

CROSS COUNTRY



MEDIA GUIDE 2004



2004 UALBANY CROSS COUNTRY

Women's Roster

Name	Cl.	Ht.	Hometown/High School
Adanna Andrews	So.	5-5	Rego Park, N.Y./Lincoln
Anisha Andrews	So.	5-5	Rego Park, N.Y./Lincoln
Jennifer Boshco*	Jr.	5-9	Bedford, Mass./Bedford
Maureen Brown*	Sr.	5-5	Staten Island, N.Y./Staten Island Technical
Lauren Diffendale	Fr.	5-9	Rockaway, N.Y./Archbishop Molloy
LaToya Johnson	Jr.	5-6	Yonkers, N.Y./Lincoln
Theresa Juva*	Sr.	5-0	Flushing, N.Y./The Mary Louis Academy
Natalie LeBron	Fr.	5-1	Patterson, N.Y./Archbishop Molloy
Alyssa Lotmore*	So.	5-6	Albany, N.Y./Bishop Maginn
Gabrielle Malone	Fr.	5-8	Rochester, N.Y./Arcadia
Trista Neinast*	Gr.	5-4	Sparta, N.J./Roxbury
Jennifer Russell	So.	5-6	White Plains, N.Y./White Plains
Nicole Susser*	Sr.	5-7	Albany, N.Y./Colonie
Natasha Torres*	So.	5-3	Coral Springs, Fla./JP Taravella
Danielle Trimpop	Fr.	5-5	Warwick, N.Y./Warwick Valley

*letterwinner

Men's Roster

Name	Cl.	Ht.	Hometown/High School
Andy Allstadt*	Sr.	6-0	Endicott, N.Y./Union Endicott
Gered Burns	Jr.	6-1	Altamont, N.Y./Guilderland
Bryant Cherry-Woode*	Jr.	6-0	New York, N.Y./LaSalle
Ricardo Estremera	Fr.	5-8	San Juan, Puerto Rico/University
Robbie Freeman*	Jr.	6-0	New Hyde Park, N.Y./Great Neck South
Ryan Gaedje	Fr.	5-8	Rexford, N.Y./Shenendehowa
Samuel Gonzalez*	Sr.	5-8	Fort Hunter, N.Y./Fonda Fultonville Central
Chris Jimenez	Fr.	5-8	Corona, N.Y./Saint Francis Prep
Chris Pierson*	Gr.	5-10	Binghamton, N.Y./Chenango Valley
Tom Scahill	Fr.	5-7	Williamson, N.Y./Williamson
Richard Villanueva	Sr.	6-1	Bronx, N.Y./Mt. St. Michael
Jeremiah Wilson	So.	6-0	New York, N.Y./Dewitt Clinton
Eric Zorrilla	So.	5-7	Flushing, N.Y./St. John's Prep

*letterwinner

Head Coach: Craig McVey (Kansas State '79)

Dir. of Track & Field/Cross Country: Roberto Vives (Seton Hall '78)

Assistant Coach: Steve Clarke (Bucknell '95)

Graduate Assistant: Meghan Howell (UALbany '04)

QUICK FACTS



GENERAL INFORMATION

Location: Albany, N.Y. 12222
Founded: 1844
Enrollment: 11,819
Nickname: Great Danes
Colors: Purple & Gold

CROSS COUNTRY

Affiliation: NCAA Division I
Conference: America East
Head Coach: Craig McVey (Kansas State '79)
Record at Albany: Third Season
2003 Women's America East Finish: Third
2003 Men's America East Finish: Second
Assistant Coach: Steve Clarke (Bucknell '95)
Cross Country Office Phone: 518-442-3057
Dir. of Track & Field/Cross Country: Roberto Vives
Office Phone: 518-442-3064
Women's Letterwinners Returning/Lost: 8/1
Men's Letterwinners Returning/Lost: 5/2
Newcomers: **Men:** Ryan Gaedje, Ricardo Estremera, Chris Jimenez, Tom Scahill
Women: Natalie LeBron, Lauren Diffendale, Danielle Trimpop, Gabrielle Malone

ADMINISTRATION

Interim President: John R. Ryan
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
Assistant Athletic Director/Compliance: Mike George
Director of Athletic Development: Don Ostrom
Director of Event Management & Operations: Megan Buchanan
Director of Athletic Academic Services: Julie Steinke
Head Equipment Manager: Kevin Galuski
Head Athletic Trainer: Jack Koelmel
Cross Country Athletic Trainer: Kimberly Doyle

ATHLETIC MEDIA RELATIONS

Asst. Athletic Director/Media Relations: Brian DePasquale
Office Phone: 518-442-3072
E-mail: bdepasquale@uamail.albany.edu
Media Relations Assistant/C.C. Contact: Brianna LaBrecque
Office Phone: 518-442-5733
E-mail: blabrecque@uamail.albany.edu
Media Relations Fax: 518-442-3139
Sportsline: 518-442-DANE (3263)
Website: www.albany.edu/sports

CREDITS: The 2004 University at Albany Cross Country media guide is published by the athletic media relations office for use by friends of UAlbany Cross Country and members of the media. **Editor:** Brianna LaBrecque **Contributors:** Brian DePasquale, Alison Hischak. **Photography:** Bob Ewell, Steve Lobel, Mark Schmidt. **Cover Design:** Janet Topal. **Printing:** New York Press & Graphics, Albany, N.Y. **On The Cover:** 2004 UAlbany Men's & Women's Cross Country Teams

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 Craig McVey

Craig McVey enters his third year at the helm of UAlbany Cross Country. McVey also serves as UAlbany's associate head track coach and is beginning his eighth year in that capacity working with distance runners and pole vaulters.

