



Men's and Women's Cross Country Guide

COLLEGE OF MOUNT ST. JOSEPH

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ABOUT THIS GUIDE

The College of Mount St. Joseph's 2008 Men's and Women's Cross Country Guide has been produced by the Sports Information Office and the Design Office to assist you with your coverage this year. All photos are courtesy of Don Denney Photography. The guide was published in September 2008 with all of the information available

at that time. Additional and updated information, statistics and photos are available at all times to accredited news sources from the Sports Information Office, (513) 244-4927. For more on Mount athletics, visit www.msj.edu/athletics.

STAFF DIRECTORY (Area Code 513)

Athletic Department Staff

Steve Radcliffe, Athletic Director	244-4381
Ron Bowling, Associate Athletic Director	244-8585
Stacie Carney, Administrative Assistant (Dowell Building)	244-4311
Joanie Schroth, Administrative Assistant (Sports Complex) ..	244-8580
Georgana Taggart, Faculty Athletic Representative	244-4952
Fax Number (Dowell Building).....	244-4928
Fax Number (Sports Complex)	244-8581

Coaching Staff

Chuck Murray, Baseball Coach, Recreation Co-coordinator	244-4402
Larry Cox, Men's Basketball Coach, Assistant Athletic Director	244-4929
Melanee Atkinson, Women's Basketball Coach	244-4590
Danielle Harris, Cheerleading Coach	244-4311
Paul Longano, Men's/Women's Cross Country Coach, Men's/Women's Track & Field Coach	244-4842
Tina Blakley, Assistant Men's/Women's Cross Country Coach, Assistant Men's/Women's Track & Field Coach	244-8582
Nikki Buller/Katie Skeeters, Dance Coaches	244-4311
Rod Huber, Football Coach	244-4896
Vince Suriano, Assistant Football Coach	244-4422
Jeff Hill, Assistant Football Coach, Assistant Men's/Women's Track & Field Coach	244-8597
Joe Sparhawk, Men's Golf Coach, Recreation Co-coordinator	244-4876
Jeff Newman, Women's Golf Coach, Assistant Baseball Coach	244-8583

Pat Kennedy, Men's/Women's Lacrosse Coach	244-4427
Carrie Taylor, Men's/Women's Soccer Coach	244-8587
Leah Todd, Assistant Men's/Women's Soccer Coach	244-8586
Beth Goderwis, Softball Coach	244-4853
Del Walters, Men's Tennis Coach, Associate Men's Basketball Coach	244-8596
Brean Vaske, Women's Tennis Coach, Assistant Women's Basketball Coach	244-8599
Michele Benoit, Volleyball Coach, Assistant Athletic Director	244-4316
Erin Pauley, Assistant Volleyball Coach, Assistant Men's/Women's Track & Field Coach	244-3276
Casey Stouffer, Wrestling Coach, Coordinator of Athletic Facilities	244-4474
Brennan Ryan, Assistant Wrestling Coach	244-1630

Sports Medicine

Lisa Osterbrock, A.T.C., Head Athletic Trainer.....	244-4599
Susan Blackson, A.T.C., Assistant Athletic Trainer.....	244-4875
Erin Beckwith, A.T.C., Assistant Athletic Trainer	244-4875
Kristin Stauffer, A.T.C., Assistant Athletic Trainer	244-4875
Lucas Solum, A.T.C., Assistant Athletic Trainer	244-4875
Howard Schertzing Jr., M.D., Team Medical Director	244-4875
Robert Burger, M.D., Team Orthopedic Director.....	481-5050

Sports Information

Dane Neumeister, Director	244-4927
Ally Auditore, Student Co-op	244-4927

ATHLETIC FACILITIES AT THE MOUNT

The Mount provides its students with athletic fields and the Harrington Center, a modern two-level student union with a running track, gym, fitness center, and food court. During the 2003-2004 academic year, the Mount began its Campus Expansion Plan, which includes athletic fields to accommodate more Mount teams on campus for practice and home games.

The Mount's East Fields on Delhi Road, which have been the home field for women's soccer, have been expanded into a game field and running track with seating for up to 2,400 spectators. The new Sports Complex gives the Mount Lions' football team its first home field on campus since 1990. It also provides a home field for women's soccer, men's soccer and lacrosse teams for men (2007) and women (2009). The track serves the Mount's track & field teams and additional facilities house the Mount's academic program in athletic training, as well as locker rooms and concessions. The Campus Expansion Plan also included the renovation of nearby College property into practice fields. The Lions' softball team began playing home games at the new River Road softball field in 2007.

The Mount Lions' baseball team plays home games at Midland Field, one of Cincinnati's finest baseball facilities for teams and spectators.

The Harrington Center, which opened in 1998, contains two full courts for Lions volleyball and basketball as well as the full range of Mount intramural teams. The Harrington Center also features a specially surfaced indoor running track; courts for racquetball, squash and wallyball; fitness center; weight training; athletic training; and locker facilities.

The Mount's west campus field, the J. Page Hayden Athletic Field, is the location for the Mount's field events during track & field meets and is a practice field for the Lions' Roar Marching Band. The Mount also provides lighted tennis courts for intercollegiate and intramural teams.

The Mount men's golf team's home course is Miami Whitewater Forest Golf Course in Harrison, Ohio. The course is a par-72, 6,808-yards course with a rating of 72.3 and a slope of 125.

A MESSAGE FROM THE PRESIDENT



Dr. Tony Aretz

Welcome to the College of Mount St. Joseph and Lions country! We are proud to be the home of Heartland Collegiate Athletic Conference Division III competition in Greater Cincinnati. As the Mount's new president, I invite you to enjoy exciting competition among student athletes who are dedicated to their sport and their studies. Students are the heart of the Mount community and our student athletes appreciate your support.

A Mount education is about preparing students intellectually, morally, and spiritually to become successful professionals and leaders in their community. Students have the opportunity to participate in 21 competitive sports as well as the marching band or over 40 other clubs and organizations. Students take courses in small classes where professors facilitate active learning through engaged teaching. Cooperative education, service learning and cultural/global immersion programs provide students with real life experience to help prepare them for their future careers and social responsibilities.

Please visit the Mount again for more exciting HCAC Division III excitement, and visit our Web site at www.msjs.edu for listings of the events and programs offered throughout the year.

Enjoy the game!

Tony Aretz, Ph.D.

MOUNT ATHLETICS DIRECTOR



Steve Radcliffe

Steve Radcliffe enters his 14th year as the Lions' athletic director for the 2008-2009 school year, and he looks forward to another outstanding season of athletics at the Mount. The Lions' volleyball team finished in a tie for first place in the Heartland Collegiate Athletic Conference last fall while the Lions football team finished as runner-ups in the HCAC regular season and qualified to their fourth

straight NCAA Division III playoffs. Women's soccer also advanced to the HCAC Semifinals while the men's soccer team enjoyed their best season to date, narrowly missing qualifying to the Conference Tournament. The women's tennis team finished with seven wins, their most since the 1997 season. The Lions' wrestling team finished 13-5-1 in duals, including an 11-1-1 mark against Division III schools, and ended the season ranked 21st in the country. The baseball team won the HCAC regular season, and advanced as the top seed and host to the Conference Tournament while the softball team qualified to the HCAC Tournament and played in the championship game, losing in extra innings.

In addition, there were plenty of other highlights, both individually and team-wise, for the Mount's athletic programs in 2007-2008.

Radcliffe, who oversees 21 athletic programs at the Mount, has long been a part of the sports programs at the College. A retired athletic trainer, Radcliffe began his athletic training career in 1976 and was hired to implement the Mount's first academic program for athletic training in 1989. In addition, Radcliffe has been the Lions' head athletic trainer, working with athletes from all the intercollegiate sports, as well as teaching athletic training at the College.

Radcliffe, who received his bachelor's degree in 1978 and his master's in physical education in 1981 from Miami University (Ohio), became the Mount's athletic director in 1995. Upon entering the position, Radcliffe stressed the importance of upholding the College's stellar reputation of academics and athletics as a positive influence in student life and development at the Mount.

