

EDINBORO EVENTY

2004-05 Cross Country/Track & Field

Greetings from the President

Dear Family, Friends and Fans of the Fighting Scots:



Thank you for supporting Edinboro University athletics and the student-athletes who compete for our football, wrestling, basketball, volleyball, wheelchair basketball and other adaptive sports, cross country, track, soccer, swimming, and softball teams. We are proud of their accomplishments athletically and academically, and we are proud of our coaching staff who assist in making good things happen for students and the University.

The Athletic programs at Edinboro University enjoy a rich history and tradition of excellence. This amazing legacy will be among the points of pride celebrated during the University's Sesquicentennial in the 2006-07 academic year. As we prepare to celebrate the University's 150th anniversary, we are guided by the theme, "Building a prosperous future through academic excellence and civility." The learning, dedica-

tion, discipline, and sportsmanship that are central to the experience of Edinboro athletes also enable their prosperity in other aspects of life. At the same time, athletic competitions contribute to the quality of life on our campus and throughout the communities of northwestern Pennsylvania. Clearly, the Fighting Scots are a partner in the region's prosperity.

We encourage our Fighting Scot Fans to visit the campus as often as possible. I look forward to greeting you at our athletic, cultural, and arts presentations.

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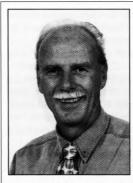
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Head Coach Doug Watts



Excellence in coaching and a winning tradition are terms that have become synonymous with Edinboro University cross country and track and field coach Doug Watts. Since his arrival at Edinboro in 1969, the Running Scots

have experienced nothing but success, producing numerous All-Americans and team championships, as well as four individual cross country champions and five individual track first place finishers.

Watts' coaching credentials speak for themselves, including 31 consecutive undefeated cross country seasons and a string of 117 straight dual meet victories. Watts' squads have also produced a total of six national championships, including back-to-back-toback NCAA Division II titles from 1986 through 1988 and back-to-back NAIA titles in 1975 and 1976. His teams can also boast five Division II runner-up trophies, plus finishes of third (twice), fourth (three times), fifth, sixth (twice), seventh (twice), eighth (three times) and ninth.

In total, the men's squads have 16 top ten finishes at the national meet in the last 22 vears. His women's program, though vet to crown a national champion, has also established itself as one of the premier programs in the NCAA East Region and on the national stage. That includes four straight top five finishes at the national meet. An "uncountable" amount of conference, district, and regional "Coach of the Year" awards are scattered throughout his office, including Edinboro's 2001-02 Coach of the Year award. He was inducted into the Edinboro Hall of Fame this past spring.

The National Coach of the Year five times, Watts has published numerous distance-running articles for national publications. Twice an Olympic coach nominee, Watts annually conducts a summer pre-season endurance training camp, the Edinboro Distance Village, for young men and women. In addition, 16 of his Edinboro athletes have been U.S. Olympic

Trial qualifiers.

Most recently, Watts has ventured into the administrative portion of his sport, as the past President of the NCAA Division II Track and Field Coaches Association and presently serving as the Vice President of the USTCA National Coaches Association. In addition, he was the head of the NCAA Division II Cross Country Hall of Fame Committee and is a member of the USATF Coaches Advisory Committee.

A 1964 graduate of the University of Akron with a degree in Health and Physical Education, Watts began his coaching career at Walsh Jesuit High School in Cuyahoga Falls, Ohio. He introduced a running program at Walsh Jesuit that yielded a two-year record of 19-0 and a district championship. Watts and his wife Margaret have two adult children, Wendy and Christopher.

Edinboro's Cross Country Philosophy

"Generally, we attract the middle distance and distance athlete who is seeking a special environment for running," says head coach Doug Watts about his track and cross country programs at Edinboro University. "A student-athlete should consider Edinboro because of the following reasons":

A small school setting, academically oriented, that generally allows for a fuller personal development in the classroom, athletic and social activities; yet offers a large, diversified choice of educational majors and specialties.

A TEAM concept in training competition.

A distance-based training program integrating selected road races as a training supplement.

Division I schedule of intercollegiate competition.

A program that allows personal direction and individualism, a proper balance between academics and athletics... and fun.

A tradition of excellence and proven success in running within an environment supportive and respectful of distance runners.

2004 Outlook

"It will be unusually difficult to advance an accurate picture of what our potential is for the 2004 cross country season," waivered the usually straightforward veteran coach Doug Watts.

"We have the personnel, and some talent. But will illness or injuries allow our athletes to

reach their full potential?"

The women should be favored to capture their seventh straight PSAC team title, and NCAA II Regional crown. The men aim to recapture both titles which they were edged out of last season for the first time in 12 years.

Although no women cross country "All-Americans" return to their lineup, two juniors can claim track "AA" certificates. Julie Nemergut emerged last spring as a "real" National level competitor to earn a scoring spot in the 10,000 at the National Meet. Nemergut had also qualified in the 5,000, but her coach withdrew her from the trials.

Roommate Kelly Richards earned her All-America award as a freshman in the steeplechase. Some fast, early season times were negated by a stress fracture mid year.

Both Nemergut and Richards earned All-PSAC and All-East Regional cross country honors each of their two previous seasons.

Lindsay Roberts, a national provisional qualifier in the 10,000, returns from a "redshirt" year in 2003. Roberts might be slow to show her form until October this season, recovering from a hamstring pull.

Lisa Gallagher will attempt to put a highlight on her already excellent cross country years at Edinboro. The senior has come through for the Scots in cross country three straight years as an All-Conference and All-

Region runner.

Edinboro runners seem to traditionally make a big improvement in their running careers, and 2004 could be the season to see Heather Wilmoth do so. A 2002 PIAA state champion in cross country, Wilmoth is expected to take her place in the front pack at every meet this year. She showcased her potential as she finished as the Scots number one finisher at the NCAA meet last fall.

Watts says to watch out for Genise Green. With less than two full years of running experience, Green, a 2004 nursing graduate, will return to the lineup with a sincere dedication to capitalize on her newfound tal-

ent. "This was my first real serious summer of training (70 to 80 miles per week), and I'm excited to compete," she beamed.

Depth is evident as a relatively large number of athletes will be vying for starting lineups in the large meets at the season's finish. Watts has faith in Kiersten Buckley, limited the past two years with a host of accidents and illnesses. Buckley showed promise early in her freshman year, and may be primed to take up where she left off.