Last season the UAlbany harriers posted their best Division I season ever. Both the women's and the men's squads cracked the top three positions in the America East Conference Championships held on the UAlbany campus on their campus course. The women's squad captured third in their best finish ever while the men's team finished as conference runner's up. Three UAlbany athletes gained All-Conference honors, led by returnees Andy Allstadt (5th) and U.S. Junior All-American Alyssa Lotmore (7th).

In 2003, the Great Dane runners earned a record six All-East honors (top 20 finish) at the IC4A/ECAC Championships. Five athletes return from that group for 2004. The women's team has posted consecutive ECAC runner-up finishes in 2002 and 2003, while the men have finished third (2002) and fourth (2003) in IC4A competition.

McVey, 50, has also coached the school's horizontal jumpers and vaulters. In his seven seasons with that group the Great Danes have set 10 different school records multiple times. During those seasons UAlbany qualified athletes for the IC4A and/or ECAC Championships in each of those indoor/outdoor campaigns and have earned All-America East and

IC4A/ECAC All-East Honors.

While an undergraduate at Kansas State University, McVey was a member of two Big Eight Conference indoor championship teams, a Big Eight Cross Country Championship team and KSU squads which were ranked annually among the NCAA top dual-meet teams.

McVey began his collegiate coaching career at KSU in 1983, serving as assistant to Steve Miller. During McVey's tenure there, KSU athletes captured 18 Big Eight Conference titles and ranked as the NCAA Division I top combined men's and women's program.

In 1988, McVey became head men's and women's cross country and track coach at Hartwick College. His teams eclipsed 83 school records in six years and produced NCAA All-Americans and 22 New York Collegiate individual champions. He coached 16 All-New York Region cross country runners, while athletes set 14 course records. McVey assumed the same position at The College of Saint Rose, and in his only year there the men's and women's cross country teams both recorded individual conference championship honors in 1996-97. That year, the women won the NYCAC Conference title and the men finished second. He guided the men's indoor team to a conference runner-up finish at the Collegiate Track Conference Championships, well ahead of the previous year's ninth place.

A native of Manhattan, Kansas, McVey has been recognized as a four-time regional coach of the year. He was director/head coach of the USA East Team which competed in the United States and Canada. He served as a games committee member for the NCAA Outdoor Track & Field Championships for three years and president of the NYSWCAA Track & Field Governing Committee.

McVey received a B.S. in physical education in 1979 and earned his masters degree from KSU in 1985. He and his wife, Bette, reside in Guilderland with their children Luke (15), Kirsten (11), Maggie (10) and Tyler (4).

Director of Track & Field/ Cross Country Roberto Vives

Roberto Vives enters his 20th season as the director of UAlbany's track & field/cross country program. In that period, Vives has coached 124 All-America athletes and 14 individual NCAA champions. Eight of his athletes have been inducted into the school's Athletic Hall of Fame, the most recent being Xiomara Davila Diaz, Kimberly Toone and Bill Vanos, all in 2004.

Vives has led UAlbany to 23 conference championships and four New York State titles. He was an administrator and coach at the U.S. Olympic Festival in 1993, 1994 and 1995. Coach Vives also served as CTC President and as the USAT&F East Men's 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 Dean's 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 master's 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 & field. He spent three years at his alma mater prior to his appointment as boys' track & field coach at Bronx High School of Science, a position he held until moving to UAlbany in the fall of 1985.



Assistant Coach Steve Clarke

Steve Clarke enters his third season as an assistant coach with the UAlbany cross country program. Clarke, a native of nearby Guilderland, N.Y., was a three-time Patriot League cross country champion while at Bucknell University. He was one of ten male runners selected to the Patriot League's All-Decade Cross Country Team.

Clarke finished second at the league championships as a senior in 1994 and qualified for the NCAA Championships in Fayetteville, Arkansas. His time at the meet still stands as the third-

best performance in Patriot League history. A two-time captain, Clarke was an All-Patriot League selection on seven occasions in both cross country and track. He captured three individual Patriot League titles and earned All-East honors in outdoor track as a senior.

A Dean's List student, Clarke received his B.A. in biology and economics from Bucknell in 1995. He was awarded a master's degree in exercise physiology from the University of Tennessee in 1998. Most recently, Clarke served as coach and manager for FILA Discovery, an elite distance running club, where he worked with a number of international athletes as they trained and competed in the United States.

MEET THE GREAT DANES



2004 UAlbany Women's Cross Country

Front Row (left to right): Theresa Juva, Maureen Brown, Nicole Susser, Alyssa Lotmore, Jessica Oehlke, Natasha Torres.
Back Row (left to right): Assistant Coach Steve Clarke, Danielle Trimpop, Ali Wiederhold, Gabrielle Malone, Lauren Diffendale, Jennifer Russell, Adanna Andrews, Natalie Lebron, Head Coach Craig McVey.