Steve and his wife, Darlene, have two children, Victoria and Michael. The Radcliffes live in Delhi.

SUPPORT STAFF



Dane Neumeister
Director of Sports Information



Ron Bowling
Associate Athletic Director



Charlie Wrublewski
Facilities Management Set-Up



Joanie Schroth
Administrative Assistant



Ally Auditore
Sports Information Co-op



Larry Cox
Assistant Athletic Director



Georgana Taggart
Faculty Athletic Representative



Stacie Carney
Administrative Assistant



Gary Schatz
Football Statistician



Michele Benoit
Assistant Athletic Director



Dr. Robert Burger
Team Orthopedic Director



Dr. Howard Schertzing
Team Physician



Andy Backs
Public Address Announcer

DANCE TEAM



CHEERLEADERS



Front row (L-R): Katie Carney, Brittany Garrick, Lesley Rowe, Stacy Honnert, Caitlin Propps.

Back row: Elizabeth Bertsch, Melissa Nie, Alesia Reamer, Kelsey Schneider, Kayla Martin.

Not pictured: Ann Benedict, Michelle Trenkamp, Danielle Harris (Coach).

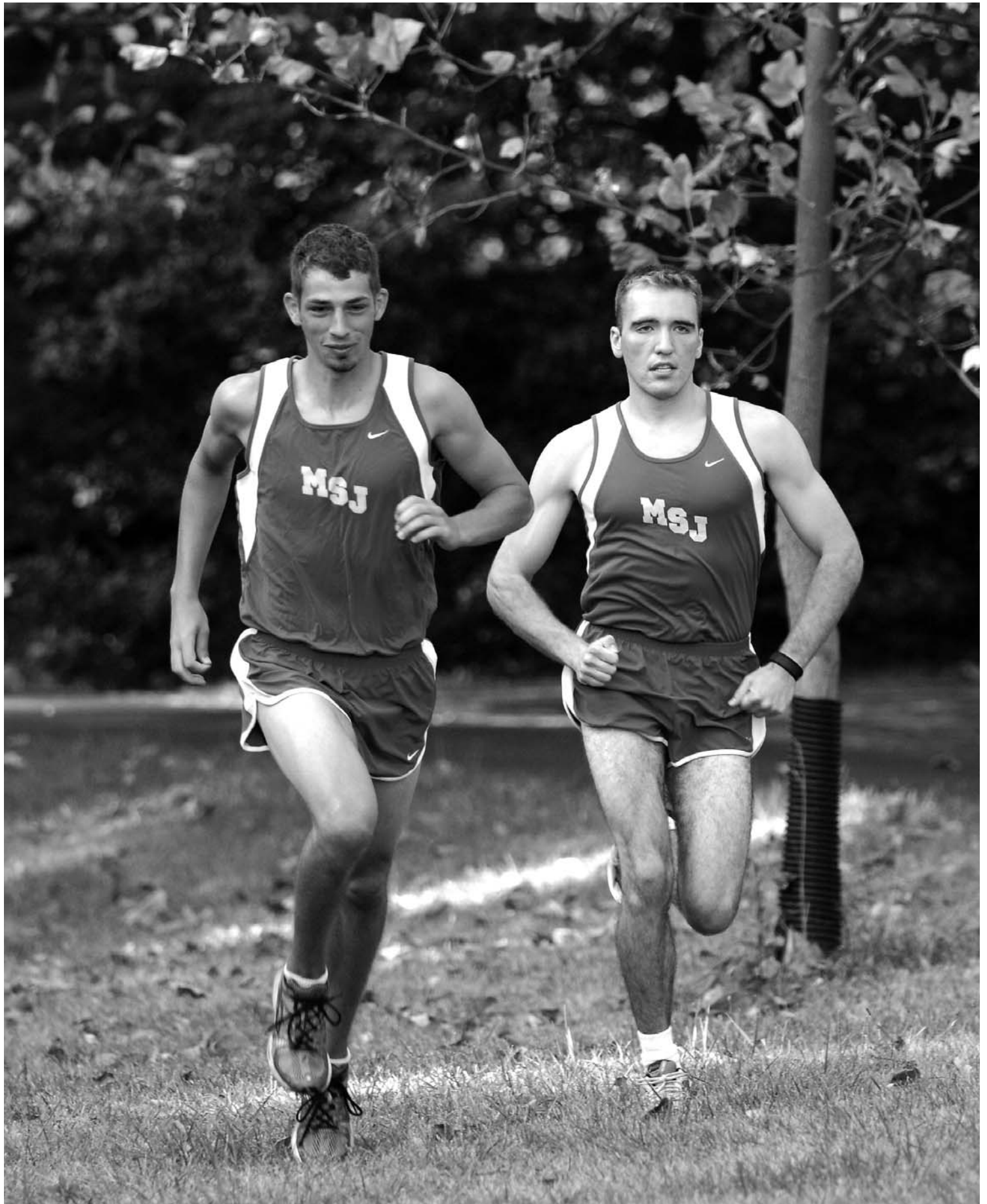
Front row (L-R): Debra Nieman.

Middle row: Tricia Wietmarschen, Amanda Martin.

Back Row: Sarah Holter.

Not pictured: Kelsey Keyes, Lydia Taulbee, Katie Skeeters (Coach), Nikki Buller (Coach).

Men's Cross Country • 2008



2008 SCHEDULE

Date	Meet	Site	Time
9/6	Queen City Invitational (Northern Kentucky University)	Alexandria, KY	10:00 a.m.
9/19	National Catholic Championships (University of Notre Dame)	South Bend, IN	4:15 p.m.
10/10	All-Ohio Championships (Ohio Wesleyan University)	Delaware, OH	2:00 p.m.
10/17	Wilmington College Fall Classic	Wilmington, OH	5:00 p.m.
11/1	HCAC Championships (Manchester College)	N. Manchester, IN	11:00 a.m.
11/15	NCAA Division III Great Lakes Regional (Otterbein College)	Westerville, OH	11:00 a.m.

2008 SEASON OUTLOOK

The Lions will look to move up in the standings of each meet this season, especially in the HCAC race. First-year Head Coach Paul Longano and Assistant Coach Tina Blakley hope to lead the men's squad in that new direction as they focus on implementing new coaching styles and instilling more competitive attitudes.

"My goals for the season are basic," Longano explains. "I want to get the athletes acclimated to my style of coaching. Most important, we have to be very successful in recruiting a large number of runners into the program."

While Coach Longano will look to shore up the roster in the years to come, this year's Lions team will field a number of talented runners. They have three runners, Ben Weidner, Alex Shields and Jeff Schroer, who return for their third seasons, as well as a two, second-year runners, John Hutzel and Zach Shaw to lead the way. First-year runners Jacob Lauver and James Tritt add depth and incoming talent.

Longano thinks Schroer, among others, is ready for a breakout season.

"Jeff Schroer will be one of our 'impact' runners," Longano says. "I have high expectations for him."

The incoming freshman and numerous returning runners will have a lot of work to do to be a contender within the conference, but with Longano at the helm the team appears to be heading in the right direction. Due to Longano being hired late in the summer, the team did not have a full off-season to prepare for the rigors and strenuous schedule of the upcoming season. That shortened off-season is just another obstacle that this young and improving team will have to overcome so they can cut down their running times and move up in the team standings at the HCAC Championship.

"The competition in the conference looks tough," Longano adds. "Anderson has had a hold on the conference and I don't see that changing this year."

2008 ROSTER

Name	Cl.	Hometown	High School
John Hutzel	So.	Blanchester, OH	Blanchester
Jacob Lauver	Fr.	Loveland, OH	Loveland
Jeff Schroer	Jr.	Cincinnati, OH	Elder
Zach Shaw	So.	Cincinnati, OH	Wyoming
Alex Shields	Jr.	Cincinnati, OH	LaSalle
James Tritt	Fr.	Dayton, OH	Oakwood
Ben Weidner	Jr.	Cincinnati, OH	Elder

2008 COACHING STAFF



Head Coach Paul Longano

Paul Longano will direct the Mount's men's and women's cross country teams this fall in his first season. Longano, who started in July 2008, will also be the College's head coach for men's and women's track & field.

