



Track & Field Guide

COLLEGE OF MOUNT ST. JOSEPH

2009



2 GENERAL INFORMATION

About this Guide	2
Staff Directory	2
Athletic Facilities at the Mount	2
About the College of Mount St. Joseph	3
HCAC Information	3
Interview Policy, Press Credentials	3
Message from the President, Dr. Tony Aretz	4
Message from the Director of Athletics, Steve Radcliffe	4
Support Staff, Athletic Training Staff	5

6 MEN'S TRACK & FIELD

2009 Schedule	7
2009 Roster	7
2009 Outlook	8
Head Coach Profile	8
Assistant Coaches Profiles	8
2009 Returning Athletes' Profiles	9
2008 Meet Results	10
The Mount in the HCAC	11
2008 HCAC Championship	11
2008 HCAC Championship Mount Point Scorers	11
2008 All-Conference	12
2008 HCAC Athletes of the Week	12
2007 Mount HCAC Championship Point Scorers	13
2006 Mount HCAC Championship Point Scorers	13
2005 Mount HCAC Championship Point Scorers	13
2004 Mount HCAC Championship Point Scorers	13
Mount Past HCAC Championship Results	14
Mount Individual Records	14

16 WOMEN'S TRACK & FIELD

2009 Schedule	17
2009 Roster	17
2009 Outlook	18
Head Coach Profile	18
Assistant Coaches Profiles	18
2009 Returning Athletes' Profiles	19
2008 Meet Results	20
The Mount in the HCAC	20
2008 HCAC Championship	21
2008 HCAC Championship Mount Point Scorers	21
2008 All-Conference	21
2008 HCAC Athletes of the Week	22
2007 Mount HCAC Championship Point Scorers	22
2006 Mount HCAC Championship Point Scorers	22
2005 Mount HCAC Championship Point Scorers	22
2004 Mount HCAC Championship Point Scorers	22
Mount Past HCAC Championship Results	23
Mount Individual Records	23

ABOUT THIS GUIDE

The College of Mount St. Joseph's 2009 Track & Field 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 March 2009 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 Simpson, 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 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

Jeff Bumiller, Assistant Men's Lacrosse Coach.....	244-8580
Sean Murphy, Assistant Women's Lacrosse Coach	244-8580
Rudy Argueta, Men's Soccer Coach, Assistant Women's Soccer Coach	244-8586
Leah Todd, Women's Soccer Coach, Assistant Men's Soccer Coach	244-8587
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
Jon Bennett, Men's/Women's Volleyball Coach	244-4316
Erin Pauley, Assistant Women's Volleyball Coach/ Coordinator of Strength and Conditioning	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.....	244-8588
Susan Blackson, A.T.C., Assistant Athletic Trainer.....	244-4599
Erin Beckwith, A.T.C., Assistant Athletic Trainer	244-4875
Kristin Stauffer, A.T.C., Assistant Athletic Trainer	244-8595
Lucas Solum, A.T.C., Assistant Athletic Trainer	244-4875
Howard Schertzinger 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 "Building Excitement" Campaign, which included athletic fields to accommodate more Mount teams on campus for practice and home games.

On the east side of the Mount's campus, the Lions have the Sports Complex and Schueler Field, home to the College's football, soccer, lacrosse, and track & field programs. The Sports Complex seats up to 2,400 spectators and additional facilities house the Mount's academic program in athletic training, as well as locker rooms and concessions. The "Building Excitement" Campaign, which included the renovation of nearby College property into practice fields on River Road, has given the Lions' softball team a home field – the Kinder Morgan Softball Complex, and practice fields for the College's baseball, soccer, football and lacrosse teams.

The Mount Lions' baseball team plays home games at Midland Field in Amelia, Ohio, one of Cincinnati's finest baseball facilities for

teams and spectators. They also play home games at the University of Cincinnati's Marge Schott Stadium, one of the top collegiate settings in the Midwest.

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 walleyball; fitness center; weight training; athletic training; and locker facilities. The Mount's wrestling team also has home matches and invitationals in the Harrington Center.

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 Lion's Roar 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. The women's golf team's home course is Aston Oaks Course in North Bend, Ohio.

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 entered 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 Mount's athletics programs enjoyed many successes this past fall. Football finished the season with a 5-5 overall record, the seventh straight season for the Lions to finish with a .500 or better record. The

Women's Soccer team, which won the HCAC with a perfect 8-0 season in the HCAC, captured the HCAC Tournament Championship to qualify to the NCAA Division III Great Lakes Regional. The 14 wins they had were a school single-season record. The Volleyball Team, a regular member of the AVCA Coaches Poll Top 25, finished with a 29-11 record, won the HCAC Regular Season title with a 7-1 record and also won the HCAC Tournament. The Lions received an automatic qualification to the NCAA Division III Great Lakes Regional where they knocked off Washington & Lee University.

The Lions' winter athletic teams, men's and women's basketball, and wrestling, were engaged in competitive seasons and looking to move on to the Conference Tournaments and perhaps beyond. Many individuals were enjoying strong seasons.

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.

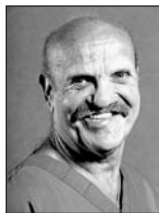
SUPPORT STAFF



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



Dr. Robert Burger
Team Orthopedic Director



Dr. Howard Schertzinger
Team Physician

Men's Track & Field · 2009



2009 SCHEDULE

Indoor

Date	Name of Meet (School)	Location	Time
Jan. 24	Wabash College Invite	Crawfordsville, IN	12:00 p.m.
Feb. 7	Anderson Indoor Invitational	Anderson, IN	3:00 p.m.
Feb. 14	All-Ohio Championship (Otterbein College)	Westerville, OH	12:00 p.m.
Feb. 21	Hoosier-Buckeye Invitational (Rose-Hulman Inst. of Tech.)	Terre Haute, IN	1:00 p.m.
Mar. 6	DePauw Indoor Qualifier (DePauw University)	Greencastle, IN	5:00 p.m.
Mar. 13-14	NCAA Division III Indoor Championship*	Terre Haute, IN	TBA

Outdoor

Date	Name of Meet (School)	Location	Time
Mar. 21	Early Bird Relays (University of Cincinnati)	Cincinnati, OH	TBA
Mar. 28	Hanover College Invitational (Hanover College)	Madison, IN	12:00 a.m.
Apr. 4	Anderson University Invitational	Anderson, IN	11:00 a.m.
Apr. 11	All-Ohio Championship (Ohio Wesleyan University)	Delaware, OH	10:00 a.m.
Apr. 18	Quaker Invitational (Wilmington College)	Wilmington, OH	11:00 a.m.
Apr. 24-25	HCAC Championship (Rose-Hulman Inst. of Tech.)	Terre Haute, IN	3:30 p.m.
May 1	MSJ Invitational (College of Mount St. Joseph)	Cincinnati, OH	3:00 p.m.
May 8	Billy Hayes Invitational (Indiana University)	Bloomington, IN	TBA
May 15-16	Gregory Invitational (North Central College)	Naperville, IL	TBA
May 21-22	NCAA Division III Outdoor Championship*	Marietta, OH	TBA

