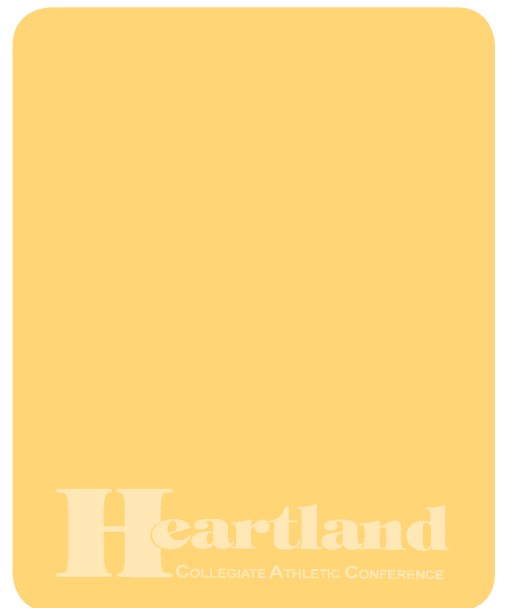




TRACK & FIELD GUIDE / 2011



COLLEGE OF MOUNT ST. JOSEPH

## UNDERGRADUATE MAJORS

Accounting

Art

Art – Fine Arts

Art – Graphic 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

Interior Architecture & Design

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, began in spring 2010. Students also participate in 30 student-run clubs and organizations including Student Government Association and Black Student Union.

The Mount is committed to working with students to explore all financial aid options, especially eligibility for financial assistance including scholarships. In 2009-2010, 97 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

**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.
- The Academic Advising Resource Center provides effective, ongoing academic advising with a focus to intervene early and continuously so that students have the greatest chance of success.
- Students 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.
- The Mount was named a member of the 2009 President's Higher Education Community Service Honor for its commitment to volunteering, service learning and civic engagement.

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## About This Guide

The College of Mount St. Joseph's 2011 Track and 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 2011 with all of the information available at that time. For updated information on Mount athletics, visit [www.msj.edu/athletics](http://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](http://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 chief compliance and risk officer, (513) 244-4393, Office of the President, 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, home of the Mount Lions. Our student-athletes work hard and love the sports they play, and are always backed by supportive faculty, coaches and staff who are committed to helping them achieve success.

This year the Mount pays homage to the roots of our athletics program with the establishment of the Athletic Hall of Fame. The first inductees are considered cornerstones of Mount athletics: Kay Corcoran, T. Jean Dowell and Pat Shibinski. These women helped blaze the trail for the excellent athletic programs we offer student-athletes today.

I hope you enjoy your experience at the Mount and the excitement of competitive athletics at the college level. Our goal is nothing short of developing a nationally competitive NCAA Division III athletic program for our students and the community.

God bless,

Tony Aretz, Ph.D.  
President

## Meet the Director of Athletics



### Steve Radcliffe

Steve Radcliffe enters his 16th 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 1986 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.

### 2010-2011 HCAC SCHOOL DIRECTORY

#### School

Anderson University  
Bluffton University  
Defiance College  
Earlham 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  
Richmond, IN  
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 Schueller 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 Schueller 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, 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



**Melanee Atkinson**  
Associate Athletic Director



**Charlie Wrublewski**  
Facilities Management Set-Up



**Stacie Carney**  
Administrative Assistant



**Eric McCarter**  
Sports Information Co-op



**Larry Cox**  
Assistant Athletic Director



**Georgana Taggart**  
Faculty Athletic Representative



**Peggy Gruen**  
Administrative Assistant



**Andy Backs**  
Public Address Announcer



**Brent Rogers**  
Director of Strength and Conditioning



**Dr. Howard Schertzinger**  
Team Physician



**Dr. Robert Burger**  
Team Orthopedic Director



**Don Myers**  
Game Day Operations



**Tim Leigh**  
Game Day Operations



**Gary Schatz**  
Basketball Statistician



**Terry Seibert**  
Game Day Operations

## Dance Team



Front Row (left to right): Lauren Cocola, Kathleen Clifton

Second Row (left to right): Nina Laybourne, Jesika Knutson, Madeline Conroy, Gabriella Ballard

Third Row (left to right): Brittney Ranz, Mae Gast, Kelly Collins

Back Row (left to right): Stephanie Plageman, Becca Niederhausen, Hannah Rhode, Hannah Barteck

Not pictured: Celia Michel, Hillary Hudepohl, Marika Huelskamp, Tianna Tyler, Randallynn Smith

## Cheerleaders



Front Row (left to right): Elizabeth Bertsch, Stacy Honnert, Ann Benedict

Middle Row (left to right): Sara Franklin, Shelby Schaeper, Michelle Trenkamp, Megan Smith, Chelsey Starnes

Back Row (left to right): Melissa Nie, Melissa Baugh, Julia Seger, Erin Barbro, Connie Serger, Abbigale Rennick

# Staff Directory

## Athletic Department Staff

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

## Sports Information

Dane Neumeister, Director .....	244-4927
Eric McCarter, 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
Ashley Bland, Women's Basketball Coach.....	244-4590
Erin Wiehe/Lesley Rowe, Cheerleading Coaches .....	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.....	244-8597
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
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
Kenny Terry, Assistant Softball Coach .....	244-1630
Del Walters, Men's Tennis Coach, Associate Men's Basketball Coach .....	244-8596
Tiffany Menhorn, Women's Tennis Coach, Assistant Women's Basketball Coach .....	244-8599
Jon Bennett, Men's/Women's Volleyball Coach .....	244-4316
Cristina Webb, Assistant Women's Volleyball Coach, Assistant Strength and Conditioning.....	244-3276
Art Faura, Assistant Men's Volleyball Coach .....	244-1630
Brent Rogers, Director Strength and Conditioning .....	244-4971
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
Katie Freece, 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



Front row: Susan Blackson, Lisa Osterbrock, Erin Beckwith  
Back row: Krisi Stauffer, Katie Freece, Dustin Grooms



# 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 / 2011**

# 2011 Schedule

Date	Opponent	Location	Time
1/15	Rev. Mike Hout Invitational (Capital University - Indoor)	Columbus, OH	12:00PM
1/22	Otterbein College Invitational (Indoor)	Westerville, OH	11:00AM
1/29	Rose-Hulman Institute of Technology Invitational (Indoor)	Terre Haute, IN	12:30PM
2/5	DePauw University Tiger Invitational (Indoor)	Greencastle, IN	11:00AM
2/12	All-Ohio Championships (Otterbein College - Indoor)	Westerville, OH	12:00PM
2/19	HCAC Indoor Championship (Anderson University)	Anderson, IN	1:00PM
2/26	Anderson University Invitational (Indoor)	Anderson, IN	3:00PM
3/5	University of Mount Union Last Chance Meet (Indoor)	Alliance, OH	11:00AM
3/12	NCAA Division III Indoor Championships (Capital University)	Columbus, OH	9:30AM
3/19	Early Bird Relays (University of Cincinnati - Outdoor)	Cincinnati, OH	TBA
<b>3/25</b>	<b>College of Mount St. Joseph Invitational (Outdoor)</b>	<b>Cincinnati, OH</b>	<b>3:30PM</b>
4/2	DePauw University Invitational (Outdoor)	Greencastle, IN	11:30AM
4/8-9	Miami University Invitational (Outdoor)	Oxford, OH	TBA
4/16	All-Ohio Championships (Ohio Wesleyan University - Outdoor)	Delaware, OH	TBA
4/29-30	HCAC Outdoor Championships (Hanover College)	Hanover, IN	TBA
5/6	Billy Hayes Invitational (Indiana University - Outdoor)	Bloomington, IN	TBA
5/19-20	North Central College Last Chance Meet (Outdoor)	Naperville, IL	TBA
5/26-27-28	NCAA Division III Outdoor Championships (Ohio Wesleyan University)	Delaware, OH	TBA

Home meets in bold.

