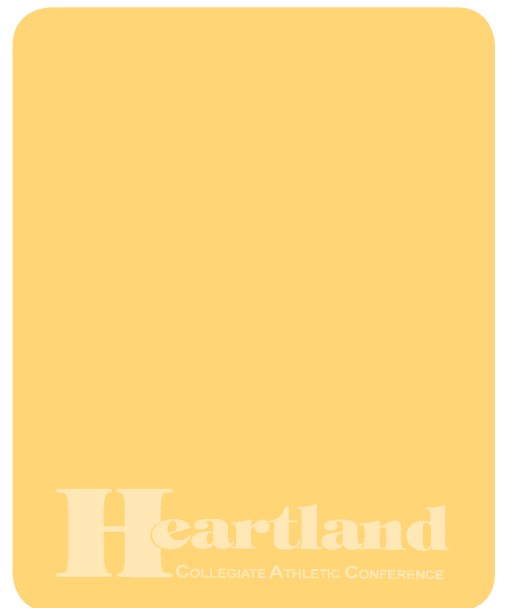
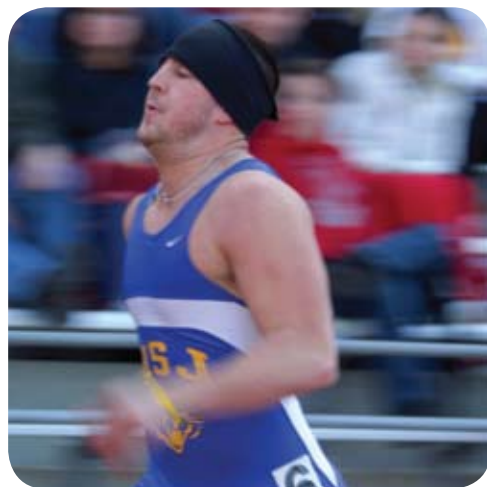




TRACK & FIELD GUIDE / 2010



COLLEGE OF MOUNT ST. JOSEPH

UNDERGRADUATE MAJORS

Accounting
Art
Art – Fine Arts
Art – Graphic Design
Art – Interior Design
Art Education
Art History
Athletic Training
Biochemistry
Biology
Business Administration
Business Administration/
Mathematics
Chemistry
Chemistry/Mathematics
Communication Studies
Computer Information Systems
Criminology/Sociology
Education – Inclusive Early
Childhood
Education – Middle Childhood
Education – Special (5-21)
English
General Studies
History
Interactive Media Design &
Computing
Interdisciplinary Liberal Studies
Mathematics
Mathematics/Business
Administration
Mathematics/Chemistry
Music
Natural Science
Nursing
Paralegal Studies
Psychology
Religious Education
Religious Pastoral Ministry
Religious Studies
Social Work
Sociology
Sport Management

College Profile

What is the College of Mount St. Joseph educational experience? It's learning through action – serving others, graduate-level research, paid co-op positions, and leadership development. It's a Catholic liberal arts education that helps you develop the knowledge to make a difference and the integrity to lead others.

The foundation of a Mount education comes from career-minded academic programs combined with dedicated support services and a 11:1 student-to-faculty ratio. New programs include a major in interactive media design & computing as well as minors in coaching and Spanish. The Academic Exploration Program, the Learning Center and personal advising are a few examples of the support that is available to help you achieve your academic goals.

At the Mount, you're encouraged to take your lessons outside of the classroom, into the community. Through the Service Learning Program, students earn academic credit while volunteering to feed the hungry, building homes for Habitat for Humanity, or comforting the elderly. The Cultural Immersion program offers the chance to live, learn and work amidst other cultures. The Cooperative Education program, available for all majors, is a way for students to gain valuable, paid career experience while validating their choice of a major.

Student-athletes are among the Mount's most active leaders on campus. Competing in the Heartland Collegiate Athletic Conference, the Mount fields more than 20 NCAA Division III sports teams. The newest lineup, men's volleyball, begins in spring 2010. Students also participate in 30 student-run clubs and organizations including Student Government Association, Black Student Union and MSJ Lions Band.

The Mount is committed to working with students to explore all financial aid options, especially eligibility for financial assistance including scholarships. In 2008-2009, 99 percent of full-time freshmen received some sort of gift aid; more than 10 million dollars in grants and scholarships were received by Mount students.



COLLEGE INFORMATION

Location: Cincinnati, Ohio

Enrollment: 2,300

Founded: 1920

President: Tony Aretz, Ph.D.

Nickname: Lions

Colors: Blue and Gold

Affiliations: NCAA III

Conference: HCAC – Heartland Collegiate
Athletic Conference

Main Phone: (800) 654-9314 / (513) 244-4200

College Web Site: www.msj.edu

Athletic Web Site: www.msjsports.com

Mailing Address: College of Mount St. Joseph
5701 Delhi Road
Cincinnati, OH 45233-1670

Fast Facts

- Top Five Majors: Undeclared, Pre-Nursing, Athletic Training, Inclusive Early Childhood Education, Sport Management.
- Travel study programs are available in England, Greece, Japan, and beyond.
- Student can complete courses of study that achieve requirements for pre-health professions, pre-medicine, pre-art therapy, and pre-law.
- Project EXCEL is a comprehensive, fee-based academic support program for students with learning disabilities who are enrolled at the Mount.
- Scheduled for fall 2010, our Ethical Leadership Initiative will further strengthen curricular and co-curricular programming to ensure all students experience authentic learning in the classroom and active leading in the Mount community and beyond.

PG2/General Information

College Profile	2
Undergraduate Majors	2
Fast Facts	2
About This Guide	3
Media Information	3
Message from the President, Dr. Tony Aretz	4
Meet the Director of Athletics, Steve Radcliffe	4
HCAC Information	4
Facilities	5
Support Staff, Cheerleaders, Dance Team	6
Staff Directory, Athletic Trainers	7
Cincinnati Spotlights, Mission in Action	8



PG9/Men's Track & Field

2010 Schedule, 2010 Roster	10
2010 Season Outlook	11
2010 Coaching Staff, 2010 Returning Athlete's Profiles	12
2009 Results	14
The Mount in the HCAC	15
2009 HCAC Championship, 2009 All-Conference	15
2009 HCAC Athletes of the Week	16
2004-2008 HCAC Championship Mount Point Scorers	16
Past Mount HCAC Championship Results	16
Mount Individual Records	17

PG18/Women's Track & Field

2010 Schedule, 2010 Roster	19
2010 Season Outlook	20
2010 Coaching Staff	21
2010 Returning Athlete's Profiles	22
2009 Results, The Mount in the HCAC	23
2009 HCAC Championship, 2009 All-Conference	24
2009 HCAC Athletes of the Week	24
2008 HCAC Championship Mount Point Scorers	24
2004-2007 HCAC Championship Mount Point Scorers	25
Past Mount HCAC Championship Results	25
Mount Individual Records	26

About This Guide

The College of Mount St. Joseph's 2010 Track & Field Guide has been produced by the Sports Information Office and the Design Office. All photos are courtesy of Don Denney Photography. The guide was published in January 2010 with all of the information available at that time. For updated information on Mount athletics, visit www.msjsports.com.

Media Information

Interview Policy

Please contact the Sports Information Office, (513) 244-4927, for all interview requests. Prior notice is requested so that proper arrangements may be made with players and coaches. Coaches can be contacted weekday afternoons, Noon-3 p.m. Athletes are available at various times of the day according to their academic schedules.

