

# 2005-06 Xavier University Cross Country & Track

*Senior Co-Captain*  
**Shelly Dickinson**

*Junior Co-Captain*  
**Kelly Sraj**

*Senior Co-Captain*  
**Paul Staudigel**



# 2004 Atlantic 10 Cross Country Championships



The men's team finished third while the women's team placed seventh. Both finishes are the best showings for Xavier Cross Country since the Musketeers joined the Atlantic 10 Conference for the 1995 season.



**Xavier Teams Were the Most Improved  
in the Atlantic 10 Conference**

# 2005-06 Xavier Cross Country & Track

2005-06 Quick Facts

## Xavier's 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 3.6, while the men's side boasted a 3.1.

## 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.

## Xavier at a Glance

Location ----- 3800 Victory Parkway  
----- Cincinnati, Ohio 45207-6114  
Founded ----- 1831  
Enrollment ----- 6,600  
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  
Athletic Director ----- Dawn Rogers  
Senior Assoc. AD ----- Rich Franchak  
Asst. AD for Marketing ----- Mike Dunn  
Asst. Dir. for Marketing ----- Brian Hicks  
Asst. 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. ----- George Rathman  
Trainers ----- Jody Jenike,  
----- Mike Mulcahey, Michelle Sullivan  
Strength & Conditioning ----- Holly Frantz  
Academic Advisor ----- Sr. Rose Ann Fleming

## Cross Country Coach

Head Coach ----- Steve Nester (Third Season)  
Nester's e-mail ----- Nester@xavier.edu  
Asst. Coach ----- Brandon Jessop (First Season)

## Sports Information Staff

Asst. AD/SID ----- Tom Eiser  
Assistant SID/CC Contact ----- Pat McKenna  
Sports Information Assistants --- Chris Aguiar  
----- Jake Linder  
SID Phone ----- 513-745-3416  
SID/FAX ----- 513-745-2825  
SID Email ----- McKennap@Xavier.edu

## Athletic Department Directory

Athletic Department Phone ---- 513-745-3413  
Athletic Department FAX ----- 513-745-4390  
Cross Country Office Phone ---- 513-745-3727  
Cross Country Office FAX ----- 513-745-3733

## **2005-06 Xavier Cross Country & Track**

2005-06 Roster

Name	Year	Height	Hometown	High School
Amanda Brown	So.	5-2	Omaha, NE	Millard North
Becky Clark	Fr.	5-5	Cincinnati, OH	St. Ursula Academy
Danna Deans	Fr.	5-5	Cincinnati, OH	Turpin
Shelly Dickinson	Sr.	5-3	Cincinnati, OH	Colerain
Katelynn Dominguez	Fr.	5-4	Indianapolis, IN	Bishop Chatard
Susanna Doran	Fr.	5-6	Louisville, KY	Sacred Heart
Joanna Gruber	So.	5-7	Minster, OH	Minster
Lindsey Lander	So.	5-7	Jeffersonville, IN	Jeffersonville
Kelly Leugers	Sr.	5-8	Cincinnati, OH	St. Ursula Academy
Natalie Lyzinski	Fr.	5-10	Wheaton, IL	St. Francis
Emily Mertz	So.	5-9	Fredericksburg, VA	Colonial Forge
Megan Millea	So.	5-7	Omaha, NE	Marian
Amy Sanders	Fr.	4-11	Cincinnati, OH	Sycamore
Caitlin Shagena	So.	5-5	Cincinnati, OH	St. Ursula Academy
Amanda Simmons	So.	5-7	Cincinnati, OH	Kings
Kelly Sraj	Jr.	5-3	Dayton, OH	Chaminade-Julienne
Heather Stafford	Sr.	5-8	Berea, OH	Berea
Ashley Stick	Fr.	5-6	Omaha, NE	Burke
Tomilyn Thornberry	So.	5-4	Wilmington, OH	Wilmington
Megan Uhl	Jr.	5-4	Floyds Knobs, IN	Floyd Central
Katie Wetterau	Fr.	5-6	Dayton, OH	Kettering Alter

**2004 Overall Record** ————— **98-58**  
**Atlantic 10 Championship** ————— **7<sup>th</sup>**  
**NCAA Great Lakes Regional** ————— **23<sup>rd</sup>**



## **2005-06 Xavier Cross Country & Track**

**High School**  
 Millard North  
 St. Ursula Academy  
 Turpin  
 Colerain  
 Bishop Chatard  
 Sacred Heart  
 Minster  
 Jeffersonville  
 St. Ursula Academy  
 St. Francis  
 Colonial Forge  
 Marian  
 Sycamore  
 St. Ursula Academy  
 Kings  
 Chaminade-Julienne  
 Berea  
 Burke  
 Wilmington  
 Floyd Central  
 Kettering Alter