Longano comes to the Mount from NCAA Division I Xavier University. He was the assistant men's and women's cross country/track & field coach while at Xavier from 2005-2008. Prior to his post at Xavier, he coached at the high school level for 13 years in Cincinnati, Ohio, primarily as a distance/cross country coach. In 2005 he was the Cincinnati Hills League Cross Country Coach of the Year as well as the City of Cincinnati Boys' Division II Coach of the Year.

During his high school coaching experience, the programs that he was affiliated with won 11 conference titles, seven district titles, four regional titles, and one state title. Longano also has USA Track & Field Level II certification in the jumps.

Longano was recently employed as a civil bailiff by the Hamilton County Clerk of Courts (2002-2008) and has worked as a probation officer (Municipal Division) for the Hamilton County Probation Department (1998-2002).

In addition, he has a bachelor's degree in history from the University of Cincinnati (1998) and a master's degree in sports administration from Xavier University (2006). Longano resides in Cleves, Ohio, with his wife, Bernadette, and children Thomas, Anthony, Teresa Marie and John Paul.



Assistant Coach Tina Blakley

Tina Blakley enters her first season as assistant coach for the Lions' men's and women's cross country teams. Blakley, who will also assist Head Coach Paul Longano with the Mount's track & field teams, is an AFAA Certified Personal Trainer and has helped direct many individual athletes and teams improve their performance through strength training programs. In addition, she has worked in the fitness industry for over a dozen years and has a versatile training background.

Coach Blakley's personal interests involve training and competing in multi-discipline endurance races, such as 12+ hour adventure races, long distance running and/or cycling relay races as well as half marathons. She is passionate about helping athletes achieve their personal goals and advance in their particular sport by increasing their awareness through cross training and strength training as well as injury prevention.

Blakley, a graduate of Purcell Marian High School, has also completed college courses at the Mount. She resides in Bright, Indiana with her family.

2008 RUNNERS' PROFILES

John Hutzel

Sophomore • Major: Art & Graphic Design
High School: Blanchester (Blanchester, OH)

Hutzel returns for his second season with the Mount. He raced in five of the team's seven races last season. Hutzel finished fourth among Lions' runners once in 2007 and was fifth two times. His best time turned in last fall was 33:03 at the Wilmington College Classic while his top overall finish was 47th at the Franklin College Invitational. John is the son of Peggy and John Hutzel.

Photo
Not
Available

Jacob Lauver

Freshman • Major: Undeclared
High School: Loveland (Loveland, OH)

Lauver joins the Mount for his first season. While in high school, he ran cross country his freshman through junior years, competed in track & field all four years, and played on the basketball team his freshman year. Lauver was in the German Club, Key Club, Eco Club and was a class representative. Jacob, who is also planning to run track & field in the spring for the Mount, is the son of Debra and James Lauver.

Photo
Not
Available

Jeff Schroer

Junior • Major: Nursing
High School: Elder (Cincinnati, OH)

Schroer returns for his third season with the Mount. He had another solid cross country season last fall, running in all seven of the team's races. Schroer was the team's top runner in six of their seven races, and turned in a season-best time of 26:48 (second-fastest in Mount history) over the 8K course at the Wilmington College Classic. His best finish of the season came at the HCAC meet, where he placed 13th overall, missing by one spot of gaining All-Conference recognition. Jeff is the son of Mary and Thomas Schorer.



Zach Shaw

Sophomore • Major: Undeclared
High School: Wyoming (Cincinnati, OH)

Shaw returns for his second season with the Mount. He raced in five of the team's seven races last fall, finishing second among Lions' runners three times. Shaw's top time during the 2007 season was 29:04 at the Wilmington College Classic and his best overall finish came at the Franklin College Invitational, where he was 37th. Zach is the son of Francie and David Shaw.



Alex Shields**Junior • Major: History****High School: LaSalle (Cincinnati, OH)**

Shields returns for his third season with the Mount. He competed in six of the team's seven races in 2007, finishing as the Lions' second-fastest runner twice, and once as their third fastest runner. Shields top time came at the NCAA Division III Regional meet, where he covered the 8K course in a time of 29:37. His top finish last fall was 40th place at the HCAC meet. Alex is the son of Karen and Robert Shields.

**Ben Weidner****Junior • Major: Athletic Training****High School: Elder (Cincinnati, OH)**

Weidner returns for his third season with the Mount. He raced in two of the team's seven meets last fall, finishing as the Lions' third-fastest runner at the HCAC meet. Weidner had a season-best time of 29:27 at the Wilmington College Classic. Ben is the son of Kimberlee and Robert Weidner.

**James Tritt****Freshman • Major: Undeclared****High School: Oakwood (Dayton, OH)**

Tritt joins the Mount for his first season. He was a member of the both the cross country and track & field teams all four years while in high school. Tritt placed in the district meet in cross country all four years, and was a district placer in track and field too. In addition he won his team's Coaches Award and was named Most Improved Player in cross country while in high school. Tritt also won his school's Most Valuable Player award in track & field for his senior season. James is the son of Michele and Jim Tritt.



2007 TEAM/INDIVIDUAL RESULTS

Franklin College Invitational (Franklin, IN) 8K September 1

Team Standings

1. Franklin College, 43
2. Manchester College, 74
3. Rose-Hulman Institute of Technology, 88
4. Earlham College, 95
5. Wilmington College, 102
6. Vincennes University, 112
7. **Mount, 215**

Individual winner: Brandon Welti,
Franklin, 26:35.50

Mount individual results

37. Zach Shaw, 30:58.90
41. Alex Shields, 31:28.80
44. James Pursley, 32:00.90
46. Jeff Schroer, 34:46.80
47. John Hutzel, 35:06.00
48. Dan Hammergren, 37:20.40

National Catholic Cross Country Championships (South Bend, IN) 8K September 14

**Division 2 race, 5 miles
Team Standings (24 schools)**
(Top five)

1. Bellarmine University, 75
2. Loras College, 94
3. Saint Vincent College, 121
4. Walsh University, 142
5. Sienna Heights University, 165

Mount, no team score (three runners).

Individual winner: Ben Grant,
Loras College, 25:21.0

Mount individual results

29. Jeff Schroer, 27:23.0
139. James Pursley, 30:08.0
157. Alex Shields, 31:21.0

Greater Louisville Classic (Louisville, KY) 8K September 29

Team Standings (15 schools)**Blue Division****(Top five)**

1. Southeast Missouri State, 41
 2. Franklin College, 91
 3. Wilmington College, 109
 4. Lincoln Memorial University, 118
 5. Saint Joseph's College, 119
- 12. Mount, 339**

Individual winner: Brandon Funderburk,
Southeast Missouri State, 25:48.88

Mount individual results

21. Jeff Schroer, 27:19.41
62. Zach Shaw, 29:53.58
68. James Pursley, 30:11.15
93. John Hutzel, 35:28.05
95. Dan Hammergren, 38:10.59

2007 TEAM/INDIVIDUAL RESULTS (continued)**All-Ohio Championships
(Delaware, OH) 8K
October 5****Team Standings (20 schools)****NCAA Division III****(Top five)**

1. Ohio Northern University, 54
2. Mount Union College, 88
3. Heidelberg College, 90
4. Case Western Reserve University, 97
5. Otterbein College, 130

Mount, no team score (four runners).**Individual winner:** Dominic Smith,
Case Western, 26:14.40**Mount individual results**

31. Jeff Schroer, 28:23.70
114. Alex Shields, 33:27.20
116. James Pursley, 33:37.60
131. Dan Hammergren, 43:51.90

**Wilmington College Fall Classic
(Wilmington, OH) 8K
October 12****Team Standings (20 schools)****(Top five)**

1. Shawnee State University, 57
2. Otterbein College, 73
3. Centre College, 148
4. Wilmington College, 153
5. Rose-Hulman Inst. of Tech., 154
16. **Mount, 391**

Individual winner: David Mutuse,
Lindsay Wilson College, 25:11.85**Mount individual results**

29. Jeff Schroer, 26:48.24
83. Zach Shaw, 29:04.65
84. James Pursley, 29:06.47
96. Ben Weidner, 29:27.06
99. Alex Shields, 29:44.59
127. John Hutzel, 33:02.44
- NP. Roy MacDonald, 34:53.48
- NP-No placing.