# 2011 Roster

Name	Events	Class	Hometown (High School)
Branden Anderson	Sprints	Sophomore	Louisville, KY (Manual)
Akiel Belfon	Sprints	Sophomore	Cincinnati, OH (Western Hills)
Justin Berry	Sprints	Sophomore	Cincinnati, OH (Roger Bacon)
Sean Brooks	Throws	Sophomore	Englewood, OH (Northmont)
Brandon Brown	Sprints	Senior	Atlanta, GA (Westlake)
Micquelle Burton	Mid-Distance	Freshman	Cincinnati, OH (Deer Park)
Michael Carter	Sprints	Junior	Cincinnati, OH (Western Hills)
Colton Chicketti	Mid-Distance	Sophomore	Centerville, OH (Alter)
Ray Claytor	Jumps	Freshman	Cincinnati, OH (LaSalle)
Ryan Downing	Sprints	Junior	Cincinnati, OH (Oak Hills)
Matt Evans	Throws	Freshman	Milford, OH (Milford)
Samuel Fowler	Sprints	Freshman	Cincinnati, OH (Northwest)
Casey Gilmour	Hurdles	Sophomore	Dillsboro, IN (South Dearborn)
Gregory Gipson	Sprints	Freshman	Jacksonville, FL (Samuel W. Wolfson)
Matt Hans	Throws	Freshman	Louisville, KY (Holy Cross)
Mitchell Harper	Jumps	Sophomore	Walton, KY (Walton-Verona)
Jesse Hooven	Mid-Distance	Senior	Cincinnati, OH (Mt. Healthy)
David Jagel	Sprints	Freshman	Middletown, OH (Middletown)
Michael Kidder	Throws	Sophomore	Kings Mills, OH (Kings)
Chris Klaine	Distance	Freshman	North Bend, OH (Taylor)
Kameron Knight	Sprints/Jumps	Freshman	Maplewood, OH (Anna)
Bryson Lewis	Distance	Freshman	Blanchester, OH (Blanchester)
Randall Mitchell	Throws	Senior	Columbus, OH (Eastmoor Academy)
Brandon Modafari	Throws	Junior	Cincinnati, OH (Elder)
Joe Noble	Throws	Junior	Cincinnati, OH (Colerain)
Bryan Paugh	Throws	Junior	Milford, OH (Milford)
Kory Phelps	Distance	Freshman	Cincinnati, OH (Oak Hills)
James Pursley	Distance	Senior	Bellefontaine, OH (Bellefontaine)
Zach Shaw	Distance	Senior	Wyoming, OH (Wyoming)
Zach Sievert	Throws	Junior	St. Charles, MO (St. Charles)

Name	Events	Class	Hometown (High School)
Corey Straus	Sprints	Senior	Lockland, OH (Lockland)
Dionne Threweatt-Vassar	Sprints/Hurdles	Freshman	Reynoldsburg, OH (Westerville South)
Jim Tritt	Mid-Distance	Junior	Dayton, OH (Oakwood)
Russell Turner	Throws	Freshman	Fairfield, OH (Fairfield)
Sean Wiwi	Distance	Freshman	West Harrison, IN (Franklin County)



Sophomore thrower Sean Brooks is expected to compete in multiple events this spring for the Mount.

## 2011 Season Outlook

The Lions slipped another spot in last season's HCAC Championship meet, finishing in eighth place. Head Coach Paul Longano is expecting 35 athletes this season, including 14 returners, which could help the Lions get back into the top one-half of the teams for the conference title. While Longano admits he was disappointed with how the team wound up last season – they did place second at their meet in March – but came in eighth also at the indoor Hoosier-Buckeye Invitational, which featured the entire group of HCAC schools.

"We had a lot of injuries last season that severely lowered our finish at the conference," Longano adds. "Those who were healthy for that meet underachieved."

I think we have better talent this season, but they are young. We also don't have a lot of overall depth."

Leading the way for the Lions' returning group this season is Randall Mitchell, who has eligibility remaining just for the indoor season. He was an All-Conference selection last season, finishing in the top three in three different throwing events at the HCAC Championship. He is a former national qualifier and conference field event MVP. Mitchell will lead a solid and deep group of throwers, along with Michael Kidder, who was third in the hammer throw at the HCAC Championship last spring, Sean Brooks, Joe Noble, Brandon Modafari, and Bryan Paugh.

Other returners that are back are sprinters Branden Anderson, Michael Carter and Ryan Downing. Colton Chicketti and Jim Tritt lend experience to the team's mid-distance runners, while Zach Shaw returns in the distance events. Casey Gilmour (hurdles) and Mitchell Harper (jumps) return for their second season. Longano will also look to a strong group of recruits, and other first-year athletes, to add to the team's point total this coming season.

"We have two 800 runners in Micquelle Burton and Bryson Lewis who were state placers in high school last season," Longano says. "Both should challenge for the conference 800 meter title and improve our mid-distance scoring. Chicketti has looked great in our fall workouts and will team with Lewis, Burton and Carter to form our 4x400m relay. Kidder will help in the throws, especially the indoor weight and hammer throws while Harper has looked fantastic in the long jump and triple jump. You also need to watch Brandon Brown, who is new to track. He joined us to improve his speed for football and he has looked very explosive."

Longano says the two biggest changes to the Lions' team this season are that the depth and talent level have both improved.

"The men talk a lot about winning a conference title," Longano adds. "I don't know if this is our year but it is nice to hear the athletes so focused."

As for key meets this season, Longano says that the All-Ohio Championships, Miami University Invitational and the two meets at the University of Cincinnati will test the team this season.

"We'll face some great competition at those meets but it will make us better when our conference meet arrives. At this point, however, we are only focused on our finish at the HCAC meet."

The Mount's 2011 season begins on Jan. 15 at the Rev. Mike Hout Invitational held at Capital University. The outdoor season will start on March 19 at the UC Early Bird Relays, while the outdoor conference championship will be April 29-30 at Hanover College. The Lions will host the College of Mount St. Joseph Invitational on March. 25.



Senior distance runner Zach Shaw (left) returns in 2011 for his fourth season with the Lions.

# 2011 Coaching Staff



## HEAD COACH PAUL LONGANO

Paul Longano returns to direct the Mount's men's and women's track & field programs for 2010-2011, his third season at the College. Longano, who was hired in July 2008, 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, where 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 has been 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).

He holds a Master of Education in Sports Administration degree from Xavier (2006), and a Bachelor of Arts in History degree from the University of Cincinnati (1998).

Coach Longano resides with his wife, Bernadette, and children Thomas, Anthony, Teresa Marie, and John Paul, in Cleves, Ohio.



## ASSISTANT COACH ANDY GRAY

Andy Gray is entering his first full season with the men's and women's track & field program in 2010-2011. Gray is an AFAA certified personal trainer. A 2001 graduate from Ohio University with a degree in sport management and business, and is a 1997 graduate from Mariemont High School.

Gray excelled in a career in sales with Clear Channel Radio until deciding to pursue his love for fitness and athletics on a full time basis. Previously, Gray has been a volunteer assistant for the Turpin High School varsity basketball team 2004-2006 and the Mount's track & field team in 2009-2010.

His running and athletic accomplishments earned him entry into the Mariemont High School Hall of Fame in 2007. Gray is a seven-time state qualifier (4-1600, 2-3200, 1-4x800 relay), CHL Athlete of the Year (1996), All-League basketball honoree (1997), and school record holder.

In addition, Gray is an at-home personal trainer/ boot camp instructor and partner with Classic Carpet Sales, a family owned retail flooring company. Coach Gray is an avid cyclist and enjoys playing basketball and flag football recreationally.

He resides in Hyde Park.



## ASSISTANT COACH TINA BLAKLEY

Tina Blakley returns for her third season as assistant coach for the Lions' men's and women's track & field teams in 2010-2011. Blakley, who also assists Head Coach Paul Longano with the Mount's men's and women's cross country programs, 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 with her family in Bright, Ind.



## ASSISTANT COACH JAMIE EASTHAM

Jamie Eastham returns for her third season as an assistant coach for the Lions' men's and women's track & field teams. During her coaching tenure, Eastham has coached national qualifiers in the indoor shot put, weight throw, outdoor shot put, discus throw and hammer throw.

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.