Ashleigh Barnhart suffered a "broken back" in track in 2004, and will take a redshirt year. A multiple junior college national champion, Barnhart had limited summer back-

ground training this year.

Showing flashes of quality running at various stages of her career, Shannon Loewke hopes to become consistent in all her races. An All-PSAC, All-Regional performer in cross country and the PSAC indoor 1500 champion, Loewke will bring good speed to flatter terrains.

Should the cross country course be hilly, muddy and difficult, look for senior Katie Donahue to pick up the team slack for the Scots. Continuing improvement marks Michelle Kelly's cross country career.

Two freshmen will impact the top ten this fall. Rachael Lanzel is tabbed as the recruit to make "huge gains in performance" early in her college career. Early season performances predict she will be a key to the team's championship hopes. Emily Quinlan has the quality attitude necessary to run for Edinboro. Her early adjustment to new distance-based training remains to be seen.

"I really don't know quite what to make of the guys," lamented Watts. "We've had our share of highs for 30+ years, but this group seems jinxed, so far, to balance out all the favorable breaks we've experienced!"

And, by that, Watts is not referring to the graduation of Aaron Rowe - a national runnerup in the 10,000 and the 2003 NCAA II Coaches Association National Cross Country Runner of the Year.

Is he, then, concerned about the returning "All-Americans" on the roster?

Ryan Coon has shown consistency in training and racing through his Edinboro years. One of the top three runners in the East last fall, the junior earned his first All-American award and displayed grittiness at

2004 Outlook

every meet. Nor is Watts concerned with senior Jim Ansberry, who earned his first All-American certificate last spring in the steeple-chase. Ansberry's 2004 cross country will attempt to eradicate the near disastrous image of he (and other Boro runners) suffering heat exhaustion in the North Carolina heat, staggering and collapsing near the finish at last year's NCAA Cross Country Championships.

Now Watts wants a break for his two seniors, Joe Reynolds and Mark Hryvniak. Both have All-American ability but have been relatively unknowns as "bad breaks" have limited their performances the last two years.

Hryvniak is still struggling to recover from a seemingly failed compartment syndrome surgery and Reynolds hopes to overcome a liver disease that set up a severe achilles injury when he finally was allowed to return to running.

"If these two can be 90 percent this fall, we will be pretty darn good," states Watts.

Runnerup in the PSAC 10,000 last spring, and a National provisional qualifier in the same event, junior Jared Lowry will surprise opponents this fall and is expected to run "up front" in 2004.

Depth is prevalent for the Scots as sophomore David Niemira, coming off a solid summer program, has shown marked improvement. Classmate Dan Field, severely limited last year due to severe burns, might be ready to take his expected top seven role. A 9:35 steeplechase early in the season, Field ended up with a medical redshirt in track. Jeremy Boehm, a top seven runner for the Boro the last two years, must break out this fall and establish race performances that equal his training ethic.

The best recruiting class in a decade seems to guarantee that the Edinboro coach will not retire soon.

The team welcomed their first Kenyan recruit in late August. Though Nicholas Chepkwony may be an "average" runner at home, there aren't a lot of 30:06 10K runners in Division II. The young Kenyan will obviously have some

adjustments to make at Edinboro, so Watts may characteristically keep him "under wraps" in the early season.

Three "All-Ohio" honorees have enrolled. John Moneyhon (9:16), David Blend (4:17) and Nick Hankins (third place in cross country/small class) will need to see how quickly they can assimilate into the Edinboro distance running program. Don't be surprised if one or two of the group supplants upperclassmen in the starting lineup.

A solid schedule, highlighted by a plane flight to Oregon in October, should prepare both squads for the traditional goal of the program: Win the PSAC, win the NCAA II Regionals, and score well at Nationals. That three-fold purpose has been consistent with Edinboro as the men's team has advanced to the Nationals every since 1977; the women every season since 1989.

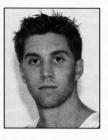
"Running is important here, to be the best we can be," states Watts.

"We just need a little luck this year!"



Heather Wilmoth (l) and Shannon Loewke (r)

Meet the Fighting Scots



Jim Ansberry
Senior ◆ Solon, OH ◆ Solon High School

Has had a steady progression throughout college career culminated with All-American performance at 2004 NCAA Division II Track & Field Championships, finishing fifth in the 3,000 meter steeplechase with a time of 9:10.68 ... 9:10 pr not indicative of true level of performance as national race was run very conservatively ... also has run 3:57 (1,500)/14:48 (5K) ... enjoyed a good 2003 cross country season which

was marred by heat exhaustion at National Championships ... is a three-time All-PSAC runner and two-time All-East Region performer ... **High School:** Earned first team all-conference honors three times in cross country and was a first team all-conference honoree in the mile in track as a junior and senior ... **Personal:** Born November 26, 1981 ... son of Vicky and Jim Ansberry ... majoring in Criminal Justice/Business Administration ... interned this past summer with District Attorney's office in Cleveland, Ohio ... has a 3.09 GPA ... uncles are Sal and Chris Bando, former major league baseball players.

"I know I'm fitter than ever before in the fall, so I really look forward to a high finish at Nationals" ... **Jim Ansberry**



Mark Hryvniak

Senior ◆ Rochester, NY ◆ Aquinas Inst.High School

A runner who could be the key to a much-improved Edinboro team ... has seen running career hampered by calf problems and eventual compartment syndrome surgery ... missed two full cross country seasons and has only run partial track campaigns ... even with injury issues has been a multiple All-PSAC and All-Region honoree ... earned All-PSAC honors a year ago at cross country championships with a ninth place finish ...

was 30th at East Regional ... earned All-PSAC and All-Region honors in 2001 ... **Personal:** Born November 1, 1982 ... son of Liz and Steve Hryvniak ... Health and Physical Education major with a minor in Psychology.

"Five years and I'm finally ready to run" ... Mark Hryvniak



Joe Reynolds

Senior ◆ North East, PA ◆ North East High School

Rare genetic disorder wiped out 2002 and 2003 track running ... ended last year with an achilles tear ... coach Doug Watts feels he has All-American talent, but would settle for 90 percent in his comeback attempt this fall ... in 2001 earned All-PSAC and All-Region honors in cross country, finishing sixth at the PSAC Championships ... **High School:** Won the Erie County League cross country championship and was the District

10 champion in the 3,200 meters while competing at North East High School ... earned All-State honors twice ... **Personal:** Born February 23, 1982 ... son of Lisa Bresney-Reynolds and Joseph

Meet the Fighting Scots

Reynolds ... Pre-Pharmacy major with a minor in Coaching ... has a 3.10 GPA.