Maureen Brown
• Senior
• 5-5
• Staten Island, N.Y./Staten Island Technical

Finished 52nd at the America East Championships held on the UAlbany campus course in a time of 19:50 on Nov. 1...Placed 50th at the ECAC Championships in 20:20... Majoring in actuarial mathematics



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

Placed among the top-five UAlbany runners in every race last season... Finished 28th at the 2003 America East Championships to help lead the team to a third-place finish... Finished 29th at the 2003 ECAC Championships in which the Great Danes finished second out of 15 teams... Fifth overall in the UAlbany season-opening win at the Fordham Invitational... Major is English with a concentration in creative writing... Athletic Director's Academic Honor Roll... America East Commissioner's Honor Roll.

MEET THE GREAT DANES



Trista Neinast

- Senior
- 5-4
- Succasunna, N.J./Roxbury

Finished in the top-five UAlbany runners in two races last season... ECAC qualifier in the 10,000-meter run with a personal best time of 37:10 at the Duke Invitational... Finished third overall at the Fordham Invitational... Major is history with a minor in women's studies... Athletic Academic Honor Roll... America East Conference Academic Honor Roll.



Nicole Susser

- Senior
- 5-7
- Albany, N.Y./Colonie Central

Top-five finisher for the Great Danes in all eight meets in 2003... Top UAlbany finisher at the Boston College Select Meet as well as Lehigh's Paul Short Invitational... 11th overall at the 2003 America East Championships to lead the Great Danes to a third-place finish... Eighth overall at the 2003 ECAC Championships, where UAlbany finished second out of 15 teams... All-East Runner at ECAC Championships... Set a course record at Binghamton as a sophomore... Major is psychology with a minor in education... Athletic Director's Honor Roll... America East Conference Academic Honor Roll... Member of the New York Giants Training Camp staff.



Jennifer Boshco

- Junior
- 5-9
- Bedford, Mass./Bedford

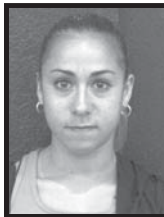
Strong freshman season included a 27th place finish at the Fordham Invitational... Helped Great Danes to a second-place finish at the 36th Annual UAlbany Invitational by placing 65th overall... Also finished 65th at the 2002 ECAC Championships... Member of the Athletic Director's Honor Roll... Named to the America East Honor Roll... Majoring in atmospheric science.



Alyssa Lotmore

- Sophomore
- 5-6
- Albany, N.Y./Bishop Maginn

UAlbany's top performer as a freshman... Finished in the top five Great Dane runners in all eight meets in 2003... Was the top UAlbany runner at the 37th Annual UAlbany Invitational (seventh overall), the America East Championships (sixth overall) and at the ECAC Championships (seventh overall)... Earned All-East Honors at the 2003 ECAC Championships... Majoring in social welfare.



Natasha Torres

- Sophomore
- 5-3
- Coral Springs, Fla./JP Taravella

Finished 10th overall at season-opening Fordham Invitational in 2003... Was 46th overall at George Washington Invitational... Placed 69th at America East Championships hosted by UAlbany... Ended season placing 74th at ECAC Championships... Majoring in Psychology.



Danielle Trimpop

- Freshman
- 5-5
- Warwick, N.Y./Warwick Valley

Member of 4x1 mile relay team that finished second at the Indoor National Championships... Ran a 3:40 1,200 in her leg of the distance medley relay that placed third at Indoor National Championships... Majoring in business.

WOMEN'S RESULTS



Women's 2003 Results

Sept. 6 - Fordham Invitational 5K (Van Cortlandt Park, Bronx, N.Y.)

Team Finish: 1st/6 teams

Albany Scorers: 1. Meghan Howell, 19:17; 2. Nicole Susser, 19:27; 3. Trista Neinast, 19:34; 4. Alyssa Lotmore, 19:49; 5. Theresa Juva, 19:57.

Sept. 12 - Boston College Select Meet 5K (Franklin Park, Boston, Mass.)

Team Finish: 6th/10 teams

Albany Scorers: 26. Nicole Susser, 19:07; 31. Meghan Howell, 19:12; 32. Trista Neinast, 19:13; 36. Alyssa Lotmore, 19:21; 37. Theresa Juva, 19:23.

Sept. 27 - George Washington Invitational 5K (Bull Run Park, Centreville, Va.)

Team Finish: 4th/15 teams

Albany Scorers: 11. Meghan Howell, 19:34; 16. Nicole Susser, 19:54; 29. Theresa Juva, 20:21; 33. Jessica Oehlke, 20:32; 46. Natasha Torres, 20:58.

Oct. 4 - Paul Short Invitational 6K (Lehigh University, Bethlehem, Pa.)

Team Finish: 16th/32 teams

Albany Scorers: 63. Nicole Susser, 22:30; 80. Meghan Howell, 22:44; 100. Alyssa Lotmore, 23:04; 106. Theresa Juva, 23:07; 116. Jessica Oehlke, 23:18.

Oct. 18 - 37th UAlbany Invitational 5K (UAlbany Campus Course, Albany, N.Y.)

Team Finish: 4th/20 teams

Albany Scorers: 7. Alyssa Lotmore, 18:15; 17. Meghan Howell, 18:33; 18. Nicole Susser, 18:37; 28. Theresa Juva, 18:55; 36. Jessica Oehlke, 19:05.

Nov. 1 - America East Championships 5K (UAlbany Campus Course, Albany, N.Y.)

