

2009 MEDIA GUIDE



UALBANY CROSS COUNTRY



**MEN'S TRACK & FIELD** won both the IC4A indoor and outdoor championships for the first time in program history.



Track & Field's **JOE GREENE** was one of seven UAlbany athletes to earn All-America recognition in 2008-09 when he finished fourth in the 400-meter hurdles at the NCAA outdoor championships.

Soccer's **STEWART CEUS** became the first men's soccer All-American since 1991 when he was named to the NSCAA/adidas third team.



**37** Conference Championships  
**15** NCAA Teams  
**2** IC4A Track & Field Championships



Football's **BOB FORD**, a finalist for the Eddie Robinson Award, was one of six UAlbany coaches to be voted as a conference coach of the year.

**FOOTBALL** became the first Northeast Conference champion to win the Gridiron Classic by defeating Pioneer Football League winner Jacksonville.



Softball's **MEAGAN BUTSCH** and Golf's **JESSICA SIGNORELLI** were chosen America East Conference scholar-athletes of the year.

**FIELD HOCKEY** won its first-ever America East Conference title and advanced to the NCAA Tournament for the first time.



**VOLLEYBALL** captured its fourth America East Conference championship in the last five years and advanced to the NCAA's first round.



GENERAL INFO

**Location:** Albany, N.Y. 12222  
**Founded:** 1844  
**Enrollment:** 13,246 (undergraduate) / 4,956 (graduate)  
**Nickname:** Great Danes  
**Colors:** Purple & Gold

CROSS COUNTRY INFORMATION

**Affiliation:** Division I  
**Conference:** America East  
**Home Course:** University Campus Course  
**2008 AE Finishes:** Men (6th), Women (5th)  
**Head Coach:** Craig McVey (Kansas State '79)  
**E-mail:** cmcvey@uamail.albany.edu  
**Office Phone:** 518-442-3057  
**Director of Track and Field/Cross Country:** Roberto Vives (Seton Hall '78)  
**E-mail:** rvives@uamail.albany.edu  
**Office Phone:** 518-442-3064  
**Assistant Coach:** Jennifer Fazioli  
**E-mail:** jfazioli@uamail.albany.edu  
**Office Phone:** 518-442-3069  
**Assistant Coach:** Matt Jones  
**E-mail:** mjones@uamail.albany.edu

ADMINISTRATION

**President:** George M. Philip  
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**Associate Director of Athletics for Student-Athlete Enrichment & Equity/SWA:** Jan Brown  
**Assistant Director of Athletics for Student-Life Enrichment:** Carl Anderson  
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**Assistant Director of Athletics for Athletic Performance:** Tony Tullock  
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**Director of Athletic Development:** Don Ostrom  
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**Director of Student-Athlete Support Services:** Jennifer Svatik  
**Coordinator of Recreation, Aquatics & Intramurals:** Alisha Hennem  
**Coordinator of Nutrition and Wellness:** Nina Marinello  
**Assistant Business Manager:** Matt Roche  
**Director of Tickets & Customer Service:** Dan Trudeau  
**Head Athletic Trainer:** Jay Geiger  
**Cross Country Athletic Trainer:** Joe Tegnander  
**Assistant Athletic Trainers:** Mary Kate Hedderman, Kimberly Doyle, Anthony Benyarko  
**Athletic Grounds:** Shaun Lynch  
**Secretaries:** Karen Mitchell, Jennifer North

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# 2009 UNIVERSITY AT ALBANY CROSS COUNTRY

## MEN'S ROSTER

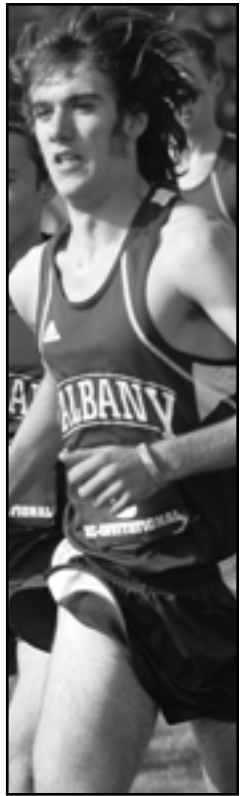
Name	Cl.	Ht.	Hometown/High School/Previous School
Jimmy Carroll	So.	5-11	Washingtonville, N.Y./Washingtonville
Ethan Clary	R-Fr.	6-0	Schuylerville, N.Y./Schuylerville
Ian Ellis	So.	5-11	Red Hook, N.Y./Red Hook
Ryan Florkiewicz	R-Fr.	5-8	Warwick, N.Y./Warwick Valley
Cory Greczyn	R-Fr.	6-1	Baldwinsville, N.Y./C.W. Baker
Sean Halpin	Fr.	5-7	Mount Vernon, N.Y./Iona Prep
Jack Kelley	So.	5-10	Syracuse, N.Y./Christian Brothers Academy
Paul Lagno	R-Fr.	5-11	Salt Point, N.Y./Millbrook
Jared Leslie	Fr.	6-0	LaGrangeville, N.Y./Arlington
Alex Leuchanka	Fr.	5-10	Clifton Park, N.Y./Shenendehowa
Aaron Lozier	Jr.	6-1	East Greenbush, N.Y./Columbia/Hudson Valley C.C.
Chris Manico	So.	5-11	Watervliet, N.Y./Shaker
John Moore	Jr.	5-10	Fort Johnson, N.Y./Fonda-Fultonville
David Rothman	Jr.	5-11	Oceanside, N.Y./Oceanside
R.J. Sniffen	So.	5-9	Cohoes, N.Y./Shaker

## WOMEN'S ROSTER

Name	Cl.	Ht.	Hometown/High School/Previous School
Mikala Anson	Fr.	5-8	Albany, N.Y./Colonie Central
Esperanza Blanco	Jr.	5-5	Brentwood, N.Y./Brentwood
Melissa Del Rosario	Fr.	5-1	Bellport, N.Y./Bellport
Emily Finnegan	Fr.	5-6	Niskayuna, N.Y./Colonie Central
Zuliana Fontanez	Jr.	5-3	Dorado, P.R./American Military Academy
Kristin Grab	Jr.	5-2	Troy, N.Y./Tamarac
Ada Lauterbach	So.	5-5	East Berne, N.Y./Berne-Knox-Westerlo
Miranda McConnell	Fr.	5-4	Liverpool, N.Y./Liverpool
Ally Panos	Jr.	5-4	Bay Shore, N.Y./Bay Shore
Jenn Pierson	Jr.	5-6	Binghamton, N.Y./Chenango Valley/Broome C.C.
Nayamka Roberts-Smith	Fr.	5-1	Albany, N.Y./Colonie Central
Brianna Service	Fr.	5-6	Poughquag, N.Y./Arlington
Laura Varble	So.	5-8	Henrietta, N.Y./Rush-Henrietta
Roxanne Wegman	Sr.	5-4	Delmar, N.Y./Bethlehem Central/U.S. Military Academy
Rachel Wysocki	Fr.	5-7	Gansevoort, N.Y./Schuylerville



ROXANNE WEGMAN



CHRIS MANICO



JENN PIERSON



IAN ELLIS

**Head Coach:** Craig McVey (Kansas State '79) - 8th season  
**Director of Track & Field / Cross Country:** Roberto Vives (Seton Hall '78) - 25th season  
**Assistant Coach:** Jennifer Fazioli (Colorado '02) - 3rd season  
**Assistant Coach:** Matt Jones (SUNY Cortland '77) - 3rd season



### 2009 UALBANY SCHEDULE

Sept. 5	Sat.	at Monmouth XC Kick-Off
Sept. 13	Sun.	at America East Pre-Championship Meet*
Oct. 3	Sat.	at George Mason Invitational
Oct. 17	Sat.	<b>43rd UALBANY INVITATIONAL</b>
Oct. 31	Sat.	at America East Championship*
Nov. 14	Sat.	at NCAA Northeast Regional&
Nov. 21	Sat.	at IC4A/ECAC Championship^

\* at Catamount Family Center (Williston, Vt.)

& at Franklin Park (Boston, Mass.)

^ at Van Cortlandt Park (Bronx, N.Y.)





## Head Coach Craig McVey



Craig McVey enters his eighth year at the helm of the UAlbany men's and women's cross country programs. He is also beginning his 13th year as the institution's associate head track and field coach, where he works with the program's distance runners and pole vaulters. In addition to having school records set at every distance, McVey has seen the men place as high as second and the women finish as high as third at the America East Conference Cross Country Championships under his guidance. The distance runners and pole vaulters he has coached have helped the track and field teams combine to win 15 America East titles and two IC4A championships.

Over the past seven seasons, Great Dane harriers have earned a total of 26 All-East honors. Brian Yurkewecz and R.J. Sniffen garnered All-East regional laurels last year. Ricardo Estremera was the second Great Dane in four years to win the individual title at the 2007 IC4A University Championship. Robbie Freeman also accomplished the feat in 2004. As the associate head track and field coach, he has seen pole vaulter Luke Schoen garner All-America honors three times over the past two seasons, while Estremera earned the laurel in the steeplechase at the 2009 NCAA outdoor meet. Steeplechaser Ryan Gaedje was a 2005 Junior National All-American. Andy Allstadt and Freeman won consecutive 5,000-meter America East titles under the four-time regional coach of the year, and Allstadt was the recipient of UAlbany's Presidential Scholar-Athlete Award and received an NCAA Postgraduate Scholarship. Alyssa Lotmore, the indoor America East champion in the 3,000- and 5,000-meter running events, earned the same scholarship in 2007. In addition, both school records in the steeplechase have been broken during his tenure.