# 2011 Returning Athletes' Profiles



## **BRANDEN ANDERSON**

**Sprints**

**Sophomore**

**Major: Business Administration**

**Hometown (High School): Louisville, KY (Manual)**

Anderson returns for his second season with the Mount. He competed in three events for the Lions last season during the outdoor portion – the 100m dash, 200m dash, and 400m dash. Anderson turned in best times during the season in the 100m dash and 200m dash at the UC Early Bird Relays. He is expected to compete in a variety of sprint events for the Lions this season. Anderson, who Head Coach Paul Longano calls a talented athlete that exhibits strong leadership qualities, is also a member of the Mount's football team. Branden is the son of Gwen Goffner.



## **SEAN BROOKS**

**Throws**

**Sophomore**

**Major: Sport Management**

**Hometown (High School): Englewood, OH (Northmont)**

Brooks returns for his second season with the Mount. He competed in four events for the Lions during the 2010 outdoor campaign: shot put, discus throw, hammer throw, and javelin throw. Brooks had the team's second-best distance in the discus throw, third-best distance in the hammer throw, and second-best distance in the javelin throw. Head Coach Paul Longano says that Brooks, who has a strong work ethic as a student and as an athlete, is a good role model for the team. He expects Brooks to compete in the shot put, discus throw and javelin throw this season. Brooks is also a member of the Mount's football and wrestling teams. Sean is the son of Sheryl and Kevin Brooks.



## **MICHAEL CARTER**

**Sprints**

**Junior**

**Major: Criminology/Sociology**

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

Carter returns for his second season with the Mount. He competed in three individual sprint events for the Lions during the indoor season in 2010 – the 55m dash, 60m dash, and the 200m dash – and was on the team's 4x200m relay team. Carter had the fastest time for the Mount in the indoor 55m dash and the 200m dash. During the 2010 outdoor season he had the fastest time on the team in the 100m and 200m races, with both coming at the HCAC Championship. Carter also was on the Mount's 4x100m and 4x400m relay teams. Head Coach Paul Longano says Carter, a team captain, will compete in the 100/200/400 sprint events this season. Michael is the son of Lisa and Phillip Randle.



## **COLTON CHICKETTI**

**Mid-Distance**

**Sophomore**

**Major: Business Administration**

**Hometown (High School): Centerville, OH (Alter)**

Chicketti returns for his second season with the Mount. He competed in both the indoor and outdoor seasons last year for the Lions, competing in the 400m dash, 500m run and 4x400m relay; and the 200m dash, 400m dash, 800m run, and 4x400m relay during the outdoor portion. Chicketti had the team's best time in the 400m dash, recording a 55.39 at the Hoosier-Buckeye Invitational, and the fastest time in the 500m run at Capital. In addition he had the best time for the team in the outdoor 400m dash at the HCAC Championships. Chicketti is expected to compete in the 400/800 meter runs in 2011. Head Coach Paul Longano says Chicketti has an outgoing personality and thrives on competition. Chicketti is also a member of the College's soccer team. Colton is the son of Karen and Edward Chicketti.



## **RYAN DOWNING**

**Sprints**

**Junior**

**Major: Athletic Training**

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

Downing returns for his second season with the Mount. He competed in four events last season during the indoor portion of the schedule, and three events during the outdoor season. Downing had the second-fastest indoor time in the 55m dash for the Lions, and was on the team's 4x200m relay team. In addition to running in the 100m dash and 200m, Downing was a member of the team's 4x400m relay team during the outdoor season, helping that group to a 46.03 time at the UC Early Bird Relays. Downing, who will compete in the 100/200 dash events, excels in leadership and team building, according to Head Coach Paul Longano, and will be a captain this spring. Ryan is the son of Linda and Mike Downing.



## **CASEY GILMOUR**

**Hurdles**

**Sophomore**

**Major: Inclusive Early Childhood Education**

**Hometown (High School): Dillsboro, IN (South Dearborn)**

Gilmour returns for his second season with the Mount. He was in the 55m dash and 200m dash events, as well as the 55m hurdles and 60m hurdles during the 2010 indoor season, as well as competing in four events during the outdoor season last spring, the 100m dash, 200m dash, 110m hurdles and 400m hurdles. Gilmour will most likely compete in the following events this season: 55/110/400 hurdles. Head Coach Paul Longano says Gilmour has the potential to be one of the top hurdlers this season in the Heartland Collegiate Athletic Conference. Casey is the son of Chris and Rick Gilmour.

## 2011 Returning Athletes' Profiles (CONTINUED)



### **MITCHELL HARPER**

**Jumps**

**Sophomore**

**Major: Sport Management**

**Hometown (High School): Walton, KY (Walton-Verona)**

Harper returns for his second season with the Mount.

He turned in the team's second-best times in the indoor

200m dash and 400m dash last season. Harper also competed in the long jump and triple jump during the 2010 outdoor campaign. He could see action this season in both sprints and jumps events. Head Coach Paul Longano says Harper has aspirations of competing at the national level and is working towards that goal through his training with the Lions. Mitchell is the son of Melissa and Jeff Harper.



### **MICHAEL KIDDER**

**Throws**

**Sophomore**

**Major: Undeclared**

**Hometown (High School): Kings Mills, OH (Kings)**

Kidder returns for his second season with the Mount. He

competed in the shot put and weight throw during 2010

indoor season, and was in four field events during outdoor season: shot put, discus throw, hammer throw, and javelin throw. Kidder had the team's second-best hammer throw last season, recording a 47.46m distance at the Oliver Nikoloff Invitational, and he placed third in the hammer throw at the HCAC Championship last spring. He is also a member of the Mount's football team. Kidder figures to compete in all of the throw events this season. He has continued to get stronger and improved his technique during the off-season, according to Head Coach Paul Longano. Michael is the son of Ann and Jeff Kidder.



### **RANDALL MITCHELL**

**Throws**

**Senior**

**Major: Sport Management**

**Hometown (High School): Columbus, OH (Eastmoor Academy)**

Mitchell returns for his fourth season with the Mount.

He garnered All-HCAC honors last spring, after placing third in the shot put, second in the discus throw, and second in the hammer throw at the HCAC Championship outdoor meet. Mitchell, who holds five Mount all-time records, also had the team's longest distance in the indoor season events of the shot put and weight throw. He will use his final semester of eligibility for the indoor season. Head Coach Paul Longano the Mount's most decorated athlete in program history, as he qualified to the national tournament in both the indoor and outdoor seasons, as well as winning all-HCAC and conference MVP honors. He is expected to compete in multiple throwing events this season. Head Coach Paul Longano says Mitchell has great athleticism and an outgoing personality which is a driving force of motivation for the team. Coach Longano adds that Mitchell is the Mount's most decorated athlete in track & field program history. Randall is the son Sandra and Reginald Mitchell.



### **BRANDON MODAFARI**

**Throws**

**Junior**

**Major: Athletic Training**

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

Modafari returns for his second season with the Mount.

He competed in the outdoor season last spring for the

Lions, racing in the 100m dash competition, as well as competing in the shot put and javelin throw. Head Coach Paul Longano states that Modafari continues to improve his technique and strength, and will compete as both a thrower and a sprinter in 2011. Brandon is the son of Tina and Joseph Modafari.



### **JOE NOBLE**

**Throws**

**Junior**

**Major: Biology**

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

Noble returns for his second season with the Mount. He

competed in the shot put during the 2010 indoor season

and the shot put and discus throw during the 2010 outdoor season. Noble is also a member of the Lions' football team. He is expected to compete during the indoor season in the shot put. Head Coach Paul Longano calls Noble, a very determined, focused athlete who is a good role model for his teammates. Joe is the son of Julie and Hal Noble.



### **BRYAN PAUGH**

**Throws**

**Junior**

**Major: Accounting**

**Hometown (High School): Milford, OH (Milford)**

Paugh returns for his third season with the Mount. He

had the second-best distance in the indoor shot put

competition for the Lions' team last season, and also four events during the outdoor season – the shot put, discus throw, hammer throw, and javelin throw. He is expected to see action in many different throwing events again this season. Head Coach Paul Longano says that Paugh, a team captain, has an outstanding attitude in addition to possessing strong athletic abilities. Bryan is the son of Margaret and Mark Paugh.