Name	Year	Height	Hometown	High School
Cody Ackerman	So.	6-4	Cincinnati, OH	Kings
Luke Beuerlein	Fr.	6-2	Cincinnati, OH	Moeller
David Ford	So.	5-11	Nashville, TN	Franklin Road Academy
Mike Hammersmith	Jr.	5-11	Cincinnati, OH	Elder
Dan Heister	Fr.	5-11	Cincinnati, OH	La Salle
Joseph Keating	Fr.	5-9	Cincinnati, OH	St. Xavier
Tony Matheus	So.	5-11	Cincinnati, OH	Kings
Ben Milroy	So.	5-4	Columbus, IN	Columbus North
Patrick Quinn	Sr.	5-10	Cincinnati, OH	Wyoming
Ryan Reichert	So.	6-0	Canton, OH	Central Catholic
Austin Riker	Fr.	5-10	Ann Arbor, MI	Huron
Ryan Schutte	Jr.	6-0	Cincinnati, OH	Colerain
Aaron Smith	Fr.	5-9	Columbus, IN	Columbus North
Paul Staudigel	Sr.	6-1	Cincinnati, OH	Elder
Matthew Weingardt	So.	5-10	Louisville, KY	North Oldham
Clinton Womack	Fr.	6-3	Lawrenceville, GA	Central Gwinnett

2005-06 Roster

**2004 Overall Record** ————— **114-43**  
**Atlantic 10 Championship** ————— **3<sup>rd</sup>**  
**NCAA Great Lakes Regional** ————— **18<sup>th</sup>**



**The Most Improved Team  
 in the A-10**

## 2005-06 Xavier Cross Country & Track

2004 Season in Review

The Xavier University men's and women's cross country teams took major steps towards the top of the Atlantic 10 conference. Both programs improved their standing in the conference, with the women improving from 10<sup>th</sup> place to seventh while the men bolted from eighth to third in the A-10.

After school-record finishes for both teams at the A-10 Championships, Xavier exceeded expectations in the NCAA Great Lakes Regional in Ypsilanti, Mich. The men's team finished 18<sup>th</sup> while the women finished 23<sup>rd</sup>. Both were the highest finishes in school history.

"Both teams ran their best races of the year," said head coach Steve Nester. "They actually performed at a higher level than their spectacular races at the A-10 Championships. I am very proud of our improvement this season."

Both teams had five individuals who ran top-10 All-Time performances at the regional.

Five of the seven Musketeers on the men's side added new times to the top-10 10K list. Freshman Tony Matheus ran a team best 32:46 to set a career best and set a new third place record on the 10K top-10 list. Freshman Ben Milroy finished with a time of 33:01 to set a personal best and add a new fourth place time to the 10K Top-10 list. Senior captain Chris Tieke set a new career best of 33:09. Tieke also tied Dave Dickman on the Top-10 list in 6<sup>th</sup> place with the time. Junior Paul Staudigel finished right behind Tieke in setting a career best time of 33:13.

Staudigel also added his time to the 10K Top-10 list in eighth place. The final scorer for the Xavier men was senior captain and three-time MVP Drew LaMaster, who finished with a time of 33:35. LaMaster also finished 10<sup>th</sup> in the 10K.

On the women's side, two of the seven runners set career bests and two others were first year collegiate runners. Sophomore Kelly Sraj finished eighth in the Xavier 6K top-10 with a time of 22:36. Freshman Amanda Brown finished with a time of 22:44 to put her 10<sup>th</sup> in the 6K. Senior Kristin Hoff set a career best in the 6K with a time of 23:13. Finally, sophomore Megan Uhl finished with a time of 23:16 to establish a new personal best in the 6K.



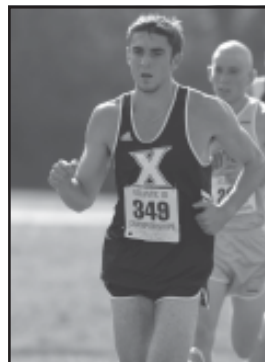
Drew LaMaster ended his career at Xavier as a three-time "Team MVP".

The men's overall record of 114-43 (11-4 A-10) was a school record for wins in a season and a 43 victory improvement from last year. Senior captain Chris Tieke was named to the Atlantic 10 All-Academic team and Ben Milroy earned A-10 Rookie of the Week honors twice.

The women's overall record of 98-58 (8-7 A-10) was a 28 win improvement from the previous year and newcomers were the big story of the year as Amanda Brown, who ran only one year of high school cross country prior to enrolling at XU, was a two-time Rookie of the Week in the Atlantic 10 during the fall.

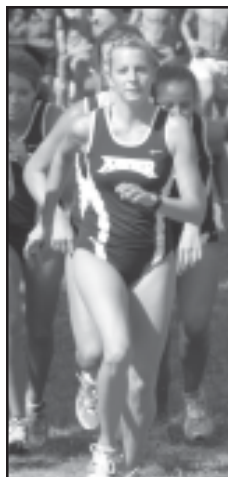
Coach Nester was more impressed with seven of his runners who earned 4.0 GPA's during the 2005 spring semester, giving them the highest team GPA for that semester among all XU athletic teams.

In addition, 14 runners earned mention on the 2004-05 Atlantic-10 Commissioner's Honor Roll.