"It has been very frustrating. You wonder why all this happened to me. Yet I have not given up on the chance that I would help the team again" ... Joe Reynolds



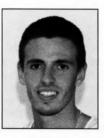
Jeremy Boehm

Junior ♦ Lewisberry, PA ♦ Red Land High School

Has made steady improvement under the Edinboro running regimine ... coach Doug Watts feels this should result in All-PSAC level performances this year ... finished 20th at PSAC Championships and 23rd at East Regional a year ago ... has run sub 4:00 1500 and 15:30 5K ... **High School:** Ran for coach Larry Kell at Red Land High School, where he was a conference and district medalist ... was named the Scholar Athlete

of the Year ... **Personal:** Born April 27, 1984 ... son of Deborah and William Boehm ... Secondary Education major with a 3.44 GPA ... earned Academic All-America honors last year.

"I believe I've gained the experience and confidence to impact our top five" ... Jeremy Boehm



Ryan Coon

Junior ♦ Clymer, NY ♦ Sherman High School

Enjoyed outstanding sophomore cross country season with third place finish at the PSAC Championships, NCAA II Regionals, and All-American finish at Nationals ... capped campaign with 34th place finish at NCAA Division II National Championships, good for All-American honors ... solid, consistent, dependable racer ... was named 2002 PSAC Freshman of the Year in cross country and earned all-conference and all-

region honors in his first year ... finished sixth at PSAC Championships and 10th at East Regional ... has run a sub 31:00 5K and 15:00 1500 ... **High School:** Finished sixth in the New York State Championships to earn All-State honors while running for Sherman High School ... **Personal:** Born June 27, 1982 ... son of Monica and Dan Coon ... Criminal Justice major.

"This year will be a little strange for me - not having Aaron Rowe to set the pace. Still, as important as running is to me, I'm ready to take up the slack" ... **Ryan Coon**



Jared Lowry

Junior ♦ North Canton, OH ♦ Hoover High School

Earned All-East Regional cross country honors as a freshman with a 12th place finish ... ran National provisional qualifying standard in 10,000 last spring at Duke Invitational ... was runnerup PSAC 10,000 and scored in 5K ... personal bests are 31:15 in the 5K and 15:10 in the 1,500 ... two-time cross country Academic All-American ... **High School:** Earned all-conference accolades while competing at North Canton Hoover High

School ... **Personal:** Born March 17, 1983 ... son of Diane and Barry Lowry ... Accounting/Finance major with a 3.18 GPA.

Meet the Fighting Scots

"I was pretty much under wraps last fall, coming off a broken back. Hopefully, I am way ahead of last year's fitness and fully expect to be much closer to the leaders this season" ... Jared Lowry



Dan Field

Sophomore ♦ E. Aurora, NY ♦ E. Aurora High School

A top recruit last year who spent the year recovering from severe burn accident ... ran 9:35 steeplechase at Duke early in track season but sustained stress fracture that led to medical hardship application ... **High School:** Earned multiple All-State honors as a cross country and track athlete at east Aurora High School ... coached by Edinboro alumnus Walt McLaughlin, a member of the 1985-86 national championship team, and

Marty McLaughlin, a 1992 Olympic trials participant in the 800 ... **Personal:** Born November 11, 1984 ... son of Patricia Lyons and Larry Field ... Engineering major.

"Last year I was never able to run enough to see what my talent really could do. I'm confident it will show this season" ... Dan Field



Nicholas Chepkwony

Freshman Kericho, Kenya

Young Kenyan who seeks to capitalize on his chance to earn a U.S. education through athletics ... ran in high school in his country but has limited experience ... maintains traditional Kenyan training values ... has run only one race not at altitude, timed in 30:06 in the 10K ... should impact front group in every race on schedule ... **Personal:** Born January 12, 1983 ... son of Ruth and Jona Boiyna ... will major in Computer Science.

"I am so happy to join the society of students and athletes at Edinboro. I pray that I live up to the outstanding tradition of distance running at my new 'home' " ... Nicholas Chepkwony



Lisa Gallagher

Senior ♦ Strongsville, OH ♦ Strongsville High School

Since sophomore year has been consistent in big meet performances for the Fighting Scots ... has earned All-PSAC and All-East Region honors the last two years, finishing 11th (23:50.36) at the PSAC's and 12th (22:42) at Regionals a year ago ... in 2003 placed fifth at PSAC Championships and 10th at East Regional ...was the top finisher for the women's team at 2003 NCAA Division II National Championships ... was sixth in the 1,500 meters at the 2003 PSAC Track & Field Championships ... **High**

School: Named to the All-Ohio team in 2001 ... a state qualifier in cross country and track ... named the Senior Athlete of the Year at Strongsville High School ... team captain for both sports ... **Personal:** Born July 18, 1983 ... daughter of Marilyn and Thomas Gallagher ... majoring in Elementary/Early Childhood Education with concentrations in reading and language arts ... has a 3.31 GPA.

Meet the Fighting Scots

"I want to make my senior year my best, and finish 'up front' so the team can be very good this fall" ... Lisa Gallagher



Genise Green

Graduate ♦ Union City, PA ♦ Fort LeBoeuf High School

A runner who had no high school experience and has only only been competing for two years ... with racing experience under her belt she is significantly better this year ... has personal bests of 10:39 in the 3,000 and 4:51 in the 1,500 ... placed 27th at PSAC Championships ... **Personal:**

Born March 14, 1982 ... daughter of Suzanne and David Green ... graduated wth bachelor's degree in Nursing with a 3.72 GPA, and now working on her master's degree ... earned Academic All-American honors the last two years.

"I came back to graduate school primarily to run this fall. And I've trained really hard this summer to maximize that opportunity" ... Genise Green



Kiersten Buckley

Junior ♦ Erie, PA ♦ Mercyhurst Prep

Has been sidelined the last two years with a variety of health problems after showing early promise as a freshman ... suffered through a severe respiratory problem that year, and later suffered a stress fracture during the track season ... placed 22nd in the 2001 PSAC Cross Country Championships ... **Personal:** Born May 25, 1983 ... daughter of Sandy

and Bill Buckley ... majoring in Health & Physical Education with a minor in Psychology ... has a 3.34 GPA.