McVey's coaching career in cross country and track and field began at Kansas State in 1983, where his athletes captured 18 Big Eight Conference titles and ranked as the top NCAA top combined men's and women's program. He became head men's and women's cross country and track coach at Hartwick College five years later, where his teams eclipsed 83 school records and produced NCAA All-Americans as well as 22 New York Collegiate individual champions. Prior to his arrival at UAlbany, McVey coached at Saint Rose during the 1996-97 academic year. The women's cross country team won the NYCAC Conference title and the men finished second. In addition, Golden Knight runners claimed both individual titles at the conference championship meet.

A native of Manhattan, Kan., McVey received a bachelor's degree in physical education from Kansas State in 1979 and earned his master's degree from the institution in 1985. As an undergraduate student, McVey was a member of two Big Eight Conference indoor track and field championship teams, a Big Eight cross country championship team and KSU squads which were ranked annually among the NCAA's top dual-meet teams. He currently resides in Guilderland with his wife, Bette, and their children, Luke (20), Kirsten (16), Maggie (15) and Tyler (9).

## Roberto Vives Director of Track & Field / Cross Country



Roberto Vives enters his 25th season as the director of UAlbany's track & field and cross country programs. In that period, Vives has coached 141 All-America athletes and 14 individual NCAA champions. Eight of his athletes have been inducted into the school's Athletic Hall of Fame. In addition, the track and field teams have won 15 America East Conference and two IC4A championships.

Vives has led UAlbany to 40 conference championships and four New York State titles. In addition to his responsibilities at UAlbany, he was an administrator and coach at the U.S. Olympic Festival between 1993 and 1995, and he also served as CTC President and the USA Track & Field East Men's Development Chair.

Under his tutelage, Joe Greene (400-meter hurdles) and Marc Pallozzi (javelin throw) became the first two Great Dane track and field athletes in UAlbany history to score points at an NCAA Division I meet with their performances at the 2007 NCAA Track and Field Championships. Luke Schoen became UAlbany's third All-American when he placed fifth in the pole vault at the NCAAs in 2008, and three individuals earned four All-America certificates this past year.

Vives began coaching at the age of 14 when he founded the Bronx International Athletic Club (BIAC). The BIAC grew to include 200 members and helped produce six Olympians. He was also an assistant coach during his senior year at Cardinal Hayes High School. He later returned to Cardinal Hayes in 1979 as head coach of track and field. He spent three years at his alma mater prior to his appointment as boys' track and field coach at Bronx High School of Science, a position he held until moving to UAlbany in the fall of 1985.

Vives earned a bachelor's degree from Seton Hall University in health, physical education and recreation in 1978, where he was also a Dean's List student and a member of the track and field team. He went on to earn a master's degree in health education from the City College of New York in 1980, where he also assisted as a men's track and field coach. He currently resides in Selkirk with his wife, Valrene. They have two children, Andres (25) and Ashley (22).

## Assistant Coach Jennifer Fazioli



Jennifer Fazioli begins her third season as an assistant cross country and track and field coach. In her current role, she is responsible for conducting practices during all three seasons and assisting with the writing and implementing of training for the middle distance and distance runners in track and field.

Fazioli, who also coaches the 10,000-meter runners and the student-athletes on the non-traditional (developmental) roster during the indoor and outdoor seasons, plays a major role in recruiting for all track and field events. In addition, she serves as the academic liaison for the cross country and track and field programs.

Prior to her arrival at UAlbany, Fazioli was the assistant compliance coordinator at Oregon State University. In that position, her responsibilities included academic and eligibility issues, rules education sessions for coaches and student-athletes, and financial aid.

Fazioli ran at the University of Colorado and was a member of the 2000 NCAA Division I Women's Cross Country championship team. Her team also placed second on three occasions. She earned her bachelor's degree in history from Colorado in 2002 and a master's in labor studies and industrial relations from Penn State University in 2004. Fazioli, Colorado's Scholar Athlete of the Year in 2002, also became the youngest qualifier for the 2004 Olympic Marathon Trials when she posted a time of 2:47.22.

A native of Averill Park, N.Y., Fazioli was a three-time state champion and garnered All-America recognition in high school on two occasions in cross country. She currently resides in Ballston Lake.

## Assistant Coach Matt Jones



Matt Jones enters his third season as an assistant coach of the UAlbany cross country and track and field programs. He has been involved in cross country and track and field development for three decades in the Capital Region.

Jones is responsible for assisting head coach Craig McVey with all aspects of the cross country program as well as working with the middle distance runners on their fall conditioning for the upcoming track and field seasons.

Jones most recently served as Athletic Director/Director of Physical Education for the Shenendehowa School District from 1997-2007. In addition to leading the high school's cross country team to five state championships, Jones was named the New York State Section II Cross Country Coach of the Year seven times and the National Federation Interscholastic Coaches Association Boys' Cross Country Northeast Section Coach of the Year.

A native of Schenectady, N.Y., Jones earned an associate's degree in physical education from Hudson Valley Community College, a bachelor's degree in physical education from SUNY-Cortland, a master's in physical education and curriculum instruction from Castleton State and his School Administrator Supervisor degree from North Adams State College. He was inducted into the HVCC Athletic Hall of Fame in 1995.

Jones, who also currently works as a physical education teacher at Shenendehowa Middle School, resides in Clifton Park with his wife, Cathy. They have three sons, Chris (27), Nick (23) and Ryan (19).



## 2009 SEASON OUTLOOK

Even though both teams will once again be extremely young, the UAlbany men's and women's cross country programs will look to continue their ascension in the America East Conference. Both teams lost their top performer to graduation, but the progress made by the returners combined with one of the strongest recruiting classes in years should help the programs continue to grow. With over 30 student-athletes on board, head coach Craig McVey, now in his eighth season, is looking forward to overseeing the largest, and arguably the deepest, rosters the programs have ever had.

"We are really intent on moving up (in the conference)," McVey said. "We want the women to make a serious bid to be fourth and maybe hit that top three spot. It will be a tougher order for the guys, but they should improve as well."

Both squads moved up a spot in the team standings at the America East championships last season despite fielding two of the most inexperienced clubs. The men had the youngest group in the nine-team field, as runners two through six at the league meet were all freshmen. The women featured the second-youngest squad among the top five teams, as three of the top five finishers were underclassmen. This year will be no different.

"When you look at our rosters, there will be a sophomore, two juniors and a few freshmen on the women's side and mostly sophomores on the men's side who will be in our top five," McVey explained. "I can't see another squad in the conference having this many young people even in their top nine."

Sophomore Ada Lauterbach and junior Ally Panos are expected to lead the way for the women's team. In addition to improving her marks throughout the fall, Panos burst onto the scene during the outdoor track and field season when she clocked in at 18:03.82 in the 5,000 at Princeton in mid-April. She also finished 26 places higher at the league championship than she did as a freshman in 2007. Lauterbach, who started as the number three harrier on the women's squad before she was sidelined due to illness, showed steady progress through the spring by qualifying for the ECAC championship in the steeplechase in a time of 10:54.50. Lauterbach also placed fifth at the America East championship, scoring points to help the Great Danes secure their third outdoor track and field league title in the last four years.

"Both of them are going to have a great fall," said McVey. "Ally has done all the work that we ask people to do. To have come in with a 22-minute-and-change 5k in cross country and run 18:03 on the track is just out of sight. Ada has had a great year of training. She will scare other people's top five in the conference. Over time, she is going to be able to challenge for a spot in the top five of the conference."

The women's team brings in seven freshmen, most notably Brianna Service and Mikala Anson. Service was a two-time all-state selection and a four-time all-county and all-league honoree at Arlington High School on Long Island. Anson was an all-state selection and two-time Suburban Council All-Star at Colonie Central who has been timed at 17:55 on a 5k course.

"Brianna has a really great shot of being our number three runner," McVey said. "She has had some great workouts and looks to be totally at home. She will be one of the best freshmen in the conference. Mikala is going through different workouts that she is not accustomed to, such as doing a higher volume of training on grass. So far I have been very pleased with what she has done, and she is going to be a top-five person for us."

Other notable returners include junior Kristin Grab, who finished 37 spots better at last year's America East meet than she did as a freshman, and senior Roxanne Wegman, a transfer from Army where she was an All-Patriot League second-team selection. Along with freshman Melissa Del Rosario, these three should all be fighting for the fifth spot. Junior Zuliana Fontanez, a versatile athlete who is one of the conference's premier middle-distance runners, Esperanza Blanco, Jenn Pierson and Laura Varble also return, while newcomers Emily Finnegan, Miranda McConnell, Nayamka Roberts-Smith and Rachel Wysocki will look to make an impact as well.

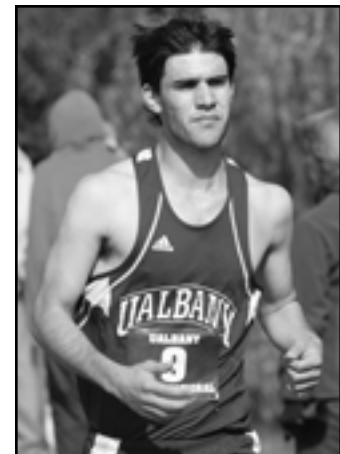
Sophomore R.J. Sniffen, an all-state second-team performer on the scholastic level, is the top returner on the men's team. Sniffen was the Great Danes' number two harrier last season, ending the fall with a 20th-place finish at the IC4A championship to garner All-East honors. He continued to improve during the winter and spring seasons and competed at the USA Junior National Track & Field Championships.