Chris Tieke was honored as an Atlantic 10 All-Academic Selection last season.

## 2005-06 Xavier Cross Country & Track



Kelly Sraj will look to lead the women's team into the upper echelon of the A-10 Conference this season.

After a remarkable finish to the 2004 season, the Xavier University cross country and track programs look to build on that momentum going into the 2005-06 season, but will have to do it without some key members of last year's teams.

On the men's side, four seniors are gone due to graduation, including captains Drew LeMaster, who was a three-time team MVP, Greg Reichert and Academic All-American Chris Tieke. Also departed from the squad are Dan Dalic and Patrick Rischmann.

A strong core of runners returns for XU though, and the squads are eager to make a run in the A-10 once again. The men's side will be led by two senior captains, Patrick Quinn and Paul Staudigel. Staudigel finished strong last season as he moved into the 10K Top-10 list with a career-best finish of 33:13. Quinn had a season-best 36:08 in the 10K at the Kansas Relays last spring.

Also returning for XU will be sophomores Tony Matheus and Ben Milroy, who had incredible freshman campaigns last fall. In fact, Milroy and Matheus were rated the second and third best rookies in the conference last fall based on their performances in the A-10 Championship. Matheus ran a 32:46 at the NCAA regionals and put himself in third place on the 10K top-10 list. Milroy, who was a two-time A-10 Rookie of the Week last season, finished

just behind Matheus on the 10K top-10 list in fourth place with a time of 33:01. Both will be looked upon to make an even bigger impact this year.

The men's cross country squad ended the season with a school-record 143 wins. With a strong core of returnees coming back, the Musketeers look to improve on their third place finish at the A-10 Cross Country Championships last fall.

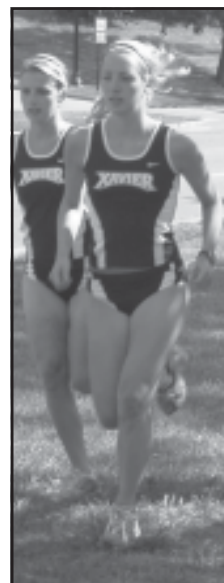
The women's team will be without three of their graduating seniors, Kristin Hoff and captains Sarah Rodenbeck and Jamie Wyckoff.

The future looks bright for the Musketeers as they will be led by senior Shelly Dickinson and junior Kelly Sraj, who will both be looked upon for leadership this year as captains. Sraj finished the season with a career-best time of 22:44 to put her in eighth place on the 6K top-10 list and was named Team MVP in 2004.

A strong core of underclassmen are expected to take on larger role, including sophomore Amanda Brown, who was selected A-10 Rookie of the Week two weeks in a row last fall and will be in just her third year of running competitively.

The women will look to improve once again from last year's 98-58 record and become a top contender in the Atlantic-10 Conference.

Other returnees who will vie for the top seven spots include Joanna Gruber, Caitlin Shagena, Heather Stafford and Megan Uhl. The top newcomers during the preseason appear to be Becky Clark, Danna Deans and Amy Sanders.



Sophomore Joanna Gruber will look to build off a solid rookie campaign this season.

## 2005-06 Xavier Cross Country & Track

2005-06 Captains



**Shelly Dickinson**  
Senior (Captain)  
Cincinnati, OH  
Colerain

**2004-05:** Ran the 800M in 2:28.79 at the Bobcat Invitational • In the fall, ran a season best 5K of 20:55.82 at the

Greater Louisville Classic.

**2003-04:** Ran a 20:34 5K at the Duquesne Invitational.

**2002-2003:** Hampered by various injuries her freshman year.

**High School:** Coached by Ron Russo.

**Personal:** A chemistry major • Born May 31, 1984.



**Patrick Quinn**  
Senior (Captain)  
Cincinnati, OH  
Wyoming

**2004-2005:** Recorded a 10:20.74 3K at the Bobcat Invitational • Had a season best 10K time of 36:08.43 at the Kansas Relays • In the fall ran a season best

17:16 at the Xavier Invitational.

**2003-2004:** Notched a season best time of 28:44 in the 8K.

**2002-03:** Ran a 28:39 at the Cardinal Classic • Posted a 29:35 at the Atlantic 10 Championships • Atlantic 10 Commissioner's Honor Roll.

**High School:** Coached by Andy Kramer.

**Personal:** Honors A.B. • Born Jan. 29, 1984.



**Kelly Sraj**  
Junior (Captain)  
Dayton, OH  
Chaminade-Julienne

**2004-05:** Ran a season best 5:06.99 1500 at the All-Ohio Outdoor Championship • Recorded a time of 19:22.20 5K at the

Kansas Relays • Ran a season best 10:51.09 3K at the Bobcat Invitational • In the fall recorded a season best 19:06 at the Atlantic 10 Championships.

**2003-2004:** Ran a 19:18 5K at the Duquesne Invitational • Posted a new school record of 18:20 in the 5K.

**High School:** Finished a 5K with a time of 19:27 • Qualified for the regionals senior year for CC • Ran a 1600 in 5:43 • Coached by Mickey Mominee.