*Need to qualify to compete in

Home meets in bold

2009 ROSTER

Name	Class	Events	Hometown	High School
Ryan Averbeck	Senior	Throws	Independence, KY	Simon Kenton
Travis Blank	Senior	Throws	Dayton, OH	Bellbrook
Xavier Brison	Freshman	Hurdles	Cadiz, KY	Trigg County
Aubrey Carter	Freshman	Sprints	Erlanger, KY	Dixie Heights
David Davis	Junior	Sprints/Jumps	Longwood, FL	Lake Mary
Justin Fuller	Sophomore	Sprints	Cincinnati, OH	Walnut Hills
Seth Gilley	Junior	Sprints	Casstown, OH	Miami East
Cory Hardin	Junior	Sprints/Jumps	Fairborn, OH	Fairborn
Robert Jackson	Freshman	Sprints/Jumps	Toledo, OH	Waite
Sean Jansen	Freshman	Throws	Dayton, OH	Carroll
Scotty Mayes	Freshman	Sprints	Cadiz, KY	Trigg County
Randall Mitchell	Junior	Throws	Columbus, OH	Eastmoor Academy
Bryan Paugh	Freshman	Throws	Milford, OH	Milford
Tim Pope	Freshman	Pole Vault	Cincinnati, OH	Elder
Colin Saylor	Freshman	Throws	Louisville, KY	Trinity
Jeff Schroer	Junior	Distance	Cincinnati, OH	Elder
Zach Shaw	Sophomore	Distance	Wyoming, OH	Wyoming
Alex Shields	Junior	Distance	Cincinnati, OH	LaSalle
Derick Tabar	Sophomore	Sprints	Cincinnati, OH	Colerain
Jim Tritt	Sophomore	Distance	Dayton, OH	Oakwood
Ben Weidner	Junior	Distance	Cincinnati, OH	Elder

2009 OUTLOOK

The Lions' track & field team is looking for a new direction in 2009. New Head Coach Paul Longano begins his first season at the helm of the Lions' track & field team this season. Longano also coached the Mount's cross country team this past fall. Longano is looking for improvement from his team this year, hoping for a top-four finish from his men's track & field team.

Standing in the way of their goals will be a very talented group of conference schools. Always very competitive, the teams of the HCAC will be tough competition for the Lions.

"The competition looks tough," explains Longano. "On the men's side Rose-Hulman returns a lot of good athletes."

In addition to their goal of a top-four finish, Longano also has other goals for his team this season. Overall, he hopes for improvement in the team standings at their meets this season. He is also looking for his team to produce more event winners than in past seasons. To accomplish these goals, Longano feels that the team's new coaching staff will help them achieve their goals.

"The biggest improvement from last year is the coaching staff," he adds. "I feel that we have a very diverse, talented coaching staff that is slowly raising the level of expectations for the program."

The team will be returning athletes who did see much success last season. Most notably is junior Randall Mitchell, who is the defending

conference champ in the shot put. Also joining Mitchell in the throws will be senior Travis Blank. Both athletes will look to have a big impact this season according to Longano. The Mount also has good experience returning in competitors in the middle to long distance events, including Jeff Schroer, Zach Shaw, Alex Shields, and Ben Weidner. All are members of the Lions' cross country program, too.

Joining this season's veterans will be a new cast of athletes that will aim to contribute. One new athlete Longano is excited about is Aubrey Carter.

"I think that Aubrey Carter has the ability to win the 400 hurdles," Longano adds. "Aubrey is a very talented young man. Last year, Rashawn Eastman won the event for the Mount and it would be nice to establish a history of winning in this event."

In addition to Carter, the team will also welcome eight new freshman athletes.

Longano hopes to mix the combination of his experience, his new coaching staff, talented returners, and a promising group of first-year athletes into a competitive group to realize team and individual goals this season.

2009 COACHING STAFF



Head Coach Paul Longano

Paul Longano begins his first season as head coach for the College's men's and women's track & field teams. Longano, who started in July 2008 at the Mount, is also the Lions' men's and women's cross country coach, which he coached in his first season this past fall.

Longano came 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 of Arts in History degree from the University of Cincinnati (1998) and a Master of Education in Sports Administration degree from Xavier (2006). Longano resides in Cleves, Ohio, with his wife, Bernadette, and children, Thomas, Anthony, Teresa Marie, and John Paul.



Assistant Coach Jeff Hill

Jeff Hill returns for his fourth season overall for the Lions' men's and women's track & field teams. He was the program's interim head coach in 2008. He oversees the team's sprints, hurdles, jumps, and relay events. Hill was an assistant football coach for the Mount from 2000-2003 and from 2006-2008.

Hill has also been employed as a physical education director at the Clem and Ann Buenger Boys and Girls Club in Newport, Ky. In addition he has worked as a new business coordinator and account associate at Pension Corporation of America in Cincinnati and was a physical education director at the Kenton County (Kentucky) Boys and Girls Club.

Hill, who has a Bachelor's of Arts in Communications degree from Purdue University, played football in college and was a member of the NFL Cincinnati Bengals. He is a graduate of Mt. Healthy High School where he was an All-State football and track & field athlete.

Coach Hill resides in Cincinnati, Ohio.



Assistant Coach Tina Blakley

Tina Blakley begins her first season as assistant coach for the Lions' men's and women's track & field teams. She is also the Mount's assistant men's and women's cross country coach. Blakley 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 and 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, Ind. with her family.



Assistant Coach Jamie Eastham

Jamie Eastham enters her first season as an assistant coach for the Lions' men's and women's track & field teams. The Princeton High School graduate (2000) received her Bachelor of Liberal Arts in Physical and Health Education degree from Muskingum College (2005), where she was a four-year member of the school's track & field team. While at

Muskingum, Eastham, who holds Muskingum's Shot Put record, was a two-time All-American in the shot put, and a seven-time national qualifier in that throwing event. She also holds the Princeton High School record in the discus throw.

Eastham, who is CPR and first aid certified, is employed at Bethesda North Hospital as a Level Three Registrar. She resides in Middletown, Ohio.

2009 RETURNING ATHLETES' PROFILES



Ryan Averbeck

Senior

Major: Graphic Design

High School: Independence, KY (Simon Kenton)

Averbeck, who did not compete last season, returns for his third season with the Lions. He is expected to compete in the throwing events this coming season.

Ryan is the son of Matt and Robbin Averbeck.



Seth Gilley

Junior

Major: Sport Management

High School: Miami East (Casstown, OH)

Gilley returns for his third season with the Mount. He competed in last season's indoor campaign, racing in the 200-meter dash; and in the 2008

outdoor season, running the 100-meter dash, 400-meter dash, and the 200-meter dash. Seth is the son of Kim and Richard Gilley.



Travis Blank

Senior

Major: Graphic Design

High School: Dayton, OH (Bellbrook)

Blank returns for his third season with the Mount.

Last season he competed in both the indoor and outdoor seasons for the Lions. During the indoor

season he participated in the shot put and the weight throw, turning in the team's best mark of the season in the latter category with a school-record throw of 42-04.75 at the Anderson University Invitational. Blank competed in the shot put and discus throw during the 2008 outdoor season. In addition, he was a four-year member of the Mount's football team. Travis is the son of Christy and Craig Blank.



Randall Mitchell

Junior

Major: Undeclared

High School: Eastmoor Academy (Columbus, OH)

Mitchell returns for his third season with the Mount.