**Heartland Collegiate Athletic
Conference Championships
(Hanover, IN) 8K
October 27****Team Standings**

1. Anderson University, 30
2. Franklin College, 44
3. Rose-Hulman Inst. of Tech., 56
4. Manchester College, 102
5. **Mount, 165**
6. Hanover College, 180
7. Defiance College, 199
8. Bluffton University, 233
9. Transylvania University, 239

Individual winner: Sean Hudson,
Anderson University, 26:08.00**Mount individual results**

13. Jeff Schroer, 27:34.00
33. James Pursley, 29:56.00
37. Ben Weidner, 30:31.00
40. Alex Shields, 31:04.00
42. Zach Shaw, 31:10.00
60. Dan Hammergren, 34:58.00
61. John Hutzel, 35:30.00

**NCAA Division III Great Lakes Regional
(Grand Rapids, MI) 8K
November 10****Team Standings (34 schools)****(Top five)**

1. Calvin College, 27
2. Ohio Northern University, 114
3. Anderson University, 125
4. Heidelberg College, 128
5. Mount Union College, 143
31. **Mount, 969**

Individual winner: Jed Christiansen,
Calvin, 24:51.95**Mount individual results**

116. Jeff Schroer, 27:06.05
204. Zach Shaw, 29:27.25
206. James Pursley, 29:32.00
209. Alex Shields, 29:37.20
234. John Hutzel, 34:53.10

MOUNT IN THE HCAC

This year will be the Mount's men's cross country team's seventh season of competition as well as members of the Heartland Collegiate Athletic Conference. Other institutions in the conference include Anderson University, Bluffton College, Defiance College, Franklin College, Hanover College, Manchester College, Rose-Hulman Institute of Technology, and Transylvania University.

In 2002, the Lions finished seventh out of eight schools in the HCAC Championships as Mount runner Kurtis Smith recorded a seventh-place finish and was named to the All-HCAC Team. A total of six runners raced for the Mount.

The Lions took another seventh place finish in 2003. Anderson University led the conference with a first place finish and 34 points. Manchester College followed Anderson with 59 points. Kurtis Smith led the Lions with a 14th place finish, two spots away from claiming all-conference honors.

The Mount placed seventh for the third straight season in 2004, as Anderson once again captured first place in the team standings. Bob Hammergren led the way for the Lions in the HCAC meet, leading three teammates to the finish line.

The Mount did not record a team score in 2005's HCAC Championship. Anderson once again finished in first place. Joe Grace led the way for the Lions in the HCAC meet, placing 55th.

Although 2006 was another rebuilding year for the men's cross country squad, they did manage to place fifth out of nine schools at the HCAC Championship meet. Jeff Schroer led the Mount in the 8K run with a time of 28:09.36 and a 15th place finish.

The Mount recorded another fifth place conference meet finish in 2007, as Jeff Schroer moved up two places from the year before to finish 13th, missing by one spot being named All-Conference. Anderson captured first place in the team standings.

2007 HCAC CHAMPIONSHIP STANDINGS

School	Points
1. Anderson University	30
2. Franklin College	44
3. Rose-Hulman Institute of Technology	56
4. Manchester College	102
5. Mount	165
6. Hanover College	180
7. Defiance College	199
8. Bluffton University	233
9. Transylvania University	239

2007 ALL-CONFERENCE (listed in order of finish at the HCAC Championship)

Name	School	Cl.	Time	Name	School	Cl.	Time
Sean Hudson	Anderson	Sr.	26:08	Dan DeYoung	Anderson	Sr.	27:00
Matt Repking	Rose-Hulman	Sr.	26:41	Sean Kennedy	Franklin	Jr.	27:08
Brandon Welti	Franklin	Jr.	26:43	David Caldwell	Rose-Hulman	Fr.	27:13
Derick Clark	Franklin	Fr.	26:46	Stephen Boedicker	Rose-Hulman	Jr.	27:15
Troy Pryor	Anderson	Jr.	26:56	Matt Ingalls	Anderson	Sr.	27:18
Matt Helm	Anderson	Jr.	26:59	Andy Williams	Manchester	So.	27:23

2007 HCAC RUNNERS OF THE WEEK

Week Ending	Name, School
Sept. 2	Brandon Welti, Franklin
Sept. 9	Derick Clark, Franklin
Sept. 16	Sean Hudson, Anderson
Sept. 23	Josh Miller, Manchester
Sept. 30	Brandon Welti, Franklin
Oct. 7	No Nominations
Oct. 14	Sean Hudson, Anderson

2007 MOUNT ACADEMIC ALL-CONFERENCE

Dan Hammergren
 Jeff Schroer
 Alex Shields

MOUNT PAST HCAC CHAMPIONSHIP RESULTS

- 2002 The Mount placed seventh out of eight schools; Anderson placed first.
 2003 The Mount placed seventh out of eight schools; Anderson placed first.
 2004 The Mount placed seventh out of eight schools; Anderson placed first.
 2005 The Mount placed last out eight schools; Anderson placed first.
 2006 The Mount placed fifth out of nine schools; Anderson placed first.

MOUNT PAST ALL-CONFERENCE HONORS

- 2002 Kurtis Smith, seventh place, 27:23.0

MOUNT APPEARANCES IN THE NCAA DIVISION III REGIONAL MEET

2002 (at Ohio Northern University)

- 31. Mount, 856**
 50. Kurtis Smith, 26:40.0
 198. Bob Hammergren, 31:03.0
 199. Adam Pace, 31:03.0
 204. Ben Just, 32:23.0
 205. Jay Ehrnschwender, 32:50.0
 208. Chris Meiners, 33:31.0

2003 (at Hanover College)

- 32. Mount, 953**
 112. Kurtis Smith, 28:31.0
 207. Adam Pace, 30:57.0
 211. Alex Echeverry, 32:50.0
 215. Steve Thompson, 36:46.0
 216. Robert Rambo, 37:07.0
 217. David Anderson, 42:09.0

2004 (at Alma College)

- Mount, no team score.**
 195. Bob Hammergren, 30:15.8
 208. Dan Hammergren, 31:50.4
 210. Paul Brousseau, 33:45.5

2005 (at Voice of America Park)

- 34. Mount, 1,112**
 213. Joe Grace, 30:50.0
 224. Dan Hammergren, 33:03.8
 225. Paul Brousseau, 33:29.3
 228. Blake Spiller, 35:02.0
 232. Roy McDonald, 39:27.2

2006 (at Hanover College)

- 30. Mount, 905**
 106. Jeff Schroer, 28:05.2
 183. Ben Weidner, 29:45.6
 194. James Pursley, 30:20.1
 210. Dan Hammergren, 32:13.7
 212. Joe Grace, 32:30.7
 214. Alex Shields, 33:31.6
 216. Josh Huffman, 34:22.9

MOUNT ALL-TIME INDIVIDUAL BEST TIMES

4K — Individual

Name	Class	Time	Meet	Site	Date
Dan Hammergren	Freshman	15:40	Tiffin-Heidelberg	Tiffin, OH	9/3/2004
Bob Hammergren	Junior	16:06	Tiffin-Heidelberg	Tiffin, OH	9/3/2004
Paul Brousseau	Freshman	16:15	Tiffin-Heidelberg	Tiffin, OH	9/3/2004
Blake Spiller	Freshman	16:59	Tiffin-Heidelberg	Tiffin, OH	9/2/2005
Joe Campolongo	Sophomore	17:21	Tiffin-Heidelberg	Tiffin, OH	9/3/2004
Quentin Harris	Freshman	17:22	Tiffin-Heidelberg	Tiffin, OH	9/3/2004
Roy McDonald	Freshman	17:58	Tiffin-Heidelberg	Tiffin, OH	9/2/2005