"It has been a very frustrating last 23 months. I hope I can make up for all that anxiety this fall" ... **Kiersten Buckley**



Shannon Loewke

Junior ♦ Rochester, NY ♦ Greece Arcadia High School

Came back after missing the 2002 cross country campaign due to mononucleosis to earn All-East Region honors last fall with a 14th place finish (22:44) ... a week earlier had placed 21st at PSAC Championships ... was the 2003 champion in the 1,500 meters at the PSAC Indoor Track & Field Championships ... a three-time All-PSAC honoree in track ... **High School:** Was the Section V Class B champion in the 1,500 meters

at Greece Arcadia High School ... earned All-County honors in cross country ... **Personal:** Born May 29, 1982 ... daughter of Margo Loewke ... majoring in Elementary Education with a minor in Special Education ... has a 3.35 GPA ... brother T.J. plays basketball at Roberts Wesleyan.

"I'm solidly focused on being consistent and performing for the team this year, building my level of racing fitness as the season progresses" ... **Shannon Loewke**

Meet the Fighting Scots

Julie Nemergut



Junior ♦ Youngstown, OH ♦ South Range High School

Two solid cross country seasons set up an outstanding 2004 track campaign ... earned All-American honors with an eighth place finish in the 10,000 meters (36:10.95) ... finished 20th at the 2003 PSAC Championships, but a week later came back to earn All-East Region accolades with a time of 22:35, good for 10th place ... had enjoyed an excellent cross country season a year ago until she was hit by a respiratory illness right before PSAC's ... earned All-PSAC and All-Region honors as a freshman with seventh and sixth place finishes, respectively ... personal

bests are 36:09/17:11 ... **High School:** A state qualifier while competing at South Range High School ... **Personal:** Born October 23, 1983 ... daughter of Kathy and Jack Nemergut ... majoring in Special Education with a 3.83 GPA ... a two-time Academic All-American ... father is cross country and track coach at South Range High School ... older sister runs for Coastal Carolina.

"I just resolved that I was going to train and train hard like our 'Boro tradition' " ... Julie Nemergut

Kelly Richards



Junior ◆ Edinboro, PA ◆ General McLane High School

A two-time All-PSAC/All-East Regional runner in cross country ... earned All-PSAC honors for the second year with a ninth place finish (23:46), then placed ninth again at the East Regional with a time of 22:32 ... capped her first collegiate track season in 2003 with a personal best of 10:50 in the 3,200 meter steeplechase to earn All-American honors with a seventh place finish at the NCAA Division II Track & Field Championships ... as a freshman finished third at the PSAC Cross Country Championships and fourth at the East Regional ... **High**

School: A three-time state qualifier in cross country and earned All-State honors twice while running at General McLane High School ... was also a three-time District 10 champion ... in track, earned nine Erie County League titles and was a tstae qualifier four times ... earned All-State honors once, and won one District 10 title ... **Personal:** Born February 28, 1984 ... majoring in Health & Physical Education with a 3.97 GPA, earning Academic All-American honors twice.

"I have accepted the fact that I cannot deny my competitive instincts on race day ... I want our team to be good" ... **Kelly Richards**

DID YOU KNOW? Edinboro's strong running tradition is backed up by superior academic achievement. The women's cross country and track & field teams have earned team Academic All-American honors EVERY year the award has been available. The men's have only missed once. Last year five women were accorded Academic All-America honors -- Kelly Richards, Jessica Moldovan, Julie Nemergut, Genise Green and Shannon Loewke. A pair of men earned the honor -- Aaron Rowe and Jeremy Boehm.

Meet the Fighting Scots



Lindsay Roberts

Junior ◆ Wattsburg, PA ◆ Seneca High School

Redshirted last fall and got a late start in track due to summer stress fracture ... ran NCAA Division II provisional qualifying time in the 10,000 in 2003 and 2004 ... was named the PSAC Cross Country Rookie of the Year in 2001with a 12th place finish, then earned All-East Region honors by placing 11th ... in 2002 earned All-PSAC accolades with an eighth place finish, and was also an All-Region runner, placing 12th ... placed second

at 2002 PSAC Track & Field Championships in the 10,000 meters with an NCAA provisional qualifying time of 38:47.20 ... has personal bests of 37:20/17:53/4:47 ... a mileage-based runner ... **Personal:** Born January 29, 1983 ... daughter of Susan and Stephen Roberts ... majoring in Elementary Education/Special Education with a minor in Math ... has a perfect 4.00 GPA and is a four-time Academic All-American.

"The plan for me is to be a 'little calmer' about early season racing fitness, and allow myself the luxury to build into a good end of season race in 2004" ... Lindsay Roberts



Heather Wilmoth

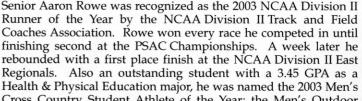
Sophomore ♦ Sugar Grove, PA ♦ Eisenhower High School

Enjoyed solid freshman cross country season capped by a 34th place finish (23:00.7) at the NCAA Division II National Championships, the best among the Fighting Scots ... ran only two track races early in the season before a knee problem sidelined her ... **High School:** Was the PIAA

state champion in cross country as a senior at Eisenhower High School in 2002 ... also won the District 10 championship, and was the District 10 champion in the 3,200 meters in track ... also a four-year starter in basketball ... **Personal:** Born April 25, 1985 ... daughter of Jo Lynn and James Wilmoth ... majoring in Secondary Education with an emphasis on Spanish.

"It took almost a year for me to assimilate exactly what it takes to be a TOP runner, and, now I really want to run well, like my All-American teammates" ... **Heather Wilmoth**

Aaron Rowe Named Runner of the Year





Health & Physical Education major, he was named the 2003 Men's Cross Country Student Athlete of the Year; the Men's Outdoor Track & Field Student Athlete of the Year; and the Men's National Student Athlete of the Year. He was the recipient of a \$2,000 scholarship and is in graduate school at the University of Dayton.

