



CROSS COUNTRY GUIDE / 2009



COLLEGE OF MOUNT ST. JOSEPH

UNDERGRADUATE MAJORS

Accounting

Art

Art – Fine Arts

Art – Graphic Design

Art – Interior Design

Art Education

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 10:1 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: 2,100

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

Web Site: www.msj.edu

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.

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About This Guide

The College of Mount St. Joseph's 2009 Cross Country 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 September 2009 with all of the information available at that time. For updated information on Mount athletics, visit www.msj.edu/athletics.

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



Melanee Atkinson
Assistant Athletic Director and Senior Women's Advisor



Dr. Robert Burger
Team Orthopedic Director

Cheerleaders



Front Row: Chelsey Stames, 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	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/Women'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	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 Schertzinger 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 CROSS COUNTRY / 2009

2009 Schedule

Date	Meet	Site	Time
9/12	Queen City Invitational (host, Univ. of Cincinnati)	Cincinnati, OH	10:00 a.m.
9/18	National Catholic Invitational (Univ. of Notre Dame)	South Bend, IN	3:30 p.m.
10/2	All-Ohio Championships (Ohio Wesleyan University)	Delaware, OH	2:45 p.m.
10/16	Wilmington College Fall Classic	Wilmington, OH	5:00 p.m.
10/31	HCAC Championships (College of Mount St. Joseph)	Cincinnati, OH	TBA
11/14	NCAA Division III Great Lakes Regional (Rose-Hulman)	Terre Haute, IN	12:00 p.m.

2009 Season Outlook

The Lions are looking to catch up this season in terms of depth and recruiting. With second-year Head Coach Paul Longano at the helm, the Mount is looking to get to a new level. Coach Longano names Jeff Schroer as the top returner on the men's side, who, he believes has a great shot at placing inside the top five at the conference meet.

"I believe that Schroer and fellow senior Ben Weidner will give us solid leadership on the men's side this fall," Longano states. "If we can perform well at the University of Cincinnati and at the University of Notre Dame, we can handle anything our conference throws at us."

Also helping the Lions this year will be senior Alex Shields, who will be returning for his fourth season with team, and senior Ben Weidner. Junior Zach Shaw raced in five of the seven races the Mount ran last season. There will be two freshmen on this year's squad, Max Rumker and Charlie Pickelheimer.

One of the men's teams goals this season was to better the results that were recorded last season.

"My goal this year is to better what we did in 2008," Longano says. "I would like to have two runners in the top-five at the conference meet, too."

The overall outlook for the men's team this season is one of improvement and higher expectations. Longano wishes to improve on every aspect and believes the time is coming when the Mount will be on top of the conference results. Despite arriving late to the Mount for the 2008 season, Longano thinks that every year the recruits will keep getting better.

"We are way ahead of last year," Longano adds. "I see great things on the horizon for the cross country program."



Senior Alex Shields returns for his fourth season in 2009.

2009 Roster

Name	Class	Hometown	High School
Charlie Pickelheimer	Fr.	Cincinnati, OH	Glen Este
Max Rumker	Fr.	Okeana, OH	Ross
Jeff Schroer	Sr.	Cincinnati, OH	Elder
Zach Shaw	Jr.	Cincinnati, OH	Wyoming
Alex Shields	Sr.	Cincinnati, OH	LaSalle
Ben Weidner	Sr.	Cincinnati, OH	Elder

2009 Coaching Staff



HEAD COACH PAUL LONGANO

Paul Longano returns to direct the Mount's men's and women's cross country teams again this fall – his second season. Longano, who was hired in July 2008, is also the College's head coach for men's and women's track & field.

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 TINA BLAKLEY

Tina Blakley returns for her second season as assistant coach for the Lions' men's and women's cross country teams. Blakley, who also assists Head Coach Paul Longano with the Mount's track & field teams, is an AFAA certified personal trainer and has helped direct many individual athletes and teams improve their

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

Coach Blakley's personal interests involve training and competing in multi-discipline endurance races, such as 12+ hour adventure races, long distance running, 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.

2009 Returning Runners' Profiles



JEFF SCHROER

Senior • Major: Nursing

High School (Hometown): Elder (Cincinnati OH)

Schroer returns for his fourth season with the Mount. He had another outstanding campaign last fall for the Lions, placing first among his teammates in each of the Mount's six meets, and winning All-HCAC honors

after recording a 10th place finish at the HCAC Championships. Head Coach Paul Longano says he believes that Schroer has the ability to be a top-five placer at the conference meet in 2009. Jeff is the son of Mary and Thomas Schroer.