All post-game interviews will be conducted at the game site. Coaches and players will be available approximately 10 minutes after games. Players may be called at the request of the media, after contacting the Sports Information Office.

Press Credentials

All practices are open to accredited news sources who request prior admittance from the Mount's Sports Information Office. Pressbox, court and field passes should be requested from the Sports Information Office before game day.

Additional Information

Accredited news sources should visit www.msj.edu/media for additional information, statistics and photos as well as more on the media policy.

The College of Mount St. Joseph ("the College") is committed to providing an educational and employment environment free from discrimination or harassment on the basis of race, color, national origin, religion, sex, age, disability, or other minority or protected status. This commitment extends to the College's administration of its admission, financial aid, employment, and academic policies, as well as the College's athletic programs and other college-administered programs, services, and activities.

The College has designated the Director of Human Resources, (513) 244-4393, Office of Human Resources, as the individual responsible for responding to inquiries, addressing complaints, and coordinating compliance with its responsibilities under Title IX of the Education Amendments of 1972 and other applicable federal and state civil rights laws. The College has designated the Director of Academic Support, (513) 244-4524, The Learning Center, as the individual responsible for responding to inquiries, addressing complaints, and coordinating compliance with its responsibilities under Section 504 of the Rehabilitation Act of 1973.

A Message from the President



Dr. Tony Aretz

Welcome to the College of Mount St. Joseph and the home of the Mount Lions. I hope you enjoy your experience at the Mount and the excitement of competitive athletics at the college level.

Our student athletes work hard and love the sports they play. There is exciting competition in the Heartland Collegiate Athletic Conference and we are proud to bring this level of play to the Greater Cincinnati area for our students and the fans. Our goal is nothing short of developing a nationally competitive NCAA Division III athletic program at the Mount for our students and for the community.

God bless,

Tony Aretz, Ph.D.
President

Meet the Director of Athletics



Steve Radcliffe

Steve Radcliffe enters his 15th year as the Lions' athletics director for the 2009-2010 school year, and he looks forward to another outstanding season of athletics at the Mount.

Radcliffe, who oversees 22 athletic programs at the Mount, has long been a part of the sports programs at the College. Radcliffe began his career at the Mount in 1976 as an athletic trainer and was hired to implement the Mount's first academic program for athletic training in 1989. In addition to teaching athletic training, he was the Lions' head athletic trainer for all the intercollegiate sports at the College.

Radcliffe became the Mount's athletic director in 1995. Upon entering the position, he 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. Radcliffe received his bachelor's degree in 1978 the University of Montana and his master's degree in physical education in 1981 from Miami University (Ohio).

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

Heartland Collegiate Athletic Conference

The Mount is a member of the Heartland Collegiate Athletic Conference (HCAC) and is also a member of the National Collegiate Athletic Association (NCAA) Division III. The Mount has been a member of the HCAC since the 1998-1999 school year. All Mount athletic teams, with the exception of lacrosse, compete in the HCAC.

2009-2010 HCAC SCHOOL DIRECTORY

School

Anderson University
Bluffton University
Defiance College
Franklin College
Hanover College
Manchester College
College of Mount St. Joseph
Rose-Hulman Institute of Technology
Transylvania University

Location

Anderson, IN
Bluffton, OH
Defiance, OH
Franklin, IN
Hanover, IN
North Manchester, IN
Cincinnati, OH
Terre Haute, IN
Lexington, KY

HCAC QUICK FACTS

Commissioner: Christopher Ragsdale
Sports Information Director: Ryan Davis
Phone: (317) 882-8090
Fax: (317) 882-8086
Mailing Address: P. O. Box 425
205 S. Madison Ave.
Greenwood, IN 46142





Facilities

Sports Complex and Schueler Field

The Sports Complex provides a state-of-the-art space for student-athletes and the fans who support them. It houses concessions, locker rooms, showers, equipment storage, and athletic training facilities and can seat sell-out crowds of 2,400. Sporting a synthetic, all-weather playing surface and track, the Mount's Schueler Field plays host to the football, soccer and lacrosse teams, in addition to home track meets.

Harrington Center

Featuring a 2,000-seat gymnasium, the Jean Patrice Harrington, SC, Student Center is home to the Lions basketball and volleyball teams, and plays host to the wrestling team's home matches. In addition, the facility includes a running track, racquetball courts, a fitness center, and an athletic training center, providing service to student-athletes and the greater Mount community.

Kinder Morgan Softball Complex

The Kinder Morgan Softball Complex has played host to the Mount's softball team since 2007. In addition, the College has developed property on River Road into practice fields for soccer and baseball. The facilities feature parking, restrooms and a service building for equipment storage.

Midland Field and Marge Schott Stadium

The Lions' baseball team plays home games at Midland Field in Amelia, Ohio, and at the University of Cincinnati's Marge Schott Stadium. Midland Field is one of Cincinnati's finest baseball facilities for teams and spectators. The stadium features an indoor batting cage and a professionally maintained playing field.

Marge Schott Stadium, which opened in May 2004, has a seating capacity of 3,085, a field turf playing surface and a fully-lit playing field. In addition, the complex houses indoor batting cages and pitcher's mound, a fully equipped press box with private viewing areas, a players' clubhouse and lounge, dressing rooms for coaches, full laundry and equipment facilities, and a state-of-the-art training room.

Aston Oaks Golf Course

Aston Oaks Golf Course, located 15 minutes from campus, is the Mount's home golf course for the men's and women's golf teams. Constructed by the Jack Nicklaus Design Group, Aston Oaks is a par-72 course. The men's team faces 6,908 yards with a 73.6 rating and 140 slope. The women's team faces 5,758 yards with a 73.2 rating and a 130 slope.

Mount Tennis Courts

The Lions' men's and women's tennis teams play all home matches on the six, fully-lit asphalt courts located behind the Harrington Center.

Hayden Field

Located on the west side of campus, next to the tennis courts, Hayden Field is a multi-purpose site that includes a practice field for softball and track & field athletes.

Support Staff



Dane Neumeister
Director of Sports Information



Ron Bowling
Associate Athletic Director



Charlie Wrublewski
Facilities Management Set-Up



Stacie Carney
Administrative Assistant



Adam Satchwill
Sports Information Co-op



Larry Cox
Assistant Athletic Director



Georgana Taggart
Faculty Athletic Representative



Dr. Howard Schertzing
Team Physician



Andy Backs
Public Address Announcer



Melanee Atkinson
Assistant Athletic Director and Senior Women's Advisor



Dr. Robert Burger
Team Orthopedic Director

Cheerleaders



Front Row: Chelsey Starnes, Stephanie Pike, Katie Carney, Caitlin Propps, Ann Benedict
Middle Row: Michelle Trenkamp, Megan Reiff, Stacy Honnert, Elizabeth Bertsch, Courtney Howard, Megan Smith
Back Row: Melissa Nie, Melissa Baugh, Alesia Reamer, Sondra West, Erin Barbro, Julia Seger

Dance Team



Front row (left to right): Celia Michel, Jesika Knutson, Randallyn Smith, Nina Laybourne, Kathleen Clifton
Back row (left to right): Coach Nikki Buller, Kelsey Keyes, Ronda Olverson, Stephanie Plageman, Charlemae Gast, Coach Katie Skeeters

Staff Directory

Athletic Department Staff

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

Sports Information

Dane Neumeister, Director	244-4927
Adam Satchwill, Student Co-op	244-4927

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, Assistant Athletic Director	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
Kyle Prosser, Assistant Football Coach	244-8584
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 Lacrosse Coach	244-4427
Kristin Engel, Women's Lacrosse Head Coach	244-8582
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
Jeff Hill, Assistant Men's/Women's Track & Field Coach	244-8597
Jon Bennett, Men's/Women's Volleyball Coach	244-4316
Cristina Webb, Women's Volleyball Assistant Coach, Strength and Conditioning Coordinator	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
Dustin Grooms, 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

Athletic Trainers



Left to Right Dustin Grooms, Susan Blackson, Kristin Stauffer, Lisa Osterbrock, Erin Beckwith



Cincinnati Spotlights

Students of the College of Mount St. Joseph greatly benefit from the rich heritage and traditions of Cincinnati. While the College is situated 15 minutes west of downtown, employment, arts and entertainment are never too far away.