**Personal:** An early childhood education major • Born Dec. 27, 1984.



**Paul Staudigel**  
Senior (Captain)  
Cincinnati, OH  
Elder

**2004-2005:** Recorded the season best 3K with a time of 9:16.90 at the Bobcat Invitational • Had a season best 15:20.58 5K at the UC Early

Bird Relays • Ran a 4:10.19 in the 1500.

**2003-2004:** Ran career best times in the 8K (26:21) and the 10K (33:23) • Co-MVP in the spring.

**2002-03:** Ran a rookie best 26:43 at the Cardinal Classic • Named Rookie of the Week by the Atlantic 10 Conference • Atlantic 10 Commissioner's Honor Roll.

**High School:** Ran a 4:25 in the 1600 • Ran the 3200 in 9:49 • Finished the 5K in 16:24 • Coached by Steve Spencer.

**Personal:** An English major • Born May 17, 1984.

## 2005-06 Xavier Cross Country & Track

Returning Letterwinners



**Kelly Leugers**  
Senior  
Cincinnati, OH  
St. Ursula

**2004-2005:** Ran a season best 11:21 3K at the Bobcat Invitational • Had a season best 20:34 at Ohio Northern • Ran a 42:17 10K at the Atlantic 10 Championships • Member of XU Army ROTC.

**Personal:** A biology major • Born Feb. 23, 1984.



**Heather Stafford**  
Senior  
Berea, OH  
Berea

**2004-2005:** Ran a season best 5:20.45 1500 at the Atlantic 10 Championships • Ran a 19:09.90 5K at the UC Early Bird Relays • In the fall ran a season best 19:49 at the Greater Louisville Classic. **High**

**School:** Ran a career best 5K in 19:33 • **Personal:** A math and accounting double major • Born Nov. 1, 1984.



**Megan Uhl**  
Junior  
Floyds Knobs, IN  
Floyd Central

**2004-05:** Recorded a season best 10:41.92 3K at the Bobcat Invitational • Had a season best 5K time of 18:36.44 at the Marv Frye Invitational • Recorded a season best 40:08.09 10K at the Atlantic 10 Championships. **2003-2004:** Had a season best 5K of 19:51 • Her time of 24:38 in the 6K was also a season best. **High School:** Competed in four state CC meets • Ran a career best 1600 in 5:28 • Qualified for state in the 5200m and 4x800 relay.

**Personal:** A natural sciences major • Born Sept. 11, 1984.



**Megan Millea**  
Sophomore  
Omaha, NE  
Marian

**2004-05:** Sat out the 2004-05 season due to injury. **High School:** Won team CC state championship in 2003 • Coached by Roger Wright • Class A 3200 Meters State

runner-up. **Personal:** A pre-med major • Born Sept. 19, 1985.



**Amanda Brown**  
Sophomore  
Omaha, NE  
Millard North

**2004-2005:** 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.



**Joanna Gruber**  
Sophomore  
Minster, OH  
Minster

**2004-2005:** Ran a 5:01 1500 at the Atlantic 10 Championships • Had a season best 18:54 5K at the Marv Frye 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:** Born Mar. 2, 1986.



**Lindsey Lander**  
Sophomore  
Jeffersonville, IN  
Jeffersonville

**2004-2005:** Ran a season best 1:03.46 400 at the UC Early Bird Relays • Had a season best 2:24.81 800 at All-Ohio Championships • In the fall ran a season best 22:12 at the Dayton

Flyer Invitational. **High School:** Broke 4x800 school record two years in-a-row with a time of 10:07 • Coached by Tom Kendall. **Personal:** Undecided major • Born Apr. 4, 1986.



**Emily Mertz**  
Sophomore  
Fredericksburg, VA  
Colonial Forge

**2004-2005:** During the fall ran a season best 20:01 at the Greater Louisville Classic. **High School:** Went to state in 4x800 three years in a row • Coached by Tori Helmer.

**Personal:** An occupational therapy major • Born Aug. 23, 1986.

The Most Improved Team  
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## 2005-06 Xavier Cross Country & Track

Returning Letterwinners



**Caitlin Shagena**  
Sophomore  
Cincinnati, OH  
St. Ursula Academy  
2004-2005: 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 • Coached by Jeff Branhan. **Personal:** A chemistry major • Born July 11, 1986.



**Ryan Schutte**  
Junior  
Cincinnati, OH  
Colerain

2004-2005: Ran a season best 24.96 200 at the Marv Frye Invitational • Had a season best 53.39 400 at the All-Ohio Outdoor Championship. • In the fall ran a season best 18:02 at the Dayton Flyer Invitational. 2003-04: Ran the 8K in a career best time of 29:04. **High School:** Finished the 1600 in 4:40 • Coached by Ron Russo. **Personal:** A business major • Born Oct. 19, 1984.