"R.J. had a great freshman year and had a great experience after the outdoor conference meet training for USA Junior Nationals," McVey stated. "During the start of the race, he got hammered in the leg and couldn't push off with it normally while trying to run 5,000 meters. He learned a lot about not just preparing for a big race, but how to pull it off mentally and emotionally. He is going to be one of the top sophomores in the conference."

Freshman Alex Leuchanka could be among the top recruited athletes the program has ever had since Andy Allstadt, a four-time all-conference selection from 2001-04. The New York Cross Country Federation champion who also led Shenendehowa to the team title in the fall of 2008 has completed a 5k cross country course in 15:04. He also led Warwick Valley, where he competed for three years through his junior season, to a state title. McVey sees Leuchanka and Sniffen as co-number one runners who will look to use each other to get through races from start to finish.

"Alex has got quite a resume," McVey explained. "I see him as hands-down being the best freshman in the conference. I think Alex as well as R.J. are all-conference candidates. It will just be a matter of how well they work together."

Sophomore Jack Kelley turned heads in his collegiate debut by placing fourth overall and first on the team at the Monmouth Kick-Off Classic, leading UAlbany to the team title. Despite running with an injury, he was still able to drop his 8k time on the Oregon Ridge Park course by 53 seconds in just one month at the America East meet. He should also be in the Great Danes' top five along with redshirt freshmen Ethan Clary and Ryan Florkiewicz. Florkiewicz won the individual title at the state championships as a senior at Warwick Valley in 2007, while Clary graduated as the school-record holder in the 3,000-meter steeplechase at Schuylerville.



*Junior David Rothman has been one of the Great Danes' top harriers throughout his career.*

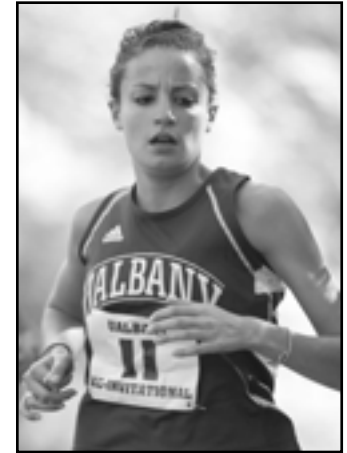
Craig Weiss and Sean Halpin round out the list of top newcomers for the upcoming season. Weiss, another harrier to come out of Shaker, graduated as a three-time Section II all-star who advanced to states twice. Although primarily a middle-distance runner, McVey is hoping that Halpin's biggest successes at distances such as the 800 and 1,000 will carry over to the cross country courses at the college level. He was an eight-time all-state selection, including three years in cross country, and an All-Westchester County pick each year in all three sports.

In addition to Halpin, juniors Aaron Lozier and John Moore are a pair of middle-distance competitors who will add depth to the team. Lozier smashed the school record in the mile (4:05.16) which stood for 17 years, while Moore broke the program standard in the 1,500 (3:45.88) this past spring and was an NCAA East Regional qualifier.

David Rothman, the only upperclassman who has been competing since he was a freshman, is also back in the mix. Sophomores Jimmy Carroll and Ian Ellis, redshirt freshmen Cory Greczyn and Paul Lagno, and freshman Jared Leslie will also look to contribute.

The Great Danes have had their share of successes. The men have produced two IC4A champions in Robbie Freeman and Ricardo Estremera. Allstadt was a four-time All-America East selection, and numerous members of the women's team have earned the same honor. However, McVey and his team are not satisfied.

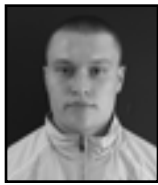
"We are not where we want to be," McVey said. "While the work ethic and mentality has always been great, one thing we have talked about as a team is to change the culture of what we are doing as far as expectations go to take that next step. We will need a couple of extra people next year to help us get that done, but I think we are on the edge right now with the people that we have from top to bottom to not just positively impact the culture, but to take it to another place."



*Junior Ally Panos is expected to help lead a young but very deep women's squad.*



# MEN'S BIOGRAPHIES



**Aaron Lozier**  
Junior • 6-1  
East Greenbush, N.Y. • Columbia  
Hudson Valley C.C.

Transferred to UAlbany from Hudson Valley Community College ... Also attended the University of Connecticut ... Did not compete at either institution ... **2008:** Placed 31st overall in the Purple Division at the UAlbany Invitational ... **High School:** Four-year letterwinner in cross country and track and field at Columbia High School ... Earned All-America honors as well as first-team all-state laurels in the 800-meter run and the 1,000 indoors and outdoors ... Served as a captain in all three sports for two years ... Named the most versatile athlete at Columbia ... Personal-best times were 48.9 seconds in the 400, 1:52.9 in the 800 and 4:17 in the 1,600 ... **Personal:** 2009 IC4A qualifier and school-record holder in the mile run (4:05.16) indoors ... Majoring in accounting ... Born Aug. 4, 1988 ... Son of Kurt and Kate Lozier ... Has one brother, Jared ... Aunt, Kim, graduated from UAlbany.



**John Moore**  
Junior • 5-10  
Fort Johnson, N.Y. • Fonda-Fultonville

**2008:** Did not compete ... **2007:** The program's number three runner as a sophomore ... Placed 14th overall (19:42) at the Monmouth Kick-Off Classic, helping the Great Danes post a runner-up finish ... Was 24th overall (19:35) in leading UAlbany to a second-place showing at the Stony Brook Invitational ... Was 54th overall in 26:35 at the UAlbany Invitational ... Recorded a 74th-place finish in the University Division race at the IC4A championship ... **2006:** Helped UAlbany capture the team title at the Monmouth Kick-Off Classic in collegiate debut, placing fifth overall in 19:54 ... Placed 63rd overall at the America East championship ... **High School:** Lettered in cross country and track and field at Fonda-Fultonville High School ... Four-year team captain ... Four-time all-conference selection in cross country ... State champion and Section II record holder in the 800-meter run (1:51.59) ... Also ran on the 4x800-meter relay team that won the state championship as well as the 4x400 which placed third ... Five-time team MVP in track and field and cross country ... Also lettered in basketball and boxing ... All-league pick in basketball as a senior ... Member of the Key Club ... **Personal:** 2009 NCAA East Regional qualifier and school-record holder in the 1,500 (3:45.88) outdoors ... 2007 USA Junior National All-American and bronze medalist at the Pan American Junior Athletics Championship in the 800-meter run ... Majoring in biology (pre-medicine) ... Born March 29, 1988 ... Son of Theresa Moore ... Has one brother, Christopher, and one sister, Cassandra.



**David Rothman**  
Junior • 5-11  
Oceanside, N.Y. • Oceanside

**2008:** One of the team's top five harriers as a sophomore ... Made the America East Conference Academic Honor Roll ... Placed 12th overall in 20:12 to help the Great Danes win the Monmouth Kick-Off Classic ... Propeled the Great Danes to a runner-up finish at Vanderbilt's Commodore Classic, placing 18th overall in 27:20 ... Ran a career-best time on an 8k course (26:21) at the UAlbany Invitational to place 58th in the field ... Placed 48th overall at the America East championship ... Lowered course time by 56 seconds since the pre-championship meet one month earlier ... Was 125th in the field of the University Division race at the IC4A championship ... **2007:** One of the squad's top five runners as a freshman ... Named to the America East Academic Honor Roll ... Made collegiate debut at the

Monmouth Kick-Off Classic, and finished 31st overall in 20:16 to help the squad place second overall ... Placed 11th overall in 18:50 to help the Great Danes finish second at the Stony Brook Invitational ... Placed 74th in 26:59, his fastest 8k time of the fall, at the UAlbany Invitational ... Finished 39th at the America East championship ... Placed 115th at the IC4A championship ... **High School:** Four-year letterwinner in cross country and indoor track and field at Oceanside High School ... Also competed in outdoor track and field for three years ... Team captain as a senior ... Named all-county and all-conference twice in cross country ... Raced at the state championships and helped the cross country team win three conference titles ... Friendship Games champion in the 3,200-meter run as a senior, and raced at the state championships in the same event ... Named all-county twice in the 3,200 indoors ... Earned all-county accolades outdoors in the 3,200 and the 3,000-meter steeplechase ... Personal-best marks were 4:34 in the 1,600, 9:44 in the 3,200 and 16:31 in the 5,000 ... Member of the National Honor Society ... Head editor of the school newspaper ... **Personal:** Majoring in journalism and history ... Born May 2, 1989 ... Son of Charlie and Fern Rothman ... Has one sister, Rebecca ... Aunt, Libby, and cousin, Darcy, each graduated from UAlbany.