In 2008, he turned in the team's best indoor shot put throw with a distance of 49-01.75 – a school

record; and was second on the team in the weight throw. Mitchell, who also set the school-record last season in the outdoor shot put with a toss of 49-01.00, was named All-Conference during the outdoor season for his first place shot put throw at the HCAC Championship. In addition, Mitchell had the team's best discus throw during the outdoor season. He was third in the discus throw at the HCAC Championship last spring. In addition, Mitchell is also a member of the Mount's football team. Randall is the son of Sandra and Reginald Mitchell.



David Davis

Junior

Major: Sport Management

High School: Longwood, FL (Lake Mary)

Davis returns for his second season with the Mount.

He participated in four events for the Lions during the 2008 indoor season – the 55-meter dash, the

200-meter dash, the long jump and the 4x200-meter relay. He had the team's best time in the 55-meter dash, and the second-best time during the indoor season in the 200-meter dash. Davis was also a member of the school's record-setting (indoor) 4x200-meter relay team, which turned in a time of 1:38.15 at the Hoosier-Buckeye Invitational. During the 2008 outdoor season he had a team-best 11.63 in the 100-meter dash, a team-best time of 23.81 in the 200-meter dash, and also competed in the long jump and was on the 4x100-meter relay team. Davis is also a member of the Lions' football team. David is the son of Melissa and Lee Davis.



Jeff Schroer

Junior

Major: Nursing

High School: Elder (Cincinnati, OH)

Schroer returns for his third season with the Mount.

He competed in four events during last season's indoor portion – the one mile run, 5000-meter run,

1000-meter run, and the distance medley. He had the team's top times, and set school records, in the indoor 5000-meter run and the 1000-meter run. Schroer also participated in four events during the outdoor season last spring – the 10,000-meter run, 5000-meter run, 1500-meter run and the 800-run. He had the team's best time in the first two events and set a school record in the 5000-meter run. Schroer was eighth in the 10,000-meter run at the HCAC Championship. He is also a member of the Lions' cross country team. Jeff is the son of Mary and Thomas Schroer.



Justin Fuller

Sophomore

Major: Psychology

High School: Walnut Hills (Cincinnati, OH)

Fuller returns for his second season with the Mount.

He raced in the 200-meter dash during the indoor season last spring and competed in the 100-meter

dash and 200-meter dash, turning in the team's second-best time, during the outdoor season. In addition, Fuller is also on the Lions' football team. Justin is the son of Shelly Fuller.

2009 RETURNING ATHLETES' PROFILES (Continued)



Zach Shaw
Sophomore
Major: Undeclared
High School: Wyoming (Wyoming, OH)
 Shaw returns for his second season with the Mount. He ran in the 800-meter run and the distance medley events for the Lions last season during the indoor season, and competed in the 800-meter run, 1500-meter run, and the 4x400-meter relay during the outdoor season. Shaw recorded the team's second-fastest time of the season in the three individual events and was part of the school's record-setting performances on the relay events. He is also a member of the Lions' cross country team. 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 once again had a busy season of running for the Lions last season, competing in three events – 800-meter run, one mile run, and distance medley during the indoor campaign, and participating in the 800-meter run, 1500-meter run and 5000-meter run during the outdoor portion. Shields is also a member of the Lions' cross country team. Alex is the son of Karen and Robert Shields.



Derick Tabar
Sophomore
Major: Sport Management
High School: Colerain (Cincinnati, OH)
 Tabar returns for his second season with the Mount. He turned in a school-record indoor time last season in the 200-meter dash while also being part of the team's record-setting 4x200-meter relay team. Tabar is also a member of the Mount's football team. Derick is the son of Diana and Robert Tabar.



Ben Weidner
Junior
Major: Athletic Training
High School: Elder (Cincinnati, OH)
 Weidner returns for his third season with the Mount. He set school records last season during the indoor portion of the schedule in the 800-meter run, one mile run and was on the record-setting distance medley. Weidner also had a solid all-around outdoor season in 2008, competing in four events, 800-meter run, 1500-meter run, 3000-meter steeplechase and the 4x400-meter relay. He recorded a third place finish in the 800-meter run at the HCAC Championship, set a school-record in the steeplechase, and was on the school record-setting 4x400-meter relay team. In addition, Weidner is on the Lions' cross country team. Ben is the son of Kimberlee and Robert Weidner.

2008 MEET RESULTS

Indoor

Date	Name of the Meet	Location	Results
2/9	Wabash College Invitational	Crawfordsville, IN	No team scores
2/16	Hoosier-Buckeye Invitational	Terre Haute, IN	Sixth place
2/23	Anderson University Invitational	Anderson, IN	No team scores

Outdoor

Date	Name of the Meet	Location	Results
3/22	Rhodes College Invitational	Memphis, TN	No team scores
3/29	Cedarville University Collegiate Open	Cedarville, OH	Ninth place
4/5	DePauw University Invitational	Greencastle, IN	11th place
4/12	All-Ohio Meet Division III (Ohio Wesleyan University)	Delaware, OH	t-18th place
4/19	Earlham College Invitational	Richmond, IN	Second place
4/25-26	HCAC Championship	Anderson, IN	Sixth place
5/9	Billy Hayes Invitational (Indiana University)	Bloomington, IN	No team scores
5/15-16	North Central College "Last Chance" Meet	Naperville, IL	No team scores

THE MOUNT IN THE HCAC

The Lions enter their sixth season of action in the Heartland Collegiate Athletic Conference.

The men's team tied for sixth place at the 2004 meet. Among those who ran well for the Lions were Kurtis Smith and Don Haggard. Smith took second place and recorded his best time in the 800-meter run (1:58.05). Haggard ran in the 200 dash preliminaries and qualified for the final round with a time of 23.94, also his best recorded time of the season. Haggard also performed well in field events along with teammate John Theibert, who participated in the long jump and high jump. Haggard recorded his best jump, 5 foot, 6 inches, in the high jump event while Theibert recorded his best throw in the javelin event, 143 foot, 9 inches, which garnered him seventh place.

In 2005, the Lions finished sixth in the HCAC Championship. Rashon Lewis took home both the 100 and 200 dashes and was named all-HCAC. The Mount also won the 4x100 relay.

In 2006, the Mount finished fifth in the HCAC Championship. Eric Long took home two events, the high jump (6-04.00) and the triple jump (43-03.75), while Lewis defended his title in the 100 dash, recording a time of 10.78.

The Mount was eighth in the 2007 HCAC Championship meet. Randall Mitchell was named All-Conference due to winning the shot put competition, garnering 10 of the Mount's 19 total points in the meet. Jeff Schroer turned in a fifth place finish in the 10,000-meter run.

The Lions improved to sixth in last season's HCAC Championship, falling just two points shy of a fifth place finish. Randall Mitchell and Rayshawn Eastman led the way, as Mitchell gained All-HCAC accolades due to this first place throw in the shot put. Mitchell was third in the discus throw. Eastman, who also achieved all-conference honors, was first in the 400-meter hurdles and second in the triple jump. Ben Weidner placed third in the 800-meter run.