ZACH SHAW

Junior • Major: Undeclared

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

Shaw returns for his third season with the Mount. He raced in all six meets for the team last season, and was their second-fastest finisher each time out. Head Coach Paul Longano says that Shaw has tremendous work

ethic, is very dedicated to running - often running twice a day - and is constantly improving. Zach is the son of Francie and David Shaw.



ALEX SHIELDS

Senior • Major: History

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

Shields returns for his fourth season with the Mount. He was the team's third-place finisher in all six races last season. Head Coach Paul Longano said that Shields is a very dedicated runner, who never misses a day of

running and often runs twice in a single day. Alex is the son of Karen and Robert Shields.



BEN WEIDNER

Senior • Major: Athletic Training

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

Weidner returns for his fourth season with the Mount.

He did not race in any meets last year due to an injury and hopes to be at 100 percent this fall. Ben is the son of Kimberlee and Robert Weidner.

2009 First-Year Runners' Profiles

CHARLIE PICKELHEIMER

Freshman • Major: Sport Management

High School (Hometown): Glen Este (Cincinnati, OH)

Pickelheimer joins the Lions for his first season. He ran cross for four years in high school, making Second Team All-League twice and winning the Ross Invitational and Glen Este home meet. Pickelheimer, who also wrestled

in high school is planning on competing in the sport in the winter at the Mount. In addition, he was the team captain in cross country and was on the track & field team. He is the son of Heather Becker and Charlie Pickelheimer Jr..

Photo
Not
Available

MAX RUMKER

Freshman • Chemistry/Mathematics

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

Rumker joins the Lions for his first season. He ran both cross country and track & field in high school. Rumker was a Second Team All-League honoree, and was in Student Government, Earth Club, Academic Team, and

other clubs in high school. He is the son of Sharon and Ronald Rumker.

Photo
Not
Available

2008 Team and Individual Results

Queen City Invitational (Alexandria, KY) 5K September 6

Team Standings (Nine schools)

(Top five)

1. University of Cincinnati, 28
2. Xavier University, 49
3. Northern Kentucky University, 93
4. Kenyon College, 100
5. University of the Cumberlands, 112

9. Mount, 278

Individual winner: Tommy Kauffman, Xavier, 15:37.74

Mount individual results

36. Jeff Schroer, 17:00.38
53. Zach Shaw, 18:31.22
57. Alex Shields, 19:24.65
65. Jim Tritt, 21:30.86
67. Jacob Lauver, 24:29.01

National Catholic Cross Country Championships (South Bend, IN) 8K September 20

Team Standings (33 schools)

(Top five)

1. Duquesne University, 44
2. University of Notre Dame, 45
3. DePaul University, 115
4. Xavier University, 120
5. University of Dayton, 121

30. Mount, 901

Individual winner: Paul Springer, University of Notre Dame, 24:54

Mount individual results

106. Jeff Schroer, 28:07
167. Zach Shaw, 29:41
192. Alex Shields, 30:50
214. James Tritt, 33:48
222. Jacob Lauver, 39:57

All-Ohio Championships (Delaware, OH) 5 miles October 10

Division III

Team Standings (20 schools)

(Top five)

1. Case Western Reserve University, 52
2. Mount Union College, 87
3. Ohio Northern University, 93
4. Denison University, 104
5. Kenyon College, 127

Mount, no team score

Individual winner: Dominic Smith, CWRU, 25:47.5

Mount individual results

58. Jeff Schroer, 28:18.7
113. Zach Shaw, 31:08.9
123. Alex Shields, 32:42.8
136. James Tritt, 37:55.6

Wilmington College Fall Classic (Wilmington, OH) 8K October 17

Team Standings (23 schools)

(Top five)

1. Denison University, 60
 2. Centre College, 63
 3. University of Cumberland, 124
 4. Rose-Hulman Institute of Technology, 137
 5. Wilmington College, 181
- 5. Lindsey Wilson College, 181**

16. Mount, 497

Individual winner: David Mutuse, Lindsey Wilson, 24:46.66

Mount individual results

49. Jeff Schroer, 27:05.20
81. Zach Shaw, 28:16.60
111. Alex Shields, 30:12.19
120. James Tritt, 31:50.65
136. Jacob Lauver, 36:17.73
137. Jesse Hooven, 36:49.50
144. John Hutzler, 39:42.21

2008 Team and Individual Results (CONTINUED)

HCAC Cross Country Championships (N. Manchester, IN) November 1

Team Standings

1. Franklin, 46
 2. Rose-Hulman, 48
 3. Manchester, 63
 4. Anderson, 78
 5. Hanover, 169
 6. Defiance, 178
 - 7. Mount, 181**
- Bluffton, no team score.
Transylvania, no team score.