**Jimmy Carroll**  
Sophomore • 5-11  
Washingtonville, N.Y. • Washingtonville

**2008:** Named to the America East Conference Academic Honor Roll ... Placed 14th overall in 20:15 at the Monmouth Kick-Off Classic, helping the Great Danes win the team title in collegiate debut ... Ran a season-best 8k time of 26:42 at the UAlbany Invitational ... Finished 59th at the America East championship in 28:24 ... Improved time by 28 seconds since the pre-championship meet one month earlier ... Was 116th overall in the University Division at the IC4A championship ... **High School:** Lettered in cross country for three years and in track and field all four years at Washingtonville High School ... Served as a captain as a senior ... Named third-team all-county twice in cross country ... Fastest time on a 5k course was 15:56 ... Earned team MVP honors indoors ... Personal-best times were 4:28 in the 1,600 and 9:41 in the 3,200 ... Member of the National Honor Society ... **Personal:** Major is undeclared ... Born Oct. 14, 1990 ... Son of William and Kathleen Carroll ... Has one brother, Billy, and two sisters, Christie and Katie.



**Ian Ellis**  
Sophomore • 5-8  
Red Hook, N.Y. • Red Hook

**2008:** Member of the America East Conference Commissioner's Academic Honor Roll ... Made collegiate debut at the Monmouth Kick-Off Classic, finishing 32nd overall in 20:49 ... Ran a season-best 8k time of 26:29 at the UAlbany Invitational, finishing 68th in the field ... Was 45th overall at the America East championship, navigating the course in 27:31 ... Lowered course time by 31 seconds since competing at the pre-championship meet earlier in the season ... Finished 66th overall in the University Division (27:02) of the IC4A championship meet ... **High School:** Four-year letterwinner in cross country and track and field at Red Hook High School ... Served as a team captain in each sport as a junior and senior ... Named first-team all-section three times and first-team all-conference twice in cross country ... Placed second individually as a senior at the league championship ... Cross country team won the sectional championship three times and the conference title twice ... Holds the school record in the 2,000-meter steeplechase, and ran for the 4x800-meter, 4xMile and distance medley relay teams which broke records ... Helped the track and field team place fourth at states, the highest finish in school history ... Ran on the second-place 4x800 as a junior and the fourth-place 4x800 as a senior at state competition ... Member of the National Honor Society ... **Personal:** Majoring in business administration with a minor in English ... Born Jan. 7, 1990 ... Son of George Jones and Suzanne Ellis ... Has one brother, Daniel, and one sister, Kathryn.



**Jack Kelley**  
**Sophomore • 5-10**  
**Syracuse, N.Y. • Christian Brothers Acad.**

**2008:** One of the team's top five runners as a freshman ... Named the America East Conference Performer of the Week on Sept. 9 ... Made the America East Commissioner's Academic Honor Roll ... Placed fourth overall and first on the team (19:47) in collegiate debut, helping the squad win the Monmouth Kick-Off Classic ... Was also 15th overall to propel UAlbany to a second-place standing at Vanderbilt's Commodore Classic ... Ran a season-best 8k time of 25:59 to place 41st in the field at the UAlbany Invitational ... Finished 38th overall in 27:11 at the America East championship ... Lowered mark by 53 seconds since competing on the course a month earlier ... Ended the fall with a 67th-place finish (27:03) in the University Division of the IC4A championship ... **High School:** Four-year letterwinner in cross country at Christian Brothers Academy ... Served as a captain for two years ... Named first-team all-league, second-team All-Central New York and was all-state honorable mention ... Helped team place as high as eighth at the state championship ... **Personal:** Majoring in business administration ... Born May 3, 1990 ... Son of Timothy and Margaret Kelley ... Has one brother, Tim, and one sister, Ellie.



**Chris Manico**  
**Sophomore • 5-11**  
**Watervliet, N.Y. • Shaker**

**2008:** The team's number three harrier as a freshman ... Named to the America East Conference Commissioner's Academic Honor Roll ... Placed ninth overall (20:06) in collegiate debut at the Monmouth Kick-Off Classic to help the squad win the team title ... Posted a 12th-place finish in 27:02 at Vanderbilt's Commodore Classic in leading the Great Danes to a runner-up finish ... Ran a season-best time of 26:03 on the 8k course at the UAlbany Invitational, placing 46th in the field ... Finished 36th in 27:05 at the America East championship ... Placed 70th overall for clocking in a time of 27:05 on the five-mile course in the University Division of the IC4A championship ... **High School:** Lettered in cross country and track and field all four years at Shaker High ... Named All-Suburban Council and all-section in cross country and track and field twice ... Team captain as a senior ... Cross country team was Suburban Council champions in 2007 ... Ran a leg for the 4x800-meter relay team which won the sectional title ... Member of the National Honor Society ... **Personal:** Majoring in accounting ... Born Dec. 7, 1989 ... Son of James and Rose Marie Manico ... Has three brothers, Jimmy, Matt and Mike, and two sisters, Nicole and Marlo ... Father, James, earned a master's degree from UAlbany in 2005.



*Jack Kelley was named the America East Conference Performer of the Week after leading UAlbany to the team title in his Great Dane debut at the Monmouth Kick-Off Classic.*



**R.J. Sniffen**  
**Sophomore • 5-9**  
**Cohoes, N.Y. • Shaker**

**2008:** The squad's number two runner as a freshman ... All-East honoree ... Named to the America East Conference Academic Honor Roll ... Made collegiate debut at the Monmouth Kick-Off Classic, placing fifth overall in 19:53 to help the team win the invitational ... Led UAlbany with a 30th-place finish in 26:50 at Princeton's Old Nassau Run ... Was sixth overall with a season-best 8k mark of 26:45 as the Great Danes finished second in the team standings at Vanderbilt's Commodore Classic ... Placed 30th in 26:53 at the America East championship ... Improved mark by 14 seconds since running the course earlier in the season ... Was 20th overall for clocking in a time of 26:15 in the University Division race at the IC4A championship ... **High School:** Four-year letterwinner in cross country and track and field at Shaker High ... Member of the all-state second team in cross country ... Named an *Albany Times Union* all-star in cross country and outdoor track and field ... Earned team MVP honors in all three sports, and was also a scholar athlete and recipient of the school's sportsmanship award ... Personal bests were 1:55 in the 800, 4:18 in the 1,600, 9:26 in the 3,200 and 15:24 in the 5,000 ... **Personal:** Competed at the 2009 USA Junior National Championship in the 5,000-meter run ... Majoring in biology ... Born Aug. 17, 1990 ... Son of Richard and Kathleen Sniffen ... Has one sister, Katie ... Mother, Kathleen, and cousin, Tierny, each graduated from UAlbany.

**PAW PRINTS:** Despite fielding the youngest squad in the league, the men's program finished one spot higher than it did the previous year at the 2008 America East Conference Cross Country Championship.



**Ethan Clary**  
**R-Freshman • 6-0**  
**Schuylerville, N.Y. • Schuylerville**

**2008:** Redshirt season ... **High School:** Lettered in cross country for three years and in track and field all four years at Schuylerville High ... Served as a team captain for two years and earned all-section honors ... Helped cross country team win the sectional championship ... Holds the school record in the 3,000-meter steeplechase (9:36) and placed second in the state championship as a senior ... **Personal:** Majoring in history with a minor in education ... Born May 6, 1989 ... Son of Christopher Clary and Christine Cox ... Has two brothers, Tim and Nate, and two sisters, Caitlin and Maggie.



**Ryan Florkiewicz**  
**R-Freshman • 5-8**  
**Warwick, N.Y. • Warwick Valley**

**2008:** Redshirt season ... Named to the America East Conference Academic Honor Roll ... **High School:** Four-year letterwinner in cross country and track and field at Warwick Valley High ... Won the individual title at the state championships in cross country ... Helped team win four section and county cross country championships ... Four-time All-American in track and field as a senior ... Member of the school's 4x800-meter relay team which won the state championship indoors ... Named first-team all-county in outdoor track and field ... Personal bests were 1:55.2 in the 800, 4:16 in the 1,600 and 16:03 in the 5,000 ... **Personal:** Majoring in business administration with a minor in accounting ... Born May 26, 1990 ... Son of Rich and Jean Florkiewicz ... Has one brother, Steven, and two sisters, Erin and Katie.

**PAW PRINTS:** The men's and women's Great Dane harriers have helped the institution's track and field teams win 15 America East Conference and two IC4A championships.





**Sean Halpin**  
**Freshman • 5-7**  
**Mount Vernon, N.Y. • Iona Prep**

**High School:** Four-year letterwinner in cross country and track and field at Iona Prep ... Captained the cross country and track and field squads as a junior and senior ... Four-time indoor track and field All-American ... Was an eight-time all-state honoree ... Earned the recognition three times in cross country and indoors and twice outdoors ... All-Westchester County selection every year in all three sports ... Winning time and personal-best mark of 1:51.55 in the 800-meter run at the 2009 Eastern State Outdoor Championships was the second-fastest time in the state and ninth-fastest in the country at the time ... Won the 800 at the same meet indoors as a senior and was the 2007 Empire State Games and Reebok Grand Prix champion ... Competed at major track and field meets such as the Nike Outdoor National Championship, Penn Relays, Millrose Games and New Balance Collegiate Invitational ... Personal-best time in the 1,000 is 2:28.6 ... **Personal:** Major is undeclared ... Born July 30, 1991 ... Son of William Halpin and Joan Gagan ... Has one brother, Tom.



**Craig Weiss**  
**Freshman • 5-8**  
**Loudonville, N.Y. • Shaker**

**High School:** Earned three letters in cross country and four in track and field at Shaker High ... Named the team's most valuable distance runner in all three sports as a junior and senior ... Served as a team captain ... Three-time Section II all-star in cross country ... Advanced to states twice in cross country as well as the steeplechase outdoors ... Holds the school record in the steeplechase (9:34.4) ... Also played soccer as a freshman ... Member of the National Honor Society ... **Personal:** Intends to major in computer science ... Born July 4, 1991 ... Son of Richard and Nancy Weiss ... Has three brothers, Keith, Sean and Todd, and a sister, Lisa ... Brother, Todd, ran cross country and competed in track and field at UAlbany.