**Amanda Simmons**  
Sophomore  
Cincinnati, OH  
Kings  
2004-2005: Ran a season best 2:32.45 800 at the All-Ohio Championships • In the fall ran a season best 21:26 at the Greater Louisville Classic. **High School:** Team placed

fourth at state as a freshman • Coached by Jim Brant. **Personal:** Undecided major • Born Jan. 2, 1986.



**Cody Ackerman**  
Sophomore  
Cincinnati, OH  
Kings

2004-2005: Ran a season best 10:23 3K Steeplechase at the All-Ohio Outdoor Championship • Had a season best 17:27.50 5K at the Kansas Relays. • During the fall ran a season best 30:32 at the All-Ohio Championships. **High School:** Ran a career best 1600 in 4:40 • Finished with a time of 16:20 in the 5K • Coached by Jim Brant. **Personal:** An undecided major • Born Nov. 5, 1985.



**Mike Hammersmith**  
Junior  
Cincinnati, OH  
Elder  
2004-2005: Ran a season best 2:03 800 at the Bobcat Invitational • Had a season best 4:08 1500 at the All-Ohio Outdoor

Championship • Ran a season best 5K of 16:04 at the University of Cincinnati • In the fall ran a season best 16:33 at the Xavier Invitational. 2003-04: First year of collegiate CC and was a top-seven runner for XU. **High School:** Team qualified for cross country state championship in junior year. **Personal:** A finance major and computer science minor • Born May 8, 1985.



**David Ford**  
Sophomore  
Nashville, TN  
Franklin Road Academy

2004-2005: 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.

## 2005-06 Xavier Cross Country & Track

Returning Letterwinners



**Tony Matheus**  
Sophomore  
Cincinnati, OH  
Kings

**2004-2005:** 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:** An athletic training major • Born Sept. 26, 1985.



**Ryan Reichert**  
Sophomore  
Canton, OH  
Central Catholic

**2004-2005:** Ran a season best 10:28 3K Steeplechase at the UC Early Bird Relays. **High School:** Ran the 800 in 2:01 • Coached by John Paul. **Personal:** A biology major.



**Matt Weingardt**  
Sophomore  
Louisville, KY  
North Oldham

**2004-2005:** 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.



**Ben Milroy**  
Sophomore  
Columbus, IN  
Columbus North

**2004-2005:** 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.



The Most Improved Team  
in the A-10

## 2005-06 Xavier Cross Country & Track

Newcomers



**Becky Clark**  
**Freshman**  
**Cincinnati, OH**  
**St. Ursula Academy**  
**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 four-by-one-mile relay during her senior year. **Personal:** Born Dec. 17, 1986.



**Natalie Lyzinski**  
**Freshman**  
**Wheaton, IL**  
**St. Francis**  
**High School:** All-State her junior year • Eighth in state in 800 sophomore year • Ran 3 miles in 18:45 and the 800 in 2:20. **Personal:** Born Jan. 16, 1987.



**Danna Deans**  
**Freshman**  
**Cincinnati, OH**  
**Turpin**  
**High School:** Ran the 5K in 20:07 • Ran the 200 in 25.6 seconds during her junior year. **Personal:** Born Dec. 31, 1986.



**Amy Sanders**  
**Freshman**  
**Cincinnati, OH**  
**Sycamore**  
**High School:** Ran a personal best 18:40 5K during her senior year • Placed 10<sup>th</sup> in State • Honored as the "Most Improved Runner" in Ohio after her senior year. **Personal:** Born Oct. 6, 1986.



**Katelynn Dominguez**  
**Freshman**  
**Indianapolis, IN**  
**Bishop Chatard**  
**High School:** Ran the 4K in 15:24 • All-City all four years • State Qualifier her senior year. **Personal:** Born Dec. 19, 1986.



**Tomilyn Thornberry**  
**Sophomore**  
**Wilmington, OH**  
**Wilmington**  
**High School:** First-team All-FAVC, regional qualifier with a time of 21:16 • Ran 1600 in 5:37. **Personal:** Born Mar. 21, 1986.



**Susanna Doran**  
**Freshman**  
**Louisville, KY**  
**Sacred Heart**  
**High School:** Placed sixth in regional meet with a time of 19:26 • Honorable-Mention All-State in 2002 • Member of three state championship teams. **Personal:** Born Jan. 26, 1987

## 2005-06 Xavier Cross Country & Track

Newcomers



**Ashley Stick**  
**Freshman**  
**Omaha, NE**  
**Burke**  
**High School:** 4K time of 15:35 and ran the 800 in 2:21 • 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:** Born Mar. 29, 1987.



**Joe Keating**  
**Freshman**  
**Cincinnati, OH**  
**St. Xavier**  
**High School:** Member of 2003 state championship team • Ran a 16:37 at the GCL Championship • Second-Team All-GCL • Three-year letterwinner at St. X.  
**Personal:** Born July 1, 1987.



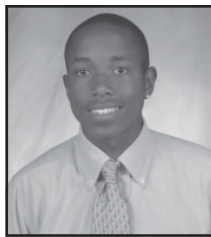
**Katie Wetterau**  
**Freshman**  
**Dayton, OH**  
**Kettering Alter**  
**High School:** Ran the 5K in 22:42 and the 1600 in 6:24 • Kettering Alter cross country was the state runner-up her senior year.  
**Personal:** Born Feb. 25, 1987.