### **ZACH SHAW**

**Distance**

**Senior**

**Major: General Studies**

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

Shaw returns for his fourth season with the Mount. He

turned in the team's top time in the 800m run indoor

last season, 2:11.44 at Rose-Hulman; and also had the team's best time in the 800m run outdoor in 2010, with a 2:03.05 at Wilmington College. In addition, Shaw was on the Mount's 4x400m relay team during the outdoor season, and is a member of the cross country team. He is expected to compete in the 4x400m relay, and several mid and long distance running events. Shaw has had several athletic achievements during his athletic career at the Mount. Zach is the son of Francine and David Shaw.



**JIM TRITT**  
**Mid-Distance**  
**Junior**

**Major: Art – Graphic Design**  
**Hometown (High School): Dayton, OH (Oakwood)**

Tritt returns for his third season with the Mount. During the 2010 indoor season he competed in the 1mile run and was on the team’s distance medley. Tritt recorded the team’s top time last season during the outdoor campaign in the 1500m run at the HCAC Championship. Tritt is also on the Lions’ cross country team. He is expected

to compete during the indoor/outdoor season in the 3000/5000 meter races as well as the Steeplechase. Tritt is passionate about running and enjoys being part of the team, according to Head Coach Paul Longano. Jim is the son of Michele and Jim Tritt.

## 2010 Results

### INDOOR

Date	Opponent	Location	Result
1/16	Rev. Mike Hout Invitational (Capital University)	Columbus, OH	Eighth place
1/23	Otterbein College Invitational	Westerville, OH	Fifth place
1/30	Rose-Hulman Institute of Technology Invitational	Terre Haute, IN	Seventh place
2/13	All-Ohio Championship (Otterbein College)	Westerville, OH	Tie-18th place
2/20	Hoosier-Buckeye Invitational (Rose-Hulman Institute of Technology)	Terre Haute, IN	Eighth place
3/6	Mount Union College Indoor Qualifier	Alliance, OH	No team scores

### OUTDOOR

Date	Opponent	Location	Result
3/20	Early Bird Relays (University of Cincinnati)	Cincinnati, OH	12th place
3/26	<b>College of Mount St. Joseph Invitational</b>	Schueler Field	Second place
4/3	Oliver Nikoloff Invitational (University of Cincinnati)	Cincinnati, OH	15th place
4/10	Marv Frye Invitational (Ohio Wesleyan University)	Delaware, OH	15th place
4/17	All-Ohio Championship (Ohio Wesleyan University)	Delaware, OH	18th place
4/24	Quaker Invitational (Wilmington College)	Wilmington, OH	Fifth place
4/30-5/1	<b>HCAC Championship (College of Mount St. Joseph)</b>	Schueler Field	Eighth place
5/7	Billy Hayes Invitational (Indiana University)	Bloomington, IN	No team scores
5/20-5/21	Gregory Invitational (North Central College)	Naperville, IL	No team scores

Home meets in bold.

## The Mount in the HCAC

The Lions enter their eighth 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 led the way individually, finishing first in the shot put and discus throw, and second in the hammer throw.

# The Mount in the HCAC (CONTINUED)

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.

The Lions produced an eighth place finish at the 2010 HCAC Championship, slipping a spot in the team standings for the second straight season. Randall Mitchell was named Honorable Mention All-Conference, due to

recording more than 16 points in the HCAC Championship meet. Mitchell was second in the hammer throw and discus throw; and third in the shot put. Michael Kidder was third in the hammer throw. Sprinter Michael Carter turned in season-best times in the 100m and 200m events at the HCAC Championship.

## 2010 HCAC Championship

(OUTDOOR SEASON)

Team Standings	Points
1) Rose-Hulman	176.50
2) Manchester	129.50
3) Defiance	116
4) Franklin	108
5) Anderson	89
6) Hanover	67
7) Bluffton	46
<b>8) Mount</b>	<b>30</b>
9) Transylvania	17

## 2010 HCAC Championship Mount Point Scorers

**100 meter dash:** Michael Carter, 11.42, 8<sup>th</sup> place, 1 point.

**4x100 meter relay:** Ryan Downing, Michael Carter, Steve Gantzer, Derick Tabar, 46.39, 8<sup>th</sup> place, 1 point.

**Shot put:** Randall Mitchell, 49-05.50, 3<sup>rd</sup> place, 6 points.

**Discus throw:** Randall Mitchell, 155-05, 2<sup>nd</sup> place, 8 points.

**Hammer Throw:** Randall Mitchell, 165-07, 2<sup>nd</sup> place, 8 points; Michael Kidder, 149-06, 3<sup>rd</sup> place, 6 points.

## 2010 HCAC Athletes of the Week

### TRACK

Week 1	Sutton Coleman, Rose-Hulman Institute of Technology
Week 2	Dale Orem, Hanover College
Week 3	Sutton Coleman, Rose-Hulman Institute of Technology
Week 4	Rob Johnson, Bluffton University
Week 5	Micah Aldrich, Rose-Hulman Institute of Technology
Week 6	Sutton Coleman, Rose-Hulman Institute of Technology

### FIELD

Week 1	Austin Trivett, Defiance College
Week 2	Corry Stewart, Hanover College
Week 3	Leonard Wells, Anderson University
Week 4	Jason Fisher, Bluffton University
Week 5	John Kimmel, Manchester College
Week 6	John Kimmel, Manchester College

## 2010 All-Conference

### (Event Winners)

Leonard Wells, So., Anderson  
Jerel Hall, Fr., Anderson  
Jason Fisher, Sr., Bluffton  
Seth Bidlack, Jr., Defiance  
Austin Trivett, Jr., Defiance  
Georard Mitchell, Fr., Franklin  
Korey Bucher, Sr., Manchester  
Andy Williams, Sr., Manchester  
Kyle Pletcher, Sr., Manchester  
John Kimmel, Sr., Manchester  
Derek Bischak, Jr., Rose-Hulman  
Sutton Coleman, So., Rose-Hulman  
Micah Aldrich, So., Rose-Hulman  
Josh Selig, Fr., Rose-Hulman  
Paul Bouagnon, Jr., Rose-Hulman  
Michael Johnson, Fr., Rose-Hulman  
Jake Whitsitt, So., Rose-Hulman  
Travis Vanderberg, Sr., Rose-Hulman  
Aaron Carrithers, So., Transylvania

### Honorable Mention

**(Athlete must accumulate 16 points at HCAC Championships)**

Kirk Saunders, Fr., Anderson  
Corry Stewart, Sr., Hanover  
**Randall Mitchell, Sr., Mount**  
Michael Burris, Sr., Rose-Hulman

**Most Outstanding Track Athlete:** Sutton Coleman, Rose-Hulman Institute of Technology

**Most Outstanding Field Athlete:** Jason Fisher, Bluffton University

**Co-Most Outstanding Freshman Athlete:** Jerel Hall, Anderson University

**Co-Most Outstanding Freshman Athlete:** Georard Mitchell, Franklin College

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

# HCAC Championship Mount Point Scorers

## 2009

- 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.

## 2008

- 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

## 2007

- 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

## 2006

- 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

## 2005

- 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 Brosseau, 12-05.50, 5th place, 2 points
- Long Jump:** Alan McCoy, 19-25.25, 6th place, 1 points
- 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

## 2004

- 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
- \*Participant/s named All-Conference by virtue of placing first.*

## 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
2009	Rose-Hulman	Seventh place

# Mount Individual Records

## INDOOR

### 55-meter Dash

Michael Carter, 6.78, 2010

### 60-meter Dash

Dan Dripps, 7.15, 2010

### 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

Colton Chicketti, 1:12.16, 2010

### 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

### 60-meter Hurdles

Casey Gilmour, 9.58, 2010

### 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, 52-10.25, 2010

### 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 Averbek, 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

## 2011 Team Photo



First row (left to right): Jim Tritt, Sean Wiwi, David Jagel, Gregory Gipson, Bryson Lewis, Jon Mathis. Second row: Sean Brooks, Ryan Downing, Mitch Harper, Casey Gilmour, Chris Klaine, James Pursley, Michael Kidder, Michael Carter. Third row: Assistant Coach Andy Gray, Brian Paugh, Randall Mitchell, Arthur Kury, Reid Adkins, Joe Noble, Matt Evans, Miquelle Burton, Russell Turner, Assistant Coach Jamie Eastham, Head Coach Paul Longano.



