finish in Xavier history.

Nester has also made major strides in the men's program. In 2003, he led the team to a remarkable 71-57 mark and an eighth place finish in the 2003 Atlantic 10 conference championship. That success continued in 2004 as the men's team finished 114-42, which was 43 more wins than the previous year, while placing a school-record third in the Conference Championship. It was the Musketeers highest finish ever in the A-10. The men finished 18th in the NCAA Great Lakes Regional, setting a school record, an accomplishment they repeated in 2005. At the 2006 Atlantic 10 Cross Country Championships the men finished ninth and recorded a 24th place finish at the 2006 NCAA Great Lakes Regional.

For both the men's and women's sides Nester is already the winningest cross country coach in Xavier history.

"The overall quality and depth of our team has improved dramatically over the last four years," said Nester. "I think we are to the point now where we can go to meets and we are quite competitive. The bar has been raised each year with the team and my expectations have gone up a lot during our time together. Things have grown together nicely and I think that we both share the same aspirations and want to be a great team."

The 40-year-old Nester came to Xavier from Turpin High School in Cincinnati after serving as the head coach of the girl's cross country team for six years including the Spartans' state championship season in 2001. A seven-time Conference Coach of the Year in cross country or track, Nester was the head boy's coach from 1995 to 2001, and was also the distance coach for the track team the last two years. He capped off that position by winning back to back Conference Championships in 2000 and 2001. Nester began coaching at Turpin in 1991 as an assistant coach for the boy's track team. He was named the *Cincinnati Enquirer* Coach of the Year and the Southwest District Cross Country Coach of the Year in 2001 and 2002.

From his last two teams at Turpin, ten different runners are competing at the D-I level. In his six years at the helm of the girls' cross country team, Nester produced a 637-140 record, including the 2001 season when Turpin finished with a 143-3 record. In addition to Turpin's 2001 state championship, Turpin was the Division I State Runner-up in 2002. In both 2001 and 2002, the Turpin girls' cross country team was included in the Nike/Foot Locker National Top 25 Rankings. Throughout his career Nester has coached 17 cross country teams and has never had a losing record.

Nester, a 1992 graduate of the University of Nebraska at Kearney, graduated with a bachelor of science degree from the College of Education. During his time at Kearney, Nester participated on the track team. Nester has competed in the Flying Pig Two-Person Relay, the Dublin, Ireland Marathon, and the Portland, Oregon Marathon. Nester continues to be involved in the community and served as past Chairperson for the Anthony Munoz Foundation.

Nester now serves as the Men's Great Lakes Regional Representative as one of its thirteen individuals who vote in the men's national cross country poll.

### Men's Individual Coaching Records

Years	Coach	W	L	Pct
1981	Tom Grogan	0	29	.000
1982-88	Bill Thomas	13	242	.051
1989-94	Rob Roncker	168	332	.336
1995-97	Randy Cox	137	225	.378
1998-2002	Scott Swain	307	406	.431
<b>2003-pres.</b>	<b>Steve Nester</b>	<b>332</b>	<b>249</b>	<b>.571</b>

### Women's Individual Coaching Records

Years	Coach	W	L	Pct
1985-88	Bill Thomas	16	115	.123
1989-94	Rob Roncker	123	301	.290
1995-96	Randy Cox	64	190	.251
1997-98	Caroline Spencer	46	209	.180
1999-2002	Scott Swain	316	297	.515
<b>2003-pres.</b>	<b>Steve Nester</b>	<b>353</b>	<b>234</b>	<b>.601</b>

### Team GPA's Since Nester's Arrival

	Men	Women
<b>Fall '03</b>	3.169	3.309
<b>Spring '04</b>	3.110	3.700
<b>Fall '04</b>	3.105	3.625
<b>Spring '05</b>	3.074	3.765
<b>Fall '05</b>	3.200	3.390
<b>Spring '06</b>	3.240	3.470
<b>Fall '06</b>	3.130	3.320
<b>Spring '07</b>	3.210	3.290

\*Last year the NCAA recognized eight Xavier teams with Public Recognition Awards for academic excellence. The cross country and track programs were awarded four of those eight.

# XAVIER Record Book

## cross country records

### Men's

#### 8000 Meters

Rk.	Time	Year	Name
1.	25:09	1999	Dave Dickman
2.	25:20	2004	Paul Staudigel
3.	25:21.39	2005	Tony Matheus
4.	25:30	2005	Luke Beuerlein
5.	25:35.9	2005	Luke Beuerlein
6.	25:36	2005	Tony Matheus
7.	25:40	2005	Tony Matheus
8.	25:40	2004	Ben Milroy
9.	25:40.03	2005	Ben Milroy
10.	25:41	2004	Paul Staudigel