5K — Individual

Name	Class	Time	Meet	Site	Date
Kurtis Smith	Sophomore	17:25	Muskingum College	New Concord, OH	8/31/2002
Bob Hammergren	Freshman	19:34	Muskingum College	New Concord, OH	8/31/2002
Chris Kannady	Freshman	20:12	Muskingum College	New Concord, OH	8/31/2002
Adam Pace	Sophomore	20:52	Muskingum College	New Concord, OH	8/31/2002
Ben Just	Senior	22:28	Muskingum College	New Concord, OH	8/31/2002

8K — Individual

Name	Class	Time	Meet	Site	Date
Kurtis Smith	Senior	26:33	Tiffin-Heidelberg	Tiffin, OH	9/5/2003
Jeff Schroer	Sophomore	26:48	Wilmington Classic	Wilmington, OH	10/12/2007
Jeff Schroer	Freshman	27:16	Wilmington Classic	Wilmington, OH	10/13/2006
Jeff Schroer	Sophomore	27:19	Louisville Classic	Louisville, KY	9/29/2007
Jeff Schroer	Sophomore	27:23	Natl. Catholic Championships	South Bend, IN	9/14/2007
Jeff Schroer	Freshman	27:26	Louisville Classic	Louisville, KY	9/30/2006
Jeff Schroer	Freshman	27:51	NKU Classic	Highland Hts., KY	9/16/2006
Jeff Schroer	Freshman	28:04	Franklin College Invit.	Franklin, IN	9/2/2006
Jeff Schroer	Freshman	28:11	Hanover College Invit.	Hanover, IN	9/9/2006
Jeff Schroer	Freshman	28:23	All-Ohio Championships	Delaware, OH	10/5/2007

8K — Conference

Name	Class	Time	Location	Site	Date
*Kurtis Smith	Junior	27:23	Mt. Airy Forest	Cincinnati, OH	10/26/2002
Jeff Schroer	Sophomore	27:34	Hanover College	Hanover, IN	10/27/2007
Jeff Schroer	Freshman	28:09	Franklin College	Franklin, OH	10/28/2006
Kurtis Smith	Senior	28:11	Woodford Co. Park	Versailles, KY	11/01/2003
James Pursley	Freshman	29:55	Franklin College	Franklin, IN	10/28/2006
James Pursley	Sophomore	29:56	Hanover College	Hanover, IN	10/27/2007
Ben Weidner	Freshman	29:57	Franklin College	Franklin, IN	10/28/2006
Ben Weidner	Sophomore	30:31	Hanover College	Hanover, IN	10/27/2007
Joe Grace	Sophomore	30:41	Bluffton University	Bluffton, OH	10/29/2005
Adam Pace	Senior	30:45	Woodford Co. Park	Versailles, KY	11/01/2003

8K — Regional

Name	Class	Time	Location	Site	Date
Kurtis Smith	Junior	26:40	Ohio Northern Univ.	Ada, OH	11/16/2002
Jeff Schroer	Sophomore	27:06	Calvin College	Grand Rapids, MI	11/10/2007
Jeff Schroer	Freshman	28:05	Hanover College	Hanover, IN	11/11/2006
Kurtis Smith	Senior	28:31	Hanover College	Hanover, IN	11/15/2003
Zach Shaw	Freshman	29:27	Calvin College	Grand Rapids, MI	11/10/2007
James Pursley	Sophomore	29:32	Calvin College	Grand Rapids, MI	11/10/2007
Alex Shields	Sophomore	29:37	Calvin College	Grand Rapids, MI	11/10/2007
Ben Weidner	Freshman	29:45	Hanover College	Hanover, IN	11/11/2006
Bob Hammergren	Junior	30:16	Alma College	Alma, MI	11/13/2004
James Pursley	Freshman	30:20	Hanover College	Hanover, IN	11/11/2006

*All-Conference

Women's Cross Country • 2008



2008 SCHEDULE

Date	Meet	Site	Time
9/6	Queen City Invitational (Northern Kentucky University)	Alexandria, KY	10:00 a.m.
9/19	National Catholic Championships (University of Notre Dame)	South Bend, IN	4:15 p.m.
10/10	All-Ohio Championships (Ohio Wesleyan University)	Delaware, OH	2:00 p.m.
10/17	Wilmington College Fall Classic	Wilmington, OH	5:00 p.m.
11/1	HCAC Championships (Manchester College)	N. Manchester, IN	11:00 a.m.
11/15	NCAA Division III Great Lakes Regional (Otterbein College)	Westerville, OH	11:00 a.m.

2008 SEASON OUTLOOK

The Mount women's cross country team is shifting gears in 2008. First year Head Coach Paul Longano takes over a Lions' team that has had a challenging past. The new coach has big plans in improving the program with one of his main goals to improving the depth of the roster.

"Most importantly, we have to be very successful in recruiting a large number of runners into the program," Longano states. "We are too lean as a program, we have no depth."

In the mean time, it will be up to the returning runners to become more competitive in what is an extremely tough conference. The success of the team will also depend on the development of the newcomers to the team. According to the new head coach, only time will tell how much they will add to the team. Returning runners Kassie Koch and Gina Damman will look to keep up their strong performances of the past. Koch returns for her fourth season with the Mount while Damman is back for her third season.

Jen Boeddeker will also begin her fourth season of running for the Lions while teammate Amanda Smith is back for third campaign in 2008. Jessica Burg ran in 2007 for the Mount while the team's three other runners look to make an impact in their first seasons and expectations are high for all of these talented runners.

With the head coach position vacant most of the off-season, the team will have a lot of work to do to get to where the Lions' new head coach wanted them to be.

"In regards to our off-season conditioning, we are not were I want us to be," Longano explains in the pre-season. "But we are making progress."

To jumpstart the upward momentum of the program, Longano hopes to field a team that can place a top five runner in the HCAC Championships. With steady improvement this year and in the years to come, the Mount hopes to build a strong and successful program.

2008 ROSTER

Name	Cl.	Hometown	High School
Libby Aring	Fr.	Dayton, OH	Northmont
Jen Boeddeker	Sr.	Cincinnati, OH	St. Bernard
Jessica Burg	So.	Cincinnati, OH	Roger Bacon
Gina Damman	Sr.	Archbold, OH	Archbold
Kassie Koch	Sr.	Cincinnati, OH	Oak Hills
Abigail Modras	Fr.	Dayton, OH	Northridge
Anna Pineault	Fr.	Cincinnati, OH	Fairfield
Amanda Smith	Jr.	Cincinnati, OH	Oak Hills

2008 COACHING STAFF



Head Coach Paul Longano

Paul Longano will direct the Mount's men's and women's cross country teams this fall in his first season. Longano, who started in July 2008, will also be the College's head coach for men's and women's track & field.

Longano comes to the Mount from NCAA Division I Xavier University. He was the assistant men's and women's cross country/track & field coach while at Xavier from 2005-2008. Prior to his post at Xavier, he coached at the high school level for 13 years in Cincinnati, Ohio, primarily as a distance/cross country coach. In 2005 he was the Cincinnati Hills League Cross Country Coach of the Year as well as the City of Cincinnati Boys' Division II Coach of the Year.

During his high school coaching experience, the programs that he was affiliated with won 11 conference titles, seven district titles, four regional titles, and one state title. Longano also has USA Track & Field Level II certification in the jumps.

Longano was recently employed as a civil bailiff by the Hamilton County Clerk of Courts (2002-2008) and has worked as a probation officer (Municipal Division) for the Hamilton County Probation Department (1998-2002).

In addition, he has a bachelor's degree in history from the University of Cincinnati (1998) and a master's degree in sports administration from Xavier University (2006). Longano resides in Cleves, Ohio, with his wife, Bernadette, and children Thomas, Anthony, Teresa Marie and John Paul.