The 2004 Fighting Scots

2004 Women's Cross Country Roster

Name	Yr.	Hometown/High School
Ashleigh Barnhart	Sr.	Brockport, NY/Brockport/Alfred State
Kiersten Buckley	Jr.	Erie, PA/Mercyhurst Prep
Katie Donahue	Sr.	North Springfield, PA/Northwestern
Lisa Gallagher	Sr.	Strongsville, OH/Strongsville
Genise Green	Sr.	Union City, PA/Fort LeBoeuf
Michele Kelly	Jr.	Carlisle, PA/Carlisle
Rachael Lanzel	Fr.	St. Mary's, PA/St. Mary's Area
Shannon Loewke	Jr.	Rochester, NY/Greece Arcadia
Julie Nemergut	Jr.	Youngstown, OH/South Range
Emily Quinlan	Fr.	Rochester, NY/Irondequoit
Kelly Richards	Jr.	Edinboro, PA/General McLane
Lindsay Roberts	Jr.	Wattsburg, PA/Seneca
Heather Wilmoth	So.	Sugar Grove, PA/Eisenhower

Head Coach: Doug Watts

Head Coach: Doug Watts

2004 Men's Cross Country Roster

Name	Yr.	Hometown/High School
Jim Ansberry	Sr.	Solon, OH/Solon
David Blend	Fr.	North Canton, OH/Hoover
Jeremy Boehm	Jr.	Lewisberry, PA/Red Land
Alex Bond	So.	Kane, PA/Kane Area/Mansfield
Nicholas Chepkwony	Fr.	Kericho, Kenya
Ryan Coon	Jr.	Clymer, NY/Sherman
Dan Field	So.	East Aurora, NY/East Aurora
Nick Hankins	Fr.	Pepper Pike, OH/Orange
Mark Hryvniak	Sr.	Rochester, NY/Aquinas Institute
Jared Lowry	Jr.	North Canton, OH/Hoover
John Moneyhon	Fr.	Columbus, OH/Dublin Coffman
Dave Niemira	So.	Strongsville, OH/Strongsville
Joe Reynolds	Sr.	North East, PA/North East
Kevin Slagle	Sr.	Erie, PA/McDowell

2003 Cross Country Results

DA		OPPONENT	TOP PERFORMERS
	tember at Buffalo State Invitational	WOMENI, 1st /12 tooms	Valler Diahanda (2nd 10.11)
O	at bullato state invitational	WOMEN: 1st/12 teams	Kelly Richards (3rd, 19:11) Shannon Loewke (7th, 19:33)
		MEN: 3rd/11 teams	Aaron Rowe (1st, 25:05) Ryan Coon (6th, 26:02)
20	at Raleigh Invitational	WOMEN: 2nd/6 teams	Kelly Richards (5th, 18:54) Shannon Loewke (6th, 19:00)
		MEN: 1st/5 teams	Aaron Rowe (1st, 24:57) Ryan Coon (2nd, 26:06)
	ober		
4	at Loyola Lakefront Invitational	WOMEN: 6th/61 teams	Kelly Richards (20th, 18:18) Julie Nemergut (38th, 18:41
		MEN: 6th/52 teams	Aaron Rowe (1st) Ryan Coon (20th)
22	at Tour de Scots	WOMEN: 1st/2 teams	Julie Nemergut (1st, 15:11)
		MEN: 1st/2 teams	Aaron Rowe (1st, 20:55) Ryan Coon (2nd, 21:16)
	oember at PSAC Championships at Lock Haven, PA	WOMEN: 1st/14 teams	Jessica Moldovan (5th, 23:23 Kelly Richards (9th, 23:46)
	at Ecck Havely 171		Lisa Gallagher (11th, 23:50) Heather Wilmoth (12th, 23:52)
		MEN: 2nd/14 teams	Aaron Rowe (2nd, 26:09) Ryan Coon (3rd, 26:10)
9	at NCAA East Regional	WOMEN: 1st/24 teams	Mark Hryvniak (9th, 26:48) Jessica Moldovan (5th, 22:13
	Championships at Lock Haven, PA		Kelly Richards (9th, 22:32) Julie Nemergut (10th, 22:35) Lisa Gallagher (12th, 22:42) Shannon Loewke (14th, 22:44)
		MEN: 2nd/24 teams	Aaron Rowe (1st, 31:11) Ryan Coon (4th, 31:34) Jim Ansberry (13th, 32:36)
22	at NCAA Division II National Championships at Raleigh, NC	WOMEN: 13th/24 teams	Heather Wilmoth (34th, 23:00) Jessica Moldovan (35th,
	0		23:01)
		MEN: 20th/24 teams	Ryan Coon (34th, 32:34) Aaron Rowe (80th, 33:53)

Cross Country All-Americans

FIGHTING SCOT ALL-AMERICANS

FOUR-TIME ALL-AMERICANS

Martin Lyons 1991-94 Lisa Petsche 1997, 1999-01 Yi Min Wu 1998-01

THREE-TIME ALL-AMERICANS

 Dave Antognoli
 1970-72

 Luil Graham
 1984-86

 Carl Leonard
 1992-94

 Gennaro Manocchio
 1985-87

 Carrie McKeon
 1997-98, '00

 Amy Perry
 1996-98

 Chris Rauber
 1988-90

TWO-TIME ALL-AMERICANS

Jeff Barker	1997, 2000
Greg Beardsley	1981-82
Tim Dunthorne	1986-87
Pete Fixler	1993-94
Jeff Foster	1975-76
Gabriela Hnilkova	1998-99
Brian Jordan	1978-79
Scott Kovacevic	1997-98
Mike Platt	1986-87
Michael Renninger	1988-89
Uriel Rivera	1989-90
Harvey Sipel	1988, '90
Sandra Sweet	1996-97
Donna Thibert	1989, '92
Henry Winger	1975-76



Carrie McKeon



Marty Lyons



Chris Rauber



Carrie McKeon, Lisa Petsche and Amy Perry (l-r) earned All-American honors at 1997 National Championships

Men

Dave Antognoli	1970-71-72
Dave Antognoli Dalvin Baehler	1975
Jeff Barker	1997. 2000
Greg Beardsley	1981-82
Scott Burns	1986
Ryan Coon	2003
Clayton Crews	1992
Tim Dunthorne	1986-87
Pete Fixler	
Kevin Foley	
Jeff Foster	
Luil Graham	
Brian Jordan	
Scott Knapp	
Scott Kovacevic	1997-98
Travis Kuhl	1997
Carl Leonard	1992-93-94
Martin Lyons19	91-92-93-94
William Maloney	1985
William Maloney Gennaro Manocchio	1985-86-87
Brian Matthews	1990
Mark Muggleton	
Steve Owens	1997
Mike Platt	1986-87
Chris Rauber	1988-89-90
Michael Renninger	1988-89
Uriel Rivera	1989-90
Steve Repko	
Dennis Rice	1982
Aaron Rowe	
Harvey Sipel	
Michael Tonkin	1988
Lance White	
Henry Winger	1975-76
Yi Min Wu1998	3-99-2000-01