2008 HCAC CHAMPIONSHIP (OUTDOOR SEASON)

Team Standings	Points
1. Rose-Hulman	199
2. Anderson	193
3. Defiance	97
4. Franklin	74
5. Manchester	63
6. Mount	61
7. Bluffton	46
8. Hanover	45

2008 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

100-meter dash: 8th place, David Davis, 11.67, 1 point

800-meter run: 3rd place, Ben Weidner, 1:59.34, 6 points

10,000-meter run: 8th place, Jeff Schroer, 35:09.59, 1 point

110-meter hurdles: 6th place, Rayshawn Eastman, 16.37, 3 points

400-meter hurdles: 1st place, *Rayshawn Eastman, 54.33, 10 points; 8th place, James Pursley, 1:01.18, 1 point

4x100-meter relay: 4th place (Tyrone Jones, Tyler Lane, David Davis, Rayshawn Eastman), 44:71, 5 points

4x400-meter relay: 6th place (Ben Weidner, Rayshawn Eastman, James Pursley, Zach Shaw), 3:33.21, 3 points

Long Jump: 4th place, Tyrone Jones, 20-00.50, 5 points

Triple Jump: 2nd place, Rayshawn Eastman, 43-05.25, 8 points

Shot Put: 1st place, *Randall Mitchell, 47-09.75, 10 points; 7th place, Ben Eisenmenger, 43-09.75, 2 points

Discus Throw: 3rd place, Randall Mitchell, 141-11, 6 points

**Participants named All-Conference by virtue of placing first.*

2008 ALL-CONFERENCE

E.J. Cripe, Fr., Anderson
 Garrett Zick, Sr., Anderson
 Christian Postel, Sr., Franklin
 Sean Hudson, Sr., Anderson
 Brandon Welti, Jr., Franklin
 Michael Burris, So., Rose-Hulman
Rayshawn Eastman, Sr., Mount
 Matt Repking, Sr., Rose-Hulman
 Bradley Zarembski, So., Defiance
 Matt Fosnaugh, Sr., Defiance
 Thomas Reives, Sr., Rose-Hulman
Randall Mitchell, So., Mount
 Jason Fisher, So., Bluffton
 Trevor Matuszak, Sr., Defiance
 Nic Huffman, Sr., Anderson
 Mark Price, Sr., Anderson
 Josh Randolph, Jr., Anderson
 Jon Lugar, Sr., Anderson

Honorable Mention All-HCAC

(Athlete must accumulate 16 points at HCAC Championships)

Austin Trivett, Fr., Defiance

Most Outstanding Track Athlete: Brandon Welti, Franklin College

Most Outstanding Field Athlete: Thomas Reives, Rose-Hulman Institute of Technology

Most Outstanding Freshman Athlete: Austin Trivett, Defiance College

Coach of the Year: Larry Cole, Rose-Hulman Institute of Technology

2008 HCAC ATHLETES OF THE WEEK

Week Ending	Name, School
Mar. 23	Track – Christian Postel, Franklin
	Field – Brad Zarembski, Defiance
Mar. 30	Track – Matt Repking, Rose-Hulman
	Field – Trevor Matuszak, Defiance
Apr. 6	Track – Ryan Begerman, Franklin
	Field – Brad Zarembski, Defiance
Apr. 13	Track – Sean Hudson, Anderson
	Field – Trevor Matuszak, Defiance
Apr. 20	Track – Ben Weidner, Mount
	Field – Beau Bradtmiller, Manchester

2007 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

10,000-meter run: Jeffrey Schroer, 34:05.80, 5th place, 4 points

400-meter hurdles: James Pursley, 1:00.93, 8th place, 1 point

4x100-meter relay: John Barbour, Raheem Johnson, Josh Huffman, Bryan Sander, 46.29, 7th place, 2 points

4x400-meter relay: Raheem Johnson, Josh Huffman, James Pursley, Nick Runyan, 3:39.48, 7th place, 2 points

***Shot Put:** Randall Mitchell, 47-11.25, 1st place, 10 points

**Participants named All-Conference by virtue of placing first.*

2006 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

4x100-meter relay: Jonathan Burrell, Alan McCoy, Jeff Williams, Rashon Lewis, 43.02, 2nd place, 8 points

***100-meter dash:** Rashon Lewis, 10.78, 1st place, 10 points; Jeff Williams, 11.48, 6th place, 1 point

400-meter hurdles: Paul Brousseau, 1:00.60, 5th place, 2 points

***High Jump:** Eric Long, 6-04.00, 1st place, 10 points; Andrew Ackerman 5-10.00, 5th place, 2 points

Pole Vault: Paul Brousseau, 12-00.00, 6th place, 1 point

Long Jump: Eric Long, 21-00.00, 2nd place, 8 points; Alan McCoy, 19-0.25, 4th place, 4 points; Andrew Ackerman, 18-08.00, 6th place, 1 point

***Triple Jump:** Eric Long, 43-03.75, 1st place, 10 points

Shot Put: Ross Parthemore, 40-08.25, 5th place, 2 points

**Participants named All-Conference by virtue of placing first.*

2005 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

***100-meter dash:** Rashon Lewis, 1.76, 1st place, 10 points

***200-meter dash:** Rashon Lewis, 22.43, 1st place, 10 points

110-meter hurdles: Paul Brousseau, 16.5, 4th place, 4 points

***4x100-meter relay:** Jeff Williams, Jonathan Burrell, Paul Brousseau, Rashon Lewis, 43.28, 1st place, 10 points

Pole Vault: Paul Brousseau, 12-05.50, 5th place, 2 points

Long Jump: Alan McCoy, 19-25.25, 6th place, 1 point

High Jump: Andrew Ackerman, 5-10, t-6th place, .5 points

Javelin Throw: Ian Klein, 166-07, 2nd place, 8 points

Shot Put: Ian Klein, 41-02.25, 6th place, 1 point

**Participants named All-Conference by virtue of placing first.*

2004 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

200-meter dash: Don Haggard, 24.18, 6th place, 1 point

800-meter run: Kurtis Smith, 1:58.05, 2nd place, 8 points

High Jump: Don Haggard, 5-06.00, 4th place, 4 points

MOUNT PAST HCAC CHAMPIONSHIP RESULTS

Season	School Champion	Mount finish
2004	Anderson	Tied, Sixth place
2005	Anderson	Sixth place
2006	Anderson	Fifth place
2007	Rose-Hulman	Sixth place

MOUNT INDIVIDUAL RECORDS

INDOOR

55-meter dash

Jeff Williams, 6.87, 2006

200-meter dash

Derick Tabar, 24.53, 2008

300-meter dash

Don Haggard, 39.76, 2004

400-meter dash

Jason Drengler, 54.95, 2005

500-meter run

Nick Runyan, 1:16.68, 2007

800-meter run

Ben Weidner, 1:59.82, 2008

1000-meter run

Jeff Schroer, 2:51.28, 2008

1500-meter run

Kurtis Smith, 4:13.89, 2004

1600-meter run

Jeffrey Schroer, 4:49.98, 2007

3000-meter run

Jeffrey Schroer, 9:32.93, 2007

5000-meter run

Jeff Schroer, 16:40.13, 2008

1 mile run

Ben Weidner, 4:37.34, 2008

55-meter hurdles

Rayshawn Eastman, 8:13, 2007

High Jump

Eric Long, 6-02.00, 2006

Long Jump

Eric Long, 21-08.0, 2006

Triple Jump

Eric Long, 42-11.50, 2006

Shot Put

Randall Mitchell, 49-01.75, 2008

Pole Vault

Paul Brousseau, 12-00.00, 2005

Weight Throw

Travis Blank, 42-04.75, 2008

4x200-meter relay

Tyrone Jones, Derick Tabar, David Davis, Tyler Lane, 1:38.15, 2008

4x400-meter relay

Rayshawn Eastman, Ben Weidner, Joe Grace, Nick Runyan, 3:39.89, 2007

4000-meter medley

Ben Weidner, Zach Shaw, Alex Shields, Jeff Schroer, 11:25.78*, 2008

OUTDOOR**100-meter dash**

Rashon Lewis, 10.60, 2006 (Provisional qualifying time for the NCAA National Meet)