Individual winner: Andy Williams, Manchester, 25:37

Mount individual results

10. Jeff Schroer (All-Conference), 26:48
36. Zach Shaw, 29:25
42. Alex Shields, 30:51
46. James Tritt, 33:05
47. Jacob Lauver, 37:26.

NCAA Division III Great Lakes Cross Country Championship (Westerville, OH) 8K November 15

Team Standings (top five, 34 schools)

1. Calvin College, 37
 2. Ohio Northern University, 88
 3. Mount Union College, 121
 4. Heidelberg College, 133
 5. Case Western Reserve University, 165
- 33. Mount, 1,027**

Individual winner: Jed Christiansen, Calvin, 24:44.03

Mount individual results

134. Jeff Schroer, 27:22.04
203. Zach Shaw, 29:08.74
226. Alex Shields, 31:32.26
231. James Tritt, 33:01.61
233. Jacob Lauver, 36:50.15

Mount in the HCAC

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

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

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

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

The team did not record a team score in 2005's HCAC Championship. Anderson once again finished in first place. Joe Grace led the way for the Lions in the HCAC meet, placing 55th. Although 2006 was another rebuilding year for the men's cross country squad, they did manage to place fifth out of nine schools at the HCAC Championship meet. Jeff Schroer led the Mount in the 8K run with a time of 28:09.36 and a 15th place finish.

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

The Mount finished seventh at the Conference Tournament in 2008. The lions had five runners who competed in the HCAC tournament. Jeff Schroer placed 10th at the meet, which earned him All-Conference Honors, with a time of 26:48.



2008 All-Conference runner Jeff Schroer competing last fall.

2008 HCAC Championship Standings

School	Points
1.Franklin	46
2.Rose-Hulman	48
3.Manchester	63
4.Anderson	78

School	Points
5.Hanover	169
6.Defiance	178
7.Mount	181
8.Bluffton	No Team Score
9.Transylvania	No Team Score

2008 All-Conference

(LISTED IN ORDER OF FINISH AT HCAC CHAMPIONSHIP)

Name	School	Year	Time
Andy Williams	Manchester	Jr.	25:37
Brandon Welte	Franklin	Sr.	25:49
Ian Thomas	Rose-Hulman	Sr.	25:56
Kyle Pletcher	Manchester	Jr.	26:19
Sean Kennedy	Franklin	Sr.	26:30
Matt Helm	Anderson	Sr.	26:34
Jacob Hojnacki	Franklin	So.	26:43
David Caldwell	Rose-Hulman	So.	26:45
Stephen Boedicker	Rose-Hulman	Sr.	26:47
Jeff Schroer	Mount	Jr.	26:48
Jake Wyatt	Anderson	Fr.	26:48
Mitchell Thomas	Rose-Hulman	Sr.	26:59

Most Valuable Runner: Andy Williams, Manchester

Freshman of the Year: Jake Wyatt, Anderson

Coach of the Year: Paul Sargent, Franklin

2008 HCAC Runners of the Week

Week Ending	Name, School
Sept. 7	Brandon Welte, Franklin
Sept. 14	No Nominations
Sept. 21	Andy Williams, Manchester
Sept. 28	Andy Williams, Manchester
Oct. 5	Stephen Boedicker, Rose-Hulman
Oct. 12	No Nominations
Oct. 19	Brandon Welte, Franklin

Mount Past All-Conference Honors

2002 Kurtis Smith, seventh place, 27:23.0

Mount Past HCAC Championship Results

- 2002 The Mount placed seventh out of eight schools; Anderson placed first.
- 2003 The Mount placed seventh out of eight schools; Anderson placed first.
- 2004 The Mount placed seventh out of eight schools; Anderson placed first.
- 2005 The Mount placed last out eight schools; Anderson placed first.
- 2006 The Mount placed fifth out of nine schools; Anderson placed first.
- 2007 The Mount placed fifth out of nine schools; Anderson placed first.

Mount Appearances in the NCAA Division III Regional Meet

2002 (at Ohio Northern University)

31. Mount, 856

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

2003 (at Hanover College)

32. Mount, 953

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

2004 (at Alma College)

Mount, no team score.