Team Finish: 3rd/10 teams

Albany Scorers: 6. Alyssa Lotmore, 18:17; 11. Nicole Susser, 18:25; 21. Meghan Howell, 18:55; 28. Theresa Juva, 19:04; 46. Jessica Oehlke, 19:32; 52. Maureen Brown, 19:50; 58. Laura Subik, 20:11; 68. Gwen Uhler, 20:35; 69. Natasha Torres, 20:36.

Nov. 15 - NCAA Northeast Regionals 6K (Franklin Park, Boston, Mass.)

Team Finish: 20th/36 teams

Albany Scorers: 84. Meghan Howell, 23:13; 102. Alyssa Lotmore, 23:24; 106. Nicole Susser, 23:26; 117. Jessica Oehlke, 23:31; 150. Theresa Juva, 24:04.

Nov. 22 - ECAC Championships 5K (Van Cortlandt Park, Bronx, N.Y.)

Team Finish: 2nd/15 teams

Albany Scorers: 7. Alyssa Lotmore, 19:05; 8. Nicole Susser, 19:08; 13. Meghan Howell, 19:15; 29. Theresa Juva, 19:45; 30. Jessica Oehlke, 19:46; 50. Maureen Brown, 20:20; 74. Natasha Torres, 21:00.

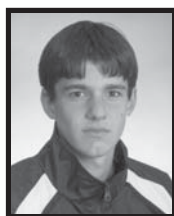
MEET THE GREAT DANES



2004 UAlbany Men's Cross Country

Front Row (left to right): Sam Gonzalez, Chris Pierson, Andy Allstadt, Rob Freeman, Rich Villanueva, Ricardo Estremera.

Back Row (left to right): Assistant Coach Steve Clarke, Ryan Gaedje, Bryant Cherry-Woode, Gered Burns, Jerry Wilson, Eric Zorilla, Tom Scahill, Head Coach Craig McVey.



Andy Allstadt

- Senior
- 6-0
- **Endicott, N.Y./Endicott-Union**

Finished first or second on the team in all eight meets in 2003... Individual Champion at season-opening Fordham Invitational... Top finisher for UAlbany at six of eight meets in 2003.... All-America East performer, finishing fifth overall at the America East Championships... Also finished fifth overall at IC4A Championships, earning All-East Honors... 43rd at NCAA Northeast Regionals... Named 2003 America East Conference Scholar-Athlete of the Year for men's cross country... Majoring in biology... UAlbany

Presidential Scholar... Athletic Director's Academic Honor Roll... America East Conference Commissioner's Honor Roll.



Samuel Gonzalez

- Senior
- 5-8
- **Fort Hunter, N.Y./Fonda-Fultonville**

Top five finisher for the Great Danes in five of eight meets in 2003... Finished seventh overall at the season-opening Fordham Invitational... 14th overall at the 37th UAlbany Invitational... 18th at 2003 America East Championships... 29th at IC4A Championships... Majoring in psychology.

MEET THE GREAT DANES



Chris Pierson

- Senior
- 5-10
- Binghamton, N.Y./Chenango Valley

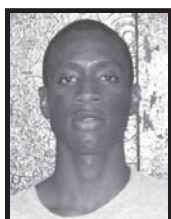
Top five finisher for UAlbany in seven of eight meets last season... 20th at 37th UAlbany Invitational... 14th at the America East Championships... 20th overall at IC4A Championships, earning All-East Honors... Majoring in criminal justice... Athletic Academic Honor Roll.



Gered Burns

- Junior
- 6-1
- Altamont, N.Y./Guilderland

Finished 59th for the Great Danes in the team's runner-up finish at the 2003 America East Championships... School record holder in the indoor 800m (1:49.50) and indoor 1,000m (2:26.50)... Majoring in geology.



Bryant Cherry-Woode

- Junior
- 6-0
- New York, N.Y./LaSalle

Finished 26th overall in a time of 26:44 to help lead the UAlbany men to a second-place team finish at the America East Championships, held on the Great Danes home course... Placed 31st at the IC4A Championships... Majoring in English.



Robbie Freeman

- Junior
- 6-0
- New Hyde Park, N.Y./Great Neck South

Top five finisher for the Great Danes in six of eight meets in 2003... Fourth overall at season-opening Fordham Invitational... Second for UAlbany, 11th overall at 2003 IC4A Championships... Earned All-East Honors for his performance at IC4A Championship... 24th at America East Championships... America East Conference Academic Honor Roll... Majoring in human biology.



Ricardo Estremera

- Freshman
- 5-8
- San Juan, Puerto Rico/University

Owns high school record in 1500 meters with a time of 3:55... Finished fifth overall in El Arecatao marathon in his native Puerto Rico, running the 8k course in 26:12... Puerto Rico Mile Grand Prix Champion in a time of 4:12... Majoring in biology.



Ryan Gaedje

- Freshman
- 5-8
- Rexford, N.Y./Shenendehowa

Set to have an immediate impact as a freshman for UAlbany cross country... In 2003, ran fastest 3000m steeplechase in the state of New York for that year with a time of 9:21... Third overall at nationals in 2000m steeplechase with a time of 6:03... Member of the national indoor record holding 4x1 mile relay team at Shenendehowa which won the national championship... Major is undeclared.

Men's 2003 Results

Sept. 6 - Fordham Invitational 8K (Van Cortlandt Park, Bronx, N.Y.)

Team Finish: 1st/5 teams

Albany Scorers: 1. Andy Allstadt, 26:06; 2. Rob Carraciolo, 26:41; 3. Joe Pienta, 26:52; 4. Robbie Freeman, 26:52; 7. Sam Gonzalez, 27:37.