## WOMEN'S BIOGRAPHIES



**Alex Leuchanka**  
**Freshman • 5-10**  
**Clifton Park, N.Y. • Shenendehowa**

**High School:** Three-year letterwinner in cross country and track and field at Warwick Valley High ... Ran cross country and competed in track and field at Shenendehowa High as a senior ... Captained all three sports for two years ... Was the 2008 New York Cross Country Federation champion, leading Shenendehowa to the team title ... Also helped Warwick Valley win the 2007 state championship ... Four-time All-American in track and field, garnering the recognition twice indoors in the 4xMile and once in the 4x800 indoors as well as the DMR outdoors ... *Albany Times Union* All-Area selection ... Indoor team MVP in 2009 ... Holds the Section II record in the 3,200 (9:06) ... Other personal-best times were 1:55 in the 800 and 4:14 in the 1,600 ... **Personal:** Intends to major in biology ... Born May 27, 1991 ... Son of Larysa Leuchanka ... Has two sisters, Natasha Leuchanka and Jenny Varik.



**Roxanne Wegman**  
**Senior • 5-4**  
**Delmar, N.Y. • Bethlehem Central**  
**U.S. Military Academy**

Transferred to UAlbany from the United States Military Academy ... Ran cross country and competed in track and field for two years before completing Christian missionary work in Taiwan in 2007 ... **2008:** Named to the America East Conference Academic Honor Roll ... Made Great Dane debut at Princeton's Old Nassau Run, finishing 95th overall in 25:59 ... Helped UAlbany finish in the runner-up position in the team standings at the Towson Invitational, placing 18th in the field in 19:52 ... Ran a season-best time of 19:19 on a 5k course, which was good for 71st overall, at the UAlbany Invitational ... Finished 52nd in the field (19:52) at the America East championship ... **Army (2005-06):** Became the number one runner on the squad by the end of the 2006 season ... Earned All-East and All-Patriot League laurels as a sophomore ... Made All-Patriot League Second Team by finishing 14th overall on the 6k course in 24:33 at the conference championship meet in 2006 ... Placed 86th overall at the 2006 NCAA East Regional Championship in 23:34 ... Ran the fastest time on the squad (18:58) and placed ninth overall at the 2006 ECAC Championship in leading the Black Knights to a fourth-place finish ... **High School:** Earned 11 letters in cross country and track and field at Bethlehem Central High School ... Senior captain ... Placed as high as seventh individually at the state championship in cross country, and was a two-time all-state selection ... Three-time Suburban Council all-star ... Led squad to a 13th-place finish at Nike Team Nationals ... Was an All-American in the 4xMile in 2003 ... Won a gold medal in the 10,000-meter run (38:16) at the 2004 Empire State Games ... School-record holder in the 3,000 (10:18) ... Named team MVP in cross country and track and field twice ... Personal bests were 5:09 in the mile run, 10:18 in the 3,000, 11:14 in the steeplechase, 17:57 in the 5,000 and 37:57 in the 10,000 ... Member of the National Honor Society ... Earned a gold medal on the National Latin Exam ... **Personal:** Majoring in environmental science with a concentration in geography ... Born July 17, 1987 ... Daughter of Kenneth Wegman and Faye Novick.



Two Great Danes have won the individual title in the University Division race at the IC4A Championship. Robbie Freeman '05 won the race in 2004, while Ricardo Estremera '08 was first across the line in 2007. The IC4A encompasses schools on the East Coast from Maine to North Carolina. As a graduate student this past year, Estremera also helped the Great Danes become the first school to sweep the IC4A indoor and outdoor track and field titles since Rutgers accomplished the feat in 2005. In addition, he went on to garner All-America status in the 3,000-meter steeplechase at the 2009 NCAA Championship.

**PAW PRINTS:** The University at Albany has welcomed several of the best programs in the Northeast for the past 42 years at its annual cross country invitational. Teams from all three NCAA divisions and local community colleges come each October to compete at the University Campus Course. The only other meet of this magnitude held over the same weekend in the region is hosted by Penn State University. Squads that entered last year's UAlbany Invitational that went on to place in the top 10 of their respective regional championship meet include Harvard (men & women), Marist (men), Brown (women), Adelphi (men & women), Middlebury (men & women), Brandeis (men) and Saint Thomas, Minn. (men).



**Zuliana Fontanez**  
**Junior • 5-3**  
**Dorado, P.R. • American Military Academy**

**2008:** Named to the America East Conference Commissioner's Academic Honor Roll ... Paced all Great Dane harriers in first collegiate race with a 19th-place finish (20:13) in the Gold Division of the UAlbany Invitational ... Finished 54th overall with a season-best 5k time 19:53 at the America East championship ... **High School:** Lettered in track and field all four years at the American Military Academy ... Selected All-Puerto Rico High School Athletic Alliance ... Named the best high school athlete at the American Military Academy ... Recognized as team MVP in 2004 ... Has represented Puerto Rico in international competition ... Personal-best marks were 25.40 in the 200 and 54.97 in the 400 ... **Personal:** 2009 ECAC qualifier in the 800 indoors ... Majoring in accounting with a minor in business administration ... Born Feb. 18, 1987 ... Daughter of Nester Fontanez and Maria Figuerua.

**PAW PRINTS:** UAlbany had the second-youngest women's team which finished in the top five at the 2008 America East Conference Championship. The squad's fifth-place finish was an improvement from the previous year and the best since 2005.



**Kristin Grab**  
**Junior • 5-2**  
**Troy, N.Y. • Tamarac**

**2008:** Made the America East Conference Academic Honor Roll ... In season debut, placed 10th overall in 19:14 to help the Great Danes finish in the runner-up position at the Towson Invitational ... Finished 40th in a season-best 5k time of 18:53 at the UAlbany Invitational ... Placed 32nd in 18:55 at the America East championship ... Lowered mark by 19 seconds since running the course earlier in the fall ... Was 108th overall in the University Division race at the ECAC Championship ... **2007:** Named to the America East Academic Honor Roll ... Made collegiate debut at the Monmouth Kick-Off Classic, finishing 24th in 16:19 ... Placed 69th in 21:57 at the America East championship ... Finished 159th overall in 21:46 of the University Division race at the ECAC championship ... **High School:** One-year letterwinner in cross country and track and field at Tamarac High School ... Named team MVP in cross country and track and field ... Also lettered in soccer for three years ... Member of the National Honor Society ... **Personal:** Majoring in accounting with a minor in business administration ... Born May 1, 1989 ... Daughter of Anthony and Anne Grab ... Has three brothers, Matthew, Nathan and Anthony.



**Ally Panos**  
**Junior • 5-4**  
**Bay Shore, N.Y. • Bay Shore**

**2008:** One of the team's top five runners, and was the only harrier to compete at every meet ... Made the America East Conference Commissioner's Academic Honor Roll after posting a perfect 4.0 grade point average in the fall semester ... Finished 11th overall in 15:37 to help the Great Danes win the team title at the Monmouth Kick-Off Classic ... Led the squad to a runner-up finish at Vanderbilt's Commodore Classic, navigating the course in 19:44 to place 27th ... Placed sixth in 19:01 in leading the Great Danes to a second-place finish at the Towson Invitational ... Ran a season-best 5k time of 18:40 to finish 25th in the field at the UAlbany Invitational ... Finished 29th in 18:53 at the America East championship ... Lowered mark by eight seconds since running the course one month earlier ... Placed 176th overall at the NCAA Northeast Regional Championship in 24:46 ... Led the Great Danes with a 62nd-place time of 19:58 in the University Division race at the ECAC championship ... **2007:** Named to the America East Commissioner's Academic Honor Roll ... Finished 17th in 16:02 to help the squad

win the Monmouth Kick-Off Classic in Great Dane debut ... Placed 45th in 25:07 at the George Mason Invitational ... Finished 112th in the field in a season-best 5k time of 20:03 at the UAlbany Invitational ... Finished 55th overall in 20:36 at the America East Championship ... **High School:** Four-year letterwinner in cross country and indoor track and field at Bay Shore High ... Also competed in outdoor track and field for two years ... Garnered all-county, all-league and all-academic team honors in cross country as a senior ... Earned all-conference honors three times indoors and on two occasions outdoors ... Helped team win three Suffolk County championships indoors and one county title in cross country and outdoors ... **Personal:** Majoring in psychology with minors in sociology and education ... Born Nov. 4, 1989 ... Daughter of James and Tina Panos ... Has a twin sister, Jessica.

**PAW PRINTS:** Twenty of the 27 harriers were named to the America East Conference Fall Academic Honor Roll last season for posting a grade point average of 3.0 or better. In addition, Laura Cummings was named to the league's all-academic squad.