Women

Gabriela Hnilkova1998-99
Carrie McKeon1997-98, 2000
Audra Naujokas1990
Amy Perry1996-97-98
Lisa Petsche1997, 1999-2000-01
Roberta Raskowski1991
Teresa Skello1988
Colleen Snyder1985
Deb Springer1992
Sandra Sweet1996-97
Donna Thibert1989, 1992
Kerrie Yenchak1985

National Champions

Dave Antognoli

David Antognoli was head coach Doug Watts' first recruit back in 1969. Antognoli is, according to Watts, the reason Edinboro became creditable on the national level, and helped lay the foundation for the successful program that exists today. The recruiting classes of 1972-73 followed in the footsteps of Antognoli and led to Edinboro's six national team titles.

Antognoli won a multitude of individual titles, including three national titles, and many All-American certificates in cross country and track. He was awarded the Sox Harrison Award as the top male senior athlete in 1973 after winning the cross country championship in 1971, the NAIA 10,000 meters title in 1972, and the USTFF national champi-

onship in the six mile event. He also was the top collegiate finisher in the 1972 Olympic Trials.

Greg Beardsley

In 1982, in a brutal combination of calf-deep snow, 20-degree temperatures, and a chilling wind, the crowd at the finish line of the 1982 NCAA Division II championships in St. Cloud, Minnesota was barely able to make out the faint outline of Greg Beardsley, who crossed the finish line in a record 60.9 seconds before the rest of the field to win the national championship. Beardsley recalls his experiences as "great, but very cold!"

Beardsley won the Sox Harrison Award as the top male senior athlete in April 1983 and was multiple U.S. Olympic Trials scorer.

Martin Lyons

Martin Lyons was attracted to Edinboro due to the strength and reputation of the Running Scots program. The Melbourne, Australia native had no trouble adapting to his move across the globe, winning the 1991 NCAA Division II individual cross country title as a freshman.

Though he came to the United States with little cross country experience, coach Doug Watts expected All-American honors from the Aussie on the merit of his track credentials. Lyons would go on to claim cross country All-American honors in each of his four seasons at Edinboro. Only two other runners have accomplished this feat since.

An eight-time All-American in cross country and track, Lyons was the NCAA East Regional record-holder in cross country, and also hold the school record in the marathon with a time of 2:21:35, set back in 1995.



Yi Min Wu

Yi Min Wu became Edinboro's fourth national champion after he won the 1998 national meet by a 10 second margin with a time of 31:06.60. Wu did not lose a race throughout his freshman season.

A six-time All-American in cross country and track, Wu was recognized as both the PSAC and NCAA East Regional 'Runner of the Year' in 1998 an '99. He was the 1999 national track and field runner-up in the 10,000 meters in addition to winning the PSAC 10,000 meter championship. Wu earned his second All-American certificate in track by also placing sixth in the 5,000 meter run as a freshman. Wu is one of three runners to earn All-American honors four times in cross country.

Finally, Wu was named the PSAC Rookie of the Year in track and field as a freshman.



Running Scots History

THROUGH THE YEARS

1971	Dave Antognoli wins the NAIA championship in his final year, the first national
	title for Edinboro

1975-76 Men's team wins first-ever national trophy, and then repeats for back-to-back NAIA championships.

1982 Greg Beardsley captures the NCAA Division II individual championship. 1985

Doug Watts takes over the women's squad. Colleen Snyder and Kerri Yenchak

become Edinboro's first female runners to be named All-Americans.

1986-88 The Fighting Scots men take home their first NCAA Division II title in 1986. They successfully defend the title in 1987 and '88 for three consecutive national championships.

Edinboro's men's team ties the NCAA Division II 'Most Championship Teams' 1990

record by winning their fourth team title.

Martin Lyons becomes Edinboro's third national champion. 1991

1998 Yi Min Wu becomes the fourth Boro national champion, winning by a 10 second

1999 The Edinboro women's team ran to their highest national finish, claiming third

2000

Both the men's and women's teams place fourth at nationals. Carrie McKeon and Lisa Petsche join Amy Perry Davis as three-time All-Americans. Jeff Barker and Carrie McKeon won the fifth straight regional championships for the Boro squads, while Barker's crown at the PSAC Championships marks the 21st consec-

utive year a Fighting Scot has claimed the top spot.

Lisa Petsche and Yi Min Wu become the second and third runners to earn All-2001 American honors four times. The women's team places seventh at nationals and the men finish eighth, the fifth-straight top ten finishes for both squads. The women capture their fourth consecutive PSAC and East Regional crown, while the men win their tenth straight PSAC and Regional title.

EDINBORO IN THE POSTSEASON

	1,10	Men ace 1980)		1996 1997	1st 1st	1st 1st	16th 6th			omen ice 1988)	
		Regionals	NICAA	1998	1st		4th		,	,	NOAA
1980	1st	1st	13th	1999	1st	1st	8th	1988	1st	Regionals 5th	DNQ
1981	1st	3rd	2nd			1st		1989			_
1982				2000	1st	1st	4th		1st	2nd	8th
	3rd	NA	9th	2001	1st	1st	8th	1990	2nd	1st	8th
1983	4th	3rd	14th	2002	1st	1st	17th	1991	1st	1st	8th
1984	1st	2nd	2nd	2003	2nd	2nd	20th	1992	1st	1st	5th
1985	1st	1st	2nd					1993	1st	4th	DNO
1986	1st	1st	1st			Natio		1994	1st	1st	15th
1987	1st	1st	1st			npion	S	1995	3rd	2nd	DNO
1988	1st	1st	1st			986		1996	2nd	2nd	11th
1989	1st	1st	2nd			987		1997	2nd	2nd	4th
1990	1st	1st	1st			988		1998	1st	1st	5th
1991	3rd	2nd	9th			.990		1999	1st	1st	3rd
1992	1st	1st	6th			Nation		2000	1st	1st	4th
1993	1st	1st	2nd			npion	s	2001	1st	1st	7th
1994	1st	1st	6th			.975		2002	1st	3rd	13th
1995	1st	1st	13th		1	.976		2003	1st	1st	13th

Track & Field Outlook

The Edinboro University track & field team provisionally qualified 10 student-athletes for the NCAA Division II National Championships in 2004. Three came away with All-American honors. Jim Ansberry ran a controlled race in the 3,000 meter steeplechase to finish fifth with a time of 9:14.32. Jessica Moldovan was seventh in the same race on the women's side with a time of 10:49.47. Finally, Julie Nemergut ran a 36:10 in the 10,000 meters, good for eighth place.