Sept. 12 - Boston College Select Meet 8K (Franklin Park, Boston, Mass.)

Team Finish: 6th/9 teams

Albany Scorers: 13. Joe Pienta, 25:11; 20. Andy Allstadt, 25:16; 32. Robbie Freeman, 25:38; 37. Rob Caracciolo, 25:48; 51. Chris Pierson, 26:35.

Sept. 27 - George Washington Invitational 8K (Bull Run Park, Centreville, Va.)

Team Finish: 4th/15 teams

Albany Scorers: 14. Andy Allstadt, 26:38; 29. Rob Caracciolo, 27:10; 32. Joe Pienta, 27:15; 38. Robbie Freeman, 27:28; 52. Chris Pierson, 28:24.

Oct. 4 - Paul Short Invitational 8K (Lehigh University, Bethlehem, Pa.)

Team Finish: 13th/33 teams

Albany Scorers: 27. Andy Allstadt, 25:10; 67. Joe Pienta, 25:39; 73. Robbie Freeman, 25:46; 113. Rob Caracciolo, 26:15.24; 114. Chris Pierson, 26:12.76.

Oct. 18 - 37th UAlbany Inviational 8K (UAlbany Campus Course, Albany, N.Y.)

Team Finish: 1st/25 teams

Albany Scorers: 3. Joe Pienta, 25:16; 4. Andy Allstadt, 25:23; 14. Sam Gonzalez, 26:00; 20. Chris Pierson, 26:10; 23. Rob Caracciolo, 26:13.

Nov. 1 - America East Championships 8K (UAlbany Campus Course, Albany, N.Y.)

Team Finish: 2nd/10 teams

Albany Scorers: 5. Andy Allstadt, 25:10; 8. Joe Pienta, 25:38; 14. Chris Pierson, 26:03; 18. Sam Gonzalez, 26:16; 19. Rob Caracciolo, 26:18; 24. Robbie Freeman, 26:34; 26. Bryant Cherry-Woode, 26:44; 55. Sam Pecorcaro, 28:10; 59. Gered Burns, 28:23.

Nov. 15 - NCAA Northeast Regionals 10K (Franklin Park, Boston, Mass.)

Team Finish: 17th/33 teams

Albany Scorers: 43. Andy Allstadt, 31:30; 53. Joe Pienta, 31:49; 115. Sam Gonzalez, 33:06; 123. Rob Caracciolo, 33:18; 127. Chris Pierson, 33:25.

Nov. 22 - IC4A Championships 8K (Van Cortlandt Park, Bronx, N.Y.)

Team Finish: 4th/12 teams

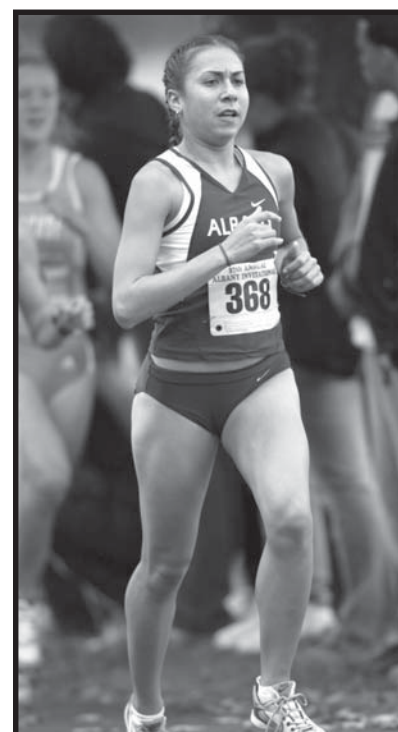
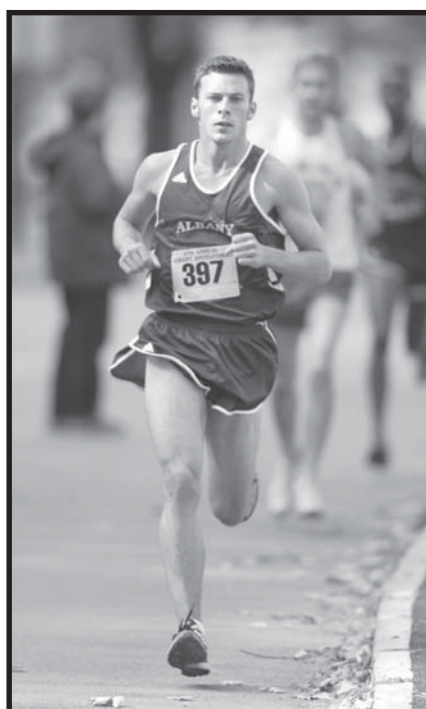
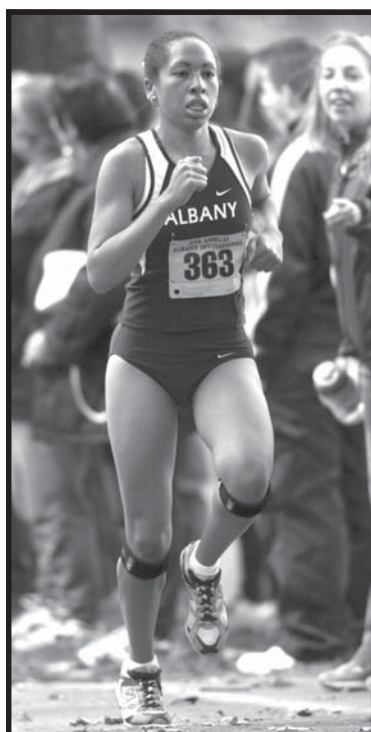
Albany Scorers: 5. Andy Allstadt, 25:48; 11. Robbie Freeman, 26:27; 20. Chris Pierson, 26:44; 29. Sam Gonzalez, 27:08; 31. Bryant Cherry-Woode, 27:16; 57. Rob Caracciolo, 28:04.