195. Bob Hammergren, 30:15.8
208. Dan Hammergren, 31:50.4
210. Paul Brousseau, 33:45.5

2005 (at Voice of America Park)

34. Mount, 1,112

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

2006 (at Hanover College)

30. Mount, 905

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

2007 (at Grand Rapids, MI)

31. Mount, 969

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

Mount All-Time Individual Best Times

4K — Individual

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

5K — Individual

Name	Class	Time	Meet	Site	Date
Jeff Schroer	Junior	17:00	Queen City Invitational	Alexandria, KY	9/6/2008
Kurtis Smith	Sophomore	17:25	Muskingum College	New Concord, OH	8/31/2002
Zach Shaw	Sophomore	18:31	Queen City Invitational	Alexandria, KY	9/6/2008
Alex Shields	Junior	19:24	Queen City Invitational	Alexandria, KY	9/6/2008
Bob Hammergren	Freshman	19:34	Muskingum College	New Concord, OH	8/31/2002

8K — Individual

Name	Class	Time	Meet	Site	Date
Kurtis Smith	Senior	26:33	Tiffin-Heidelberg	Tiffin, OH	9/5/2003
Jeff Schroer	Sophomore	26:48	Wilmington Classic	Wilmington, OH	10/12/2007
Jeff Schroer	Junior	27:05	Wilmington Classic	Wilmington, OH	10/17/2008
Jeff Schroer	Freshman	27:16	Wilmington Classic	Wilmington, OH	10/13/2006
Jeff Schroer	Sophomore	27:19	Louisville Classic	Louisville, KY	9/29/2007
Jeff Schroer	Sophomore	27:23	Natl. Catholic Champ.	South Bend, IN	9/14/2007
Jeff Schroer	Freshman	27:26	Louisville Classic	Louisville, KY	9/30/2006
Jeff Schroer	Freshman	27:51	NKU Classic	Highland Hts., KY	9/16/2006
Jeff Schroer	Freshman	28:04	Franklin College Invit.	Franklin, IN	9/2/2006
Jeff Schroer	Junior	28:07	Natl. Catholic Champ.	South Bend, IN	9/19/2008

8K — Conference

Name	Class	Time	Location	Site	Date
*Jeff Schroer	Junior	26:48	Manchester College	N. Manchester, IN	11/1/2008
*Kurtis Smith	Junior	27:23	Mt. Airy Forest	Cincinnati, OH	10/26/2002
Jeff Schroer	Sophomore	27:34	Hanover College	Hanover, IN	10/27/2007
Jeff Schroer	Freshman	28:09	Franklin College	Franklin, OH	10/28/2006
Kurtis Smith	Senior	28:11	Woodford Co. Park	Versailles, KY	11/01/2003
Zach Shaw	Sophomore	29:25	Manchester College	N. Manchester, IN	11/1/2008
James Pursley	Freshman	29:55	Franklin College	Franklin, IN	10/28/2006
James Pursley	Sophomore	29:56	Hanover College	Hanover, IN	10/27/2007
Ben Weidner	Freshman	29:57	Franklin College	Franklin, IN	10/28/2006
Ben Weidner	Sophomore	30:31	Hanover College	Hanover, IN	10/27/2007

8K — Regional

Name	Class	Time	Location	Site	Date
Kurtis Smith	Junior	26:40	Ohio Northern Univ.	Ada, OH	11/16/2002
Jeff Schroer	Sophomore	27:06	Calvin College	Grand Rapids, MI	11/10/2007
Jeff Schroer	Junior	27:22	Otterbein College	Westerville, OH	11/15/2008
Jeff Schroer	Freshman	28:05	Hanover College	Hanover, IN	11/11/2006
Kurtis Smith	Senior	28:31	Hanover College	Hanover, IN	11/15/2003
Zach Shaw	Sophomore	29:08	Otterbein College	Westerville, OH	11/15/2008
Zach Shaw	Freshman	29:27	Calvin College	Grand Rapids, MI	11/10/2007
James Pursley	Sophomore	29:32	Calvin College	Grand Rapids, MI	11/10/2007
Alex Shields	Sophomore	29:37	Calvin College	Grand Rapids, MI	11/10/2007
Ben Weidner	Freshman	29:45	Hanover College	Hanover, IN	11/11/2006

*All-Conference



Mount runner Jim Tritt in 2008 action.