**WOMEN'S TRACK & FIELD / 2011**

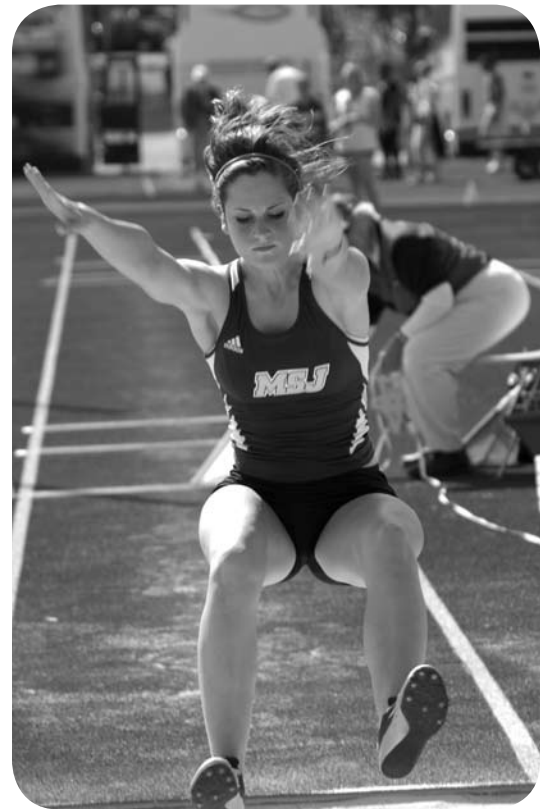
# 2011 Schedule

Date	Opponent	Location	Time
1/15	Rev. Mike Hout Invitational (Capital University - Indoor)	Columbus, OH	12:00PM
1/22	Otterbein College Invitational (Indoor)	Westerville, OH	11:00AM
1/29	Rose-Hulman Institute of Technology Invitational (Indoor)	Terre Haute, IN	12:30PM
2/5	DePauw University Tiger Invitational (Indoor)	Greencastle, IN	11:00AM
2/12	All-Ohio Championships (Otterbein College - Indoor)	Westerville, OH	12:00PM
2/19	HCAC Indoor Championship	Anderson, IN	TBA
2/26	Anderson University Invitational (Indoor)	Anderson, IN	3:00PM
3/5	University of Mount Union Last Chance Meet (Indoor)	Alliance, OH	11:00AM
3/12	NCAA Division III Indoor Championships (Capital University)	Columbus, OH	9:30AM
3/19	Early Bird Relays (University of Cincinnati - Outdoor)	Cincinnati, OH	TBA
<b>3/25</b>	<b>College of Mount St. Joseph Invitational (Outdoor)</b>	<b>Cincinnati, OH</b>	<b>3:30PM</b>
4/2	DePauw University Invitational (Outdoor)	Greencastle, IN	11:30AM
4/8-9	Miami University Invitational (Outdoor)	Oxford, OH	TBA
4/16	All-Ohio Championships (Ohio Wesleyan University - Outdoor)	Delaware, OH	TBA
4/29-30	HCAC Outdoor Championships (Hanover College)	Hanover, IN	TBA
5/6	Billy Hayes Invitational (Indiana University - Outdoor)	Bloomington, IN	TBA
5/19-20	North Central College Last Chance Meet (Outdoor)	Naperville, IL	TBA
5/26-27-28	NCAA Division III Outdoor Championships (Ohio Wesleyan University)	Delaware, OH	TBA

Home meets in bold.

# 2011 Roster

Name	Event	Class	Hometown (High School)
Catie Adams	Throws	Freshman	Cincinnati, OH (Seton)
Kelleen Albert	Distance	Freshman	Newark, OH (Newark Catholic)
Melissa Baugh	Throws	Junior	Bright, IN (East Central)
Brittany Bowman	Throws	Sophomore	Hamilton, OH (Ross)
Jessica Burg	Distance	Senior	Cincinnati, OH (Roger Bacon)
Samantha Buschle	Sprints	Freshman	Cincinnati, OH (Mercy)
Kirstie Gallimore	Jumps	Freshman	Camden, OH (Eaton)
Samantha Greco	Sprints	Freshman	Cincinnati, OH (Colerain)
Jolie Hasselbeck	Distance	Freshman	Cincinnati, OH (Northwest)
Lauren Hastings	Jumps	Junior	Okeana, OH (Ross)
Maddie Hirsch	Hurdles	Sophomore	Okeana, OH (Ross)
Katie Jauch	Sprints	Freshman	Cincinnati, OH (Mercy)
Katie Jerek	Sprints	Sophomore	Boardman, OH (Cardinal Mooney)
Krista Johnson	Jumps-Multi	Freshman	Hamilton, OH (Ross)
Ayesha Kimbrough	Sprints	Sophomore	Middletown, OH (Middletown)
Jocelyn Loechel	Sprints	Freshman	Cincinnati, OH (Seton)
Sarah Moderbacher	Jumps	Freshman	Hamilton, OH (Ross)
Abigail Modras	Mid-Distance	Junior	Dayton, OH (Northridge)
Katie Odenbeck	Jumps	Sophomore	Cincinnati, OH (Mercy)
Cyreesa Raber	Distance	Freshman	West Chester, OH (Lakota East)
Sara Rutschilling	Mid-Distance	Senior	New Bremen, OH (New Bremen)
Kelsey Schneider	Distance	Junior	Fairfield, OH (Fairfield)
Bailey Schnurr	Distance	Freshman	Sunbury, OH (Big Walnut)
Kenna Sheehan	Throws	Freshman	Hamilton, OH (Ross)
Jenna Shull	Distance	Sophomore	Springfield, OH (Northeastern)
Stephanie Spenny	Throws	Junior	Aurora, IN (South Dearborn)
Michelle Trenkamp	Hurdles	Junior	Ludlow, KY (Ludlow)
Michelle Woelfel	Sprints	Freshman	Harrison, OH (Harrison)



2010 HCAC Most Outstanding Field Athlete Lauren Hastings in action last spring.

## 2011 Season Outlook

The Lions are coming off their best-ever team season in program history, after recording a second place standing at the Hoosier-Buckeye Invitational during indoor season, which had all nine HCAC schools competing, and placing fourth at the HCAC Championships during the outdoor season. The Mount turned in their impressive outdoor conference finish as the host school. At that outdoor championship meet, the Lions recorded five first place finishes (100/200/4x100 relay/long jump/triple jump) and they return valuable contributors in those events. The Mount was runner-ups to Franklin College by just 7.5 points in the Hoosier-Buckeye Invitational.

Head Coach Paul Longano says his team's strengths this season will be in the sprints, hurdles and horizontal jump events. Leading the way for the Lions in those events are All-Conference performers Katie Jerek and Lauren Hastings. Jerek, HCAC Co-Most Outstanding Freshman Athlete, and Hastings, HCAC Most Outstanding Field Athlete also picked up additional conference awards. In addition Hastings has won two straight HCAC long jump championships. Abbey Modras and Maddie Hirsch also figure to have a strong season this coming campaign, as they both ran on the team's 4x400m Relay team that placed second at the HCAC Championship. Hirsch was named All-Conference as she was a member of the first place relay team.

"I expected Hastings, Jerek, Modras, and Hirsch to score the majority of our points at the conference meet," Longano states.

In addition to those four athletes, the Lions also welcome back seven other returners from last season – Melissa Baugh, Brittany Bowman, Jessica Burg, Ayesha Kimbrough, Jenna Shull, Stephanie Spenny, and Michelle Trenkamp – who will give the team good experience in a number of

different events. The Lions have gone from 12 to 28 athletes on the team in three seasons.

Longano is also looking to several first-year athletes to add to the team's results this season, notably in the throws and high jump areas, one area where the team did not get many points last season.

