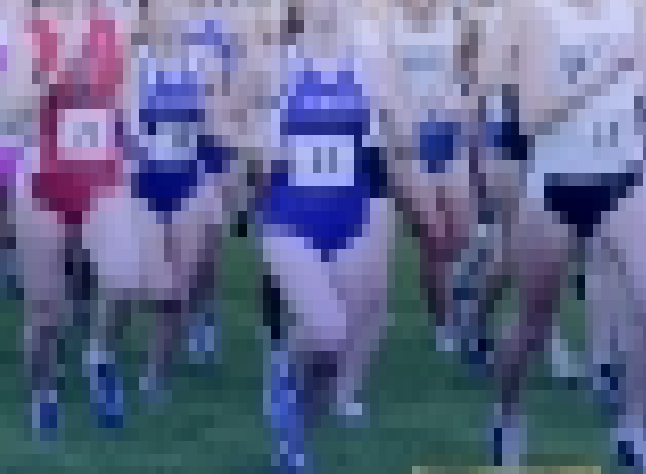


Crazy Country

2003



Womens Roster

Name	Cl.	Ht.	Hometown/High School
Adanna Andrews		Fr.	5-5 Yonkers, N.Y./Lincoln
Anisha Andrews		Fr.	5-5 Yonkers, N.Y./Lincoln
Jenny Boshco*	So.	5-9	Bedford, Mass./Bedford
Maureen Brown*		Jr.	5-5 Staten Island, N.Y./Staten Island Technical
Meghan Howell*		Sr.	5-3 Sloatsburg, N.Y./ Suffern
Latoya Johnson	So.	5-6	Yonkers, N.Y./Lincoln
Theresa Juva*	Jr.	5-0	Flushing, N.Y./The Mary Louis Academy
Alyssa Lotmore	Fr.	5-6	Albany, N.Y./Bishop Maginn
Diane Matthews*		Sr.	5-8 Johnson City, N.Y./Johnson City
Trista Neinast*	Sr.	5-4	Succasunna, N.J./Roxbury
Jessica Oehlke	Fr.	5-5	Ghent, N.Y./Chatham
Liz Paola Clinton	So.	5-4	Mooers, N.Y./Northeastern
Jennifer Russell	Fr.	5-6	White Plains, N.Y./White Plains
Laura Subik*	So.	5-8	Gloversville, N.Y./Fonda-Fultonville
Nicole Susser*	Jr.	5-7	Albany, N.Y./Colonie Central
Natasha Torres	Fr.	5-3	Coral Springs, Fla./JP Taravella
Gwendolyn Uhler*	So.	5-6	Cadyville, N.Y./Saranac Central
Ali Wiederhold	Fr.	5-7	Rochester, N.Y./Greece Arcadia

*Letterwinner

Mens Roster

Name	Cl.	Ht.	Hometown/High School
Andy Allstadt*	Jr.	6-0	Endicott, N.Y./Union-Endicott
Gered Burns	So.	6-1	Altamont, N.Y./Guilderland
Rob Caracciolo*	Sr.	5-11	Mount Kisco, N.Y./Fox Lane
Bryant Cherry-Woode*	So.	6-0	New York City, N.Y./LaSalle
Robbie Freeman*	So.	6-0	New Hyde Park, N.Y./Great Neck South
Sam Gonzalez*	Jr.	5-8	Fort Hunter, N.Y./Fonda-Fultonville
Alex Hyde	Fr.	5-10	Queensbury, N.Y./Queensbury
Sam Pecoraro*	So.	5-11	Lockport, N.Y./Lockport

QUICK FACTS

GENERAL INFO.