WOMEN'S CROSS COUNTRY / 2009

2009 Schedule

Date	Meet	Site	Time
9/12	Queen City Invitational (host, Univ. of Cincinnati)	Cincinnati, OH	10:00 a.m.
9/18	National Catholic Invitational (Univ. of Notre Dame)	South Bend, IN	3:30 p.m.
10/2	All-Ohio Championships (Ohio Wesleyan University)	Delaware, OH	2:45 p.m.
10/16	Wilmington College Fall Classic	Wilmington, OH	5:00 p.m.
10/31	HCAC Championships (College of Mount St. Joseph)	Cincinnati, OH	TBA
11/14	NCAA Division III Great Lakes Regional (Rose-Hulman)	Terre Haute, IN	11:00 a.m.

2009 Season Outlook

Five runners from last season's team, and two promising first-year runners, will lead the Lions' women's cross country team into action this fall. Leading the way for the Mount will be Jessica Burg and sophomore Abby Modras, says Head Coach Paul Longano. Coach Paul Longano will be looking to these two to lead by example. Last season the Mount had two women earn honorable mention for All-Conference Honors in the HCAC, Gina Damman and Kassie Koch, each of whom has graduated.

Longano has expressed a desire to see his women's team move up the ladder this season in the team's invitationals and have others earn All-Conference honors.

Other returners for the Mount in 2009 are senior Amanda Smith, who is returning for her fourth season, and sophomore Libby Aring. Newcomer Justine Yauch, a senior transfer from the University of Cincinnati is a promising runner, as is junior Margaret Bertsch, who briefly saw action last season. Emily Babel also joins the Lions in her final season at the Mount.

When asked about what was to be expected of Yauch, Longano says, "If Justine can return to the form she has shown in the past, she could do very well."

Burg, back for her third season, as well as Aring, running in her second season, Smith and Modras, also a second-year runner, all add talent and experience to the Lions' team. Longano states he expects Modras to have a strong season this fall and be a key runner in the Mount's finish. She finished as the team's third runner in all six meets last fall.

This season the Mount will try to once again improve and move up in the standings. Longano hopes to make a push towards the top of the conference and have runners place in the top five in the HCAC meet. One of the main points of emphasis from Coach Longano is the need to perform well in big meets.

"Our first two meets will be very good tests for us," he adds. We will be at the University of Cincinnati and Notre Dame University. If we can perform well against that kind of competition, we can handle anything that our conference throws at us."



Anna Pineault (L) and teammate Amanda Smith (M) pictured above.

2009 Roster

Name	Class	Hometown	High School
Libby Aring	So.	Dayton, OH	Northmont
Emily Babel	Sr.	Cincinnati, OH	McAuley
Margaret Bertsch	Jr.	Cincinnati, OH	McAuley
Jessica Burg	Jr.	Cincinnati, OH	Roger Bacon
Abigail Modras	So.	Dayton, OH	Northridge
Amanda Smith	Sr.	Cincinnati, OH	Oak Hills
Justine Yauch	Sr.	Cincinnati, OH	Mercy

2009 Coaching Staff



HEAD COACH PAUL LONGANO

Paul Longano returns to direct the Mount's men's and women's cross country teams again this fall – his second season. Longano, who was hired in July 2008, is also the College's head coach for men's and women's track & field.

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 TINA BLAKLEY

Tina Blakley returns for her second season as assistant coach for the Lions' men's and women's cross country teams. Blakley, who also assists Head Coach Paul Longano with the Mount's track & field teams, is an AFAA certified personal trainer and has helped direct many individual athletes and teams improve their

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

Coach Blakley's personal interests involve training and competing in multi-discipline endurance races, such as 12+ hour adventure races, long distance running, 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.

2009 Returning Runners' Profiles



LIBBY ARING

Sophomore • Major: Nursing

High School (Hometown): Northmont (Dayton, OH)

Aring returns for her second season with the Mount. She was the Lions' second fastest runner at the Queen City Invitational last season and looks to build on her first year success this coming fall. Head Coach Paul Longano

calls Aring a diamond in the rough, who hasn't yet hit her stride. Libby is the daughter of Christine and Daniel Aring.

MARGARET BERTSCH

Junior • Graphic Design

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

Bertsch returns for her second season with the Mount. She ran in just one race for the Mount last season – competing in the All-Ohio Championships. She adds good depth and could challenge for a top-five spot this

fall. Margaret is the daughter of Connie and Tim Bertsch.