Other returning qualifiers include a trio of 10Kers -- Ryan Coon, Jared Lowry and

Lindsay Roberts -- Ed Brown, the PSAC champion and school record-holder in the discus; and Megan Zitner in the heptathlon. Zitner was a remarkable scorer in that she missed an entire year due to a knee injury suffered during basketball season. Cassandra Leopold (javelin) and Nick Price (shot put) have graduated and will be sorely missed.

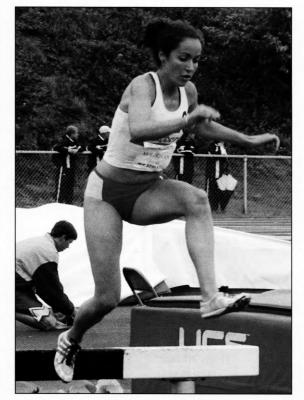
A Division I level of scheduling enhances Edinboro's opportunity to run against the best in the quest to develop maximum poten-

Carl Leonard

5,000 meters

2003 TRACK ALL-AMERICANS

Jim Ansberry 3,000 meter steeplechase -- 5th place Jessica Moldovan 3,000 meter steeplechase -- 7th place **Julie Nemergut** 10,000 meters – 8th place



Jessica Moldovan

NATIONAL CHAMPIONS

David Antognoli	
10,000 meters	1972
Uriel Rivera	
5,000 meters	1990
10,000 meters	1990
Chris Rauber	
5,000 meters	199

NATIONAL RUNNERS-UP

1995

RUNNERS.	·OF
David Antognoli	
Marathon	1973
Brian Jordan	
Steeplechase	1980
Rick Killian	
800 meters	1981
Tim Dunthorne	
Steeplechase	1987
Michael Renninger	
Steeplechase	1989
Donna Thibert	
3,000 meters	1989
5,000 meters	1989
Carl Leonard	1995
10,000 meters	
Yi Min Wu	
10,000 meters	1999
Amy Perry	
5,000 meters	1999
Aaron Rowe	
10,000 meters	2003
	WINDS NO.

Track & Field Records

WOMEN						
100 Meters						
Michelle Curry	2001	12.63 (FAT)				
200 Meters						
Michelle Curry	2000	26.48 (FAT)				
400 Meters		` '				
Marty Marczak	1992	:56.9				
800 Meters						
Marty Marczak	1992	2:05.67 (FAT)				
1,500 Meters	400=					
Kerrie Yenchak	1987	4:31.8				
5,000 Meters	1007	16 10 2				
Coleen Snyder	1986	16:40.2				
10,000 Meters	400=	24 25 55 (545)				
Kerrie Yenchak	1987	34:27.75 (FAT)				
Steeplechase	2004	40.40.50				
Kathy Breisch	2001	10:48.52				
100 High Hurdles		45.00				
Megan Zitner	2002	15.30				
400 Intermediate						
Jamie Luby	1997	67.24				
400 Meter Relay Liz Wright, Sian Procter, Marty Marzcak,						
Marnae Colston		51:3				
1,600 Meter Relay Amy Wasmund, Marnae Colston,						
Dala Carrier and Ma	Marnae	e Coiston,				
Deb Springer, Ma	Deb Springer, Marty Marczak 1992 4:03.17					
Uantathalan	1992	4:03.17				
Heptathalon Megan Zitner	2002	4 E40 noints				
Shot Put	2002	4,540 points				
Hillarie Pinkney	2002	40'8"				
Discus	2002	40 0				
Meighan Gast	1998	124'.0"				
Javelin	1990	124.0				
Cassandra Leopolo	1 2003	144'2"				
Long Jump	2005	171 2				
Lindsey Schlieppe	r 2002	18'8.5"				
Triple Jump		20 010				
Sherri Stoffer	1990	36'11.5"				
High Jump						
Deanna Carroll	1989	5'9.25"				

М	EN				
100 Meters					
William Waros	1972	:10.4			
Steve Davis	1977	:10.4			
Howard Hackley	1976	:10.4			
200 Meters	1770	.10.1			
Steve Davis	1978	:21.1			
400 Meters	1770	.21.1			
George Crunkletor	1977	:47.4			
800 Meters	1777	.17.1			
Rick Killian	1981	1:49.23 (FAT)			
1,500 Meters	1701	1.17.25 (1711)			
Carl Leonard	1995	3:45.64 (FAT)			
5,000 Meters	1770	3.43.04 (1711)			
Mike Platt	1987	13:56.01(FAT)			
10,000 Meters	1707	15.50.01(1741)			
Uriel Rivera	1990	29:10.12 (FAT)			
Steeplechase	1770	29.10.12 (IAI)			
Greg Beardsley	1983	8:39.20 (FAT)			
Marathon	1900	0.59.20 (IAI)			
Martin Lyons	1995	2:21.25			
110 High Hurdles	1993	2.21.23			
John Walker	1972	:14.2			
400 Intermediate					
John Walker	1972	:51.8			
400 Meter Relay	17/2	.51.0			
Curtis Pettis, Steve	Davie				
Howard Hackley, George Crunkleton					
Tioward Flackicy,	1972	:40.21 (FAT)			
1,600 Meter Relay	17,2	.10.21 (1711)			
Brian Stanton, Keit	h Kline	rer			
Steve Davis, Georg	e Crun	kleton			
Sieve Buvis, Georg	1977	3:15.0			
Decathalon	1711	5.15.0			
Mark Dingman	1996	6, 950 points			
Shot Put	1770	0, 250 points			
Bryan Lambert	1997	55'2"			
Discus	1,,,	55 Z			
Ed Brown	2004	164'6"			
Javelin	_001	1010			
Mike Pancerev	1977	232'3" (70.76)			
Long Jump	2711	_0_0 (70.70)			
Cleveland Pratt	1990	25"3' (7.72)			
Triple Jump	1770	20 0 (1.72)			
Jermaine Carswell	1995	50′0″			
Pole Vault	1,,0	50 0			
Dana Dobbs	1987	15'6" (4.72)			
High Jump	1707	100 (1.72)			
Billy Wade	1989	7'2" (2.18)			
	2,0,	, = (2.10)			

This is Edinboro University



Edinboro University of Pennsylvania is the largest comprehensive four-year university in northwestern Pennsylvania. Its 585-acre campus is home to some 8,000 students studying in more than 100 academic programs. The University's programs in art, criminal justice, and speech language pathology, among others, have earned regional and national recognition and accolades, and the campus is ranked among the top 10 in the nation for the services provided for students with disabilities. In 2003 the University's instutional accreditation with the Commission on Higher Education Middle States Association of Colleges and Schools was reaffirmed with commendation for ten years. In the 2006-07 academic year, the University will celebrate its Sesquicentennial recognizing 150 years of service to the Commonwealth of Pennsylvania and beyond.