"Newcomers Catie Adams, Kenna Sheehan, Sara Moderbacher, and Kirstie Gallimore will be big contributors this season," Longano adds. "Adams and Sheehan should score well for us in the throws while Moderbacher and Gallimore will help in the high jump."

Longano is hoping the added depth to the team in the throws and jumps, as well as the returning experience and performances will put the team at the top in the indoor HCAC Championship this season Feb. 19 at Anderson.

"Our team's goal is to win the indoor championship," Longano adds. "We are slowly improving and I am pleased with our progress. We are a very young team but the freshman were recruited to help us win a conference title and they have accepted that responsibility."

The Lions' third-year head coach said that in the past he has focused on the team's jumpers, and this year he has taken on the sprinters and hurdlers in an effort to increase the team's production in that area. He added that the team has spent a lot of time with Mount Strength and Conditioning Director Brent Rogers during the off-season to improve their overall strength.

The Lions open the indoor season on Jan. 15 at the Rev. Mike Hout Invitational, held at Capital University. They will host the College of Mount St. Joseph (outdoor) meet on March 25. The outdoor HCAC Championship is scheduled for April 29-30 at Hanover College.

## 2011 Coaching Staff



### HEAD COACH PAUL LONGANO

Paul Longano returns to direct the Mount's men's and women's track & field programs for 2010-2011, his third season at the College. Longano, who was hired in July 2008, 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, where 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 has been 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).

He holds a Master of Education in Sports Administration degree from Xavier (2006), and a Bachelor of Arts in History degree from the University of Cincinnati (1998).

Coach Longano resides with his wife, Bernadette, and children Thomas, Anthony, Teresa Marie, and John Paul, in Cleves, Ohio.



### ASSISTANT COACH TINA BLAKLEY

Tina Blakley returns for her third season as assistant coach for the Lions' men's and women's track & field teams in 2010-2011. Blakley, who also assists Head Coach Paul Longano with the Mount's men's and women's cross country programs, 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 with her family in Bright, Ind.

## 2010 Coaching Staff (CONTINUED)



### ASSISTANT COACH JAMIE EASTHAM

Jamie Eastham returns for her third season as an assistant coach for the Lions' men's and women's track & field teams. During her coaching tenure, Eastham has coached national qualifiers in the indoor shot put, weight throw, outdoor shot put, discus throw and hammer throw.

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.



### ASSISTANT COACH ANDY GRAY

Andy Gray is entering his first full season with the men's and women's track & field program in 2010-2011. Gray is an AFAA certified personal trainer. A 2001 graduate from Ohio University with a degree in sport management and business, and is a 1997 graduate from Mariemont High School.

Gray excelled in a career in sales with Clear Channel Radio until deciding to pursue his love for fitness and athletics on a full time basis. Previously, Gray has been a volunteer assistant for the Turpin High School varsity basketball team 2004-2006 and the Mount's track & field team in 2009-2010.

His running and athletic accomplishments earned him entry into the Mariemont High School Hall of Fame in 2007. Gray is a seven-time state qualifier (4-1600, 2-3200, 1-4x800 relay), CHL Athlete of the Year (1996), All-League basketball honoree (1997), and school record holder.

In addition, Gray is an at-home personal trainer/ boot camp instructor and partner with Classic Carpet Sales, a family owned retail flooring company. Coach Gray is an avid cyclist and enjoys playing basketball and flag football recreationally.

He resides in Hyde Park.

## 2011 Returning Athletes' Profiles



### MELISSA BAUGH

**Throws**

**Junior**

**Major: Nursing**

**Hometown (High School): Bright, IN (East Central)**

Baugh returns for her second season with the Mount. She raced in the 60m dash competition (indoor) and competed in the javelin throw (outdoor) last season for the Lions. Baugh is also a Mount cheerleader. Baugh will throw the javelin this season. Melissa is the daughter of Terry and David Baugh.



### BRITTANY BOWMAN

**Throws**

**Sophomore**

**Major: Inclusive Early Childhood Education**

**Hometown (High School): Hamilton, OH (Ross)**

Bowman returns for her second season with the Mount. She was active during the outdoor portion of the schedule last season for the Lions, competing in the javelin throw, shot put, and discus throw. Bowman is also on the College's soccer team. She is expected to see action in both the shot put and sprint events this season. Brittany is the daughter of Misty and Kevin Johnson.



### JESSICA BURG

**Distance**

**Senior**

**Major: Inclusive Early Childhood Education**

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

Burg returns for her fourth season with the Mount. She competed in the 1000m run, 1 mile run, and was on the team's Distance Medley during the 2010 indoor season; and raced in the 5000m run 2010 outdoor competition. Burg is also a member of the Lions' cross country team. She is expected to contribute this season for the Mount in numerous events, from relay teams to the 5K and 10K races. Head Coach Paul Longano said Burg has continued to get stronger each season and is motivated to have her best-ever season in 2011. Burg will also be a team captain for the Lions this season. Head Coach Paul Longano adds that Burg was chosen as a team captain this season due to her positive attitude and being a strong role model. Jessica is the daughter of Carrie Burg.



### LAUREN HASTINGS

**Jumps**

**Junior**

**Major: Athletic Training**

**Hometown (High School): Okeana, OH (Ross)**

Hastings returns for her third season with the Mount. After turning in the team's longest distance in the indoor long jump completion last season, 34-04.75 at the Hoosier-Buckeye Invitational, and competing in the long jump competition, and on the 4x400m relay team, Hastings captured All-HCAC honors and won the HCAC Most Outstanding Field Athlete following the outdoor season. She was first in the HCAC Championships long jump and triple jump events. Hastings holds four individual track & field records for the Mount. She will once again compete in the jumps and sprint events. She is a two-time conference champion in the long jump. Head Coach Paul Longano says Hastings, who will be a team captain this season, possesses strong communication and leadership skills. Lauren is the daughter of Chris and Randy Hastings.

**MADDIE HIRSCH****Hurdles****Sophomore****Major: Pre-Nursing****Hometown (High School): Okeana, OH (Ross)**

Hirsch returns for her second season with the Mount. She competed in the 55m dash, 200m dash, 55m

hurdles, and 60M hurdles, for the Lions during indoor season last year. Hirsch capped off a strong season by being named to the All-Conference team by virtue of being on the Lions first place 4x100m relay team at the outdoor HCAC Championships. She also ran on the Mount's second place 4x400m relay group, was fourth in the 100m hurdles and fifth in the 100m dash at the 2010 HCAC Championships. Hirsch holds four individual track & field records at the Mount. She is expected to compete as a sprinter and hurdler in the following events this season: hurdles/100.200/4x100/4x400. Head Coach Paul Longano states Hirsch is a dynamic athlete who is continuing to improve her technique. Maddie is the daughter of Debbie and Dan Hirsch.

**KATIE JEREK****Sprints****Sophomore****Major: Pre-Nursing****Hometown (High School): Boardman, OH (Cardinal Mooney)**

Jerek returns for her second season with the Mount. She

turned in the team's fastest times in the 2010 indoor season in the 55m dash and the 200m dash, and also ran on the team's 4x200 and 4x400m relay teams. She was named All-Conference and the co-Most Outstanding Freshman Athlete at the HCAC Championship, placing first in the 100m and 200m dash races, and was on the Mount's runner-up 4x400m relay team. Jerek is expected to be active in the 100/200/400 sprints, in addition to being on the 4x100 and 4x400 relay teams. Head Coach Paul Longano says Jerek is a powerhouse on the track, who displays a quality of dedication that inspires her teammates. Katie is the daughter of Deborah-Corso Cormell and Jim Jerek.

**AYESHA KIMBROUGH****Sprints****Sophomore****Major: Pre-Inclusive Early Childhood Education****Hometown (High School): Middletown, OH (Middletown)**

Kimbrough returns for her second season with the

Mount. She ran in the 55m dash, 60m dash, 200m dash, and was on the team's 4x200m relay during last year's indoor season, recording the fastest time on the team in the 60m dash, and second-fastest 55m dash time. Kimbrough ran in the 100m and 200m dash races during the outdoor campaign. She is expected to run in the 60 and 100m dash races this season. Head Coach Paul Longano says Kimbrough is respected and admired by her teammates for her speed on the track and her winning personality. Ayesha is the daughter of Heather and Jerome Kimbrough.