COURSE RECORDS



MEN'S TOP 10 COURSE TIMES

1.	Jochen Dieckfoss	Boston U.	24:50	2003 America East Championships
2.	Anthony Traux	UNH	24:53	2003 America East Championships
3.	Stephen Meinelt	UNH	24:56	2003 America East Championships
4.	Anthony Traux	UNH	24:58	37th UAlbany Invitational
5.	Dale Summerville	Stony Brook	25:10	2003 America East Championships
6.	Andy Allstadt	UAlbany	25:10	2003 America East Championships
7.	Dale Summerville	Stony Brook	25:14	37th UAlbany Invitational
8.	Joe Pienta	UAlbany	25:24	37th UAlbany Invitational
9.	Andy Allstadt	UAlbany	25:24	37th UAlbany Invitational
10.	Anthony Traux	UNH	24:36	37th UAlbany Invitational



WOMEN'S TOP 10 COURSE TIMES

1.	Jacquelin Nunez	Stony Brook	17:31	2003 America East Championships
2.	Lesley Read	UNH	17:35	2003 America East Championships
3.	Jaquelin Nunez	Stony Brook	17:36	37th UAlbany Invitational
4.	Lesley Read	UNH	17:50	37th UAlbany Invitational
5.	Caitlin Hayes	UNH	18:04	2003 America East Championships
6.	Jessica Manzer	Middlebury	18:05	37th UAlbany Invitational
7.	Michele Palmer	Vermont	18:11	2003 America East Championships
8.	Caitlin Hayes	UNH	18:13	37th UAlbany Invitational
9.	Andrea Giddinga	Middlebury	18:16	37th UAlbany Invitational
10.	Megan Hepp	UNH	18:16	2003 America East Championships

ACADEMIC SERVICES

UAlbany Student-Athlete Support Services

Developing today's student-athletes and tomorrow's leaders

Staff: Julie A. Steinke, Director
jsteinke@uamail.albany.edu
518-437-3788

Ed Scott, Assistant Director
escott@uamail.albany.edu
518-442-3361

The mission of the Office of Student Athlete Support Services is to enhance the collegiate experience of UAlbany student-athletes by providing an environment that assists them in developing transferable skills so that they may be better prepared to compete in the classroom, the athletic arena, as well as life.

What are the benefits of these services?

By partaking in these services, the student-athlete will notice:

- Improved academic performance.
- Improved potential for graduation.
- Improved personal development.
- Accommodations for learning disabilities that enable success.
- Understanding & instruction outside of the classroom to reinforce learning.
- Interaction with professors & other campus resources to encourage the development of positive relationships.
- Improved interaction between teams to create support and friendships.

What services are available?

- Academic Services
 - *Academic Skill Development
 - *Supervised Study
 - *STAAR Program
 - *Priority Registration
 - *Monitoring of Academic Progress
 - *Peer Tutoring
- Community Service
 - *Paw Pals Program
 - *School Visits
 - *Sport Clinics
 - *Adopt-A-Highway
- Career Services
 - *Resume Writing
 - *Interviewing Skills
 - *Job Search Network
- Personal Development
 - *Awareness Programs
 - alcohol & drug abuse
 - nutrition
 - gambling
 - *Financial Planning
 - *Communication Skills
 - *Life After Athletics

How can I become involved?

- Individual & Team Projects
 - *Build your resume & help your team win the Dane Dish by earning points for your involvement. Give back to the community that supports you by participating in programs such as: Paw Pals, the Student Athlete Advisory Board, the Great Danes Reading Program & local school visits, among others.
- Serve as a resource
 - *Help support UAlbany Athletics by serving as a resource for community service, career development or other programming activity.

Available Resources

- Financial Aid/Scholarship Materials
- Graduate School Information
- Individualized counseling
- Career Fairs
- Computer lab access
- Internship & job postings
- Much, much, more!!

Student-Athlete Advisory Committee

The purpose of the Student-Athlete Advisory Committee (SAAC) is to serve as liaisons between the athletic administration and student-athletes. The members of SAAC act as the "voice" of the student-athletes and disseminate information given to them, by administrators, to their respective teams. SAAC is a vehicle for student-athletes to improve upon student-athlete welfare, as well as help coordinate community service, life skills and various other activities for the athletic department

All student athletes must continually meet academic requirements of the University at Albany and the NCAA. To review these requirements, please contact a member of the SASS staff or the UAlbany Compliance Office.

UNIVERSITY AT ALBANY HALL OF FAME CLASS OF 2004

Xiomara Davila Diaz (1996-99) - Davila Diaz was one of UAlbany's top hurdlers and sprinters in the track program's Division II era. She shared the school's 1998-99 Female Athlete of the Year award. She was voted athlete of the meet at both the 1999 ECAC Division II and New England Collegiate Conference indoor championships. Davila Diaz qualified for the 1999 ECAC Division I outdoor meet in both the 100- and 400-meter hurdles. She competed at the 1997 NCAA Division II meet in three events, and was fifth in the 400-hurdles.