Assistant Coach Tina Blakley

Tina Blakley enters her first season as assistant coach for the Lions' men's and women's cross country teams. Blakley, who will also assist Head Coach Paul Longano with the Mount's track & field teams, is an AFAA Certified Personal Trainer and has helped direct many individual athletes and teams improve their

performance through strength training programs. In addition, she has worked in the fitness industry for over a dozen years and has a versatile training background.

Coach Blakley's personal interests involve training and competing in multi-discipline endurance races, such as 12+ hour adventure races, long distance running and/or cycling relay races as well as half marathons. She is passionate about helping athletes achieve their personal goals and advance in their particular sport by increasing their awareness through cross training and strength training as well as injury prevention.

Blakley, a graduate of Purcell Marian High School, has also completed college courses at the Mount. She resides in Bright, Indiana with her family.

2008 RUNNERS' PROFILES

Libby Aring

Freshman • Major: Pre-Nursing

High School: Northmont (Dayton, OH)

Aring joins the Mount for her first season. She was a four-year varsity letter-winner in high school in both cross country and track & field. She was 15th in the district cross country meet her sophomore season, and named to numerous All-Conference cross country teams during her prep career. In addition, Aring won cross country team awards: Outstanding Newcomer (freshman season), Most Improved (sophomore season) and Coaches Award (senior season) as well as being named a Rae Burick Women in Sports Award Honoree (sophomore season). Aring was also a Northmont Student Ambassador, on the Honor Roll (all four years) and named a Scholar Athlete. Libby is the daughter of Christine and Daniel Aring.



Jen Boeddeker

Senior • Major: English

High School: St. Bernard (Cincinnati, OH)

Boeddeker returns for her fourth season with the Mount. She raced in three meets for the Lions last season, competing in the National Catholic Championships, the Louisville Classic and the All-Ohio Championships. Boeddeker turned in her season-best time at the National Catholic Championships, with a 30:22. Jen is the daughter of Mary Boeddeker.



Jessica Burg

Sophomore • Major: Pre-Inclusive Early

Childhood Education

High School: Roger Bacon (Cincinnati, OH)

Burg returns for her second season with the Mount. She competed in six of the team's seven races last fall, turning in a fifth-place finish among Lions' runners at the HCAC Championship. Burg had a season-best time of 24:37 over the 5K course at the Wilmington College Classic. Jessica is the daughter of Carrie and Robert Johnson.



Gina Damman

Senior • Major: Accounting

High School: Archbold (Archbold, OH)

Damman returns for her third season with the Mount. She led Lions' runners three times, and finished second, twice out of the six races she competed in. Damman's best overall finish was 16th place at the Franklin College Invitational. Her best time was 20:33 at the National Catholic Championship. She also led the Mount runners at the HCAC Championship. Gina is the daughter of Colleen Holland and Joe Damman.



Kassie Koch

Senior • Major: Business

High School: Oak Hills (Cincinnati, OH)

Koch returns for her fourth season with the Mount. She raced in all seven meets last fall for the Lions, finishing as the team's top runner twice, including the NCAA Division III Regional, and placing second among the Mount runners four other times. Koch had a personal season-best time of 20:45 at the Wilmington College Classic and a 12th place finish at the Franklin College Invitational. Kassie is the daughter of Nancy and Kris Koch.



Abigail Modras

Freshman • Major: Business/Mathematics
High School: Northridge (Dayton, OH)

Modras joins the Mount for her first season. She ran cross country and competed in track & field all four years while in high school. Modras, who won her school's Most Valuable Player in both sports, was sixth in the league cross country meet. She was also on her school's Honor Roll all four years, in the National Honor Society (junior and senior years), was class treasurer, and won a US Marine Corps award for academic excellence. Modras was also a varsity cheerleader, in the Pep Club for four years and in the Key Club. Abigail is the daughter of Ruby and Daniel Modras.



Anna Pineault

Freshman • Major: Pre-Nursing
High School: Fairfield (Cincinnati, OH)

Pineault joins the Mount for her first season. She was her team's Most Improved Runner in 2006. Pineault competed in high school cross country for two seasons and in track & field for three seasons. She was also in her school's German Club. Anna is the daughter of Meg and Paul Pineault.



Amanda Smith

Junior • Major: Accounting
High School: Oak Hills (Cincinnati, OH)

Smith returns for her third season with the Mount. She competed in all seven races for the Mount in 2007, finishing third among Lions' runners – at the Louisville Classic – and she was fourth for the team three other times. Smith turned in a personal season-best time of 22:33 at the Wilmington College Classic. Amanda is the daughter of Kathy and Stu Smith.



2007 TEAM/INDIVIDUAL RESULTS

**Franklin College Invitational
 (Franklin, IN) 5K
 September 1**

Team Standings

- T1. Franklin College, 52
- T1. Wilmington College, 52
- 3. Rose-Hulman Institute of Technology, 70
- 4. Manchester College, 72
- 5. Mount, 122**
- 6. Earlham College, 129

Individual winner: Rachel Krasich,
 Rose-Hulman Institute of Technology,
 19:22.80

Mount individual results

- 12. Kassie Koch, 21:08.50
- 16. Gina Damman, 21:26.50
- 21. Angela Koehler, 22:07.40
- 33. Chelsea Tebbe, 22:47.50
- 40. Amanda Smith, 24:30.30
- 41. Mariana Lamping, 25:13.40
- 42. Hilary Neu, 26:19.90

**National Catholic Cross Country
 Championships
 (South Bend, IN) 5K
 September 14**

Division 2 race, 5 miles

**Team Standings (26 schools)
 (Top five)**

- 1. Bellarmine University, 63
- 2. College of Saint Benedict, 110
- 3. Loras College, 132
- 4. Regis University, 153
- 5. Saint Xavier University, 179
- 23. Mount, 595**

Individual winner: Margot Branigan,
 College of Saint Benedict, 18:44

Mount individual results

- 71. Gina Damman, 20:33.0
- 96. Angela Koehler, 20:58.0
- 113. Kassie Koch, 21:09.0
- 143. Chelsea Tebbe, 22:03.0
- 172. Amanda Smith, 24:28.0
- 175. Mariana Lamping, 24:59.0
- 177. Hilary Neu, 25:10.0
- 213. Jessica Burge, 25:57.0
- 218. Jennifer Boeddeker, 30:22.0

**Greater Louisville Classic
 (Louisville, KY) 5K
 September 29**

Team Standings (15 schools)

**Blue Division
 (Top five)**

- 1. Saint Joseph's College, 86
- 2. Franklin College, 110
- 3. Univ. of the Columbians, 117
- T4. Univ. of Detroit Mercy, 128
- T4. Wilmington College, 128
- T13. Mount, 316**

Individual winner: Emily Cochard,
 Hanover College, 18:50.69

Mount individual results

- 34. Angela Koehler 21:10.68
- 40. Kassie Koch 21:17.79
- 75. Amanda Smith 23:17.61
- 76. Gina Damman 23:28.56
- 91. Hilary Neu 24:52.14
- 93. Mariana Lamping 24:55.09
- 97. Erica Perry 25:43.74
- NP. Jen Boeddeker 31:31.74
- NO-No placing

2007 TEAM/INDIVIDUAL RESULTS (continued)**All-Ohio Championships
(Delaware, OH) 5K
October 5****Team Standings (22 schools)****NCAA Division III****(Top five)**

1. Case Western Reserve University, 23
2. Baldwin-Wallace College, 116
3. Ohio Wesleyan University, 124
4. Oberlin College, 141
5. Kenyon College, 142
- 18. Mount, 514**

Individual winner: Esther Erb,
Case Western, 18:29.70

Mount individual results

80. Angela Koehler, 22:54.70
83. Kassie Koch, 22:56.60
106. Chelsea Tebbe, 25:12.50
120. Amanda Smith, 25:50.20
125. Hilary Neu, 26:40.90
132. Mariana Lamping, 28:52.60
135. Erica Perry, 30:10.80