**Aaron Smith**  
**Freshman**  
**Columbus, IN**  
**Columbus North**  
**High School:** Ran the 1600 in 4:22 during sectionals • Team won the State Championship in 2003 and 2003. **Personal:** Born Nov. 26, 1986.



**Luke Beuerlein**  
**Freshman**  
**Cincinnati, OH**  
**Moeller**  
**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:** Born Nov. 1, 1986.



**Clinton Womack**  
**Freshman**  
**Lawrenceville, GA**  
**Central Gwinnett**  
**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:** Born Feb. 21, 1987.



**Dan Heister**  
**Freshman**  
**Cincinnati, OH**  
**La Salle**  
**High School:** Ran the 800 in 2:01 • Coached by Frank Russo.

**Austin Riker**  
**Junior**  
**Ann Arbor, MI**  
**Huron**  
**High School:** Ran the 5K in 16:28. Member of the runner-up team in state junior year • Team placed third during his senior year. **Personal:** Born Aug. 25, 1986.

# 2005-06 Xavier Cross Country & Track

Coaching Staff



## STEVE NESTER

**Head Coach**

**Third Season**

**Nebraska-Kearney, '92**

Steve Nester begins his third season at the helm of both Xavier University's men's and women's cross country and track programs.

Nester has made an immediate impact on the programs in his first two seasons. He led the men's team, which had averaged 45 wins per season in its previous 24 years of existence, to a remarkable 71-57 mark and an eighth-place finish

in the 2004 Atlantic 10 conference championship. He continued his success in 2005 as the men's team finished 114-43, which was 43 more wins than the previous year, while placing 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. His 174

wins ranks him second all-time and currently has the top winning percentage in Xavier history with a .652 winning effort.

Nester oversaw the quick improvement of the women's team as well, as the 2003 Musketeers finished the season with a 70-64 record after completing the 2002 campaign with a 60-86 mark. In 2004, the women continued to improve as they finished 98-58, a 28 win improvement from last year. His .579 winning percentage on the women's side tops in Xavier history.

The 38-year-old Nester came to Xavier from Turpin High School in Cincinnati after serving as the head coach of the girls' 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 boys' coach from 1996 to 2001, and was also the distance coach for the track team the last two years. Nester began coaching at Turpin in 1991 as an assistant coach for the boys' 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.

"I am very excited and optimistic about this season and future seasons of the running program at Xavier," said Nester. "The academic and athletic progress exhibited by our student-athletes during our first two years together has been amazing. This past spring, our women's team's GPA improved to 3.6 and our men's team's GPA was a solid 3.11. I am extremely proud of the effort displayed by the team in competition and in the classroom."

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.

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. Still an active runner, 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 serves as a Chairperson for the Anthony Munoz Foundation.

### 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>187</b>	<b>100</b>	<b>.652</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>168</b>	<b>122</b>	<b>.579</b>



## BRANDON JESSOP

**Assistant Coach**  
**First Season**

Brandon Jessop begins his first year as assistant coach of Xavier's men's and women's cross country and track

programs.

Jessop comes to Cincinnati from Kearney, Neb. where he was studying at the University of

Nebraska-Kearney while serving as the assistant track & field and middle distance and distance coach at Kearney High School. Jessop coached at Kearney High from 2002-2004 and in each of those years, his teams ran to State Championship Titles. Jessop coached 18 individual state champions and seven state medalists over the past three years.

Prior to his time in Nebraska, Jessop ran for Kansas State University from 1998-1999. While with the Wildcats, he earned numerous accolades including Big XII First Team All-Conference in both the 1998 and 1999 seasons. In 1999, he placed second in the 10,000m during the Big XII Outdoor Track & Field Championships and seventh in the Big XII Cross Country Championships.

Jessop is currently pursuing his bachelor's degree in education at Xavier.

# Xavier University

## Cross Country and Track & Field

### Schedule and Records

#### 2005 Xavier Cross Country Schedule

##### September - 2005

9/3	Flyer Invitational	Kettering, Ohio	10:45 am
9/10	Xavier Invitational	West Chester, Ohio	11:00 am
9/16	National Catholic Championships	Notre Dame, Ind.	4:30 pm
9/24	Greater Louisville Classic	Louisville, Ky.	10:40 am

##### October - 2005

10/1	Sean Earl Loyola Lakefront Invitational	Chicago, Ill.	11:30 am
10/15	Nike Jim Danner Invitational	Gresham, Ore.	TBA
10/29	Atlantic 10 Conference Championships	Philadelphia, Pa.	10:00 am

##### November - 2005

11/12	NCAA Great Lakes Regional	Bloomington, Ind.	1:00 pm
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#### **Xavier Men's Cross Country Top Times**