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Available

JESSICA BURG

Junior • Major: Pre-Inclusive Early Childhood Education

High School (Hometown): Roger Bacon (Cincinnati, OH)

Burg returns for her third season with the Mount. She was limited to two races last fall for the Lions, but looks to add depth and experience to this season's team. Head Coach Paul Longano says that Burg has

great determination and work ethic and leads by example. Jessica is the daughter of Carrie and Robert Johnson.



ABIGAIL MODRAS

Sophomore • Business/Mathematics

High School (Hometown): Northridge (Dayton, OH)

Modras returns for her second season with the Mount. She had a solid freshman campaign last fall, competing in all six of the team's races, finishing third among Lions' runners each time out. Head Coach Paul Longano

says Modras had an outstanding fall season in 2008, and has great work ethic and desire to succeed. Abigail is the daughter of Ruby and Daniel Modras.

AMANDA SMITH

Senior • Major: Accounting

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

Smith returns for her fourth season with the Mount. She raced in all six of the team's meets last season and will look to finish her college career as a key contributor this fall. Head Coach Paul Longano states

that Smith is very dedicated to the sport and is looking to have a solid fall season. Amanda is the daughter of Kathy and Stu Smith.



2009 First-Year Runners' Profiles



EMILY BABEL

Senior • Interior Design

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

Babel joins the Lions for her first season. She is also a member of the Mount's track & field team and looks to add depth and leadership to a Lions' group this fall. Emily is the daughter of Mary and Robert Babel.



JUSTINE YAUCH

Senior • Major: Special Education

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

Yauch joins the Lions for her first season. She was a stellar runner in high school, garnering All-League honors in both track & field, and cross country as well as all-city accolades in track & field. She was on

her high school's honor roll all four years and was an All-Ohio academic selection (2004-2005). Justine is the daughter of Cindy and Dave Yauch.

2008 Team and Individual Results

Queen City Invitational

9/6/08, A.J. Jolly Park
(Alexandria, KY) 5K

Team Standings (top 5, 12 schools)

1. University of Cincinnati, 27
2. University of Dayton, 38
3. Xavier University, 66
4. Kenton College, 136
5. Northern Kentucky University, 145

11. Mount , 300

Individual winner: Lillian Jelino, UC, 17:59.26

Mount individual results

47. Kassie Koch, 23:09.24
49. Elizabeth Aring, 23:12.81
61. Abby Modras, 24:55.60
71. Amanda Smith, 27:48.25
72. Anna Pineault, 29:30.15
73. Jessica Burg, 29:38.60

National Catholic Championships

(South Bend, IN) 6K
September 20

Team Standings (top 5, 35 schools)

1. University of Notre Dame, 21
 2. University of Dayton, 107
 3. Xavier University, 149
 4. Saint Louis University, 151
 5. Duquesne University, 151
- 6. Mount, 1,050**

Individual winner: Lindsey Ferguson, University of Notre Dame, 17:31

Mount individual results

185. Kassie Koch, 22:13
194. Gina Damman, 22:35
216. Abby Modras, 23:27
225. Libby Aring, 23:59
230. Amanda Smith, 25:42
232. Anna Pineault, 26:03
234. Jessica Burg, 27:21

All-Ohio Championships

10/10/08, Methodist Theological School/Delaware Golf Club
(Delaware, OH) 3 Miles

Division III

Team Standings (top 5, 19 schools)

1. Case Western Reserve University, 35
2. Kenyon College, 121
3. Ohio Northern University, 123
4. Oberlin College, 141
5. Ohio Wesleyan University, 143

16. Mount, 485

Individual winner: Joanna Johnson, Oberlin College, 18:31.1

Mount individual results

86. Kassie Koch, 22:01.8
91. Gina Damman, 22:13.2
98. Abby Modras, 23:12.7
100. Elizabeth Aring, 23:16.5
110. Amanda Smith, 24:54.4
124. Maggie Bertsch, 31:37.2
126. Jen Boeddeker, 32:32.3

Wilmington College Fall Classic

10/17/08

(Wilmington, OH) 5K

Team Standings (top 5, 24 schools)

1. John Carroll University, 71
 2. Wittenberg University, 85
 3. Wheeling Jesuit University, 109
 4. Wilmington College, 132
 5. Denison University, 134
- 12. Mount, 357**