200-meter dash

Rashon Lewis, 22.43, 2005

400-meter dash

Rayshawn Eastman, 49.69, 2008

800-meter run

Kurtis Smith, 1:58.05, 2004

1500-meter run

Kurtis Smith, 4:08.04, 2004

5000-meter run

Jeff Schroer, 16:15.87, 2008

10,000-meter run

Jeff Schroer, 34:05.80, 2007

High Jump

Eric Long, 6-04.00, 2006

Long Jump

Eric Long, 21-00.00, 2006

Triple Jump

Rayshawn Eastman, 43-05.25, 2008

Shot Put

Randall Mitchell, 49-01.00, 2008

Discus Throw

Randall Mitchell, 154-01.00, 2008

Hammer Throw

Ben Eisenmenger, 119-08.00, 2008

Javelin Throw

Ian Klein, 166-07.00, 2005

110-meter hurdles

Rayshawn Eastman, 16.02, 2008

400-meter hurdles (Provisional qualifying time for the NCAA National Meet)

Rayshawn Eastman, 54.10, 2008

3000-meter steeplechase

Ben Weidner, 10:45.63, 2008

4x100-meter relay

Jeff Williams, Jonathan Burrell, Don Haggard, Rashon Lewis, 42.92, 2005

4x200-meter relay

Alan McCoy, Jason Drengler, Joe Campolongo, Paul Brousseau, 1:40.59, 2005

4x400-meter relay

Ben Weidner, Rayshawn Eastman, James Pursley, Zach Shaw, 3:33.11, 2008

1600 sprint medley

Don Haggard, Paul Brousseau, Jason Drengler, Joe Grace, 3:51.68, 2005

Distance Medley

Dan Hammergren, Alan McCoy, Joe Campolongo, Bob Hammergren, 13:09.38, 2005

Women's Track & Field · 2009



2009 SCHEDULE**Indoor**

Date	Name of Meet (School)	Location	Time
Jan. 24	Wabash College Invite	Crawfordsville, IN	12:00 p.m.
Feb. 7	Anderson Indoor Invitational	Anderson, IN	3:00 p.m.
Feb. 14	All-Ohio Championship (Otterbein College)	Westerville, OH	12:00 p.m.
Feb. 21	Hoosier-Buckeye Invitational (Rose-Hulman Inst. of Tech.)	Terre Haute, IN	1:00 p.m.
Mar. 6	DePauw Indoor Qualifier (DePauw University)	Greencastle, IN	5:00 p.m.
Mar. 13-14	NCAA Division III Indoor Championship*	Terre Haute, IN	TBA

Outdoor

Date	Name of Meet (School)	Location	Time
Mar. 21	Early Bird Relays (University of Cincinnati)	Cincinnati, OH	TBA
Mar. 28	Hanover College Invitational (Hanover College)	Madison, IN	12:00 a.m.
Apr. 4	Anderson University Invitational	Anderson, IN	11:00 a.m.
Apr. 11	All-Ohio Championship (Ohio Wesleyan University)	Delaware, OH	10:00 a.m.
Apr. 18	Quaker Invitational (Wilmington College)	Wilmington, OH	11:00 a.m.
Apr. 24-25	HCAC Championship (Rose-Hulman Inst. of Tech.)	Terre Haute, IN	3:30 p.m.
May 1	MSJ Invitational (College of Mount St. Joseph)	Cincinnati, OH	3:00 p.m.
May 8	Billy Hayes Invitational (Indiana University)	Bloomington, IN	TBA
May 15-16	Gregory Invitational (North Central College)	Naperville, IL	TBA
May 21-23	NCAA Division III Outdoor Championship*	Marietta, OH	TBA

*Need to qualify to compete in

Home meets in bold**2009 ROSTER**

Name	Class	Events	Hometown	High School
Emily Babel	Junior	Sprints/Jumps	Cincinnati, OH	McAuley
Jessica Burg	Sophomore	Distance	Cincinnati, OH	Roger Bacon
Meredith DeHart	Freshman	Sprints/Hurdles	Covington, OH	Covington
Kristin George	Junior	Multi Events	Dayton, OH	Northmont
Brandie Goad	Freshman	Sprints	Milford, OH	Milford
Lauren Hastings	Freshman	Sprints	Okeana, OH	Ross
Amanda Holmes	Freshman	Sprints	Cincinnati, OH	Oak Hills
Chrissy Larison	Sophomore	Hurdles	Demossville, KY	Pendleton County
Jessica Mandich	Freshman	Throws	Cincinnati, OH	Colerain
Abigail Modras	Freshman	Distance	Dayton, OH	Northridge
Erica Perry	Junior	Sprints	Cincinnati, OH	McNicholas
Juli Phelps	Junior	Jumps	Cincinnati, OH	Cincinnati Christian
Maria Ruebusch	Junior	Hurdles/Jumps	Loveland, OH	Loveland
Amanda Smith	Junior	Distance	Cincinnati, OH	Oak Hills
Michelle Trentkamp	Freshman	Hurdles	Ludlow, KY	Ludlow

2009 OUTLOOK

The Mount's women's track & field team is aiming for improvement this season, after placing sixth in the HCAC Championship last spring for a second straight season. Guiding the team this year will be new Head Coach Paul Longano. Longano is coming off his first season as cross country coach for the Mount this past fall and is hoping to take the Lions to new heights this year and beyond.

Longano's most notable goal for the team this season is to improve their overall finishes in their meets and invitationals. The team's biggest goal this season will be to record a top-four finish within the conference. This goal will not be an easy feat however, as the HCAC is loaded with formidable foes.

"On the women's side, Anderson has been a dominant force for a long time and I don't see that changing," Longano states. "Franklin had a solid run in cross country, both men and women. They will make things interesting."

In addition to an improved finish, Longano is also hoping for more event winners from his team, something teams in the past have been lacking.

Longano also feels one of the team's biggest assets may be their new coaching staff. He feels that this year's new talented and diverse staff will help the Mount athletes reach a new level of competition and lead to bigger expectations for years to come. The coaching staff will be crucial in turning the Mount's track & field team around.

The Lions team looks strong coming into the season with a nice mix of new and returning athletes. Leading the way for the returners both for the track events and in the field events, will be Kristin George and Maria Ruebusch.

"Kristin George and Maria Ruebusch are the impact athletes for the women," Longano says. "They both compete in the jumps (long and triple) and Maria also runs the hurdles. They provide outstanding leadership."

George put up her best showings in javelin throw and triple jump at last season's HCAC championship, recording a third place finish in the javelin throw and coming in fifth in the triple jump. Ruebusch posted a third place finish in the long jump at the HCAC meet. Emily Babel, Amanda Smith and Erica Perry are all back for their third seasons on competition.

The team will also bring in many newcomers to the team who will look to add depth and talent to this year's team. Longano said among those first-year athletes to watch will be Lauren Hastings.

