

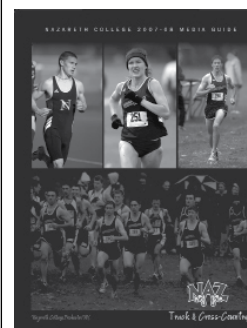


College Information

Location	4245 East Avenue, Rochester, NY 14618
Main Telephone Number	(585) 389-2525
Enrollment	1,975 (undergraduate)
Founded	1924 by the Sisters of St. Joseph
President	Daan Braveman
Nickname	Golden Flyers
Colors	Purple and Gold
Affiliation	NCAA Division III
Conference	Empire 8
Empire 8 Commissioner	Chuck Mitrano
Office Phone	(585) 581-0834
E-mail	cmitrano@empire8.com
Empire 8 Assistant Commissioner	Tim Farrell
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Home Field (capacity)	Golden Flyer Stadium (2,200)
Athletic Director	Peter Bothner
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Financial Aid Office	(585) 389-2310

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NAZARETH CROSS COUNTRY, TRACK & FIELD 2007-08 is a production of the Nazareth Athletic Department. Special thanks to Kiel Sick. For further information, contact Joe Seil at (585) 389-2452 or at jseil2@naz.edu.

Front cover:

NICK STENUF
JESSICA BROWN
BRENDAN EPSTEIN



DESIGN & LAYOUT: **Symbolic**

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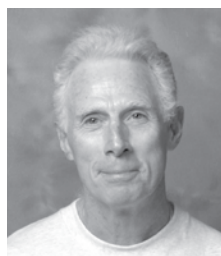
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2007-08 COACHES *Cross Country - Track & Field*

HEAD COACH *Scott Love*



Equipped with more than two decades of coaching experience at various levels in the Syracuse area, Scott Love joined the Nazareth athletic department as a full-time staff member in August of 2002.

In 2003, Love served as head coach of the men's and women's cross country teams as well as the indoor

and outdoor track and field teams, all of which were in their first season of intercollegiate competition.

In 2006, Love reaped some reward for his hard work and dedication in building the Nazareth programs when sophomore Nick Stenuf became Nazareth's first track and field All-American in both the indoor and outdoor 800-meter runs.

Love's teams have succeeded in the classroom as well. Both the track and field and cross country teams have been recognized for having collective grade-point averages well above 3.0. Academic achievement has always been important for Love, who also teaches classes in English Literature at Nazareth.

A graduate of Syracuse University (B.A. English, 1977; M.A. American Literature, 1982), Love coached men's and women's cross country at Onondaga Community College, where he helped produce junior college All-Americans in 1999 and 2001. He also recently has coached in the Empire State Games and served as Central Region coordinator of men's track and field for the 2000 Games that were contested in Cortland.

Love was an assistant coach for cross country and track and field at SU from 1994 through 1998 and his runners set several school records. The men's cross country team won the 1995 IC4A University Men's Team Championship as well as the University of Miami Greentree Invitational and the Western Ontario Invitational. The women's cross country team also won the Miami Greentree Invitational and earned Academic All-American team honors.

As head cross country coach at Onondaga Community College from 1998 to 2001, Coach Love's athletes earned two individual conference titles and twice earned junior college All-American honors.

As a high school coach at P.V. Moore High School in Central Square, N.Y. from 1984 to 1992, Love's teams won 16 Onondaga League divisional titles and one Section Three championship. His cross country teams posted a dual meet record of 102-6 over 12 seasons. Love also has coached at East Syracuse-Minoa, Onondaga Central, and West Genesee.

Love resides in the Syracuse suburb of Jamesville with his wife, Judy, who is employed by New York State. They are the parents of Jason and Caitlin.

ASSISTANT COACH *Jim Rolince*



Nazareth graduate Jim Rolince is back for his fourth season as a part-time assistant coach for cross country and track and field.

A native of Solvay, N.Y., Rolince completed his undergraduate degree in Psychology in 2004. He's now working on a graduate degree in Literacy Education.