**Jenn Pierson**  
**Junior • 5-5**  
**Binghamton, N.Y. • Chenango Valley**  
**Broome C.C.**

Transferred to UAlbany from Broome Community College ... Lettered in soccer ... **2008:** Named to the America East Conference Academic Honor Roll ... Made Great Dane debut at the Monmouth Kick-Off Classic, finishing 40th overall in 17:50 ... Navigated the 5k course in a season-best time of 20:47 to finish 129th at the UAlbany Invitational ... Was 72nd in the field at the America East championship ... **High School:** Four-year letterwinner in track and field and soccer at Chenango Valley High ... Graduated with two school records in the 1,500-meter run (5:05.6) and the 4x800-meter relay (9:58) ... Member of the National Honor Society and Key Club ... **Personal:** Majoring in accounting with a minor in business administration ... Daughter of Mark and Janet Pierson ... Has two brothers, Chris and Matt ... Brother, Chris, graduated from UAlbany and competed in cross country and track and field.



**Ada Lauterbach**  
**Sophomore • 5-5**  
**East Berne, N.Y. • Berne-Knox-Westerlo**

**2008:** The team's number three runner before being sidelined for part of the season due to illness ... Competed in four meets ... Helped UAlbany place first among six scoring teams at the Monmouth Kick-Off Classic in collegiate debut, finishing seventh overall in 15:28 ... Recorded a 13th-place finish with a season-best 5k mark of 19:10 at Vanderbilt's Commodore Classic, leading the Great Danes to a second-place finish in the team standings ... Placed 68th at the America East Conference Championship in a comeback effort, navigating the course in 20:53 ... **High School:** Four-year letterwinner in cross country and track and field at Berne-Knox-Westerlo High ... Served as a team captain for two years ... Helped cross country team win the conference championship ... Holds four school records and was a five-time state finalist in track and field ... Member of the National Honor Society ... **Personal:** 2009 ECAC qualifier in the steeplechase ... Majoring in criminal justice ... Born Dec. 13, 1989 ... Daughter of Rick Munson and Ann Ecker ... Has one brother, Luke Ecker, and one sister, Cheyenne Munson.





**Mikala Anson**  
Freshman • 5-8  
Albany, N.Y. • Colonie Central

**High School:** Three-year letterwinner in cross country, and also competed in track and field all four years at Colonie Central High ... Team captain in all three sports as a senior ... Advanced to the state cross country meet twice ... Third-team all-state selection in 2006 ... Two-time Suburban Council All-Star ... *Albany Times Union* All-Star ... Three-time team MVP ... Fastest 5k time on a cross country course was 17:55 ... Member of the 4x1,500 relay which set the school record ... Personal-best marks were 2:23 in the 800, 4:50 in the 1,500, 10:21 in the 3,000 and 7:25 in the 2,000-meter steeplechase ... Member of the National Honor Society, Key Club and Spanish Club ... **Personal:** Intends to major in Spanish ... Born Aug. 9, 1991 ... Daughter of Michael and Suzanne Anson ... Has two brothers, Conor and Marc.



**Nayamka Roberts-Smith**  
Freshman • 5-1  
Albany, N.Y. • Colonie Central

**High School:** Four-year letterwinner in cross country at Colonie Central High ... Also competed in track and field for five years ... Four-time Section II indoor and outdoor champion in the 4x400-meter relay ... Attended states at both indoors and outdoors all four years ... Captained the track and field teams as a senior ... Holds indoor program standards in the 4x1,500 and SMR ... Two-time team MVP both indoors and outdoors ... Personal-best marks were 26.7 seconds in the 200, 58.8 in the 400, 1:40 in the 600, 2:18.3 in the 800, 3:02 in the 1,000 and 4:51.1 in the 1,500 ... **Personal:** Intends to major in anthropology ... Born Dec. 5, 1990 ... Daughter of Edson Smith and Sonia Roberts-Smith ... Has one brother, Nazim.



**Melissa Del Rosario**  
Freshman • 5-1  
Bellport, N.Y. • Bellport

**High School:** Four-year letterwinner in cross country and track and field at Bellport High ... Two-time team MVP in cross country ... Was a three-time all-league third-team selection ... Advanced to states as a senior ... Personal-best times were 20:51 at 5,000 meters and 19:51 on a three-mile course ... Member of the National Honor Society and Key Club ... **Personal:** Intends to major in English ... Born April 30, 1991 ... Daughter of Ramon and Liza Del Rosario ... Has one brother, Marc, and one sister, Monica ... Sister, Monica, was a cheerleader at UAlbany from 2004-08.



**Brianna Service**  
Freshman • 5-6  
Poughquag, N.Y. • Arlington

**High School:** Lettered in cross country and track and field all four years at Arlington High ... Was a two-time all-state selection and a four-time all-county and all-league selection in cross country ... Led the cross country team to three county championships and a pair of sectional and league titles ... Indoor All-American in the 4xMile ... Four-time all-county and all-league honoree indoors ... Personal-best times were 5:10 in the 1,500 and 10:21 in the 3,000 ... Member of the National Honor Society and Student Government ... **Personal:** Major is undeclared ... Born Feb. 7, 1991 ... Daughter of Alan and Maureen Service ... Has one sister, Caitlin.



**Emily Finnegan**  
Freshman • 5-6  
Niskayuna, N.Y. • Colonie Central

**High School:** Four-year letterwinner in cross country and track and field at Colonie Central High ... Team captain as a senior ... Ran at the New York Federation cross country meet as a sophomore ... Attended Nike Indoor Nationals as a member of the 4x800-meter relay squad in 2009 ... Member of the fifth-place 4x400 relay at states as a senior ... Also attended the 2008 state meet in the 4x400 ... Outdoor team MVP as a senior ... Holds three school records ... Personal-best marks were 1:00.1 in the 400-meter dash, 1:08.1 in the 400-meter intermediate hurdles, 2:20.3 in the 800 and 34-foot, 0-inches in the triple jump ... Member of the National Honor Society and Key Club ... **Personal:** Intends to major in secondary education ... Born May 15, 1991 ... Daughter of Thomas and Cynthia Finnegan ... Has two brothers, Jason and Matthew, and one sister, Shannon.



*Junior Kristin Grab is one of the Great Danes' top returners this fall.*



**Miranda McConnell**  
Freshman • 5-4  
Liverpool, N.Y. • Liverpool

**High School:** Four-year letterwinner in cross country and track and field at Liverpool High ... All-league pick in cross country ... Team MVP as a junior ... Captained the squad as a senior ... Holds school records in the 4x800-meter relay and DMR ... Personal-best times were 2:20 in the 800, 4:54 in the 1,500, 10:53 in the 3,000 and 20:03 in the 5,000 ... **Personal:** Intends to major in chemistry ... Born Sept. 22, 1991 ... Daughter of Ronny and Mary Febres ... Has one sister, Kara.



**Rachel Wysocki**  
Freshman • 5-7  
Gansevoort, N.Y. • Schuylerville

**High School:** Five-year letterwinner in cross country and competed in track and field for six years at Schuylerville High ... Competed at the state cross country meet all four years and was an all-league selection every season ... Four-time All-Section II honoree ... *Albany Times Union* Scholar-Athlete ... Holds indoor school records in the 600, 1,500 and 3,000 as well as outdoor program standards in the 800 and steeplechase ... Outdoor track and field team won the triple crown, finishing first in all dual meets as well as at the sectional and league championships ... Served as Student Council President and Class Government Treasurer ... Also a member of the National Honor Society ... **Personal:** Intends to major in biology ... Daughter of Henry and Jeannine Wysocki ... Has two brothers, Brett and Garrett.



## 2008 MEN'S RESULTS

## 2008 WOMEN'S RESULTS

### Sept. 6 - Monmouth Kick-Off Classic (Lincroft, N.J.)

Team Finish: 1st/5 Scoring Teams

**Individual Results:** 4. Jack Kelley, 19:47; 5. R.J. Sniffen, 19:53; 9. Chris Manico, 20:06; 12. David Rothman, 20:12; 14. Jimmy Carroll, 20:15; 32. Ian Ellis, 20:49; 36. Justin LaLiberté, 21:01; 38. Jon Juleus, 21:14; 39. Paul LaRocca, 21:21; 51. Jon Hilbert, 22:49; 61. Brian Yurkewecz, 25:25.

### Sept. 13 - Princeton's Old Nassau Run (Princeton, N.J.)

Team Finish: 6th/10 Scoring Teams

**Individual Results:** 30. R.J. Sniffen, 26:50; 32. David Rothman, 26:57; 35. Chris Manico, 27:07; 40. Jack Kelley, 27:20; 51. Jimmy Carroll, 27:40; 58. Justin LaLiberté, 28:01; 61. Jon Juleus, 28:17; 71. Paul LaRocca, 28:43; 76. Jon Hilbert, 29:04; 88. Ian Ellis, 29:38.

### Sept. 20 - Vanderbilt's Commodore Classic (Nashville, Tenn.)

Team Finish: 2nd/8 Scoring Teams

**Individual Results:** 2. Brian Yurkewecz, 26:23; 6. R.J. Sniffen, 26:45; 12. Chris Manico, 27:02; 15. Jack Kelley, 27:15; 18. David Rothman, 27:20; 41. Justin LaLiberté, 28:18; 42. Jimmy Carroll, 28:22.

### Oct. 3 - Towson Invitational (Cockeysville, Md.)

Team Finish: 3rd/8 Scoring Teams

**Individual Results:** 3. Brian Yurkewecz, 26:37; 9. R.J. Sniffen, 27:07; 17. Ian Ellis, 28:02; 18. Jack Kelley, 28:04; 21. David Rothman, 28:34; 25. Jimmy Carroll, 28:52; 26. Justin LaLiberté, 28:56; 28. Jon Juleus; 36. Paul LaRocca, 29:34.