Open – three miles

151. Jessica Burg, 28:14.70
162. Jennifer Boeddeker, 33:23.90

**Wilmington College Fall Classic
(Wilmington, OH) 5K
October 12****Team Standings (22 schools)****(Top five)**

1. Otterbein College, 58
2. Franklin College, 134
3. Shawnee State University, 159
4. Centre College, 170
5. Hanover College, 171
- 12. Mount, 300**

Individual winner: Lisa Davies,
Shawnee State University, 18:41.01

Mount individual results

27. Gina Damman, 20:23.28
40. Kassie Koch, 20:45.22
68. Angela Koehler, 21:30.89
72. Chelsea Tebbe, 21:39.10
93. Amanda Smith, 22:33.66
131. Mariana Lamping, 24:22.33
134. Jessica Burg, 24:37.90
- NP. Erica Perry, 24:42.65
- NP. Hilary Neu, 25:11.89
- NP-No placing

**Heartland Collegiate Athletic
Conference Championships
(Hanover, IN) 6K
October 27****Team Standings**

1. Anderson University, 31
2. Franklin College, 67
3. Rose-Hulman Inst. of Tech., 72
4. Manchester College, 101
5. Hanover College, 125
- 6. Mount, 175**
7. Bluffton University, 196
9. Transylvania University, 249

Individual winner: Gwen Kemple,
Anderson University, 21:52.00

Mount individual results

23. Gina Damman, 25:32.00
25. Kassie Koch, 25:35.00
30. Angela Koehler, 25:58.00
45. Amanda Smith, 28:13.00
52. Jessica Burg, 30:49.00
53. Mariana Lamping, 31:19.00
56. Hilary Neu, 32:08.00

**NCAA Division III Great Lakes Regional
(Grand Rapids, MI) 6K
November 10****Team Standings (31 schools)****(Top five)**

1. Calvin College, 46
2. Case Western Reserve University, 73
3. DePauw University, 80
4. Kenyon College, 145
5. Oberlin College, 155
- 28. Mount, 823**

Individual winner: Esther Erb,
Case Western Reserve University, 21:13.15

Mount individual results

117. Kassie Koch, 24:48.40
154. Gina Damman, 25:32.85
157. Angela Koehler, 25:39.30
191. Amanda Smith, 27:30.55
204. Mariana Lamping, 28:49.10
205. Jessica Burg, 28:52.95

MOUNT IN THE HCAC

This year will be the Mount women's cross country team's 10th year in the Heartland Collegiate Athletic Conference. Other institutions that are in the conference are Anderson University, Bluffton University, Defiance College, Franklin College, Hanover College, Manchester College, Rose-Hulman Institute of Technology, and Transylvania University.

In their first HCAC action, the team was fifth out of seven teams at the 1999 HCAC Championships. During that season, Erin Hill ran the race in 19:52.0, placed eighth, and was named All-Conference. She was only 48 seconds behind the leader. In 2000, the Lions found themselves in sixth place as freshman Katie Nickoli placed 10th with a time of 19:57.0, and earned All-Conference. In 2001, the Mount did not qualify to receive a team score in the championship because only four runners competed (five runners are needed to qualify).

In 2002, the Mount was the host school and posted a seventh place finish in the eight-school conference meet. Katie Nickoli led the way for the Lions with a 26th place finish recording a time of 25:52.0 over the 6,000-meter course in Mt. Airy Forest (Cincinnati, Ohio). Anderson placed first in the team standings.

In 2003 the Lions took another seventh place finish out of eight schools. Katie Nickoli also led the women with a 12th place finish of 24:51.66 and gained All-Conference honors. Anderson University finished first again at the meet. The 2004 HCAC Championship meet saw Anderson repeat as conference champs, while the Lions did not record a team score, due to only four runners competing. Jessica Biedenbender led the way for the Mount with a time of 24:29.0 and a 22nd place finish.

In 2005, the Mount finished in seventh place at the HCAC Championship. Anderson once again took home the title in the overall team standings. Christine Kirchner led the way for the Lions with a 22nd place finish and an overall time of 25:34.04.

The Lions recorded a ninth place finish at the 2006 HCAC Championship. Once again Anderson took home the first place trophy. Gina Damman finished first among Mount runners with a time of 27:50.41.

Last season's Lions' team recorded a sixth place conference finish, their highest placing in the team standings since the 2000 team was sixth. Gina Damman (23rd) and Kassie Koch (25th) finished among the top 25 runners. Anderson captured the team title, their sixth straight. Seven runners in all raced for the Mount.

2007 HCAC CHAMPIONSHIP STANDINGS

School	Points	School	Points	School	Points
1. Anderson University	31	3. Rose-Hulman Institute of Technology	72	6. Mount	175
2. Franklin College	67	4. Manchester College	101	7. Bluffton University	196
		5. Hanover College	125	8. Defiance College	204
				9. Transylvania University	249

2007 ALL-CONFERENCE (listed in order of finish at the HCAC Championship)

Name	School	Class	Time	Name	School	Class	Time	Name	School	Class	Time
Gwen Kemple	AU	Sr.	21:52	Laura Lash	AU	Sr.	23:53	Marci White	FC	Sr.	24:18
Rachel Krasich	RH	Sr.	23:20	Melissa Rogers	RH	So.	24:08	Sarah Humphrey	BU	Sr.	24:24
Emily Cochard	HC	Sr.	23:25	Erica Moffitt	AU	So.	24:17	Becca Flanders	MC	Sr.	24:29
Angela Boggs	AU	Sr.	23:38	Erin Warning	FC	Fr.	24:18	Michelle Heck	FC	Sr.	24:32

2007 HCAC RUNNERS OF THE WEEK (week ending date listed)

Week Ending	Name, School	Week Ending	Name, School	Week Ending	Name, School
Sept. 2	Emily Cochard, Hanover	Sept. 23	Rachel Krasich, Rose-Hulman	Oct. 14	Gwen Kemple, Anderson
Sept. 9	Emily Cochard, Hanover	Sept. 30	Gwen Kemple, Anderson		
Sept. 16	Gwen Kemple, Anderson	Oct. 7	Amy Dunham, Hanover		

2007 MOUNT ACADEMIC ALL-CONFERENCE

Kassie Koch Hilary Neu Erica Perry

MOUNT PAST HCAC CHAMPIONSHIP RESULTS

1999	The Mount placed fifth out of seven schools; Anderson placed first.
2000	The Mount placed sixth out of seven schools; Hanover placed first.
2001	The Mount did not record a team score; Hanover placed first.
2002	The Mount placed seventh out of eight schools; Anderson placed first.
2003	The Mount placed seventh out of eight schools; Anderson placed first.
2004	The Mount did not record a team score; Anderson placed first.
2005	The Mount placed seventh out of eight schools; Anderson placed first.
2006	The Mount placed last out of nine schools; Anderson placed first.

MOUNT PAST ALL-CONFERENCE HONORS

1999 Erin Hill, eighth place, 19:52.0
 2000 Katie Nickoli, 10th place, 19:57.0
 2003 Katie Nickoli, 12th place, 24:51.0

MOUNT APPEARANCES IN THE NCAA DIVISION III REGIONAL MEET

2000 (at Hanover College)

Mount, no team score
 102. Katie Nickoli, 21:05.0
 173. Jenny Kroner, 22:39.0

2001 (at Kalamazoo College)

Mount, no team score
 151. Katie Nickoli, 21:02.0
 169. Jenny Kroner, 21:39.0
 176. Jessica Biedenbender, 21:47.0

2002 (at Ohio Northern University)

32. Mount, 895
 107. Katie Nickoli, 24:57.0
 148. Christine Kirchner, 25:35.0
 205. Alison Reid, 28:00.0
 216. Jill Kretchmer, 29:24.0
 219. Jennifer Kurtz, 30:32.0
 223. Christine Hadley, 32:42.0

2003 (at Hanover College)

25. Mount, 710
 92. Katie Nickoli, 25:17.0
 113. Jessica Biedenbender, 25:43.0
 116. Alison Reid, 25:44.0
 178. Christine Kirchner, 27:00.0
 211. Jill Kretchmer, 28:53.0
 221. Ann Graf, 29:58.0