**ABIGAIL MODRAS****Mid-Distance****Junior****Major: Business Administration****Hometown (High School): Dayton, OH (Northridge)**

Modras returns for her third season with the Mount. She ran in the indoor 200m, 400m and 800m dash races

last season during indoor, turning in the Lions best time in the 400m and 800m races. Modras was also on the Mount's 4x400m relays team during the indoor and outdoor seasons. She had the team's best time during the 2010 outdoor season in the 400m dash and the 800m dash, registering a third place finish in the 400m dash in the HCAC Championship. In addition, Modras was on the Mount's second place 4x400m relay team at the HCAC Championship and is a member of the College's cross country team. Modras will compete in the 200/400/800 sprint events this season for the Lions. Head Coach Paul Longano says Modras, who continues to exhibit speed and strength in all of the events that she competes in, has outstanding work ethic and will be a team captain this season. Abigail is the daughter of Ruby and Daniel Modras.

**JENNA SHULL****Distance****Sophomore****Major: Inclusive Early Childhood Education****Hometown (High School): Springfield, OH (Northeastern)**

Shull returns for her second season with the Mount.

She competed in the 800m run, 1 mile run, and the distance medley for the Lions during the 2010 indoor part of the schedule, recording the team's fastest time in the 1 mile run. Shull ran in three events during the spring schedule: 1500m run, 5000m run and the 10,000m run. She is also on the Mount's soccer team. She is expected to once again compete in several different events, such as the mile to the 5K. Head Coach Paul Longano says Shull has continued to improve her race performances each season. Jenna is the daughter of Mary and Jim Shull.

**STEPHANIE SPENNY****Throws****Junior****Major: Athletic Training****Hometown (High School): Aurora, IN (South Dearborn)**

Spenny returns for her second season with the Mount.

She was active during the outdoor season last year, competing in the Javelin Throw for the Lions. Spenny is expected to compete in the same event again this season. Stephanie is the daughter of Denise Sedler and Craig Spenny.

**MICHELLE TRENKAMP****Hurdles****Junior****Major: Sociology/Criminology****Hometown (High School): Ludlow, KY (Ludlow)**

Trenkamp returns for her second season with the Mount.

She competed in two outdoor events for the Lions last spring, the 100m hurdles and the long jump. Trenkamp is also a Mount cheerleader. She is expected to compete in the javelin throw in 2011. Michelle is the daughter of Jill and Gary Trenkamp.

# 2010 Results

## INDOOR

Date	Opponent	Location	Result
1/16	Rev. Mike Hout Invitational (Capital University)	Columbus, OH	Eighth place
1/23	Otterbein College Invitational	Westerville, OH	Fifth place
1/30	Rose-Hulman Institute of Technology Engineer Invitational	Terre Haute, IN	Seventh place
2/13	All-Ohio Invitational (Otterbein College)	Westerville, OH	Tie-12th place
2/20	Hoosier-Buckeye Invitational (Rose-Hulman Institute of Technology)	Terre Haute, IN	Second place
3/6	Mount Union College Indoor Qualifier	Alliance, OH	No team scores

## OUTDOOR

Date	Opponent	Location	Result
3/20	Early Bird Relays (University of Cincinnati)	Cincinnati, OH	11th place
3/26	<b>College of Mount St. Joseph Invitational</b>	Schueler Field	First place
4/3	Oliver Nikoloff Invitational (University of Cincinnati)	Cincinnati, OH	16th place
4/10	Marv Frye Invitational (Ohio Wesleyan University)	Delaware, OH	15th place
4/17	All-Ohio Championship (Ohio Wesleyan University)	Delaware, OH	Tie-17th place
4/24	Wilmington College Quaker Invitational	Wilmington, OH	Third place
4/30-5/1	<b>HCAC Championship (College of Mount St. Joseph)</b>	Schueler Field	Fourth place
5/7	Billy Hayes Invitational (Indiana University)	Bloomington, IN	No team scores

Home meets in bold.

## The Mount in the HCAC

The Lions enter their eighth 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 4x400-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 4x400 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.

The Mount had a best-ever 2010 HCAC Championship finish, placing fourth in the team standings. They won five events, including four individual events. Lauren Hastings was first in the long jump and triple jump, was named All-HCAC, and the Most Outstanding Field Athlete. Katie Jerek captured first place in the 100 and 200 meter races, was named All-HCAC due to her first place efforts, and was named Co-Most Outstanding Freshman Athlete. The Lions 4x100m relay team placed first. That group included Jerek, Kristin George, Emily Babel, Maddie Hirsch, all named All-HCAC. Hirsch, Abbey Modras, Emily Babel, and Jerek were on the Mount's runner-up 4x400m relay team. Hirsch was also in the top five in two events (100m dash, 100, hurdles) while Modras was third in the 400m dash.

## 2010 HCAC Championship (OUTDOOR SEASON)

Team Standings	Points
1) Franklin	154
2) Defiance	121.50
3) Manchester	117
<b>4) Mount</b>	<b>110.50</b>
5) Rose-Hulman	105
6) Hanover	74
7) Anderson	43
8) Bluffton	38
9) Transylvania	16

## 2010 All-Conference

### (Event Winners)

Megan Neal, So., Bluffton  
Marlea Rolander, So., Defiance  
Shavonda Price, So., Defiance  
Kaitlin Switzer, Jr., Defiance  
Ashlyn Howell, Fr., Defiance  
Kristin Goldstein, Sr., Defiance  
Courtney Swabb, So., Defiance  
Heather Waterman, Jr., Franklin  
Kendall Paris, Sr., Franklin  
Jennifer Beakas, Jr., Manchester  
Jessica Bremer, Jr., Manchester  
Kailey Honn, Jr., Manchester  
Lindsey Machamer, Sr., Manchester  
Katie Jerek, Fr., Mount

### **Kristin George, Sr., Mount**

### **Emily Babel, Sr., Mount**

### **Maddie Hirsch, Fr., Mount**

### **Lauren Hastings, So., Mount**

Creasy Clauser, Fr., Rose-Hulman  
Tanya Colonna, Fr., Rose-Hulman  
Rebecca Fehribach, Sr., Rose-Hulman

### **Honorable Mention**

### **(Athlete must accumulate 16 points at HCAC Championships)**

Shelby Johnston, So., Franklin  
Lexi Vincz, Fr., Hanover  
Melissa Rogers, Sr., Rose-Hulman

**Most Outstanding Track Athlete:** Heather Waterman, Franklin College

**Most Outstanding Field Athlete:** Lauren Hastings, Mount

**Co-Most Outstanding Freshman Athlete:** Shavonda Price, Defiance College

**Co-Most Outstanding Freshman Athlete:** Ashlyn Howell, Defiance College

**Co-Most Outstanding Freshman Athlete:** Katie Jerek, Mount

**Coach of the Year:** Paul Sargent, Franklin College

## 2010 HCAC Athletes of the Week

### **TRACK**

Week 1 Shelby Johnston, Franklin College  
Week 2 Heather Waterman, Franklin College  
Week 3 Ashlyn Howell, Defiance College  
Week 4 Heather Waterman, Franklin College  
Week 5 Creasy Clauser, Rose-Hulman Institute of Technology  
Week 6 Creasy Clauser, Rose-Hulman Institute of Technology

### **FIELD**

Week 1 Liz Evans, Rose-Hulman Institute of Technology  
Week 2 Tanya Colonna, Rose-Hulman Institute of Technology  
Week 3 Kailey Honn, Manchester College  
Week 4 Ashlyn Howell, Defiance College  
Week 5 Kailey Honn, Manchester College  
Week 6 Liz Evans, Rose-Hulman Institute of Technology

## 2010 HCAC Championship Mount Point Scorers

**100 meter dash:** \*Katie Jerek, 1<sup>st</sup> place, 13.19, 10 points; Kristin George, 4<sup>th</sup> place, 13.69, 5 points; Maddie Hirsch, 5<sup>th</sup> place, 13.81, 4 points.