Location:
Albany, N.Y. 12222
Founded:
1844

Enrollment:



CROSS COUNTRY

Affiliation: NCAA Division I
Conference: America East
Head Coach: Craig McVey (Kansas State 79)
Coachs E-mail: cmcvey@uamail.albany.edu
Office Phone: 518-442-3057
Assistant Coach: Steve Clarke (Bucknell 95)
Office Phone: 518-442-3055
Dir. of Track & Field/Cross Country: Roberto Vives
Office Phone: 518-442-3064

2002 Womens America East Finish: 5th/9 teams

Womens Letterwinners Returning/Lost: 8/2

2002 Mens America East Finish:
4th/9 teams

ADMINISTRATION

Mens Letterwinners Returning/Lost: 8/0

President: Dr. Karen R. Hitchcock

Vice President for Student Affairs: James P. Doellefeld

Director of Athletics & Recreation: Dr. Lee McElroy

Associate Athletics Director: Gail Cummings-Danson

Associate Athletics Director: Rick Coe

Asst. Athletic Director for Compliance: Mike George

Director of Athletic Development: Don Ostrom

Interim Director of Marketing, Corporate Sales and Ticket Operations: Charlie Voelker

Athletic Facilities Director: Jerry Faiola

Director of Athletic Academic Services: Julie Steinke

Assistant Director of Athletic Academic Services: Eddie Scott

Head Equipment Manager: Kevin Galuski

Head Athletic Trainer: Jack Koelmel

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Asst. Athletic Director/Media Relations:

Brian DePasquale

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CREDITS: The 2003 UAlbany Cross Country media guide is published by the athletic media relations office for use by friends of Albany Cross Country and members of the media. **Editor:** Andrew Jablonski **Contributors:** Gene Brtalik **Photography:** Bob Ewell, Steve Lobel, Mark Schmidt. **Cover Designs:** Janet Topal **Printing:** New York Press & Graphics, Albany, N.Y. **On The Cover:** UAlbanys cross country teams look to outrun the competition this season and

DIRECTIONS TO UALBANY ATHLETIC COMPLEX:

From the North: Take the Northway (I-87) south to Exit 1E onto I-90 east (Albany/Boston), then Exit 2 (Washington Ave.), which leads right into UAlbany.

From the South: Take the Thruway (I-87) north to Exit 24. After the tollbooths, go onto I-90 east towards Boston to Exit 2 (Washington Ave.) which leads right into UAlbany.

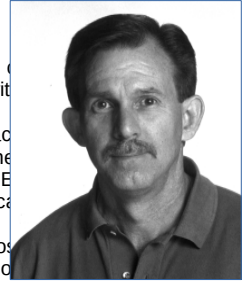
From the East: Take I-90 west (towards Buffalo) to Exit 2 (Fuller Road). Turn left onto Fuller Road then next left at Washington Ave. UAlbany will be on your right.

From the West: Take the Thruway (I-90) east to Exit 24. After the tollbooths, go onto I-90 east towards Boston to Exit 2 (Washington Ave.), which leads right into UAlbany.

From All Directions: Upon entering campus, follow University Drive (heading south/bearing right) one mile to Recreation and Convocation Center parking lot.

HEAD COACH

Head Coach Craig McVey



Craig McVey is in his second year at the helm of the cross country team. He also serves as UAlbany's associate head track & field coach, working with the plus the long jumpers, triple jumpers, and

McVey, 49, has spent the last six years with the Albany track & field team. Great Danes have set 10 different school records multiple times in the past six years under his direction. UAlbany athletes have qualified for the IC4A and/or ECAC Championships each of the last six indoor/outdoor seasons and have earned All-American honors in the All-East

Last season UAlbany's cross country teams posted their most successful campaign with Andy Allstadt and Joe Pienta earning all-conference honors. The women finished second to Princeton at the ECAC Championships, while the men's team placed third at the IC4A Championships.

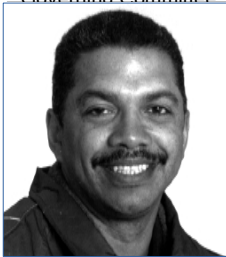
During track season, UAlbany's mens runners dominated the America East 3,000-meter steeplechase at the outdoor championships, while Meghan Howell shattered the previous school record in the 3,000m steeplechase on two occasions.