### Oct. 18 - UAlbany Invitational (Albany, N.Y.)

Team Finish: 5th/22 Scoring Teams

**Individual Results:** 3. Brian Yurkewecz, 24:40; 41. Jack Kelley, 25:59; 46. Chris Manico, 26:03; 53. Jon Juleus, 26:15; 58. David Rothman, 26:21; 68. Ian Ellis, 26:29; 86. Jimmy Carroll, 26:42; 137. Paul LaRocca 27:44.

### Nov. 1 - America East Championship (Cockeysville, Md.)

Team Finish: 6th/9 Scoring Teams

**Individual Results:** 11. Brian Yurkewecz, 26:05; 30. R.J. Sniffen, 26:53; 36. Chris Manico, 27:05; 38. Jack Kelley, 27:11; 45. Ian Ellis, 27:31; 46. Jon Juleus, 27:32; 48. David Rothman, 27:40; 59. Jimmy Carroll, 28:24; 72. Paul LaRocca, 30:22.

### Nov. 22 - IC4A Championship (Bronx, N.Y.)

Team Finish: 4th/26 Scoring Teams

**Individual Results:** 10. Brian Yurkewecz, 26:00; 20. R.J. Sniffen, 26:15; 66. Ian Ellis, 27:02; 67. Jack Kelley, 27:03; 70. Chris Manico, 27:05; 116. Jimmy Carroll, 27:48; 125. David Rothman, 27:57; 139. Paul LaRocca, 28:09; 150. Jon Juleus, 28:18; 196. Justin LaLiberté, 29:22.

### Sept. 6 - Monmouth Kick-Off Classic (Lincroft, N.J.)

Team Finish: 1st/6 Scoring Teams

**Individual Results:** 1. Laura Cummings, 14:36; 5. Emily Fung 15:08; 6. Laine Sefick, 15:22; 7. Ada Lauterbach, 15:28; 11. Ally Panos, 15:37; 40. Jenn Pierson, 17:50; 44. Meg Crowe, 18:13.

### Sept. 13 - Princeton's Old Nassau Run (Princeton, N.J.)

Team Finish: 10th/13 Scoring Teams

**Individual Results:** 24. Laura Cummings, 23:12; 57. Ada Lauterbach, 24:39; 61. Ally Panos, 24:46; 76. Laine Sefick, 25:15; 95. Roxanne Wegman, 25:59; 129. Jenn Pierson, 27:57; 141. Meg Crowe, 29:30.

### Sept. 20 - Vanderbilt's Commodore Classic (Nashville, Tenn.)

Team Finish: 2nd/8 Scoring Teams

**Individual Results:** 3. Laura Cummings, 18:08; 13. Ada Lauterbach, 19:10; 18. Emily Fung, 19:25; 27. Ally Panos, 19:44; 31. Laine Sefick, 19:53; 50. Roxanne Wegman, 20:53; 62. Jenn Pierson, 22:09.

### Oct. 3 - Towson Invitational (Cockeysville, Md.)

Team Finish: 2nd/7 Scoring Teams

**Individual Results:** 5. Emily Fung, 18:52; 6. Ally Panos, 19:01; 7. Laine Sefick, 19:05; 10. Kristin Grab, 19:14; 18. Roxanne Wegman, 19:52; 37. Jenn Pierson, 21:21.

### Oct. 18 - UAlbany Invitational (Albany, N.Y.)

Team Finish: 6th/24 Scoring Teams

**Individual Results:** 16. Emily Fung, 18:23; 25. Ally Panos, 18:40; 40. Kristin Grab, 18:53; 61. Laine Sefick, 19:11; 71. Roxanne Wegman, 19:19; 129. Jenn Pierson, 20:47.

### Nov. 1 - America East Championship (Cockeysville, Md.)

Team Finish: 5th/9 Scoring Teams

**Individual Results:** 22. Laura Cummings, 18:36; 25. Emily Fung, 18:42; 28. Laine Sefick, 18:48; 29. Ally Panos, 18:53; 32. Kristin Grab, 18:55; 52. Roxanne Wegman, 19:52; 54. Zuliana Fontanez, 19:53; 68. Ada Lauterbach, 20:53; 72. Jenn Pierson, 21:24.

### Nov. 15 - NCAA Regional Championship (Bronx, N.Y.)

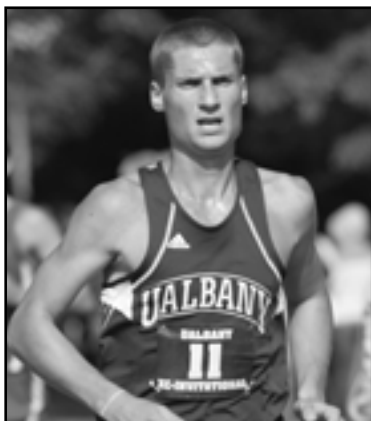
Team Finish: No Team Score

**Individual Results:** 112. Emily Fung, 23:49; 176. Ally Panos, 24:46.

### Nov. 22 - ECAC Championship (Bronx, N.Y.)

Team Finish: No Team Score

**Individual Results:** 62. Ally Panos, 19:58; 78. Laine Sefick, 20:10; 108. Kristin Grab, 20:27.



Brian Yurkewecz was named All-East for his 10th-place performance at the 2008 IC4A championship.



Laura Cummings was the Great Danes' top harrier over the past two seasons after transferring from North Carolina.



## CROSS COUNTRY IN THE UALBANY ATHLETIC HALL OF FAME

**Bill Vanos (1990-94) - Inducted 2004.** A two-time track and field All-American and accomplished cross country competitor on the NCAA Division III level, Vanos is one of the top distance runners in UAlbany history. In 1994, Vanos finished second in the 10,000-meter run at the NCAA outdoor championships and sixth in the 5,000-meter run at the national indoor meet. He captured the Collegiate Track Conference 3,000-meter steeplechase title and was third at Penn Relays in the 5,000-meter run. Vanos also competed in three NCAA cross country championships and recorded a pair of top-35 individual finishes.

**Scott Carroll (1992-94) - Inducted 2003.** Carroll was the first athlete in UAlbany history to earn All-America honors in three sports: cross country, indoor track and outdoor track. In 1993-94, he qualified for the NCAA championships in each sport and won the Division III national title in the 3,000-meter steeplechase. During the indoor and outdoor track season, Carroll won six major invitational and/or conference championship races. He also qualified for the NCAAs in three outdoor events (1,500-meter run, 5,000-meter run and 3000-meter steeplechase) and two indoor events (1,500-meter run and 5,000-meter run). Carroll took third in the NCAA indoor 1,500-meter run with a time of 3:58.53, as the Great Danes finished 15th as a team. Carroll's crowning achievement came at the 1994 NCAA outdoor meet, when he won the 3,000-meter steeplechase and placed ninth in the 1,500-meter run. His winning performance of 8:54.43 ranked in the top five in NCAA history at the time, and was also a school and state record. Carroll, who was the only Division III athlete invited to compete in the steeplechase championship race at Penn Relays, was ranked as one of the top Americans by *Track & Field News*. He would later run in the 1997 New York City Marathon.

**Tonya Dodge (1994-97) - Inducted 2002.** Dodge is the only woman in school history to earn All-America honors in cross country, indoor track and outdoor track. In 1996-97, she was named the University at Albany's Female Athlete of the Year. Finishing her career with nine school records in track and field, she received All-America recognition during the '97 indoor season with a fifth-place finish in the NCAA Division II one-mile run, in a time of 4:54.72. As a senior, she posted the best finish by an eastern runner at the 1996 NCAA Division II cross country championships and was 13th overall in 18:35.1. A first-team All-New England Collegiate Conference selection on two occasions, she captured four individual titles, including the NECC and Collegiate Track Conference championships, and set an East Stroudsburg course record (18:20).

### OTHER CROSS COUNTRY INDUCTEES:

- Scott James '82: Inducted 1993.
- Deborah Rohmiller-Baranowski '79: Inducted 1989.
- Joseph Pizzillo '66: Inducted 1986.
- Thomas Robinson '65: Inducted 1985.

### UALBANY CAMPUS COURSE TOP TEN MEN'S TIMES (8k)

1. Mike Hanlon	Colgate	24:23	2006 UAlbany Invitational
2. Girma Segni	Marist	24:35	2008 UAlbany Invitational
3. David Raucci	Marist	24:38	2008 UAlbany Invitational
4. Brian Yurkewecz	UAlbany	24:40	2008 UAlbany Invitational
5. David Raucci	Marist	24:41	2007 UAlbany Invitational
6. Charlie Millioen	George Mason	24:44	2006 UAlbany Invitational
7. Anthony Traux	New Hampshire	24:46	2004 UAlbany Invitational
7. Max Feldman	New Hampshire	24:46	2005 UAlbany Invitational
9. Fred Joslyn	Cortland	24:48	2005 UAlbany Invitational
9. Conor Shelley	Marist	24:48	2008 UAlbany Invitational

### UALBANY CAMPUS COURSE TOP TEN WOMEN'S TIMES (5k)

1. Judie Schoppmann	Potsdam	16:47	2005 UAlbany Invitational
2. Catherine Parker	New Hampshire	17:14	2006 UAlbany Invitational
3. Amy Ruston	Lehman	17:16	2005 UAlbany Invitational
4. Christina DeRosa	Massachusetts	17:21	2007 UAlbany Invitational
5. Smita Gupta	Brown	17:22	2007 UAlbany Invitational
6. Colleen Casey	Trenton State	17:23	1982 UAlbany Invitational
7. Dorcas DenHartog	Middlebury	17:24	1985 UAlbany Invitational
8. Lisa Vail	SUNY Cobleskill	17:29	1984 UAlbany Invitational
9. Katie Radzik	Binghamton	17:29	2005 UAlbany Invitational
10. Arielle Wright	Brown	17:31	2007 UAlbany Invitational