Numerous Fortune 500 and Fortune 1000 companies are headquartered in Cincinnati. Procter & Gamble, The Kroger Company, and Fifth Third Bank, among others, contribute to Cincinnati's foundation while Cincinnati Children's Hospital Medical Center is among the nations' top children's hospitals. Mount Cooperative Education students are hired by more than 100 hospitals, businesses and nonprofit organizations of Greater Cincinnati.

Boasting a vibrant commitment to the arts, Cincinnatians enjoy the Contemporary Arts Center, Cincinnati Art Museum, Aronoff Center, Cincinnati Playhouse in the Park, Music Hall, and a varied supply of art galleries. Mount students often incorporate Cincinnati's art exhibits and performances into their studies.

Cincinnati knows sports. The Cincinnati Reds, the Major League Baseball team, and the Cincinnati Bengals, of the National Football League, provide competition, entertainment and emotion for the city's sports fans. Co-op and volunteer opportunities with these organizations are often available to Mount students. Cincinnati is also home to the Flying Pig Marathon every May and the Master's and Women's Open tennis tournament every August.

Historical neighborhoods such as Mount Adams, Clifton and Over-the-Rhine make good architectural and cultural adventures, while additional entertainment options are just across the Ohio River in Newport, Covington and Mainstrasse of Northern Kentucky.



Mission in Action

The College of Mount St. Joseph is a Catholic academic community grounded in the spiritual values and vision of its founders, the Sisters of Charity. At the heart of the Mount's mission and heritage is an emphasis on ethical leadership through service. Ethical leadership



celebrates the return of virtue, character and personal honor to their rightful place as the foundation of education. This commitment inspires the College's interdisciplinary liberal arts and professional curricula, which equips students to live with integrity, to promote justice, and to seek the truth in their professions and communities.

Service opportunities complement academics and student life while fostering a culture of learning informed by charity. In the Service Learning Program, students apply classroom knowledge while volunteering in social and environmental settings to feed the hungry, build homes for Habitat for Humanity and comfort the elderly. The Cultural Immersion program offers the chance to live, learn and work amidst other cultures. In serving others, students cultivate a greater understanding of social problems, an appreciation for the cultural diversity of other people, as well as a commitment to volunteerism and an understanding of its connection to citizenship.

Campus Ministry infuses all aspects of faith into the Mount's culture and celebrates spiritual exploration. Faith sharing programs, Mass, retreats, and other planned events help awaken and deepen an awareness of God's love and presence within the campus community. Inspired by Catholic social teaching, Campus Ministry encourages students to identify their gifts and to use them for the common good through activities such as Pizza and Ponder, Homelessness Awareness Week, and 30-Hour Famine.



MEN'S TRACK & FIELD / 2010

2010 Schedule

INDOOR

Date	Invitational	Location	Time
1/16	Rev. Mike Hout Invitational (Capital University)	Columbus, OH	12:00PM
1/23	Otterbein College Invitational	Westerville, OH	11:00AM
1/30	Rose-Hulman Institute of Technology Invitational	Terre Haute, IN	12:30PM
2/6	Anderson University Invitational	Anderson, IN	3:00PM
2/13	All-Ohio Championship (Otterbein College)	Westerville, OH	12:00PM
2/20	Hoosier-Buckeye Invitational (Rose-Hulman Institute of Technology)	Terre Haute, IN	1:00PM
3/6	Mount Union College Indoor Qualifier	Alliance, OH	10:00AM
3/13	NCAA Division III Championship (DePauw University)	Greencastle, IN	TBA

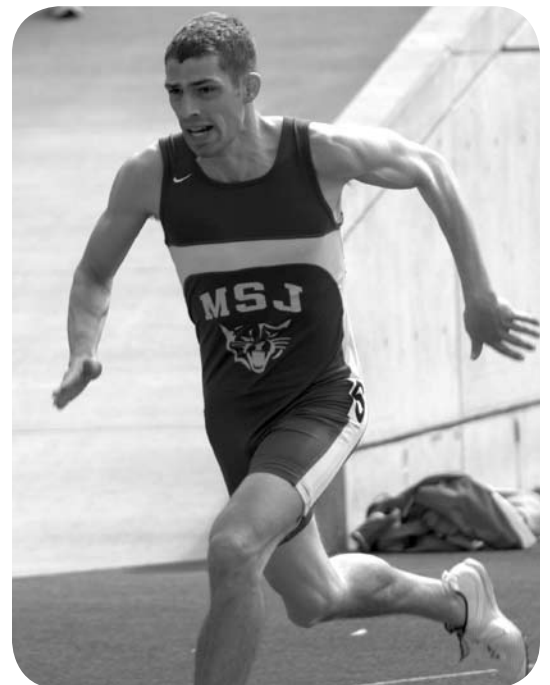
OUTDOOR

Date	Invitational	Location	Time
3/20	Early Bird Relays (University of Cincinnati)	Cincinnati, OH	TBA
3/26	College of Mount St. Joseph Invitational	Schueler Field	3:30PM
4/3	Oliver Nikoloff Invitational (University of Cincinnati)	Cincinnati, OH	TBA
4/17	All-Ohio Championship (Ohio Wesleyan University)	Delaware, OH	10:00AM
4/24	Quaker Invitational (Wilmington College)	Wilmington, OH	11:00AM
4/30-5/1	HCAC Championship (College of Mount St. Joseph)	Schueler Field	3:30PM
5/7	Billy Hayes Invitational (Indiana University)	Bloomington, IN	TBA
5/20-21	Gregory Invitational (North Central College)	Naperville, IL	TBA
5/27-29	NCAA Division III Championship (Baldwin-Wallace College)	Cleveland, OH	TBA