"Lauren Hastings has the makings of an elite level jumper but she must prove that she can make the transition from the high school level to the pressure-filled collegiate ranks," Longano said.

Six freshmen dot this season's roster for the Lions.

Also aiding the Lions this year will be the home field advantage they will have when they compete at the MSJ Invitational in early May. The home meet for the Lions will be a great place to show off their talents as well as their campus, according to Longano.

Overall Longano is optimistic about this year's team and his tenure and is looking forward to his first season as head coach. He is hoping for better things this year from his athletes, and the talent level looks promising for big things to happen this season, and for years to follow.

2009 COACHING STAFF



Head Coach Paul Longano

Paul Longano begins his first season as head coach for the College's men's and women's track & field teams. Longano, who started in July 2008 at the Mount, is also the Lions' men's and women's cross country coach, which he coached in his first season this past fall.

Longano came 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 of Arts in History degree from the University of Cincinnati (1998) and a Master of Education in Sports Administration degree from Xavier (2006). Longano resides in Cleves, Ohio, with his wife, Bernadette, and children, Thomas, Anthony, Teresa Marie, and John Paul.



Assistant Coach Jeff Hill

Jeff Hill returns for his fourth season overall for the Lions' men's and women's track & field teams. He was the program's interim head coach in 2008. He oversees the team's sprints, hurdles, jumps, and relay events. Hill was an assistant football coach for the Mount from 2000-2003 and from 2006-2008.

Hill has also been employed as a physical education director at the Clem and Ann Buenger Boys and Girls Club in Newport, Ky. In addition he has worked as a new business coordinator and account associate at Pension Corporation of America in Cincinnati and was a physical education director at the Kenton County (Kentucky) Boys and Girls Club.

Hill, who has a Bachelor's of Arts in Communications degree from Purdue University, played football in college and was a member of the NFL Cincinnati Bengals. He is a graduate of Mt. Healthy High School where he was an All-State football and track & field athlete.

Coach Hill resides in Cincinnati, Ohio.



Assistant Coach Tina Blakley

Tina Blakley begins her first season as assistant coach for the Lions' men's and women's track & field teams. She is also the Mount's assistant men's and women's cross country coach. Blakley 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 and 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, Ind. with her family.



Assistant Coach Jamie Eastham

Jamie Eastham enters her first season as an assistant coach for the Lions' men's and women's track & field teams. The Princeton High School graduate (2000) received her Bachelor of Liberal Arts in Physical and Health Education degree from Muskingum College (2005), where she was a

four-year member of the school's track & field team. While at Muskingum, Eastham, who holds Muskingum's Shot Put record, was a two-time All-American in the shot put, and a seven-time national qualifier in that throwing event. She also holds the Princeton High School record in the discus throw.

Eastham, who is CPR and first aid certified, is employed at Bethesda North Hospital as a Level Three Registrar. She resides in Middletown, Ohio.

2009 RETURNING ATHLETES' PROFILES



Emily Babel

Junior

Major: Interior Design

High School: McAuley (Cincinnati, OH)

Babel returns for her third season with the Mount. She competed in four events during the indoor season in 2008, recording the team's best time in the

200-meter dash, and participating on the Lions' school-record setting 4x400-relay team and distance medley relay squad. During the outdoor season last spring, Babel competed in the 100-meter and 200-meter dash races, recording top Mount 2008 season times in those two events, was on the 4x100-relay team and on the school-record setting 4x400-meter relay team, which was third at the HCAC Championship. Emily is the daughter of Mary and Robert Babel.



Kristin George

Junior

Major: Athletic Training

High School: Northmont (Dayton, OH)

George returns for her third season with the Mount. She has solid track & field skills in multiple events, as evidenced by her turning in a 2008 team-best

time in the 55-meter dash indoor, being part of the school's record-setting 4x200-meter relay team, and participating in the long jump and triple jump. George had a busy outdoor season in 2008, competing in the 100-meter dash, 200-meter dash, long jump, triple jump, javelin throw, and 4x-100 meter relay. At the HCAC Championship, she was third in the javelin throw, posting a school-record, and fifth in the triple jump. Kristin is the daughter of Mary Jo and Steven George.



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 raced in the 800-meter run and one mile runs last season for the Mount during the indoor portion

of the schedule, and competed in the 800-meter and 1500-meter run during the outdoor campaign.



Erica Perry

Junior

Major: Paralegal Studies

High School: McNicholas (Cincinnati, OH)

Perry returns for her third season with the Mount. She competed in the 200-meter run and the 400-meter run during the 2008 indoor season, and raced

in the 100-meter run, 200-meter run and 400-meter run during the outdoor season. Erica is the daughter of Donna Perry.

2009 RETURNING ATHLETES' PROFILES (Continued)



Maria Ruebusch

Junior

Major: Graphic Design

High School: Loveland (Loveland, OH)

Ruebusch returns for her third season with the Mount. She had a solid all-around 2008 season for the Lions, turning in a school-record time in the indoor 55-meter hurdles, while also competing in the long jump and triple jump. Ruebusch competed in five events during last season's outdoor portion of the schedule, recording school-records in the 100-meter hurdles and 400-meter hurdles, while also turning in team-best efforts in the long jump and triple jump. She was second in the triple jump and third in the long jump at the HCAC Championships. Maria is the daughter of Barb and Paul Ruebusch.



Amanda Smith

Junior

Major: Accounting

High School: Oak Hills (Cincinnati, OH)

Smith returns for her third season with the Mount. She participated in the 800-meter run during the indoor season last spring, while racing in the 800-meter run and 1500-meter run during the outdoor season. Smith's best times last season in the final two events were team-bests for the 2008 season. Amanda is the daughter of Kathy and Stu Smith.

2008 MEET RESULTS

Indoor

Date	Name of the Meet	Location	Results
2/9	Wabash College Invitational	Crawfordsville, IN	No team scores
2/16	Hoosier-Buckeye Invitational	Terre Haute, IN	Sixth place
2/23	Anderson University Invitational	Anderson, IN	No team scores

Outdoor

Date	Name of the Meet	Location	Results
3/22	Rhodes College Invitational	Memphis, TN	No team scores
3/29	Cedarville University Collegiate Open	Cedarville, OH	Fifth place
4/5	DePauw University Invitational	Greencastle, IN	Tenth place
4/12	All-Ohio Meet Division III (Ohio Wesleyan University)	Delaware, OH	18th place
4/19	Earlham College Invitational	Richmond, IN	Second place
4/25-26	HCAC Championship	Anderson, IN	Sixth place

THE MOUNT IN THE HCAC

The Lions enter their sixth season of action in the Heartland Collegiate Athletic Conference.

Katie Nickoli, Alison Reid and Christine Kirchner, who each ran for the Mount's cross country team in the fall of 2003, all ran well for the Lions in the 2004 HCAC meet. Nickoli took sixth place in the 1500-meter run while Reid recorded her best time in the 100 hurdles, 21.18, finishing seventh in the event. She also recorded a seventh place finish in the 3000 steeplechase. Kirchner also ran in the 3000 steeplechase, finishing second. All three runners, along with teammate Jill Kretchmer, helped the Mount record a seventh place finish in the 4x400 relay.

The 2004 team placed seventh in the team standings, as Jessica Biedenbender and Kirchner turned in solid efforts. Biedenbender claimed first place in the long jump and triple jump and was on the Mount's fifth-place 4 x 400 relay team. Kirchner was second in the steeplechase.