### UAlbany's All-East Award Winners

<b>2008</b>	R.J. Sniffen Brian Yurkewecz	<b>2003</b>	Andy Allstadt Robbie Freeman Alyssa Lotmore Chris Pierson Nicole Susser
<b>2007</b>	Laura Cummings Ricardo Estremera	<b>2002</b>	Andy Allstadt Sam Gonzalez Meghan Howell Zerlina Martinez Joe Pienta
<b>2006</b>	Ricardo Estremera Jessica Ortman Jenna Ortman	<b>2001</b>	Andy Allstadt Jessica Walton
<b>2005</b>	Bryant Cherry-Woode Robbie Freeman Alyssa Lotmore Jenna Ortman	<b>2000</b>	Michael Kiernan Adam Rice Jessica Walton
<b>2004</b>	Andy Allstadt Ricardo Estremera Robbie Freeman Alyssa Lotmore Nicole Susser	<b>1999</b>	Nicole Herring Jamie Rodriguez



# AMERICA EAST CONFERENCE

Founded: 1979 (as ECAC North, men's basketball only), 1988-89 (all sports)

**Membership (year joined):** Albany (2001), Binghamton (2001), Boston University (1979), Hartford (1985), Maine (1979), UMBC (2003), New Hampshire (1979), Stony Brook (2001), Vermont (1979)

Now in its third decade of operation, America East has evolved into one of the most comprehensive NCAA Division I conferences with a commitment to broad-based, competitive athletics programs, complementing the academic integrity and missions of the member institutions.

Progressive in its approach to its more than 3,200 student-athletes, America East recognizes champions in each of its 20 sports: baseball, men's and women's basketball, men's and women's cross country, field hockey, men's and women's indoor track and field, men's and women's lacrosse, men's and women's outdoor track and field, men's and women's soccer, softball, men's and women's swimming and diving, men's and women's tennis, and women's volleyball. America East also conducts the nation's most comprehensive academic recognition program for student-athletes.

With a geographic footprint covering the Mid-Atlantic to Northeast regions of the United States, America East strives to develop champions in **academics, athletics and leadership** at its nine member institutions: University at Albany, Binghamton University, Boston University, University of Hartford, University of Maine, UMBC, University of New Hampshire, Stony Brook University and University of Vermont.



## 2008 America East Men's Cross Country Championship Results

1. New Hampshire	42
2. Stony Brook	64
3. Binghamton	89
4. Boston University	120
5. UMBC	123
6. Albany	154
7. Maine	158
8. Vermont	170
9. Hartford	267

## 2008 America East Women's Cross Country Championship Results

1. Stony Brook	29
2. Boston University	41
3. New Hampshire	74
4. Vermont	131
5. Albany	136
6. Binghamton	143
7. Maine	163
8. UMBC	192
9. Hartford	238

## 2008 Men's Cross Country All-Conference (Top-Ten Finishers)

1. Tim Hodge	Stony Brook	25:29
2. Alex Felce	Stony Brook	25:31
3. Chris Gaube	Binghamton	25:45
4. Erik Van Ingen	Binghamton	25:49
5. Nicholas Decrescenzo	New Hampshire	25:51
6. Matthew O'Connor	New Hampshire	25:54
7. Joshua Kearns	New Hampshire	25:57
8. Anthony Kelhower	UMBC	25:59
9. Benjamin Jenkins	New Hampshire	26:00
10. Doug Maisey	Vermont	26:05

## 2008 Women's Cross Country All-Conference (Top-Ten Finishers)

1. Andrea Walkonen	Boston University	16:48
2. Holly Van Dalen	Stony Brook	17:22
3. Laura Huet	Stony Brook	17:30
4. Erin Lagasse	Boston University	17:33
5. Lucy Van Dalen	Stony Brook	17:35
6. Hayley Green	Stony Brook	17:37
7. Kimberly Povec	New Hampshire	17:46
8. Sarah Mosser	Boston University	17:57
9. Sara Parkinson	UMBC	17:59
10. Erica Jesseman	New Hampshire	18:00

## UAlbany's All-America East Award Winners

### 2006

Ricardo Estremera  
Jenna Ortman  
Jessica Ortman

### 2005

Ricardo Estremera  
Robbie Freeman

### 2004

Andy Allstadt  
Robbie Freeman

### 2003

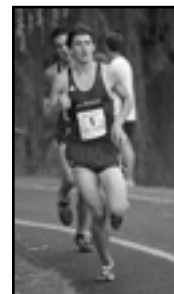
Andy Allstadt  
Alyssa Lotmore  
Joe Pienta

### 2002

Andy Allstadt  
Joe Pienta

### 2001

Andy Allstadt  
Jamie Rodriguez  
Jessica Walton



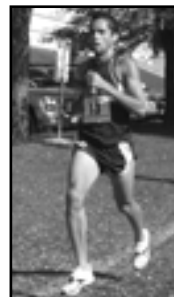
Andy Allstadt garnered All-America East accolades a program-best four times.



Alyssa Lotmore earned All-America East honors and helped lead the women's team to its best finish since joining Division I in 2003.



Robbie Freeman, a two-time All-America East honoree, was the first Great Dane to win the IC4A individual title in the University Division in 2004.



Ricardo Estremera, an All-American steeplechaser in track and field, earned All-America East laurels twice in cross country and won the IC4A title in 2007.



**S**trategically located in the state capital of New York, the **University at Albany** is an internationally recognized public research university that puts the world within reach for approximately 18,000 students.

Outstanding faculty, an innovative curriculum, and student-centered services provide students with a strong foundation for academic and career success. Students benefit from UAlbany's location and rich diversity, with nearly 200 undergraduate, master's and doctoral degree programs offered through nine schools and colleges.

More than 300 study-abroad programs help prepare students for the global economy, and extensive internship opportunities in New York's bustling capital and surrounding region offer real-world experience. Approximately 40 percent of undergraduates participate in faculty-mentored research. An Honors College offers opportunities for students to work closely with faculty and achieve at the highest levels.

The University boasts academic strengths in sociology, demography, education, anthropology, social work, clinical psychology, creative writing, earth and atmospheric sciences, ethics, public policy, criminal justice and nanoscale science. Majors in public health, journalism, and documentary studies were recent additions to an already comprehensive undergraduate program.

The latest rankings of graduate programs by U.S. News and World Report place 10 programs in the nation's top 30. The School of Criminal Justice is ranked No. 2. Programs in Rockefeller College of Public Affairs and Policy are ranked in the nation's top 10. The School of Social Welfare is ranked 12th. The College of Nanoscale Science and Engineering, located in the most advanced research complex of its kind, is ranked first in the world by Small Times magazine as the leading college for nanotechnology and microtechnology.

Both the UAlbany campus and the region are bustling with extracurricular opportunities. Students participate in more than 150 student clubs, honor societies, and other campus-related groups, and choose from a busy calendar of campus events, including spirited Division I athletic competition in 19 sports and a rich array of cultural activities.

Since its founding in 1844, the University has graduated generations of leaders in all fields. Today, more than two-thirds of undergraduates go on for advanced degrees, and acceptances to law and medical schools are above the national average.

UAlbany plays a major role in the economic development of the Capital Region and New York State, particularly through its programs in nanosciences and biomedical sciences.



**UNIVERSITY FACTS**

- ▶ **Enrollment:**  
13,246 (undergraduate),  
4,956 (graduate)
- ▶ **Schools and Colleges:**  
College of Arts and Sciences  
School of Business  
College of Computing and Information  
School of Criminal Justice  
School of Education  
College of Nanoscale Science and Engineering  
Nelson A. Rockefeller College of Public Affairs and Policy  
School of Public Health  
School of Social Welfare
- ▶ **Home to the New York State Writers Institute:**  
Founded by Pulitzer Prize-winning author and faculty member William Kennedy in 1984, the Institute has brought to campus more than 800 artists, including seven Nobel Laureates in Literature and more than 100 winners of the Pulitzer Prize, National Book Award, and National Book Critics Circle award.
- ▶ **Libraries:**  
Three libraries boast more than two million volumes and rank among the nation's top research libraries.
- ▶ **Alumni:**  
More than 145,000 alumni live around the globe.
- ▶ **Mascot:** Great Dane
- ▶ **School Colors:**  
Purple and Gold
- ▶ **University Web Site:**  
[www.albany.edu](http://www.albany.edu)



## SCHEDULE

- SEPT. 5 (SAT.)** at Monmouth XC Kick-Off  
**SEPT. 13 (SUN.)** at America East Pre-Championship Meet\*
- OCT. 3 (SAT.)** at George Mason Invitational  
**OCT. 17 (SAT.)** 43rd UALBANY INVITATIONAL  
**OCT. 31 (SAT.)** at America East Championship\*
- NOV. 14 (SAT.)** at NCAA Northeast Regional\*  
**NOV. 21 (SAT.)** at IC4A/ECAC Championship~

\* at Catamount Family Center (Williston, Vt.)

\* at Franklin Park (Boston, Mass.)

~ at Van Cortlandt Park (Bronx, N.Y.)