#### 10000 Meters

Rk.	Time	Year	Name
1.	32:36	2002	Michael Doran
2.	32:39	1999	Dave Dickman
3.	32:46	2004	Tony Matheus
4.	33:01	2004	Ben Milroy
5.	33:05	2003	Drew LaMaster
6.	33:09	2004	Chris Tieke
7.	33:09	1996	Dave Dickman
8.	33:13	2004	Paul Staudigel
9.	33:23	2003	Paul Staudigel
10.	33:27.4	2005	Luke Beuerlein

### Women's

#### 5000 Meters

Rk.	Time	Year	Name
1.	17:43	2001	Kerry Hills
2.	17:54	2005	Amanda Brown
3.	17:55.61	2005	Amanda Brown
4.	17:57	2005	Amanda Brown
5.	18:02.5	2005	Amanda Brown
6.	18:02.66	2005	Amanda Brown
7.	18:03	1993	Laura Breitenstein
8.	18:23	2005	Becky Clark
9.	18:28	2005	Kelly Sraj
10.	18:32.75	2006	Becky Clark

#### 6000 Meters

Rk.	Time	Year	Name
1.	21:49	2001	Kerry Hills
2.	22:36	2004	Kelly Sraj
3.	22:44	2004	Amanda Brown
4.	22:39.1	2005	Amanda Brown
5.	23:03.50	2006	Becky Clark
6.	23:06.4	2005	Becky Clark
7.	23:06.9	2005	Becky Clark
8.	23:08.05	2006	Kelly Sraj
9.	23:10	2001	Jenny Illig
10.	23:11.56	2006	Kelly Sraj

## Indoor & outdoor track records

### Men's

Event	Name	Time/Mark	Year
55 Meter Hurdles	Jeff Hileman	8.15	2006
60 Meter Hurdles	Jeff Hileman	8.86	2007
110 High Hurdles	Jeff Hileman	15.89	2007
400 Meter Hurdles	Jeff Hileman	57.65	2007
55 Meter Dash	Derek LeBlanc	7.12	2007
60 Meter Dash	John Schultz	7.55	2007
100 Meter Dash	Derek LeBlanc	11.52	2007
200 Meter Dash	Derek LeBlanc	24.12	2007
300 Meter Run	John Schultz	38.19	2006
400 Meter Run	Clint Womack	50.89	2007
800 Meter Run	Clint Womack	1:53.62	2007
1000 Meter Run	Matthew Weingardt	2:39.22	2006
1500 Meter Run	Drew LaMaster	4:02.44	2007
One Mile Run	Luke Beuerlein	4:17.84	2006
3000 Meter Run	Luke Beuerlein	8:29.44	2007
3000 Steeplechase	Chris Tieke	9:14.96	2007
5000 Meter Run	Luke Beuerlein	14:53.71	2006
10000 Meter Run	Luke Beuerlein	31:30.17	2006
Long Jump	Derek LeBlanc	21'7 1/2"	2007
High Jump	John Schultz	5'10"	2007
Shot Put	John Schultz	33'1" 3/4	2007
Javelin	John Schultz	151'8"	2007
400 Meter Relay	Jeff Hileman Derek LeBlanc Eric Questel Dan Magness	45.70	2007
1600 Meter Relay	John Schultz Luke Beuerlein Jeff Meinert Clint Womack	3:30.79	2006
3200 Meter Relay	Clint Womack Jeff Meinert Paul Staudigel Tony Matheus	8:01.76	2006
Distance Medley	Ben Milroy Jeff Hileman Clint Womack Luke Beuerlein	10:38.57	2007

### Women's

Event	Name	Time/Mark	Year
60 Meter Hurdles	Danna Deans	11.34	2006
60 Meter Dash	Danna Deans	8.57	2006
100 Meter Dash	Kate Phillips	13.76	2007
200 Meter Dash	Kate Phillips	27.55	2006
300 Meter Run	Danna Deans	44.76	2006
400 Meter Run	Kate Phillips	1:01.06	2007
500 Meter Run	Ashley Stick	1:28.79	2006
600 Yard Run	Ashley Stick	1:39.24	2006
600 Meter Run	Danna Deans	1:47.70	2006
800 Meter Run	Becky Clark	2:17.23	2007
1000 Meter Run	Becky Clark	2:57.25	2006
1500 Meter Run	Becky Clark	4:42.76	2007
One Mile Run	Becky Clark	4:54.50	2007
3000 Meter Run	Becky Clark	9:54.30	2007
3000 Steeplechase	Dani Meiners	11:30.16	2007
5000 Meter Run	Becky Clark	17:19.99	2007
10000 Meter Run	Amanda Brown	37:16.70	2007
Long Jump	Danna Deans	16'11 1/4"	2006
Shot Put	Danna Deans	21'06" 3/4	2006
1600 Meter Relay	Kate Phillips Becky Clark Ashley Stick Kelsey Flaherty	4:11.11	2006
3200 Relay	Becky Clark Ashley Stick Bethany Moore Caitlin Shagena	9:07.77	2006
Distance Medley	Caitlin Shagena Kelsey Flaherty Kate Phillips Becky Clark	12:20.96	2007

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