##### 8000 Meters

1.	25:09	1999	Dave Dickman
2.	25:20	2004	Paul Staudigel
3.	25:40	2004	Ben Milroy
4.	25:41	2004	Paul Staudigel
5.	25:49	1992	Mitch Graham
6.	25:55	2001	Patrick Rischmann
7.	25:59	2003	Drew LaMaster
8.	25:59	2003	Drew LaMaster
9.	26:01	2004	Ben Milroy
10.	26:02	2002	Michael Doran

##### 10000 Meters

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 Tiek
6.	33:09	1996	Dave Dickman
8.	33:13	2004	Paul Staudigel
9.	33:23	2003	Paul Staudigel
10.	33:35	2004	Drew LaMaster

#### **Xavier Women's Track Top Times**

##### 800 Meters

	Name	Cl.	Meet	Yr.	Time
1.	Kristin Hoff	Jr.	Wilmington Inv.	2004	2:22.55
--	Patty Green	Fr.	Bearcat Classic	2004	2:22
3.	Molly Krumpelbeck	So.	Louisville Inv.	2002	2:24
4.	Kristin Hoff	Jr.	OH North. Ind.	2005	2:25.40
5.	Patty Green	Fr.	Miami Invite	2001	2:25
--	Patty Green	Fr.	Tulane Invite	2001	2:25
--	Jenny Andrassy	Sr.	Miami Invite	2002	2:25

##### 1500 Meters

1.	Jenny Andrassy	Sr.	Miami Invite	2002	4:45
2.	Jenny Andrassy	Sr.	Louisville Open	2002	4:46
3.	Jenny Andrassy	Sr.	Tulane Invite	2002	4:48
4.	Jennie Illig	So.	Louisville Open	2002	4:49
5.	Patty Green	Fr.	Bearcat Classic	2001	4:54

##### 3000 Meters

1.	Natalie Lanese	Sr.	Cedarville Open	2001	10:56
2.	Kelly Sraj	Fr.	Notre Dame	2004	11:00.80
3.	Amanda Brown	Fr.	Purdue Indoor	2005	11:03.73
4.	Molly Krumpelbeck	Fr.	Tulane Invite	2001	11:07
5.	Jennie Illig	So.	UNC Charlotte	2002	11:08
--	Natalie Lanese	Sr.	UNC Charlotte	2001	11:08

##### 5000 Meters

1.	Kelly Sraj	Fr.	Louisville Open	2004	18:20.86
2.	Amanda Brown	Fr.	Ohio Wesleyan	2005	18:28.78
3.	Megan Uhl	So.	Ohio Wesleyan	2005	18:36.44
4.	Amanda Brown	Fr.	UC-Nikoloff Inv.	2005	18:37.34
5.	Amanda Brown	Fr.	OH North. Ind.	2005	18:41.40

#### **Xavier Women's Cross Country Top Times**

##### 5000 Meters

1.	17:43	2001	Kerry Hills
2.	18:03	1993	Laura Breitenstein
3.	18:36	2004	Amanda Brown
4.	18:46	1999	Niki Hines
5.	18:50	2001	Jennie Illig
6.	18:53	2004	Amanda Brown
7.	18:54	2000	Molly Krumpelbeck
8.	18:59	2004	Amanda Brown
9.	19:02	2001	Jenny Andrassy
10.	19:03	2003	Molly Krumpelbeck

##### 6000 Meters

1.	21:49	2001	Kerry Hills
2.	22:36	2004	Kelly Sraj
3.	22:44	2004	Amanda Brown
4.	23:10	2001	Jenny Illig
5.	23:13	2004	Kristin Hoff
6.	23:15	2000	Molly Krumpelbeck
7.	23:16.5	2004	Joanna Gruber
8.	23:16.8	2004	Megan Uhl
9.	23:18	2003	Jennie Illig
10.	23:23	2003	Patty Green

#### **Xavier Men's Track Top Times**

##### 800 Meters

	Name	Cl.	Meet	Yr.	Time
1.	Drew LaMaster	Jr.	UNC Charlotte	2004	2:00.93
2.	Drew LaMaster	Jr.	Wilmington Inv.	2004	2:01.72
3.	Nate Showman	Sr.	Ohio State Ind.	2005	2:02.33
4.	Dan Cihal	Jr.	UNC Charlotte	2004	2:02.41
5.	Drew LaMaster	Sr.	Ohio Wesleyan	2005	2:02.80
--	Drew LaMaster	Fr.	Miami Inv.	2002	2:02
--	Jason Krumpelbeck	So.	Louisville Open	2002	2:02