From 1988-94, McVey was head cross country/track coach at Hartwick College. He coached 16 All-New York Region cross country runners, and Hartwick athletes set 14 course records. His track teams eclipsed 82 school records, plus produced NCAA Division III All-Americans and 22 New York Collegiate individual champions. McVey was also head cross country coach at The College of Saint Rose in 1996-97. He led the Golden Knights to the New York Collegiate Athletic Conference (NYCAC) women's championship, while the men finished second. As track coach, McVey's St. Rose mens team placed second at the CTC indoor championships.

McVey began his collegiate coaching career as an assistant track & field coach at Kansas State University, his alma mater, in 1983. KSU athletes captured 18 Big Eight Conference titles during that period. For three years, he conducted year-round training programs for the mens and womens middle distance runners. In addition, he was the head coach for the KSU-Manhattan Track Club. From 1980-83, McVey served as cross country and track coach at Northern Heights High School in Allen, Kansas.

McVey received his M.S. in physical education with emphasis in exercise physiology and athletic administration from Kansas State in 1985. He has a B.S. in secondary physical education with a minor in health. As a KSU undergraduate, McVey was a member of two Big Eight Conference indoor track title teams, and the 1975 Big Eight cross country championship squad.

A native of Manhattan, Kan., McVey was the director/head coach for USA East Track & Field, where he worked with numerous elite cross country and track athletes during the mid-1990s. He also served as a games committee member for the NCAA outdoor track & field championships for three years, and is a past president of the NYSWCAA Track & Field Governing Committee.



Track & Field/Cross Country Roberto Vives

Vives enters his 19th season as the director of Albany's track & field/cross country program. During that period, Vives has coached 124 All-America athletes and 14 individual All-Americans. Several of his athletes have been inducted into the schools Athletic Hall of Fame, the most recent being Tonya Dodge (2002) and Scott Carroll (2003). Vives has coached UAlbany to 23 conference championships and four New York State titles. He has also served as a coach at the U.S. Olympic Festival in 1993, 1994 and 1995. Coach Vives has also served as CTC President, and as the USAT&F East Mens Development Chair.

Vives began his coaching career at the age of 14 when he founded the Bronx International Athletic Club (BIAC) in the South Bronx, N.Y. The BIAC grew to include 200 members, and helped produce six Olympians. He was an assistant coach during his senior year at Cardinal Hayes High School, where he worked with the Catholic High School city champion in the indoor 300-yard dash and the outdoor long jump.

Following graduation from Cardinal Hayes, Vives attended Seton Hall University, where he was a Deans List student, and a member of the track & field team. He earned a B.S. in health, physical education & recreation from Seton Hall in 1978, and later received a masters degree in health education from City College of New York.

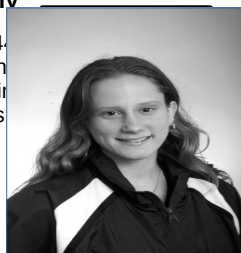
As an athlete, Vives competed in the high hurdles, high jump, relays, and the decathlon. He placed fifth in the 110-meter high hurdles at the 1984 Puerto Rican Olympic Trials, and was the Amateur Athletic Union (AAU) Junior Metropolitan high hurdle champion in 1978. Vives, who is a certified Taekwondo Karate Instructor, and holds a second-degree black belt, was the 110-meter hurdles masters champion at the 1991 & 1999 Empire State Games.

Vives 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 & field head coach at Bronx

WOMENS PROFILES

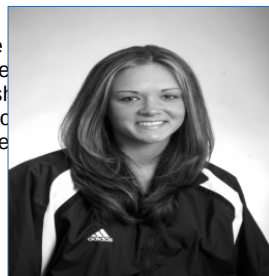
Theresa Juva Jr. 5-0 Flushing, N.Y./The Mary Louis Academy

Placed among teams top-five runners in six races last year ... Placed 4th at America East Conference Championships in helping team to fifth-place finish... 16th overall at opening Fordham Invitational ... Major is English with a concentration in education ... Athletic Directors Academic Honor Roll ... America East Commissioners



Nicole Susser Jr. 5-7 Albany, N.Y./Colonie Central

Coming off a strong sophomore campaign that saw her set a course record at Binghamton ... Finished 17th overall and second on team at America East Championships ... First on team and 26th overall at George Washington 104th at NCAA Northeast Championships ... Major is psychology with a concentration in education ... Athletic Directors Honor Roll ... America East Conference Honor Roll ... Member of the New York Giants Training Camp staff.