2010 Roster

Name	Events	Class	Hometown (High School)
Branden Anderson	Sprints	Freshman	Louisville, KY (Manual)
Justin Berry	Sprints	Freshman	Cincinnati, OH (Roger Bacon)
Jerrick Boykin	Sprints	Sophomore	Cincinnati, OH (Glen Este)
Xavier Brison	Sprints/Jumps	Sophomore	Cadiz, KY (Trigg County)
Sean Brooks	Throws	Freshman	Englewood, OH (Northmont)
Michael Carter	Sprints	Sophomore	Cincinnati, OH (Walnut Hills)
Colton Chicketti	Mid-Distance	Freshman	Centerville, OH (Alter)
Ryan Downing	Sprints	Sophomore	Cincinnati, OH (Oak Hills)
Dan Dripps	Sprints/Jumps	Freshman	Wapakoneta, OH (Wapakoneta)
Justin Fuller	Sprints	Junior	Cincinnati, OH (Walnut Hills)
Steve Gantzer	Sprints/Jumps	Freshman	New Richmond, OH/ (New Richmond)
Seth Gilley	Sprints	Senior	Casstown, OH (Miami East)
Casey Gilmour	Hurdles	Freshman	Dillsboro, IN (South Dearborn)
Cory Hardin	Sprints	Senior	Fairborn, OH (Fairborn)
Mitchell Harper	Sprints/Jumps	Freshman	Walton, KY (Walton-Verona)
Austin Jagers	Throws	Freshman	Louisville, KY (Holy Cross)
Michael Kidder	Throws	Freshman	Kings Mills, OH (Kings)
Scotty Mayes	Sprints/Jumps	Sophomore	Cadiz, KY (Trigg County)
Doug Meyer	Vault/Jumps	Sophomore	Cincinnati, OH (Elder)
Randall Mitchell	Throws	Senior	Columbus, OH (Eastmoor Academy)
Brandon Modafari	Throws	Sophomore	Cincinnati, OH (Elder)
Bryan Paugh	Throws	Sophomore	Milford, OH (Milford)
Charlie Pickelheimer	Distance	Freshman	Cincinnati, OH (Glen Ste)
Antonio Poellnitz	Multiple	Freshman	Cincinnati, OH (Winton Woods)
Tim Pope	Vault	Sophomore	Cincinnati, OH (Elder)
Lee Rogers	Mid-Distance	Freshman	Cincinnati, OH (Mariemont)
Max Rumker	Mid-Distance	Freshman	Fairfield, OH (Ross)
Jeff Schroer	Distance	Senior	Cincinnati, OH (Elder)
Chris Schweikert	Throws	Freshman	North Bend, OH (Taylor)
Zach Shaw	Mid-Distance	Junior	Wyoming, OH (Wyoming)

Name	Events	Class	Hometown (High School)
Alex Shields	Distance	Senior	Cincinnati, OH (LaSalle)
Derick Tabar	Sprints	Junior	Cincinnati, OH (Colerain)
Casey Taylor	Throws	Freshman	Degraff, OH (Indian Lake)
Casey Weber	Long Sprints	Freshman	Aurora, IN (South Dearborn)
Ben Weidner	Mid-Distance	Senior	Cincinnati, OH (Elder)



Senior mid-distance runner Ben Weidner returns this spring for his fourth season.

2010 Season Outlook

The Lions claimed a seventh place finish at the HCAC Championships, but the performance of the season was turned in by Mount field athlete Randall Mitchell. Mitchell finished first in both the shot put and the discus throw at the HCAC meet, while placing second in the hammer throw, earning him the title of 2009 Heartland Collegiate Athletic Conference Field Athlete of the Year. Mitchell was named to the All-HCAC team along with freshman Scotty Mayes, who won the long jump at the HCAC Championship meet. Mitchell and Mayes will be counted on again this season to provide leadership and points for the Lions.

"Senior Seth Gilley is the inspirational leader of the team," Longano says. "He displays great dedication to the program and has done an outstanding job of leading our workouts and setting a strong example for the underclassmen to follow. Two-time national qualifier Randall Mitchell has set our standards in the throws very high. He also is a lead by example athlete."

The Lions have shown tremendous improvement in their overall recruiting efforts the past few seasons. Coach Longano even went as far as to say that recruiting was the greatest improvement since the 2008 season for the Mount.

"No question, our freshman recruiting class is the best we've had," Longano adds. "We were able to bring in numbers and talent. Last year's men's team roster had 23. This year we have 37."

In addition to Mitchell and Mayes, who Longano expects to perform well for the upcoming season, the Lions' head coach said also expects big things from freshman Michael Kidder. Kidder is expected to become a solid discus thrower for the Mount.

When asked about what strengths and weaknesses this year's team might possess, coach Longano had this to say. "Sprints, horizontal jumps and throws will be our biggest strengths with Mitchell and Mayes leading the way," Longano adds. "Our weaknesses are the distance events. Our lack of numbers in those events will hurt us."

Coach Longano also expects the incoming freshman class to contribute to the Lions' success.

"I think Kidder will be a force in the throws," Longano says. Our transfer student, Michael Carter will play a huge role in our success in the sprints as will sprinters Steve Gantzer, Casey Weber, and hurdler Casey Gilmore, who will add valuable depth to the team."

To say Coach Longano's goals for the upcoming season are anything but lofty would be an understatement. Longano was very clear about what he wants for this year's team.

"As long as I am head coach of this program the goal will be to win the HCAC and win a National Championship," says Longano. "Also we only won three events at the HCAC meet last year and I would like to win six events at the HCAC meet in 2010 and have two All-Americans."

When asked about the talent in the HCAC, and his final thoughts on the upcoming season, coach Longano made these remarks:

"I think that Rose-Hulman is the team to beat," Longano adds. "They don't win many events but they score in every event making them very difficult to beat. Also, Manchester College has a very deep and talented team, especially in the distance races. Our goal is to load specific events, and take as many events as possible."



Mount runners (left to right) Xavier Brison, Cory Hardin and Justin Fuller in 2009 sprint action.

2010 Coaching Staff



HEAD COACH PAUL LONGANO

Paul Longano returns to direct the Mount's men's and women's track & field teams again this fall - his second season. Longano is also the College's head coach for men's and women's cross country.

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 to 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 fifth 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, 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 returns for her second season as assistant coach for the Lions' men's and women's track & field teams, who also assists Mount Head Coach Paul Longano with the Lions' cross country 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, 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 returns for her second 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.

2010 Returning Athletes' Profiles



XAVIER BRISON

Sprints/Jumps
Sophomore

Major: Athletic Training

High School (Hometown): Trigg County (Cadiz, KY)

Brison returns for his second season with the Mount.

He competed in three events for the Lions during last season's outdoor portion of the schedule - the 100-m dash, 200-m dash and the triple jump. Brison is also a member of the Lions' football team. Xavier is the son of Lauren Truing.



JUSTIN FULLER

Sprints
Junior

Major: Psychology

High School (Hometown): Cincinnati, OH (Walnut Hills)

Fuller returns for his third season with the Mount. He ran the 100-m dash and the 200-m dash during the outdoor schedule last spring, turning in his best times of the season at the Hanover Invitational. Fuller is also a member of the Lions' football team. Justin is the son of Shelly Fuller.

**SETH GILLEY****Sprints****Senior****Major: Sport Management****High School (Hometown): Casstown, OH (Miami East)**

Gilley returns for his fourth season with the Mount.

He raced in three events during the indoor season and

competed in four events during the outdoor portion of the schedule in 2009. Head Coach Paul Longano calls Gilley a great team leader who has passion and brings leadership to the Mount's track & field program. Gilley is also a member of the Lions' cross country team. Seth is the son of Kim and Rick Gilley.

**CORY HARDIN****Sprints****Senior****Major: Sport Management****High School (Hometown): Fairborn, OH (Fairborn)**

Hardin returns for his second season with the Mount.

He raced in the 100-m dash and 200-m dash events, as

well as was on the team's 4x100-meter relay team last spring during the outdoor season. Head Coach Paul Longano says Hardin brings outstanding leadership skills and desire to the team, as well as being a vocal leader who supports his teammates and sets an example of excellence for them to follow. Hardin is also a member of the Lion's football team. Cory is the son of Carol Hardin.