Individual winner: Katie Navarre, Denison University, 18:23.14

Mount individual results

40. Kasse Koch, 20:46.39
48. Gina Damman, 21:10.89
60. Abby Modras, 21:23.55
94. Amanda Smith, 23:09.67
115. Anna Pineault, 24:10.19
127. Jessica Burg, 25:24.71
137. Maggie Bertsch, 28:20.74

HCAC Cross Country Championships (Manchester, IN) 11/1/08

Team Standings

1. Franklin, 45
2. Manchester, 49
3. Anderson, 77
4. Rose-Hulman, 115
5. Hanover, 126
- 6. Mount, 172**
7. Transylvania, 179
8. Defiance, 198
9. Bluffton, 252

Individual winner: Melissa Rogers, Rose-Hulman, 23:32

Mount individual results

19. Gina Damman (Honorable Mention All-Conference), 25:07.7
20. Kassie Koch (Honorable Mention All-Conference), 25:07.9
33. Abby Modras, 26:27
49. Libby Aring, 28:33
51. Amanda Smith, 29:13
54. Anna Pineault, 30:17

NCAA Division III Great Lakes Cross Country Championship (Westerville, OH) 6K 11/15/2008

Team Standings (top five, 34 schools)

1. Calvin College, 32
 2. Case Western Reserve University, 84
 3. DePauw University, 105
 4. Kenyon College, 167
 5. Baldwin-Wallace College 173
- 32. Mount, 934**

Individual winner: Joanna Johnson, Oberlin College, 21:51.76

Mount individual results

157. Kassie Koch, 26:05.80
158. Gina Damman, 26:05.83
197. Abby Modras, 27:37.38
204. Amanda Smith, 28:25.64
218. Anna Pineault, 30:42.89

Mount in the HCAC

This year will be the Mount women's cross country team's 11th year in the Heartland Collegiate Athletic Conference. Other institutions that are in the conference are Anderson University, Bluffton University, Defiance College, Franklin College, Hanover College, Manchester College, Rose-Hulman Institute of Technology, and Transylvania University.

In their first HCAC action, the team was fifth out of seven teams at the 1999 HCAC Championships. During that season, Erin Hill ran the race in 19:52.0, placed eighth, and was named All-Conference. She was only 48 seconds behind the leader. In 2000, the Lions found themselves in sixth place as freshman Katie Nickoli placed 10th with a time of 19:57.0, and earned All-Conference.

In 2001, the Mount did not qualify to receive a team score in the championship because only four runners competed (five runners are needed to qualify).

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

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

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

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

The 2007 Lions' team recorded a sixth place conference finish, their highest placing in the team standings since the 2000 team was sixth. Gina Damman (23rd) and Kassie Koch (25th) finished among the top 25 runners. Anderson captured the team title.

The Mount finished sixth in 2008 at the HCAC Tournament where they had six runners competing. Kassie Koch and Gina Damman both received Honorable Mention All-Conference honors for the Lions.



The 2008 Lions' team begins the race.

2008 HCAC Championship Standings

School	Total
1. Franklin	45
2. Manchester	49
3. Anderson	77
4. Rose-Hulman	115
5. Hanover	126

School	Total
6. Mount	172
7. Transylvania	179
8. Defiance	198
9. Bluffton	252

2008 All-Conference

(LISTED IN ORDER OF FINISH AT HCAC CHAMPIONSHIP)

Name	School	Year	Time
Melissa Rogers	Rose-Hulman	Jr.	23:32
Jessica Bremer	Manchester	So.	23:52
Susan Nickol	Rose-Hulman	Sr.	23:59
Heather Waterman	Franklin	So.	24:01
Kristi Brown	Franklin	Jr.	24:13
Kristen Reiff	Anderson	Jr.	24:19
Katherine Pea	Manchester	So.	24:21
Candace DeLong	Anderson	Fr.	24:21.6
Mollie Ringer	Anderson	Jr.	24:25
Lauren Patterson	Franklin	Sr.	24:30
Tiffany Alva	Manchester	Jr.	24:32
Shannon Egold	Franklin	Fr.	24:35

Most Valuable Player: Melissa Rogers, Rose-Hulman

Freshman of the Year: Candace DeLong, Anderson

Coach of the Year: Paul Sargent, Franklin

2008 HCAC Runners of the Week

Week Ending	Name, School
Sept. 7	Carmen Alejo, Franklin
Sept. 14	No Nominations
Sept. 21	Megan Miller, Manchester
Sept. 28	Megan Miller, Manchester
Oct. 5	Susan Nickol, Rose-Hulman
Oct. 12	No Nominations
Oct. 19	Melissa Rogers, Rose-Hulman