In 2005, the Lions finished fifth in the HCAC Championship. Biedenbender was the Mount's only All-HCAC performer, winning both the long jump and the triple jump. Kirchner took a second place finish in the 3000 steeple chase, recording a time of 12:40.89.

In 2006, the Mount finished seventh in the HCAC Championship. Lauren Tauber was the only All-HCAC performer, logging a distance of 111 feet, 5 inches in the hammer throw. Kirchner took second place for the second year in a row in the 3000 steeplechase, recording a time of 12:30.86.

The Lions improved to sixth place in the 2007 HCAC Championship, as Emily Babel helped lead the way. Babel was first in the 400 dash, second in the 200 dash and on the Mount's 4 x 400 meter relay team that recorded a fourth place finish, enabling the Mount to garner 23 points in those three events. Babel was named All-Conference and Most Outstanding Freshman Athlete for her efforts. Gina Damman also had a solid HCAC Championship meet, placing fifth in the 800 run and running on the team's 4 x 400 relay. Nikki Blaize was fourth in the high jump.

The Mount had another sixth place finish at the HCAC Championship last spring, with Chelsea Tebbe, 400-meter run; and Maria Ruebusch, triple jump, leading the way with second place finishes. Kassie Koch, 10,000-meter run, Ruebusch, long jump, Kristin George, javelin throw, and the Lions' 4x400-meter relay team all placed third.

2008 HCAC CHAMPIONSHIP (OUTDOOR SEASON)

Team Standings	Points
1. Anderson	185.5
2. Manchester	131
3. Defiance	125
4. Rose-Hulman	102
5. Franklin	97
6. Mount	67
7. Bluffton	49
8. Hanover	21.5

2008 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

100-meter dash: Emily Babel, 13.34, 6th place, 3 points

200-meter dash: Emily Babel, 27.54, 4th place, 5 points

400-meter dash: Chelsea Tebbe, 1:01.74, 2nd place, 8 points

10000-meter run: Kassie Koch, 44:08.98, 3rd place, 6 points

100-meter hurdles: Meredith Tobias, 17.19, 4th place, 5 points

4x100-meter relay: Kristin George, Shannon Nortman, Emily Babel, Beth Schuermann, 52:94, 4th place, 5 points

4x400-meter relay: Chelsea Tebbe, Emily Babel, Shannon Nortman, Gina Damman, 4:18.92, 3rd place, 6 points

High Jump: Emily Babel, 4-09.00, 4th place, 5 points

Long Jump: Maria Ruebusch, 15-08.75, 3rd place, points

Triple Jump: Maria Ruebusch, 33-03.00, 5 points; 5th place, Kristin George, 32-02.25, 2nd place, points

Javelin Throw: Kristin George, 95-10, 3rd place, 6 points

2008 ALL-CONFERENCE

All-HCAC (Event Winners)

Amanda Nagy, Sr., Anderson
 Ashley Smith, Jr., Bluffton
 Heather Waterman, Fr., Franklin
 Gwen Kemple, Sr., Anderson
 Rachel Logar, Fr., Hanover
 Jessi Bremer, Fr., Manchester
 Rachel Krasich, Sr., Rose-Hulman
 Kailey Honn, Fr., Manchester
 Emily Cole, Fr., Defiance
 Rebecca Varnes, Jr., Manchester
 Michelle Roth, Jr., Anderson
 Janel Belton, Sr., Rose-Hulman
 Holly Stein, Fr., Defiance
 Brett Sears, So., Anderson
 Whitney Arnold, Sr., Anderson
 Rena St. Clair, Fr., Anderson
 Tonia Cooper, Fr., Anderson
 Megan Miller, Fr., Manchester
 Stephanie Phillips, Jr., Manchester

Honorable Mention All-HCAC

(Athlete must accumulate 16 points at HCAC Championships)

Alex Thiel, Defiance
 Laura Derov, Defiance
 Becca Flanders, Manchester
 Anastasia Tarpeh, Rose-Hulman

Co-Most Outstanding Track Athlete:

Amanda Nagy, Anderson University

Co-Most Outstanding Track Athlete:

Gwen Kemple, Anderson University

Most Outstanding Field Athlete: Holly Stein, Defiance College

Most Outstanding Freshman Athlete:

Holly Stein, Defiance College

Coach of the Year: Scott Wilson, Anderson University

2008 HCAC ATHLETES OF THE WEEK

Week Ending	Name, School
Mar. 23	Track- Rachel Krasich, Rose-Hulman Field- Holly Stein, Defiance
Mar. 30	Track- Gwen Kemple, Anderson Field- Janel Belton, Rose-Hulman
Apr. 6	Track- Rachel Krasich, Rose-Hulman Field- Holly Stein, Defiance
Apr. 13	Track- Amanda Nagy, Anderson Field- Holly Stein, Defiance
Apr. 20	Track- Sarah Humphrey, Bluffton Field- Janel Belton, Rose-Hulman

2007 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

200-meter dash: Emily Babel, 26.61, 2nd place, 8 points

***400-meter dash:** Emily Babel, 1:00.30, 1st place, 10 points

800-meter run: Gina Damman, 2:29.42, 5th place, 4 points

1000-meter run: Kassie Koch, 42:25.09, 6th place, 3 points

4x100-meter relay: Amanda Smith, Kristin George, Nikki Blaize, Erica Perry, 55.38, 4th place, 5 points

4x400-meter relay: Emily Babel, Gina Damman, Amanda Smith, Erica Perry, 4:26.88, 4th place, 5 points

High Jump: Nikki Blaize, 4-11.25, 4th place, 5 points

Triple Jump: Kristin George, 30-11.75, 7th place, 2 points

Javelin Throw: Karen Schumacher, 82-08, 6th place, 3 points

**Participants named All-Conference by virtue of placing first.*

2006 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

4x100-meter relay: Gina Damman, Sara Judson, Amanda Bartuch, Lauren Rachford, 55:25, 6th place, 1 point

3000-meter steeplechase: Christine Kirchner, 12:30:86, 2nd place, 8 points

***Hammer Throw:** Lauren Tauber, 111-05, 1st place, 10 points

**Participants named All-Conference by virtue of placing first.*

2005 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

400-meter hurdles: Jill Kretchmer, 1:17.62, 6th place, 1 point

3000-meter steeplechase: Christine Kirchner, 12:40.89, 2nd place, 8 points; Alison Reid, 12:57.77, 3rd place, 6 points

4x100-meter relay: Jill Hyland, Katie Henlein, Loran Carroll, Heather Wissel, 53.19, 5th place, 2 points

4x400 meter relay: Loran Carroll, Katie Henlein, Catherine Hulefeld, Jessica Biedenbender, 4:23.55, 5th place, 2 points

***Long Jump:** Jessica Biedenbender, 15-11.50, 1st place, 10 points

***Triple Jump:** Jessica Biedenbender, 34-06.75, 1st place, 10 points

High Jump: Catherine Hulefeld, 4-06, 5th place, 2 points

Pole Vault: Jill Hyland, 8-06.25, 3rd place, 6 points

**Participants named All-Conference by virtue of placing first.*

2004 HCAC CHAMPIONSHIP MOUNT POINT SCORERS

1500-meter run: Katie Nickoli, 5:20.52, 6th place, 1 point

3000-meter steeplechase: Christine Kirchner, 12:33.65, 2nd place, 8 points

4x100-meter relay: Carolyn McGuire, Anne Starkey, Bonnie Valerius, Jill Kretchmer, 1:02.84, 6th place, 1 point