2004 (at Alma College)

Mount, no team score
 103. Jessica Biedenbender, 24:17.5
 154. Alison Reid, 25:19
 189. Jill Kretchmer, 28:08.1

2005 (at Voice of America Park)

31. Mount, 932
 118. Christine Kirchner, 24:07.0
 209. Kassie Koch, 27:51.0
 216. Allison Reid, 29:14.0
 217. Therese Fussinger, 29:31.0
 219. Bethany Winch, 30:12.0
 220. Hilary Neu, 30:33.0
 222. Jennifer Boeddeker, 33:51.0

2006 (at Hanover College)

31. Mount, 987
 165. Kassie Koch, 27:06.1
 198. Amanda Smith, 29:21.2
 205. Alisha Rust, 30:15.0
 209. Hilary Neu, 33:38.1
 210. Jennifer Boeddeker, 37:06.7

MOUNT ALL-TIME INDIVIDUAL BEST TIMES

Two Miles –Individual

Name	Class	Time	Meet	Site	Date
Alison Reid	Freshman	15:44	Muskingum College	New Concord, OH	8/31/2002
Christine Kirchner	Freshman	15:48	Muskingum College	New Concord, OH	8/31/2002
Jill Kretchmer	Sophomore	16:51	Muskingum College	New Concord, OH	8/31/2002
Katie Nickoli	Junior	17:01	Muskingum College	New Concord, OH	8/31/2002
Jennifer Kurtz	Freshman	17:11	Muskingum College	New Concord, OH	8/31/2002
Erin Mallory	Senior	20:50	Muskingum College	New Concord, OH	8/31/2002

4K –Individual

Name	Class	Time	Meet	Site	Date
Christine Kirchner	Senior	17:07	Tiffin-Heidelberg	Tiffin, OH	9/2/2005
Kassie Koch	Freshman	17:35	Tiffin-Heidelberg	Tiffin, OH	9/2/2005
Bethany Winch	Freshman	18:11	Tiffin-Heidelberg	Tiffin, OH	9/2/2005
Therese Fussinger	Freshman	21:54	Tiffin-Heidelberg	Tiffin, OH	9/2/2005

5K –Individual

Name	Class	Time	Meet	Site	Date
Erin Hill	Junior	19:39	Cedarville Friendship	Cedarville, OH	9/25/1999
Katie Nickoli	Freshman	19:52	Wilmington College	Wilmington, OH	9/16/2000
Jessica Biedenbender	Freshman	20:07	Wilmington College	Wilmington, OH	9/16/2000
Jenny Kroner	Freshman	20:12	Midway College	Midway, KY	10/6/2000
Christine Kirchner	Freshman	20:23	Tiffin-Heidelberg	Tiffin, OH	9/5/2003
Gina Damman	Junior	23:23	Wilmington College	Wilmington, OH	10/12/2007
Gina Damman	Junior	20:33	Natl. Catholic Championships	South Bend, IN	9/14/2007
Kassie Koch	Junior	20:45	Wilmington College	Wilmington, OH	10/12/2007
Amanda Welch	Freshman	20:50	Olivet Nazarene	Kankakee, IL	10/23/1999
Christine Kirchner	Senior	20:51	Natl. Catholic Championships	South Bend, OH	9/16/2005

6K -Individual

Name	Class	Time	Meet	Site	Date
Jessica Biedenbender	Senior	24:44	Wilmington College	Wilmington, OH	9/20/2003
Katie Nickoli	Senior	25:38	Polar Bear	Ada, OH	10/18/2003
Christine Kirchner	Sophomore	26:18	Polar Bear	Ada, OH	10/18/2003
Alison Reid	Sophomore	26:28	Polar Bear	Ada, OH	10/18/2003
Jill Kretchmer	Junior	28:12	Polar Bear	Ada, OH	10/18/2003
Ann Graf	Freshman	28:22	Polar Bear	Ada, OH	10/18/2003
Jennifer Kurtz	Freshman	30:34	Wilmington College	Wilmington, OH	10/18/2002
Sylvia Delgado	Junior	30:36	Polar Bear	Ada, OH	10/18/2003
Adrian Vance	Junior	32:02	Wilmington College	Wilmington, OH	9/20/2003

5K -Conference

Name	Class	Time	Location	Site	Date
*Erin Hill	Junior	19:52	Hanover College	Hanover, IN	10/30/1999
*Katie Nickoli	Freshman	19:57	Manchester College	Manchester, IN	10/28/2000
Jenny Kroner	Freshman	20:57	Manchester College	Manchester, IN	10/28/2000
Jenny Kroner	Sophomore	21:24	Anderson University	Anderson, IN	10/27/2001
Jessica Biedenbender	Freshman	21:26	Manchester College	Manchester, IN	10/28/2000
Kelley Widener	Freshman	21:28	Hanover College	Hanover, IN	10/30/1999
Jessica Biedenbender	Sophomore	21:38	Anderson University	Anderson, IN	10/27/2001
Kristen Nichols	Freshman	21:47	Hanover College	Hanover, IN	10/30/1999
Amanda Welch	Freshman	22:01	Hanover College	Hanover, IN	10/30/1999
Lindsey Martin	Sophomore	22:28	Hanover College	Hanover, IN	10/30/1999

6k - Conference

Name	Class	Time	Location	Site	Date
Jessica Biedenbender	Senior	24:29	Defiance College	Defiance, OH	10/30/2004
*Katie Nickoli	Senior	24:51	Transylvania University	Versailles, KY	11/01/2003
Jessica Biedenbender	Senior	24:56	Transylvania University	Versailles, KY	11/01/2003
Christine Kirchner	Junior	25:32	Defiance College	Defiance, OH	10/30/2004
Gina Damman	Junior	25:32	Hanover College	Hanover, IN	10/27/2007
Kassie Koch	Junior	25:35	Hanover College	Hanover, IN	10/27/2007
Christine Kirchner	Sophomore	25:42	Transylvania University	Versailles, KY	11/01/2003
Katie Nickoli	Junior	25:52	Mount	Cincinnati, OH	10/26/2002
Angela Koehler	Freshman	25:58	Hanover College	Hanover, IN	10/27/2007
Christine Kirchner	Freshman	26:27	Mount	Cincinnati, OH	10/26/2002

5K -Regional

Date	Class	Time	Location	Site	Date
Katie Nickoli	Sophomore	21:02	Kalamazoo College	Kalamazoo, MI	11/10/2001
Katie Nickoli	Freshman	21:05	Hanover College	Hanover, IN	11/11/2000
Jenny Kroner	Sophomore	21:39	Kalamazoo College	Kalamazoo, MI	11/10/2001
Jessica Biedenbender	Sophomore	21:47	Kalamazoo College	Kalamazoo, MI	11/10/2001
Jenny Kroner	Freshman	22:39	Hanover College	Hanover, IN	11/11/2000

6K -Regional

Name	Class	Time	Location	Site	Date
Christine Kirchner	Senior	24:07	Voice of America Park	West Chester, OH	11/12/2005
Jessica Biedenbender	Senior	24:17	Alma College	Alma, OH	11/13/2004
Kassie Koch	Junior	24:48	Calvin College	Grand Rapids, MI	11/10/2007
Katie Nickoli	Junior	24:57	Ohio Northern University	Ada, OH	11/16/2002
Katie Nickoli	Senior	25:17	Hanover College	Hanover, IN	11/15/2003
Alison Reid	Junior	25:19	Alma College	Alma, OH	11/13/2004
Gina Damman	Junior	25:32	Calvin College	Grand Rapids, MI	11/10/2007
Christine Kirchner	Freshman	25:35	Ohio Northern University	Ada, OH	11/16/2002
Angela Koehler	Freshman	25:39	Calvin College	Grand Rapids, MI	11/10/2007
Jessica Biedenbender	Senior	25:43	Hanover College	Hanover, IN	11/15/2003

*All-Conference

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* This list was deemed accurate at time of publication and we regret any omissions.