Edinboro is situated just 100 miles from the metropolitan areas of Cleveland, Buffalo and Pittsburgh, and less than 20 miles south of the city of Erie — Pennsylvania's fourth largest city. Meadville, the seat of Crawford County, is approximately 20 miles south of Edinboro.

The University's Baron-Forness Library has more than 480,000 bound volumes and 1.3 million microform units, along with an online catalog, access to numerous online databases and electronic reserves. The building is equipped with a wireless network, computer labs and equipment to assist users with visual impairments.

The main campus also includes a modern University Center, planetarium, observatory, reading clinic, speech and hearing clinic, science and robotics labs, writing center, numerous computer labs with the latest hardware and software, three art galleries, an animation studio, campus radio and televsion stations, health center, counseling center, and much more – all accessible for people with disabilities. The recently renovated and expanded Crawford Center for Health and Physical Education and Disability Resources rivals any facility of its kind in the nation.

In addition to a five-acre lake and wooded areas, there are 43 buildings on the spacious Edinboro Campus, including six residence halls with private or shared rooms, co-ed housing, honors housing, and living-learned floors — all are wired for voice, video and data.

Edinboro University also operates centers in Erie and Meadville. Edinboro University in Erie — The Porreco Center is a beautiful 27-acre campus that includes classrooms, a computer laboratory, and a unique facility for small conferences, business meetings, and special events. Edinboro University in Meadville is located in the city's historic Bessemer Building.

Dr. Frank G. Pogue

President, Edinboro University of PA



Frank G. Pogue was appointed the 15th president of Edinboro University of Pennsylvania on July 1 1996

A sociologist, Dr. Pogue holds a bachelor's degree from Alabama State University, a master's degree from Atlanta University, and a Ph.D. from the University of

Pittsburgh.

Prior to his presidency at Edinboro University, Dr. Pogue was the vice chancellor for student affairs and special programs at the State University of New York (SUNY) Central Administration in Albany, serving in that position for 10 years. While vice chancellor, he also served for one year as interim president at the SUNY College at Cobleskill. Prior to his assignment in the SUNY Central Administration, President Pogue was vice president for student affairs, associate vice president for research and educational development, dean of undergraduate studies, and a department chairperson, all at SUNY at Albany.

Dr. Pogue participates in national, regional and statewide leadership groups. He serves as a member of the American Council on Education (ACE) Commission on Women in Higher Education. He is a member of the American Association of State Colleges and Universities (AASCU) Committee on Professional Development, Millennium Leadership Initiative and Christa McAuliffe Selection Committee. He was appointed in 2003 to the International Association of

University Presidents Commission on Disarmament Education, Conflict Resolution and Peace. Since 1984, Dr. Pogue has served on the Commission on Higher Education Middle States Association of Colleges and States Association of Colleges and States of the MSA Board of Trustees and as a member of its Executive Committee, and he is a former vice chair of the Commission's Executive Committee.

Dr. Pogue also serves on the Board of Trustees of the BACCHUS & GAMMA Peer Education Network. He served for two years as chairperson of the Pennsylvania State System of Higher Education (SSHE) Commission for the Universities and Commission of Presidents Executive Committee. In October 1996, Dr. Pogue was appointed by then Pennsylvania Governor Tom Ridge to the Governor's Commission on Academic Standards. In November 2002, he was appointed co-chair of the Higher Education Committee of Pennsylvania Governor Ed Rendell's Transition Team. In May, 2004, he was appointed to the Pennsylvania Department of Education Higher Education Advisory Board.

Dr. Pogue was honored by the Erie Area Chamber of Commerce with the Louis J. Tullio Community Service Award. The Greater Erie Community Action Committee (GECAC) honored him with the Paul P. Martin Community Service Award in 2000, and in 1999, the Distinguished Service Award for Leadership and Vision was presented to him by the SUNY at Albany Council of Trustees.

Since becoming president, Dr. Pogue has created the concept and philosophy of the Edinboro Family, a learner-centered environment where students come first and are an integral part of a caring and supportive campus community.

EDINBORO Inversity





CROSS COUNTRY

Hoad	Coach:	Doug	Watte
пеци	Couch.	Doug	vvuits

- at Buffalo State Invitational Sept. 4
 - at Wisconsin-Parkside Invitational

EDINBORO RAG RELAYS

- at Willamette Invitational Oct.
 - 20 at Wooster Tour de Scots
 - at PSAC Championships at Kutztown, PA
- at NCAA Division II Nov. 6
 - East Regional at Indiana, PA at NCAA Division II 20 National Championships at Evansville, IN

TRACK & FIELD

Head Coach: Doug Watts

INDOOR

- Jan. 22 at Fredonia State Invitational
- at Mount Union Invitational Feb.
 - 13 at PSAC West Mandated at Slippery Rock, PA
 - 19
 - at Kent State Tune Up at PSAC Indoor Championships 26-27

at Kutztown, PA **OUTDOOR**

- at Florida State Mar. 4-5
 - "Snow Bird" Relays
 - at Florida A&M Relays 11-12
 - 25-26 at Raleigh Relays
 - at Clarion Early Bird 26
- at Duke Invitational Apr. 1-2
 - at PSAC Quad at Indiana, PA
 - at Division II Challenge 16 at Wheeling, WV
 - at IUP Invitational
 - 28-30 at Penn Relays
- May 7 12-14
- at Akron Open at PSAC Championships
 - at Mansfield, PA at NCAA Division II
 - 26-28 National Championships at Abilene, TX