**200 meter dash:** \*Katie Jerek, 1<sup>st</sup> place, 26.49, 10 points, Kristin George, 4<sup>th</sup> place, 28.08, 5 points.

**400 meter dash:** Abbey Modras, 3<sup>rd</sup> place, 1:02.34, 6 points.

**800 meter run:** Abbey Modras, 7<sup>th</sup> place, 2:35.64, 2 points.

**100 meter hurdles:** Maddie Hirsch, 4<sup>th</sup> place, 16.41, 5 points.

**4x100 meter relay:** \*Katie Jerek, Kristin George, Emily Babel, Maddie Hirsch, 1<sup>st</sup> place, 50.39, 10 points.

**4x400 meter relay:** Maddie Hirsch, Abbey Modras, Emily Babel, Katie Jerek, 2<sup>nd</sup> place, 4:09.64, 8 points.

**Pole Vault:** Emily Rutschilling, 5<sup>th</sup> place, 8-06.00, 3.5 points.

**Long Jump:** Lauren Hastings, 1<sup>st</sup> place, 16-09.25, 10 points; Kristin George, 2<sup>nd</sup> place, 16-06.50, 8 points; Maria Ruebusch, 7<sup>th</sup> place, 14-09.75, 2 points.

**Triple Jump:** Lauren Hastings, 1<sup>st</sup> place, 36-08.50, 10 points; Kristin George, 5<sup>th</sup> place, 33-07.25, 4 points; Maria Ruebusch, 7<sup>th</sup> place, 32-03.75, 2 points.

**Javelin Throw:** Maria Ruebusch, 4<sup>th</sup> place, 101-10, 5 points; Kristin George, 8<sup>th</sup> place, 96-11, 1 point.

*\*Participant/s named All-Conference by virtue of placing first.*



*Two-time All-HCAC honoree Kristin George in 2010 action for the Lions.*

# HCAC Championship Mount Point Scorers

## 2009

**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:** \*Abbey Modras, Kristin George, Emily Babel, Lauren Hastings, 52.11, 1st place, 10 points

**4x400 meter relay:** Amanda Smith, Abbey 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

## 2008

**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

**1000-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

**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

## 2006

**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

## 2005

**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

## 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

*\*Participant/s named All-Conference by virtue of placing first.*

## 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
2009	Manchester	Sixth place

# Mount Individual Records

<p><b>INDOOR</b></p> <p><b>55-meter Dash</b> Katie Jerek, 7.71, 2010</p> <p><b>60-meter Dash</b> Ayesha Kimbrough, 8.73, 2010</p> <p><b>200-meter Dash</b> Gina Damman, 29.68, 2006</p> <p><b>300-meter Dash</b> Emily Babel, 47:03, 2007</p> <p><b>400-meter Dash</b> Abby Modras, 1:03.05, 2010</p> <p><b>800-meter Run</b> Gina Damman, 2:27.45, 2008</p>	<p><b>1000-meter Run</b> Gina Damman, 3:16.30, 2008</p> <p><b>1500-meter Run</b> Christine Kirchner, 5:18.14, 2004</p> <p><b>1600-meter Run</b> Christine Kirchner, 5:57.37, 2004</p> <p><b>3000-meter Run</b> Kassie Koch, 11:45.57, 2008</p> <p><b>5000-meter Run</b> Kassie Koch, 20:06.74, 2008</p> <p><b>1 mile Run</b> Kassie Koch, 5:57:90, 2008</p>	<p><b>Pole Vault</b> Jill Hyland, 8-00.50, 2006</p> <p><b>55-meter Hurdles</b> Maddie Hirsch, 9.15, 2010</p> <p><b>60-meter Hurdles</b> Maddie Hirsch, 9.99, 2010</p> <p><b>High Jump</b> Emily Babel, 4-04, 2009</p> <p><b>Long Jump</b> Lauren Hastings, 17-01.25, 2009</p> <p><b>Triple Jump</b> Lauren Hastings, 34-04.75, 2010</p>	<p><b>Shot put</b> Belicia Wambsgans, 29-02.50, 2006</p> <p><b>Weight Throw</b> Erin Hay, 30-06.25, 2006</p> <p><b>4x200-meter Relay</b> Katie Jerek, Ayesha Kimbrough, Emily Babel, Kristin George, 1:53.31, 2010</p> <p><b>4x400-meter Relay</b> Chelsea Tebbe, Emily Babel, Gina Damman, Angela Koehler, 4:18.68, 2008</p> <p><b>Distance Medley</b> Gina Damman, Emily Babel, Chelsea Tebbe, Kassie Koch, 13:36.28, 2008</p>
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<p><b>OUTDOOR</b></p> <p><b>100-meter Dash</b> Katie Jerek, 12.95, 2010</p> <p><b>200-meter Dash</b> Katie Jerek, 26.49, 2010</p> <p><b>400-meter Dash</b> Emily Babel, 1:00.02, 2007</p> <p><b>800-meter Run</b> Gina Damman, 2:26.31, 2007</p> <p><b>1500-meter Run</b> Katie Nickoli, 5:17.30, 2004</p> <p><b>5000-meter Run</b> Kassie Koch, 20:16.24, 2007</p> <p><b>10000-meter Run</b> Kassie Koch, 42:25.09, 2007</p>	<p><b>3000-meter Steeplechase</b> Christine Kirchner, 12:23.01, 2005</p> <p><b>Pole Vault</b> Jill Hyland, 8-06.25, 2005</p> <p><b>Long Jump</b> Lauren Hastings, 17-06.25, 2009</p> <p><b>High Jump</b> Nikki Blaize, 5-00.25, 2007</p> <p><b>Triple Jump</b> Lauren Hastings, 36-08.50, 2010</p> <p><b>100-meter Hurdles</b> Maddie Hirsch, 15.15, 2010</p> <p><b>400-meter Hurdles</b> Maddie Hirsch, 1:10.34, 2010</p>	<p><b>Shot put</b> Belicia Wambsgans, 28-08.50, 2006</p> <p><b>Discus throw</b> Lauren Tauber, 93-04.00, 2006</p> <p><b>Hammer Throw</b> Lauren Tauber, 111-05.00, 2006</p> <p><b>Javelin Throw</b> Kristen George, 102-05.00, 2009</p> <p><b>4x100-meter Relay</b> Katie Jerek, Kristin George, Emily Babel, Maddie Hirsch, 50.39, 2010</p> <p><b>4x200-meter Relay</b> Jill Hyland, Karen Schumacher, Elizabeth Mushaben, Heather Wissel, 2:02.30, 2005</p>	<p><b>4x400-meter Relay</b> Maddie Hirsch, Abby Modras, Emily Babel, Katie Jerek, 4:09.64, 2010</p> <p><b>4x800-meter Relay</b> Alison Reid, Christine Kirchner, Lori Widener, Loran Carroll, 11:03.58, 2005</p> <p><b>1600-meter Sprint Medley</b> Jill Hyland, Elizabeth Mushaben, Jennifer Kurtz, Loran Carroll, 4:56.78, 2005</p> <p><b>4x100-meter Shuttle Hurdle Relay</b> Erin Edge, Alison Reid, Jill Kretchmer, Jennifer Kurtz, 1:26.02, 2005</p>
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## 2011 Team Photo



First row (left to right): Kelsey Schneider, Samantha Greco, Lauren Hastings, Jaclyn Loechel, Ayesha Kimbrough, Samantha Buschle. Second row: Maddie Hirsch, Michelle Woelfel, Kelleen Albert, Katie Jauch, Krista Johnson, Jenna Shull, Brittany Bowman, Jolie Hasselbeck, Abbey Modras. Third row: Assistant Coach Andy Gray, Katie Jerek, Sara Rutschilling, Bailey Schnurr, Cyreesa Raber, Sarah Moderbacher, Catie Adams, Kenna Sheehan, Whitney Plymesser, Kirstie Gallimore, Assistant Coach Jamie Eastham, Head Coach Paul Longano.

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