**SCOTTY MAYES****Sprints/Jumps****Sophomore****Major: Criminology/Sociology****High School (Hometown): Cadiz, KY (Trigg County)**

Mayes returns for his second season with the Mount.

He turned in the team's best time last season in the

100-m outdoor dash, and was second on the Lions with his long jump performance at the HCAC meet. Mayes is also a member of the Lions' football team. Scotty is the son of Lenora Gordon and Scott Mayes.

**DOUG MEYER****Vaults/Jumps****Sophomore****Major: Biochemistry****High School (Hometown): Cincinnati, OH (Elder)**

Meyer returns for his second season with the Mount.

He recorded the team's best marks in the 2009 outdoor

season in the long jump and the pole vault, both at the HCAC meet. Head Coach Paul Longano says Meyer, who scored points for the team at the conference meet last spring, is a solid pole vaulter who should make a big contribution to the team this season. Meyer is also a member of the Lions' wrestling team. Doug is the son of Victoria and Steven Meyer.

**RANDALL MITCHELL****Senior****Major: Sport Management****High School (Hometown): Columbus, OH (Eastmoor Academy)**

Mitchell returns for this fourth season with the Mount.

He recorded the team's best distance last season during

the indoor season in the shot put and weight throw events; and had team-best throws during the outdoor season last spring in the shot put, discus throw and hammer throw. Mitchell, who holds numerous Mount throwing records, is a three-time conference outdoor shot put champion who provisionally qualified in the shot, discus and hammer throws last season, competing in the discus throw at the national tournament. Head Coach Paul Longano feels that Mitchell has a good chance this spring to break several HCAC records and make a run at another national qualification. Mitchell, who was named HCAC Field Athlete of the Year in 2009, is also a member of the Lions' football team. Randall is the son of Sandra and Reginald Mitchell.

**BRYAN PAUGH****Sophomore****Major: Accounting****High School (Hometown): Milford, OH (Milford)**

Paugh returns for his second season with the Mount.

During the 2009 indoor season, Paugh competed in

the shot put and weight throw, and competed in the

shot put, discus throw and hammer throw during the outdoor season last spring. Head Coach Paul Longano says that Paugh has the best form of all the throwers on the Lions' team, who looks to improve his strength in the weight room and has a bright future. Bryan is the son of Margaret and Mark Paugh.

**JEFF SCHROER****Distance****Senior****Major: Nursing****High School (Hometown): Cincinnati, OH (Elder)**

Schroer returns for his fourth season with the Mount.

He turned in the team's best marks last season during

the indoor season in the 1 mile run and 5000-m run. He was also on the Lions' distance medley foursome during indoor, while competing in three events – the 800-m run, 1500-m run and 5000-m run during outdoor season in 2009. Head Coach Paul Longano states that Schroer is the most decorated runner in the history of the Mount who is dedicated to running and leads by example. Schroer is also a member of the Lions' cross country team. Jeff is the son of Mary and Thomas Schroer.

**ZACH SHAW****Mid-Distance****Junior****Major: Undeclared****High School (Hometown): Wyoming, OH (Wyoming)**

Shaw returns for his third season with the Mount. He had

the Lions' fastest times in the 2009 indoor and 800-m

runs and also was on the distance medley and 4x400-meter relay foursomes. Head Coach Paul Longano says that Shaw, who has great potential, reaches that level, will be fun to watch. Shaw is also a member of the Lions' cross country team. Zach is the son of Francie and David Shaw.

2010 Returning Athletes' Profiles (CONTINUED)



ALEX SHIELDS

Distance

Senior

Major: History

High School (Hometown): Cincinnati, OH (LaSalle)

Shields returns for his fourth season with the Mount.

He raced in the 5000-m indoor run and the 10000-

m outdoor run for the Lions last spring. Head Coach Paul Longano calls Shields a rare individual who the coaching staff has to hold back in workouts because of his desire to run more than he is asked. Longano adds that Shields has a great work ethic and drive to perform well. Shields is also a member of the Lions' cross country team. Alex is the son of Karen and Robert Shields.



DERICK TABAR

Junior

Major: Sport Management

High School (Hometown): Cincinnati, OH (Colerain)

Tabar returns for his third season with the Mount.

During last season's indoor season, Tabar competed in the 55-m dash and the 200-m dash, and was on the

team's 4x200-meter relay squad. His time of 6.98 in the 55-m dash indoors was the team's best time. He also turned in the second-best time on the squad in last season's outdoor 100-m dash and 200-m dash, and was on the 4x100-meter relay group. Tabar brings good speed and toughness to the sprint squad, says Head Coach Paul Longano. Tabar is also a member of the Lions' football team. Derick is the son of Diana and Robert Tabar.



BEN WEIDNER

Senior

Major: Athletic Training

High School (Hometown): Cincinnati, OH (Elder)

Weidner returns for his fourth season with the Mount.

He had the Lions' fastest time during the indoor season last spring in the 400-m dash and he also ran in the

800-m run, Distance Medley event and was on the 4x200-meter relay squad. In the 2009 outdoor campaign, Weidner ran in the 200-m dash, 400-m dash, and 800-m run and was on the 4x400-meter relay team. Head Coach Paul Longano says that Weidner provides stability in the mid-distance events, who adds great intensity and work ethic to the team. Weidner is also a member of the Lions' cross country team. Ben is the son of Kimberlee and Robert Weidner.

2009 Results

INDOOR

Date	Opponent/Event	Location	Result
1/24	at Wabash College Invitational	Crawfordsville, IN	No team score
2/7	at Anderson University Invitational	Anderson, IN	5th Place
2/14	at All-Ohio Championship (Otterbein College)	Westerville, OH	15th Place
2/21	at Hoosier-Buckeye Inv. (Rose-Hulman Inst. of Tech.)	Terre Haute, IN	7th Place
3/6	at DePauw Indoor Qualifier (DePauw U.)	Greencastle, IN	No team score
3/14	at NCAA Division III Indoor Championship	Terre Haute, IN	No team score

OUTDOOR

Date	Opponent/Event	Location	Result
3/21	at Early Bird Relays (U. of Cincinnati)	Cincinnati, OH	5th Place
3/28	at Hanover College Invitational (Hanover College)	Madison, IN	8th Place
4/4	at Anderson University Invitational	Anderson, IN	5th Place
4/11	at All-Ohio Championship (Ohio Wesleyan U.)	Delaware, OH	19th Place
4/18	at Quaker Invitational (Wilmington College)	Wilmington, OH	6th Place
4/24-25	HCAC Championship (Rose-Hulman Inst. of Tech.)	Terre Haute, IN	7th Place
5/8	at Billy Hayes Invitational (Indiana U.)	Bloomington, IN	No team score
5/14-15	at Gregory Invitational (North Central College)	Naperville, IL	No team score
5/22	at NCAA Division III Outdoor Championship	Marietta, OH	No team score

The Mount in the HCAC

The Lions enter their seventh 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 the 2008 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.

The 2009 HCAC Championship saw the Lions come in seventh place in the team standings. Randall Mitchell helped lead the way individually, finishing first in the shot put and discus throw, and second in the hammer throw. Mitchell, who was named All-HCAC, was selected as the HCAC Outstanding Field Athlete. Teammate Scotty Mayes, who was also named all-conference, was first in the long jump and third in the 100-meter dash.