##### 1500 Meters

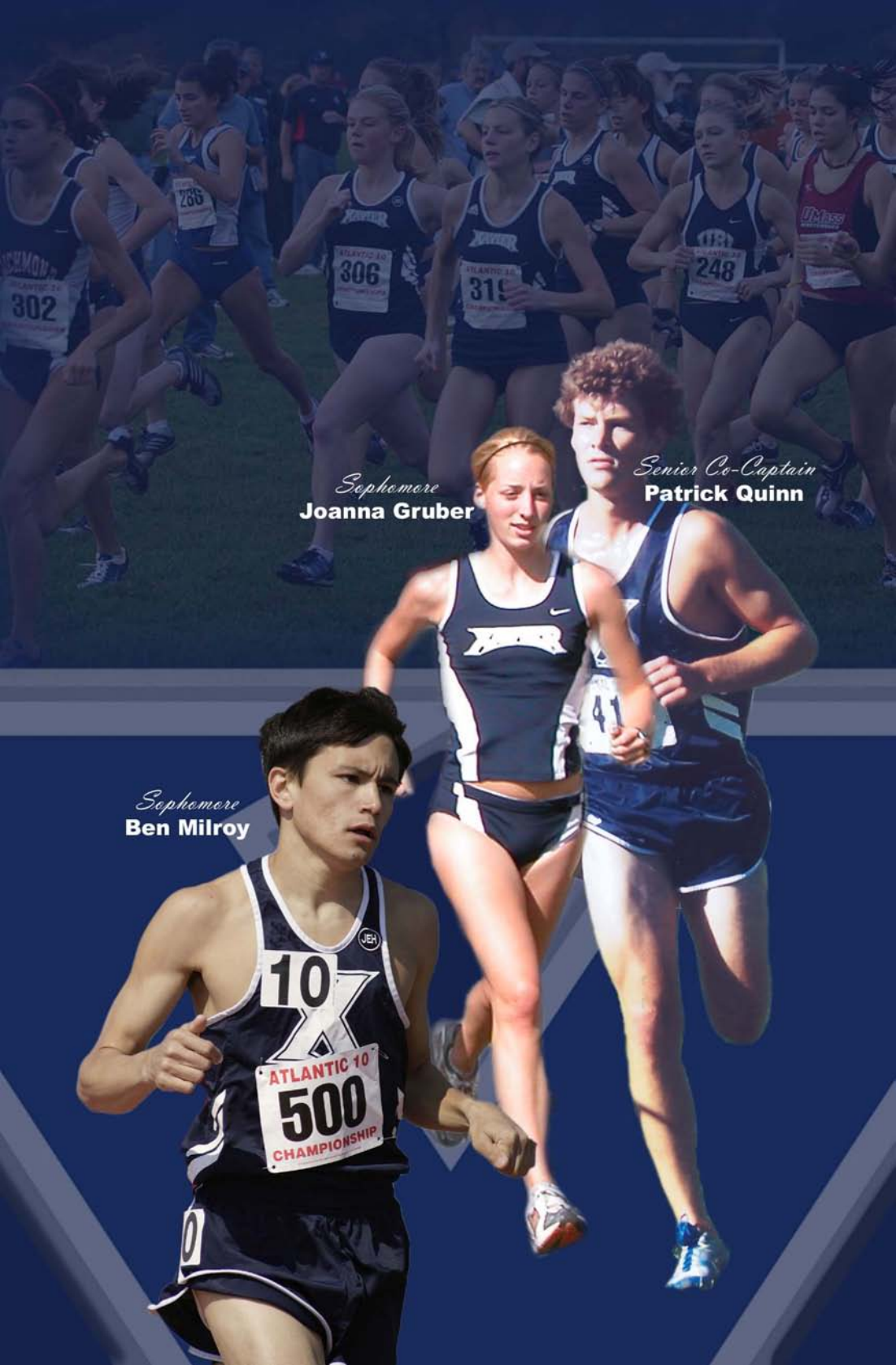
1.	Drew LaMaster	Sr.	Ohio Wesleyan	2005	4:05.85
2.	Drew LaMaster	Fr.	Miami Invite	2002	4:05
3.	Tony Matheus	Fr.	UC Home Opener	2005	4:07.51
4.	Nate Showman	Sr.	UC Home Opener	2005	4:07.84
5.	Nate Showman	Sr.	Ohio Wesleyan	2005	4:07.96

##### 3000 Meters

1.	Tony Matheus	Fr.	A-10 Indoor	2005	8:53.02
2.	Tony Matheus	Fr.	Purdue Indoor	2005	8:58.21
3.	Paul Staudigel	So.	Arizona State	2004	8:59.90
4.	Ben Milroy	Fr.	Ohio State Ind.	2005	9:03.91
5.	Ben Milroy	Fr.	Purdue Indoor	2005	9:06.32

##### 5000 Meters

1.	Paul Staudigel	Jr.	A-10 Indoor	2005	15:19.61
2.	Paul Staudigel	Jr.	UC Home Opener	2005	15:20.58
3.	Paul Staudigel	Jr.	UC-Nikoloff Inv.	2005	15:21.84
4.	Tony Matheus	Fr.	UC-Nikoloff Inv.	2005	15:29.31
5.	Drew LaMaster	Jr.	Louisville Open	2004	15:29.65



*Sophomore*  
**Joanna Gruber**

*Senior Co-Captain*  
**Patrick Quinn**

*Sophomore*  
**Ben Milroy**

10  
**ATLANTIC 10**  
**500**  
**CHAMPIONSHIP**