Peter Pedro (1986-90) - One of the top fullbacks in UAlbany football history, Pedro ranks fourth among the school's career rushing leaders with 2,612 yards. He averaged 5.4 yards per carry, ranked ninth in both total offense and scoring, and totaled 22 career touchdowns. Pedro led the Great Danes in rushing as a sophomore and junior with 800-plus yards on the ground in both seasons. He was named Pizza Hut honorable mention All-American in 1987. Pedro's top effort came when he rumbled for 186 yards in a 35-19 win against Norwich.

Kimberly Toone (1985-87) - An All-America track athlete in the mid-1990s, Toone was inducted into UAlbany's Athletic Hall of Fame posthumously. She died, at the age of 22, in a tragic automobile accident. Toone qualified for the 1996 NCAA Division II indoor championships in the long jump and 55-meter hurdles. She had captured both the ECAC and Collegiate Track Conference indoor long jump titles. Toone, who did not compete on the high school level, reached the NCAA Division III national indoor and outdoor championships in 1995. She was a three-event CTC outdoor champion in the long jump, 100-meter hurdles and 400-meter hurdles.

Bill Vanos (1990-94) - A two-time track 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 at the national indoor meet. He captured the CTC 3,000-meter steeplechase title and was third at Penn Relays in the 5,000. Vanos also competed in three NCAA cross country championships and recorded a pair of top-35 finishes as an individual.

UALBANY OLYMPIAN



Former UAlbany track and field athlete Rob Carracciolo '04, represented the small West African nation of Equatorial Guinea in the 2004 Olympic Games held in Athens, Greece.

Carracciolo, who was eligible to run for Equatorial Guinea because his mother was born there, became the first Great Dane to ever compete in an Olympic event.

Carracciolo, 22, was originally scheduled to run in the 3,000 meter steeplechase, an event he competed in for four years as a Great Dane. Instead, Carracciolo competed in the opening heat of the 1,500 meters, an event he never ran as a collegian.

In his final season as a Great Dane, Carracciolo posted several top ten finishes in the steeplechase, including a first-place finish at the UConn Invitational and a third-place running at his final college meet, the UAlbany Spring Classic.

The country of Equatorial Guinea, which had been following Carracciolo's track and field career since high school, contacted him through his mother. Without an opportunity to make the United States team, Carracciolo decided to run for the small country, which had only one other Olympic delegate; a women's track athlete.

Caracciolo was accompanied to Athens by UAlbany assistant track and field coach Steve Clarke.

Caracciolo did not advance to the semifinals of the 1,500 meter race. In the opening heat, he was lined up next to Morocco's Hicham El Guerrouj, who holds the world record in the 1,500 with a time of 3 minutes, 26 seconds.



Rob Carracciolo (second from left) lines up next to world record holder Hicham El Guerrouj at the 2004 Olympic Games in Athens, Greece.



AMERICA EAST CONFERENCE

The Tradition

America East Conference enters its 17th year of all-sports championship competition with a reputation as one of the most comprehensive NCAA Division I conferences. With a geographic footprint extending from the Mid-Atlantic to the Northeast regions, America East remains committed to broad-based, competitive Division I athletics programs, complementing the academic integrity of the 10 member institutions. University at Albany, Binghamton University, Boston University, University of Hartford, University of Maine, University of Maryland, Baltimore County (UMBC), University of New Hampshire, Northeastern University, Stony Brook University, and University of Vermont each offers a unique blend of academic and athletic tradition. America East also has an associate membership with Quinnipiac University in the sport of men's lacrosse.

Athletic Success

America East's proven record of success in its sports will enable the conference to earn admission to 12 NCAA Championships in 2004-05. Student-athletes in the sports of baseball, men's basketball, women's basketball, field hockey, men's lacrosse, women's lacrosse, men's soccer, women's soccer, softball, men's tennis, women's tennis, and volleyball receive access to NCAA Championships via the conference's automatic qualifiers. Individual champions at the America East Outdoor Track and Field Championship will receive bids to that NCAA Championship. In addition, several America East athletes in sports such as men's and women's cross country, men's and women's indoor track and field, men's and women's golf, and men's and women's swimming and diving will compete in those NCAA Championships. Overall, America East sponsors championships in 22 sports.

Academic Accolades

America East institutions saw nine of their student-athletes earn Academic All-America honors in 2003-04 alone. This total ranked fifth-highest among all Division I-AA and I-AAA conferences. Included in the group were first-team selections Lana Khvalina of the UMBC women's tennis team, who was named for the second-straight year, and Alon Lubezky of the Hartford men's soccer team, the school's career goal scoring leader. America East annually recognizes its student-athletes' success in the classroom. All varsity team members who compile a grade-point average between 3.0 and 3.49 during their playing season receive conference recognition by being named to the Academic Honor Roll. Those outstanding student-athletes who compile a grade-point average of 3.5 or higher are named to the Commissioner's Honor Roll. Nearly 1,700 student-athletes received honor roll recognition in 2003-04 with America East's 3,500 student-athletes averaging a 2.97 grade-point average. Additionally, the conference annually determines the top scholar-athlete in each of its championship sports. The scholar-athlete must maintain a minimum 3.2 cumulative grade-point average and be a starter or prominent reserve on the team for the duration of the playing season. From the pool of 22 outstanding scholar-athletes, one male and one female America East student-athlete are further honored as the conference's Scholar-Athletes of the Year.