2009 HCAC Championship

(OUTDOOR SEASON)

Team Standings	Points
1) Rose-Hulman	191
2) Manchester	138.50
3) Defiance	91
4) Franklin	84.50
5) Anderson	84
6) Hanover	75
7) Mount	62
8) Bluffton	52

2009 HCAC Championship Mount Point Scorers

100 meter dash: Scotty Mayes, 11.17, 3rd place, 6 points

4x100 meter relay: (Scotty Mayes, Derick Tabar, David Davis, Cory Hardin), 44.46, 6th place, 3 points

4x400 meter relay: (Seth Gilley, Ben Weidner, Zach Shaw, Jim Tritt), 3:41.13, 8th place, 1 point

Pole Vault: Doug Meyer, 4.08m, 5th place, 4 points

Triple Jump: Xavier Brison, 40-07.50, 6th place, 3 points

Hammer Throw: Randall Mitchell, 171-05, 2nd place, 8 points

Shot Put: Randall Mitchell, 48-05.25, 1st place, 10 points, Travis Blank, 44-02.75, 8th place, 1 point

Javelin Throw: Ryan Averbeck, 162-11, 4th place, 5 points

Discus Throw: Randall Mitchell, 161-11, 1st place, 10 points

Long Jump: Scotty Mayes, 22-06.50, 1st place, 10 points

2009 All-Conference

All-HCAC (Event Winners)

Robert Johnson, Jr., Bluffton

Korey Bucher, Jr., Manchester

Sean Kennedy, Sr., Franklin

Brandon Welti, Sr., Franklin

Sutton Coleman, Fr., Rose-Hulman

Justin Perkins, Fr., Defiance

Brad Zarembski, Jr., Defiance

Beau Bradtmiller, Sr., Manchester

Scotty Mayes, Fr., Mount

Randall Mitchell, Jr., Mount

Jason Fisher, Jr., Bluffton

Travis Vanderberg, Jr., Rose-Hulman

Brian Badenhop, So., Defiance

Ryan Perry, So., Defiance

Trey Harris, Jr., Defiance

Blake Witherspoon, Fr., Defiance

Calvin Bueltel, Jr., Rose-Hulman

Paul Bouagnon, So., Rose-Hulman

HONORABLE MENTION ALL-HCAC

(Athlete Must Accumulate 16 Points At HCAC Championships)

Austin Trivett, So., Defiance

John Kimmel, Jr., Manchester

MOST OUTSTANDING TRACK ATHLETE: Korey Bucher, Manchester College

MOST OUTSTANDING FIELD ATHLETE: Randall Mitchell, Mount

MOST OUTSTANDING FRESHMAN ATHLETE: Sutton Coleman, Rose-Hulman Institute of Technology

COACH OF THE YEAR: Larry Cole, Rose-Hulman Institute of Technology

2009 HCAC Athletes of the Week

Week Ending	Name, School
Mar. 22	Track- Blake Witherspoon, Defiance Field- Jason Fisher, Bluffton
Mar. 29	Track- Ian Thomas, Rose-Hulman Field- Brad Zarembski, Defiance
Apr. 5	Track- Sutton Coleman, Rose-Hulman Field- John Kimmel, Manchester
Apr. 12	Track- Brandon Welti, Franklin Field- Jason Fisher, Bluffton
Apr. 19	Track- Sutton Coleman, Rose-Hulman Field- Austin Trivett, Defiance

2008 HCAC Championship Mount Point Scorers

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

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

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

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

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

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

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

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

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

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

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

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

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
2008	Rose-Hulman	Sixth place

Mount Individual Records

INDOOR

55-meter Dash

Jeff Williams, 6.87, 2006

200-meter Dash

Derick Tabar, 24.19, 2009

300-meter Dash

Don Haggard, 39.76, 2004

400-meter Dash

Ben Weidner, 54.10, 2009

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, 16:33.50, 2009

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, 52-02.00, 2009

Pole Vault

Paul Brousseau, 12-00.00, 2005

Weight Throw

Randall Mitchell, 44-10.75, 2009

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

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

10000-meter Run

Jeff Schroer, 34:05.80, 2007

High Jump

Eric Long, 6-04.00, 2006

Long Jump

Scotty Mayes, 22-06.50, 2009

Triple Jump

Rayshawn Eastman, 43-05.25, 2008

Pole Vault

Doug Meyer, 13-04.50, 2009

Shot Put

Randall Mitchell, 50-08.25, 2009

Discus Throw

Randall Mitchell, 161-11.00, 2009

Hammer Throw

Randall Mitchell, 171-05.00, 2009

Javelin Throw

Ryan Averbeck, 174-08.00, 2009

110-meter Hurdles

Rayshawn Eastman, 16.02, 2008

400-meter Hurdles

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 Drenkler, 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 Drenkler, Joe Grace, 3:51.68, 2005

Distance Medley

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



WOMEN'S TRACK & FIELD / 2010

2010 Schedule

INDOOR

Date	Invitational	Location	Time
1/16	Rev. Mike Hout Invitational (Capital University)	Columbus, OH	12:00PM
1/23	Otterbein College Invitational	Westerville, OH	11:00AM
1/30	Rose-Hulman Institute of Technology Invitational	Terre Haute, IN	12:30PM
2/6	Anderson University Invitational	Anderson, IN	3:00PM
2/13	All-Ohio Championship (Otterbein College)	Westerville, OH	12:00PM
2/20	Hoosier-Buckeye Invitational (Rose-Hulman Institute of Technology)	Terre Haute, IN	1:00PM
3/6	Mount Union College Indoor Qualifier	Alliance, OH	10:00AM
3/13	NCAA Division III Championship (DePauw University)	Greencastle, IN	TBA

OUTDOOR

Date	Invitational	Location	Time
3/20	Early Bird Relays (University of Cincinnati)	Cincinnati, OH	TBA
3/26	College of Mount St. Joseph Invitational	Schueler Field	3:30PM
4/3	Oliver Nikoloff Invitational (University of Cincinnati)	Cincinnati, OH	TBA
4/17	All-Ohio Championship (Ohio Wesleyan University)	Delaware, OH	10:00AM
4/24	Quaker Invitational (Wilmington College)	Wilmington, OH	11:00AM
4/30-5/1	HCAC Championship (College of Mount St. Joseph)	Schueler Field	3:30PM
5/7	Billy Hayes Invitational (Indiana University)	Bloomington, IN	TBA
5/20-21	Gregory Invitational (North Central College)	Naperville, IL	TBA
5/27-29	NCAA Division III Championship (Baldwin-Wallace College)	Cleveland, OH	TBA