2008 Mount Academic All-Conference

Kassie Koch

Mount Past HCAC Championship Results

1999	The Mount placed fifth out of seven schools; Anderson placed first.
2000	The Mount placed sixth out of seven schools; Hanover placed first.
2001	The Mount did not record a team score; Hanover placed first.
2002	The Mount placed seventh out of eight schools; Anderson placed first.
2003	The Mount placed seventh out of eight schools; Anderson placed first.
2004	The Mount did not record a team score; Anderson placed first.
2005	The Mount placed seventh out of eight schools; Anderson placed first.
2006	The Mount placed last out of nine schools; Anderson placed first.
2007	The Mount placed sixth out of nine schools; Anderson placed first.

Mount Past All-Conference Honors

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



2008 Academic All-Conference runner Kassie Koch.

Mount Appearances in the NCAA Division III Regional Meet

2000 (at Hanover College)

Mount, no team score

102. Katie Nickoli, 21:05.0
173. Jenny Kroner, 22:39.0

2001 (at Kalamazoo College)

Mount, no team score

151. Katie Nickoli, 21:02.0
169. Jenny Kroner, 21:39.0
176. Jessica Biedenbender, 21:47.0

2002 (at Ohio Northern University)

32. Mount, 895

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

2003 (at Hanover College)

25. Mount, 710

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

2004 (at Alma College)

Mount, no team score

103. Jessica Biedenbender, 24:17.5
154. Alison Reid, 25:19
189. Jill Kretchmer, 28:08.1

2005 (at Voice of America Park)

31. Mount, 932

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

2006 (at Hanover College)

31. Mount, 987

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

2007 (at Grand Rapids, MI)

28. Mount, 823

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

Mount All-Time Individual Best Times

Two Miles –Individual

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

4K –Individual

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

5K –Individual

Name	Class	Time	Meet	Site	Date
Erin Hill	Junior	19:39	Cedarville Friendship	Cedarville, OH	9/25/1999
Katie Nickoli	Freshman	19:52	Wilmington College	Wilmington, OH	9/16/2000
Jessica Biedenbender	Freshman	20:07	Wilmington College	Wilmington, OH	9/16/2000
Jenny Kroner	Freshman	20:12	Midway College	Midway, KY	10/06/2000
Christine Kirchner	Freshman	20:23	Tiffin-Heidelberg	Tiffin, OH	9/05/2003
Gina Damman	Junior	23:23	Wilmington College	Wilmington, OH	10/12/2007
Gina Damman	Junior	20:33	Natl. Catholic Champ.	South Bend, IN	9/14/2007
Kassie Koch	Junior	20:45	Wilmington College	Wilmington, OH	10/12/2007
Kassie Koch	Senior	20:46	Wilmington College	Wilmington, OH	10/17/2008
Amanda Welch	Freshman	20:50	Olivet Nazarene	Kankakee, IL	10/23/1999

Mount All-Time Individual Best Times (CONTINUED)

6K –Individual

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

5K –Conference

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

6k - Conference

Name	Class	Time	Location	Site	Date
Jessica Biedenbender	Senior	24:29	Defiance College	Defiance, OH	10/30/2004
*Katie Nickoli	Senior	24:51	Transylvania U.	Versailles, KY	11/01/2003
Jessica Biedenbender	Senior	24:56	Transylvania U.	Versailles, KY	11/01/2003
**Gina Damman	Senior	25:07	Manchester College	N. Manchester, IN	11/1/2008
**Kassie Koch	Senior	25:07	Manchester College	N. Manchester, IN	11/1/2008
Christine Kirchner	Junior	25:32	Defiance College	Defiance, OH	10/30/2004
Gina Damman	Junior	25:32	Hanover College	Hanover, IN	10/27/2007
Kassie Koch	Junior	25:35	Hanover College	Hanover, IN	10/27/2007
Christine Kirchner	Sophomore	25:42	Transylvania U.	Versailles, KY	11/01/2003
Katie Nickoli	Junior	25:52	The Mount	Cincinnati, OH	10/26/2002
Angela Koehler	Freshman	25:58	Hanover College	Hanover, IN	10/27/2007
Christine Kirchner	Freshman	26:27	The Mount	Cincinnati, OH	10/26/2002
Abigail Modras	Freshman	26:27	Manchester College	N. Manchester, IN	11/1/2008

5K –Regional

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

6K –Regional

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

*All-Conference

**Honorable Mention All-Conference

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