MOUNT PAST HCAC CHAMPIONSHIP RESULTS

Season	School Champion	Mount finish
2004	Bluffton	Seventh place
2005	Anderson	Fifth place
2006	Anderson	Seventh place
2007	Anderson	Sixth place

MOUNT INDIVIDUAL RECORDS

INDOOR

55-meter dash

Heather Wissel, 8.01, 2005

200-meter dash

Gina Damman, 26.68, 2006

300-meter dash

Emily Babel, 47:03, 2007

400-meter dash

Angela Koehler, 1:03.64, 2008

800-meter run

Gina Damman, 2:27.45, 2008

1000-meter run

Gina Damman, 3:16.30, 2008

1500-meter run

Christine Kirchner, 5:18.14, 2004

1600-meter run

Christine Kirchner, 5:57.37, 2004

3000-meter run

Kassie Koch, 11:45.57, 2008

5000-meter run

Kassie Koch, 20:06.74, 2008

1 mile run

Kassie Koch, 5:57:90, 2008

Pole Vault

Jill Hyland, 8-00.50, 2006

55-meter hurdles

Maria Ruebusch, 9:51, 2008

Long Jump

Angela Koehler, 15-05, 2008

Triple Jump

Jessica Biedenbender, 33-06.00, 2005

Shot Put

Belicia Wambsgans, 29-02.50, 2006

Weight Throw

Erin Hay, 30-06.25, 2006

4x200-meter relay

Kristin George, Shannon Nortman, Beth Schuermann, Chelsea Tebbe, 1:56.90, 2008

4x400-meter relay

Chelsea Tebbe, Emily Babel, Gina Damman, Angela Koehler, 4:18.68, 2008

Distance medley

Gina Damman, Emily Babel, Chelsea Tebbe, Kassie Koch, 13:36.28, 2008

OUTDOOR

100-meter dash

Heather Wissel, 13.25, 2005

200-meter dash

Emily Babel, 26.61, 2007

400-meter dash

Emily Babel, 1:00.02, 2007

800-meter run

Gina Damman, 2:26.31, 2007

1500-meter run

Katie Nickoli, 5:17.30, 2004

5000-meter run

Kassie Koch, 20:16.24, 2007

10000-meter run

Kassie Koch, 42:25.09, 2007

3000-meter steeplechase

Christine Kirchner, 12:23.01, 2005

Pole Vault

Jill Hyland, 8-06.25, 2005

Long Jump

Jessica Biedenbender, 15-11.75, 2005

High Jump

Nikki Blaize, 5-00.25, 2007

Triple Jump

Jessica Biedenbender, 34-06.75, 2005

100-meter hurdles

Maria Ruebusch, 16.86, 2008

400-meter hurdles

Maria Ruebusch, 1:16.14, 2008

Shot Put

Belicia Wambsgans, 28-08.50, 2006

Discus Throw

Lauren Tauber, 93-04.00, 2006

Hammer Throw

Lauren Tauber, 111-05.00, 2006

Javelin Throw

Kristin George, 95-10, 2008

4x100-meter relay

Jill Hyland, Katie Henlein, Loran Carroll, Heather Wissel, 52.80, 2005

4x200-meter relay

Jill Hyland, Karen Schumacher, Elizabeth Mushaben, Heather Wissel, 2:02.30, 2005

4x400-meter relay

Chelsea Tebbe, Emily Babel, Shannon Nortman, Gina Damman, 4:18.92, 2008

4x800-meter relay

Alison Reid, Christine Kirchner, Lori Widener, Loran Carroll, 11:03.58, 2005

1600-meter sprint medley

Jill Hyland, Elizabeth Mushaben, Jennifer Kurtz, Loran Carroll, 4:56.78, 2005

4x100-meter shuttle hurdle relay

Erin Edge, Alison Reid, Jill Kretchmer, Jennifer Kurtz, 1:26.02, 2005

In Appreciation of our Supporters

The Mount extends sincere thanks to the individuals and corporations who graciously supported the 2008 Spring Jubilee, the Mount's annual fundraising event. All proceeds benefit the general scholarship fund at the Mount, which assists more than 700 deserving students each year.

Next year's Spring Jubilee will be held on March 11, 2009. If you or someone you know is interested in sponsoring the event, please visit www.msj.edu/spring-jubilee or contact the Development Office at (513) 244-4475.



2008 Spring Jubilee Donors

Presenting

Cincinnati Bell

Gold

Fifth Third Bank
Hunt Development Corporation
SC Ministry Foundation
The E.W. Scripps Company

Silver

The Business Courier
Harry & Linda Fath
U.S. Bank

Reception

Fort Washington Investment Advisors

Bronze

Duke Energy
Henkle Schueler & Associates
Indian Lookout Apartments
The Kroger Co.
Legg Mason Investment Counsel
Sisters of Charity of Cincinnati

Corporate Tables

Castellini Foundation
Cincinnati Children's Hospital Medical Center
Cincinnati Financial Corporation
The Enquirer
Follett Higher Education Group
A Friend of the Mount
Frost Brown Todd LLC
Home City Ice Company
Macy's
R.G. McGraw Insurance Agency
Mercy Health Partners
Messer Construction Co.
The Midland Company
Miller-Valentine Group
Phillips Supply Co.
PricewaterhouseCoopers LLC
Sanger & Eby
St. Elizabeth Medical Center
TriHealth
Union Central

Patron
Anthem Blue Cross Blue Shield
Modern Office Methods, Inc.
Netherland Rubber Co.

Printing

Deerfield Press

College of Mount St. Joseph

Football Team Golf Outing Sponsors

A-1 Health Care
Allgeier Auto Parts
Business Intelligence Inc.
Coca-Cola Bottling Company
Del-Fair Barbers
D&H Construction
Delhi Skyline
The Dilts Group
Duebbers Automotive
The Ehrnschwender family
GAP Advertising
Glenway Chevrolet

The Grieshop family
The Harper family
Henkle, Schueler and Associates
Howell Rehabilitation Center
John Morrell & Company
JTM Food Group
Kiwanis Delhi
Klug Bus Service
LaRosa's Pizza (Rapid Run/Delhi Road)
Maloney's Pub
The Meiner family
The Paff family

Rac Xtreme Graphics
Sanese Food Service
Dr. Schroeder and family
Michael Schuster Associates
The Schwab family
Sherborne Solutions
Stolly Insurance
Underground Sports Shop
United Landscape LLC
Dr. Anthony Wetherington and family
Whayne Supply CAT
The Zero Company



Proud Sponsor of the Summer Basketball Camps and the

MSJ Tip-off Basketball Tournament

Todd Graff of LaRosa's Pizza Rapid Run/Delhi Road



Men's Golf Team Sponsors

Hole Sponsors

Penn Station – Delhi
Crest Cleaners
The Mad Potter
NCLakefront.com Realty
Boberschmidt & Associates
TJ's Landscaping & Lawncare Service

Gift Certificate donations etc.

Chipotle – Glenway
Champions Bar & Grill
The Rusty Bucket
Aramark
Jeff Mundstock
Aston Oaks

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