2010 Roster

Name	Event	Class	Hometown (High School)
Libby Aring	Distance	Sophomore	Dayton, OH (Northmont)
Emily Babel	Sprints/Jumps	Senior	Cincinnati, OH (McAuley)
Melissa Baugh	Sprints	Sophomore	Bright, IN (East Central)
Brittany Bowman	Throws	Freshman	Hamilton, OH (Ross)
Jessica Burg	Distance	Junior	Cincinnati, OH (Roger Bacon)
Kristin George	Multi	Senior	Dayton, OH (Northmont)
Lauren Hastings	Jumps/Sprints	Sophomore	Okeana, OH (Ross)
Christina Heidi	Throws	Sophomore	Harrison, OH (Harrison)
Maddie Hirsch	Hurdles/Sprints	Freshman	Okeana, OH (Ross)
Katie Jerek	Sprints	Freshman	Boardman, OH (Cardinal Mooney)
Ayesha Kimbrough	Sprints	Freshman	Middletown, OH (Middletown)
Ann Marie Middendorf	Hurdles	Freshman	Cincinnati, OH (Oak Hills)
Abigail Modras	Mid-Distance	Sophomore	Dayton, OH (Northridge)
Natalie Neshite	Sprints	Freshman	Youngstown, OH (Cardinal Mooney)
Maria Ruebusch	Hurdles/Jumps	Senior	Loveland, OH (Loveland)
Emily Rutschilling	Vault/Jumps	Freshman	New Bremen, OH (New Bremen)
Jenna Shull	Distance	Freshman	Springfield, OH (Northeastern)
Samantha Siciliano	Sprints	Freshman	Cincinnati, OH (Oak Hills)
Amanda Smith	Mid-Distance	Senior	Cincinnati, OH (Oak Hills)
Stephanie Spenny	Vault/Sprints	Sophomore	Aurora, IN (South Dearborn)
Michelle Trenkamp	Hurdles	Sophomore	Ludlow, KY (Ludlow)
Sondra West	Hurdles	Junior	Cincinnati, OH (SPCA)



2009 All-HCAC selection Lauren Hastings in 2009 action.

2010 Season Outlook

The Mount had a sixth place overall finish at the HCAC meet as a team, while freshman Lauren Hastings placed first in the long jump and was the key anchor on the 4-by-100 meter relay team consisting of Abigail Modras, Kristin George, and Emily Babel, who all return this spring. The first place finish earned the group First Team All-HCAC honors, the second for Babel who finished first in the 400-meter dash the previous year.

It is clear that head coach Paul Longano will look to his seniors, which include Ruebusch, George and Babel, to provide leadership for this year's team.

"Hastings, who was the 2009 HCAC long jump champion and on the 4x100 meter relay championship team was four inches from the HCAC record in the long jump," Longano states. "She will score high in the long jump and triple jumps. Senior Kristin George competed in six events at the HCAC meet last year and she scored in all six. Former HCAC Freshman of the Year Emily Babel scored in four events, while Abigail Modras was HCAC runner up in the 400-meter dash last spring.

Longano also points to his incoming freshmen to contribute right away.

"I look for freshmen sprinters Ayesha Kimbrough, Maddie Hirsch, Katie Jerek and Sam Siciliano to make an immediate impact in sprints in the HCAC," Longano says. "Freshman pole vaulter Emily Rutschilling's personal best of 10 feet 6 inches in the vault, in high school, would have won last year's HCAC meet."

As far as improving from last season, Coach Longano believes that the overall level of recruiting has tremendously increased the talent on the Lions squad for the upcoming season.

"Last year's team had a roster size of 11 women and this year we have 30 women on the team who are talented," claims Longano.

With all but four of the total points in the HCAC meet coming from four women, coach Longano looks to the added depth to help the Lions score more effectively this season. The Lions will look to capitalize on their speed by scoring points in the sprints, horizontal jumps and hurdles.

Longano's goals for the team this season are similar to what he expects every season.

"My goals are to win the HCAC and the Nationals," he states. "Those will always be my goals."

The determination of not only the coaching staff but also of the athletes to win and compete at a very high level will surely translate onto the track for the Lions this year. When asked about what it would take to win the conference Longano had this to say.

"It won't be easy," he adds. "Four teams scored over 100 points last year and four points separated the top three teams. Again, 95 percent of our points came from four women on our team who generated half of the points of the winning team. This year's conference meet should be interesting."



Senior Maria Ruebusch returns in 2010 for her fourth season.

2010 Coaching Staff



HEAD COACH PAUL LONGANO

Paul Longano returns to direct the Mount's men's and women's track & field teams again this fall - his second season. Longano is also the College's head coach for men's and women's cross country.

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 to 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 fifth 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, 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 returns for her second season as assistant coach for the Lions' men's and women's track & field teams, who also assists Mount Head Coach Paul Longano with the Lions' cross country 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, 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 returns for her second 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.

2010 Returning Athletes' Profiles



EMILY BABEL
Sprints/Jumps
Senior
Major: Graphic Design/Interior Design
High School (Hometown): Cincinnati, OH (McAuley)
Babel returns for her fourth season with the Mount.

During the 2009 indoor season, Babel turned in the Lions top times in the 55-m dash and 200-m dash, as well as their top mark in the high jump and competing on the 4x200-meter relay team. She also competed in four events during last year's outdoor season, with team best marks in the 100-m dash and 200-m dash, as well as being on the 4x100-meter relay and 4x400-meter relay squads. Head Coach Paul Longano calls Babel a tough-minded athlete who will solidify the team in the long sprint events. Longano adds that Babel, a former HCAC Freshman of the Year in track & field, is the most accomplished runner in the history of the program. Babel is also a member of the Lions' cross country team. Emily is the daughter of Mary and Robert Babel.



JESSICA BURG
Distance
Junior
Major: Early Childhood Education
High School (Hometown): Cincinnati, OH (Roger Bacon)
Burg returns for her third season with the Mount.

She raced in the 2009 indoor 1 mile run for the Lions and the 800-m run, 1500-m run and the 5000-m run during the outdoor season. Head Coach Paul Longano calls Burg a tough runner who puts her all into the program. Burg is also a member of the Lions' cross country team. Jessica is the daughter of Carrie Burg.



KRISTIN GEORGE
Multi
Senior
Major: Athletic Training
High School (Hometown): Dayton, OH (Northmont)
George returns for her fourth season with the Mount.

She had the Lions' second-best time during the 2009 indoor season in the 55-m dash, and also competed in the long jump, triple jump and 4x200-meter relay. George competed in six events for the Mount during last spring's outdoor portion of the season, turning in the team's best time in the 100-m dash, and best distance in the javelin throw. Head Coach Paul Longano calls George, who scored in six events at the conference meet in 2009, a tenacious competitor, who has good range in the events she competes in. Kristin is the daughter of Mary Jo and Steve George.



LAUREN HASTINGS
Jumps/Sprints
Sophomore
Major: Athletic Training
High School (Hometown): Okeana, OH (Ross)
Hastings returns for her second season with the Mount.

She raced in the 55-m dash and was on the team's 4x200-meter relay team last spring during the indoor season, as well as turning in the best distances in the long jump and triple jump events. Hastings competed in six events during last spring's outdoor season, with team-best marks in the long jump, triple jump and shot put. She is the reigning conference champion in the long jump, and was also in the top three in the HCAC in the triple jump. Lauren is the daughter of Chris and Randy Hastings.



ABIGAIL MODRAS
Mid-Distance
Sophomore
Major: Business
High School (Hometown): Dayton, OH (Northridge)
Modras returns for her second season with the Mount.

She had the team's best time in all three of her individual events in the 2009 indoor season – the 400-m dash, 800-m run and 1 mile run, while also competing in the 4x200-meter relay event. Modras ran in the outdoor 200-m dash, 400-m dash, and 800-m run, as well as two being on two relay teams, and had Mount-best times in the 200 and 400. She scored in four events in last season's HCAC meet and her move up to the mid-distance events this spring will give the team stability in that area, according to Head Coach Paul Longano. Modras is also a member of the Lions' cross country team. Abigail is the daughter of Ruby and Daniel Modras.



MARIA RUEBUSCH
Hurdles/Jumps
Senior
Major: Graphic Design
High School (Hometown): Loveland, OH (Loveland)
Ruebusch returns for her fourth season with the Mount.