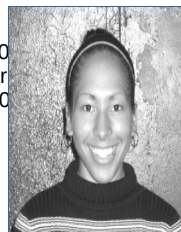
Jenny Boshco So. 5-9 Bedford, Mass./Bedford

Strong freshman season included a 27th-place finish at the Fordham Invitational ... Placed 2nd at Great Danes to a second-place finish at the 36th Annual Albany Invitational ... Finished 65th overall at the ECAC Championships ... Member of the Athletic Directors Honor Roll ... Named to the America East Honor Roll ... Intends to major in atmospheric science.



Alyssa Lotmore Fr. 5-6 Albany, N.Y./Bishop Maginn

Cross Country MVP for Big Ten League Champion Bishop Maginn in 2002 ... 2001 New York State Class B Champion in the 3,000 meter run ... Scholar Athlete in 2001, 2002, and 2003 ... Inducted into the National Honor Society in 2003 ... Intends to major in education.



Natasha Torres Fr. 5-3 Coral Springs, Fla./J.P. Taravella

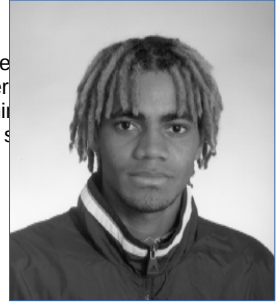
2003 All-County Cross Country Champion ... Competed at the Florida State Cross Country Championships in 2003 ... Member of Florida State Champion Cross Country and 2003 ... Named team MVP in 2002 and 2003 ... Member of the Florida State Honor Society ... Intends to major in pre-medicine.



MENS PROFILES

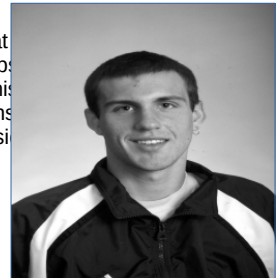
Rob Caracciolo Sr. 5-11 Mount Kisco, N.Y./Fox Lane

Finished 29th overall and fourth on the squad as UAlbany placed in the top three overall in team standings at the 2002 IC4A Championships ... Teams third finisher at the 2002 Fordham Invitational ... Fifteenth out of 153 runners at George Washington Invitational ... Transferred from George Mason University prior to fall 2001 season. Major is psychology.



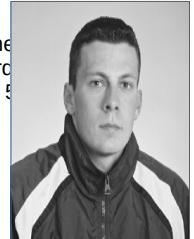
Joe Pienta Sr. 5-11 Valatie, N.Y./Ichabod Crane

Finished first or second on team in all eight races ... Placed sixth at the 2002 Fordham Invitational ... Season-best second-place finish at IC4A Championships ... Top performer after placing sixth at conference championships ... Finished fifth at Northeast Regional ... Major is history with a minor in womens studies. Director's Academic Honor Roll ... America East Conference Commissioner's Honor Roll.



Chris Pierson Sr. 5-10 Binghamton, N.Y./Chenango Valley

Scored in two races last year ... Fifth on the team at the NCAA Northeast Invitational ... Placed 48th at the 36th Albany Invitational and helped team to third place ... Registered a 43rd-place finish at season-opening Fordham Invitational ... Finished 5th at IC4A Championships ... Athletic Academic Honor Roll.



Andy Allstadt Jr. 6-0 Endicott, N.Y./Union-Endicott

All-America East Conference performer after coming in eighth overall at the 2002 UAlbany squad at conference championships ... Finished fifth at the 2002 IC4A Championships ... First or second on team in all eight races ... 58th overall at Northeast Regional ... George Washington Invitational Champion ... Second-place finisher at Albany Invitational ... Twelfth at season-opening Fordham Invitational ... Major is Biology ... UAlbany Presidential Scholar ... Athletic Directors Academic Honor Roll ... America East Conference Commissioners Honor Roll.