UNIVERSITY AT ALBANY

The University at Albany today is an internationally recognized public research university with a broad mission of undergraduate and graduate education, and research. More than 17,000 students are enrolled in nine schools and colleges offering 176 undergraduate, master's and doctoral degree programs.

Outstanding faculty, an innovative curriculum, award-winning advisors and student-centered services create a distinctive learning environment that nurtures student success. After graduation, more than two-thirds of undergraduates go on for advanced degrees, and acceptances to law and medical schools are well above the national average. UAlbany has more than 128,000 living alumni, including: Catherine Bertini, B.A.'71, under-secretary-general for management, United Nations; Marcia Brown, B.A.'40, three-time Caldecott Award-winning children's book author; Tom Clarke, B.A.'73, president of new business ventures, Nike, Inc.; and SOBE beverages founder Norm Snyder, B.S.'83.

UAlbany programs in sociology, public administration and policy, criminal justice, clinical psychology, reading, accounting, social welfare and atmospheric sciences have earned national renown for excellence. More recently, the University has been building new strengths in such areas as nanotechnology, life sciences, and public informatics and information systems. The latest rankings of graduate programs by *U.S. News and World Report* place seven programs in the top 25 in the nation.

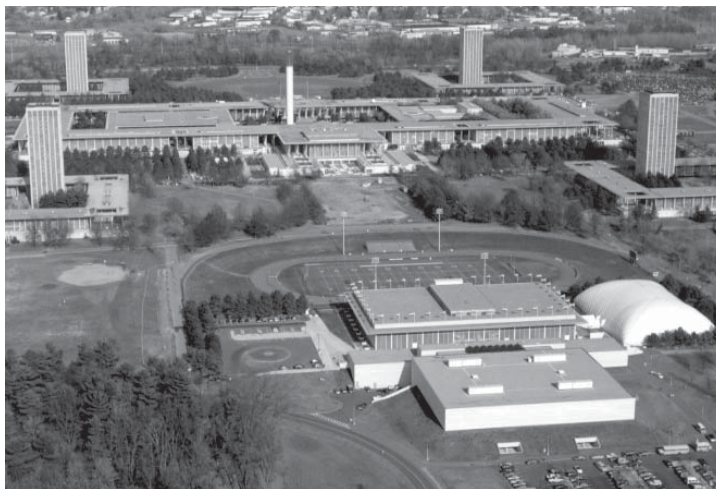
Undergraduates choose from 53 majors in the arts and sciences, business and accounting, public policy, criminal justice, information science, pre-law and pre-health; approximately 30 percent of undergraduates participate in research with faculty. Innovative degree programs with an international focus and more than 300 study-abroad programs prepare students for the global economy. Extensive internship opportunities offer real-world experience in New York's capital and the surrounding region.

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.

The University is just a short drive from spectacular natural and recreational centers in New York, Massachusetts, and Vermont. With 13 colleges in the Capital Region, it's easy to see why Albany is also a "great college town."

UAlbany, working with governmental and business partners, plays a vital role in the economic development of the Capital Region and New York State. The University is a major international center for research and development in the fields of nanosciences and nanoengineering. An economic impact study in 2004 estimated UAlbany's economic impact as \$1.119 billion annually in New York State - \$1.005 billion of that in the Capital Region.

UAlbany aims to rank among the top public research universities in the nation and is taking strategic steps across its three campuses to achieve this goal. The Campaign for the University at Albany was publicly launched in April 2003 to help provide necessary private support for achieving UAlbany's goals.



UNIVERSITY FACTS

Location: 1400 Washington Avenue, Albany, NY 12222

Enrollment: 11,819 (undergraduate), 5,219 (graduate)

Web Site: www.albany.edu

Schools and Colleges: College of Arts and Sciences, School of Business, School of Criminal Justice, School of Education, School of Information Science and Policy, School of Nanoscale Science and Engineering, Nelson A. Rockefeller College of Public Affairs and Policy, School of Public Health, School of Social Welfare.

Quick Facts:

***Established in 1844, UAlbany was designated a University Center of the State University of New York in 1962.

***UAlbany is home to the New York State Writers Institute, founded by Pulitzer Prize-winning author and faculty member William Kennedy. Since 1984, the Institute has brought to campus more than 600 writers and filmmakers, including six Nobel Prize winners and 50 Pulitzer Prize winners, for programs that are free and open to the public.

***UAlbany's three libraries boast more than two million volumes and rank among the nation's top research libraries.

***UAlbany has more than 128,000 living alumni.



UALBANY CROSS COUNTRY **SCHEDULE 2004**

Sept. 4	Sat.	at CCSU Blue Devil Invitational
Sept. 11	Sat.	at New Hampshire Invitational^{^^}
Sept. 18	Sat.	at Ram Invitational*
Oct. 1	Fri.	at Great American Festival[^]
Oct. 16	Sat.	38th UAlbany Invitational
Oct. 30	Sat.	at America East Championships^{^^}
Nov. 13	Sat.	at NCAA Northeast Regional*
Nov. 20	Sat.	at IC4A Championships*

*Van Cortlandt Park (Bronx, N.Y.)

[^] Cary, N.C.

^{^^} Durham, N.H.