She had the team's fastest time in last season's 55-m hurdles indoor event, as well as competing in the long jump and triple jump. Ruebusch was in four individual events and on a relay team during the 2009 outdoor season, with a team-best time in the 100-m hurdles. Head Coach Paul Longano calls Ruebusch, a diverse athlete who competes in the hurdles, sprints and jumps, a great technician who is very coachable and an extension of the program's coaching staff. Maria is the daughter of Barb and Paul Ruebusch.



AMANDA SMITH

Mid-Distance

Senior

Major: Accounting

High School (Hometown): Cincinnati, OH (Oak Hills)

Smith returns for her fourth season with the Mount.

She competed in three indoor events last spring – the 200-m dash, 400-m dash and the pole vault and raced in the 200-m dash and 400-m dash events and the 4x400-meter relay during the outdoor campaign last spring. Head Coach Paul Longano says Smith has the potential to contribute to the success of the Lions in 2010. Amanda is the daughter of Kathy and Stu Smith.

2009 Results

INDOOR

Date	Opponent/Event	Location	Result
1/24	at Wabash Invite (Wabash College)	Crawfordsville, IN	No team score
2/7	at Anderson Univrsity Invitational	Anderson, IN	4th Place
2/14	at All-Ohio Championship (Otterbein College)	Westerville, OH	17th Place
2/21	at Hoosier-Buckeye Inv. (Rose-Hulman I. of T.)	Terre Haute, IN	5th Place
3/6	at DePauw Indoor Qualifier	Greencastle, IN	No team score

OUTDOOR

Date	Opponent/Event	Location	Result
3/21	at Early Bird Relays (University of Cincinnati)	Cincinnati, OH	7th Place
3/28	at Hanover College Invitational	Madison, IN	8th Place
4/4	at Anderson University Invitational	Anderson, IN	7th Place
4/11	at All-Ohio Championship (Ohio Wesleyan U.)	Delaware, OH	19th Place
4/18	at Quaker Invitational (Wilmington College)	Wilmington, OH	7th Place
4/24-25	at HCAC Championship	Terre Haute, IN	6th Place
5/8	at Billy Hayes Invitational (Indiana U.)	Bloomington, IN	No team score
5/14-15	at Gregory Invitational	Naperville, IL	No team score

The Mount in the HCAC

The Lions enter their seventh 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 2008 HCAC Championship, 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.

The 2009 HCAC Championship saw the Lions finish in sixth place again in the team standings, just nine points behind number five Rose-Hulman. The Mount’s 4x100-meter relay team of Abby Modras, Kristin George, Emily Babel and Lauren Hastings placed first and each runner was named All-Conference. Hastings was also first in the long jump while the Mount did well in the sprint events, too. Babel was second in the 200-meter dash and third in the 100-meter dash, while Modras was second in the 400-meter dash.

2009 HCAC Championship

(OUTDOOR SEASON)

Team Standings	Points
1) Manchester	134
2) Defiance	132.50
3) Franklin	131
4) Anderson	107
5) Rose-Hulman	81
6) Mount	72
7) Hanover	51
8) Bluffton	45.50
9) Transylvania	26

2009 HCAC Championship Mount Point Scorers

100-meter dash: Emily Babel, 13.24, 3rd place, 6 points, Kristin George, 13.34, 4th place, 5 points

200-meter dash: Emily Babel, 26.84, 2nd place, 8 points, Abby Modras, 27.45, 7th place, 2 points, Kristin George, 28.10, 8th place, 1 point

400-meter dash: Abby Modras, 1:02.24, 2nd place, 8 points

4x 100 meter relay: (Abby Modras, Kristin George, Emily Babel, Lauren Hastings), 52.11, 1st place, 10 points

4x400 meter relay: (Amanda Smith, Abby Modras, Emily Babel, Maria Ruebusch), 4:24.06, 5th place, 4 points

Triple Jump: Lauren Hastings, 33-10.00, 3rd place, 6 points, Maria Ruebusch, 32-07.75, 6th place, 3 points, Kristin George, 31-11.50, 8th place, 1 point

Javelin Throw: Kristin George, 102-05, 5th place, 4 points

Long Jump: Lauren Hastings, 17-06.25, 1st place, 10 points, Kristin George, 15-11.75, 6th place, 3 points, Maria Ruebusch, 15-11.00, 8th place, 1 point

2009 HCAC Athletes of the Week

Week Ending	Name, School
Mar. 22	Track- Marlea Rolander, Defiance Field- Liz Ridgway, Rose
Mar. 29	Track- Heather Waterman, Franklin Field- Holly Stein, Defiance
Apr. 5	Track- Marlea Rolander, Defiance Field- Samantha Higdon, Defiance
Apr. 12	Track- Kristi Brown, Franklin Field- Amanda Tooley, Defiance
Apr. 19	Track- Marlea Rolander, Defiance Field- Liz Ridgway, Rose-Hulman

2009 All-Conference

ALL-HCAC (EVENT WINNERS)

Anastasia Tarpeh, So., Rose-Hulman
Ashley Smith, Sr., Bluffton
Heather Waterman, So., Franklin
Shannon Egold, Fr., Franklin
Marlea Rolander, Fr., Defiance
Jessi Bremer, So., Manchester
Kristi Brown, Jr., Franklin
Emma Weiler, Fr., Manchester
Emily Cole, So., Defiance
Lauren Hastings, Fr., Mount
Michelle Roth, Sr., Anderson
Stephanie Stichter, Fr., Anderson
Holly Stein, So., Defiance
Amanda Tooley, Jr., Defiance
Abby Modras, Fr., Mount
Kristin George, Jr., Mount
Emily Babel, Jr., Mount
Danielle Murray, Fr., Manchester
Stephanie Phillips, Sr., Manchester

HONORABLE MENTION ALL-HCAC

(Athlete must accumulate 16 points at HCAC Championships)

Elisheva Weber, Jr., Franklin
Kristin Goldstein, Jr., Defiance

MOST OUTSTANDING TRACK ATHLETE: Heather Waterman, Franklin College

MOST OUTSTANDING FIELD ATHLETE: Holly Stein, Defiance College

MOST OUTSTANDING FRESHMAN ATHLETE: Marlea Rolander, Defiance College

COACH OF THE YEAR: Brian Cashdollar, Manchester College

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

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
2008	Anderson	Sixth place



Junior distance runner Jessica Burg in 2009 action for the Lions.

Mount Individual Records

INDOOR

55-meter Dash

Kristin George, 8.01, 2009

200-meter Dash

Gina Damman, 26.68, 2006

300-meter Dash

Emily Babel, 47:03, 2007

400-meter Dash

Abby Modras, 1:03.42, 2009

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

High Jump

Emily Babel, 4-04, 2009

Long Jump

Lauren Hastings, 17-01.25, 2009

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, Abby Modras, Lauren Hastings, Emily Babel, 1:54.47, 2009

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

Kristin George, 13.16, 2009

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

Lauren Hastings, 17-06.25, 2009

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

Kristen George, 102-05.00, 2009

4x100-meter Relay

Abby Modras, Kristin George, Emily Babel, Lauren Hastings, 52.11, 2009

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

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

Thank You

The College of Mount St. Joseph extends its warmest appreciation to the donors who supported Mount athletics with contributions of \$1000 or more during the period of July 1, 2008, through June 30, 2009.



On behalf of all student-athletes, coaches, advisors, and administration, thank you.

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