Before completing his degree at Nazareth, Rolince competed on the Golden Flyers' first cross country team in the fall of 2003 and was a sprinter on the indoor and outdoor track teams in '03-04 season.

At Solvay High School, Rolince competed in football, basketball, and track and was Section Three pentathlon champion in 2000. In football, he helped Solvay to a Section Three title in 1998 and twice was honored as an Onondaga League all-star.

ASSISTANT COACH *Kristen Lempicki*



Kristen Lempicki is back for her fourth season as a part-time track and field assistant. She also coaches the Golden Flyers' JV soccer team.

Lempicki was a member of both the soccer and track and field teams as a Nazareth undergraduate.

In four soccer seasons, Lempicki amassed 50 points and ranks among the Golden Flyers' all-time leaders with 18 career assists. In track and field, Lempicki holds the school record in the javelin with a heave of 30.97 meters (101 feet, 7 inches) in 2004.

Lempicki is a native of Washingtonville, N.Y. and competed scholastically in soccer, basketball and track. She won the Section Nine title in javelin in 2000.

ASSISTANT COACH *Chris Ryer*



Back for his third season as a part-time assistant coach, Chris Ryer earned an array of accolades as an undergraduate at Ithaca College.

A native of Binghamton, Ryer graduated from Ithaca in 2004 with a degree in biology. As a senior in '04, Ryer won Empire 8 Conference indoor titles in the

55-meter dash and as a member of the 800-meter relay team. He also placed fourth and fifth respectively in those two events at the NYSTC Indoor championships.

In 2001, Ryer won a state title in the 55-meter dash with a winning time of 6.6 seconds. He placed third that year in that event at the ECAC Championships and fifth in the 100-meter dash at the state outdoor championships.

Ryer attended Seton Catholic High School in Binghamton and was a Section Four all-star as a sprinter in the 100-, 200- and 400-meter dashes.

Ryer is working on his doctorate degree in physical therapy.

Cross Country - Track & Field 2007 CROSS COUNTRY ROSTER



Men's Cross Country

	YR.	HT.	WT.	HIGH SCHOOL/HOMETOWN
MICHAEL ANDERSON	SR.	5-9	150	SKANEATELES/SKANEATELES, NY
ROBBY CASTOR	JR.	6-1	155	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY
BRENDAN EPSTEIN	SR.	5-7	140	MORAVIA/MORAVIA, NY
CHRIS FREEMAN	SO.	5-8	140	RUSH-HENRIETTA/RUSH, NY
BRAD FRINK	SO.	5-10	150	CANASTOTA/CANASTOTA, NY
CHRIS Mc BRIDE	SR.	6-3	165	PENFIELD/PENFIELD, NY
JUSTIN Mc CONNELL	FR.	5-8	165	PULASKI/PULASKI, NY
MATT MORALES	FR.	6-2	125	DELHI/DELHI, NY
SEAN RAHRLE	JR.	5-10	160	C.W. BAKER/BALDWINVILLE, NY
AARON SIRTOLI	SR.	6-1	160	MT. MARKHAM/WEST WINFIELD, NY
NICK STENUF	SR.	5-10	135	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY

Women's Cross Country

	YR.	HT.	HIGH SCHOOL/HOMETOWN
SHANNON BRADLEY	SO.	5-1	IRONDEQUOIT/ROCHESTER, NY
JACQUIE BRAMBLEY	FR.	5-3	QUEENSBURY/QUEENSBURY, NY
JESSICA BROWN	SR.	5-7	OXFORD ACADEMY/OXFORD, NY
ABBY CRAIN	JR.	5-7	CORCORAN/SYRACUSE, NY
ALISON D'ANGELO	SO.	5-2	WESTHILL/CAMILLUS, NY
DANIELLE FIORENTINO	FR.	5-8	NEW HARTFORD/NEW HARTFORD, NY
AMANDA GATCH	JR.	4-11	CHARLES O. DICKERSON/JACKSONVILLE, NY
LAUREN GLASER	JR.	5-8	HUNTINGTON/HUNTINGTON, NY
MEGAN GOETZ	JR.	5-6	FAIRPORT/FAIRPORT, NY
JESSICA GOODRICH	FR.	5-2	SOLVAY/SOLVAY, NY
MALLORY GREENSEICH	FR.	5-6	CICERO-NORTH SYRACUSE/CICERO, NY
STEPHANIE HAYDUKE	JR.	5-4	WESTHILL/SYRACUSE, NY
SAMANTHA HICKOK	FR.	5-2	GLENS FALLS/GLENS FALLS, NY
ASHLEY HUGHES	SR.	5-4	JOHN C. BIRDLEBOUGH/PHOENIX, NY
JENNIFER KATZ	SR.	5-6	SPENCERPORT/SPENCERPORT, NY
JENNIFER LOUNSBURY	SO.	5-6	CICERO-NORTH SYRACUSE/LIVERPOOL, NY
JAMIE MALLOY	SO.	5-8	PENFIELD/PENFIELD, NY
LIZZIE Mc ANDREW	FR.	5-1	CICERO-NORTH SYRACUSE/SYRACUSE, NY
MEGAN O'CONNOR	FR.	5-7	BALDWINVILLE/BALDWINVILLE, NY
CAITLYN PARMELEE	JR.	5-8	TIOGA/WAVERLY, NY
ELIZABETH PFLEGHARDT	SR.	5-7	TIOGA/TIOGA CENTER, NY
BROOKE REDDING	JR.	5-3	RUSH-HENRIETTA/RUSH, NY
ALICIA SCAHILL	JR.	5-3	WILLIAMSON/WILLIAMSON, NY
JESSICA STANCHUS	FR.	5-3	GREECE ARCADIA/ROCHESTER, NY
SARAH WILCOX	FR.	5-4	RUSH-HENRIETTA/WEST HENRIETTA, NY

HEAD COACH: Scott Love

ASSISTANT COACH: Jim Rolince

Men's Track & Field

	YR.	EVENTS	HIGH SCHOOL/HOMETOWN
MICHAEL ANDERSON	SR.	MID DISTANCE	SKANEATELES/SKANEATELES, NY
JUSTIN BANKS	SO.	SPRINTS	CHRISTIAN BROTHERS ACAD./SYRACUSE, NY
MATT CASE	SO.	SPRINTS	C.W. BAKER/BALDWINVILLE, NY
RILEY CARHART	JR.	MID DISTANCE	LeROY/STAFFORD, NY
ROBBY CASTOR	JR.	MID DISTANCE	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY
BRENDAN EPSTEIN	SR.	DISTANCE	MORAVIA/MORAVIA, NY
DAN FEUERSTEIN	FR.	POLE VAULT	GENESEO/GENESEO, NY
CHRIS FREEMAN	SO.	MID DISTANCE	RUSH-HENRIETTA/RUSH, NY
BRADLY FRINK	SO.	DISTANCE	CANASTOTA/CANASTOTA, NY
BEN GROSS	FR.	JUMPS/DISTANCE	WESTFIELD/WESTFIELD, NY
DAN MATTEO	SO.	PV/SPRINTS	BATAVIA/BATAVIA, NY
CHRIS McBRIDE	SR.	SPRINTS/JUMPS	PENFIELD/PENFIELD, NY
JUSTIN McCONNELL	FR.	MID DISTANCE	PULASKI/PULASKI, NY
MATT MORALES	FR.	DISTANCE	DELHI/DELHI, NY
DAVID PATALANO	JR.	MID DISTANCE	CHURCHVILLE-CHILI/ROCHESTER, NY
JON QAZI	SO.	SPRINTS	AVON/AVON, NY
SEAN RAHRLE	SO.	SPRINTS	C.W. BAKER/BALDWINVILLE, NY
AARON SIRTOLI	SR.	STEEPLECHASE	MT. MARKHAM/WEST WINFIELD, NY
NICK STENUF	SR.	MID DISTANCE	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY
BRANDON WHEELER	JR.	SPRINTS/JUMPS	PENN YAN ACADEMY/PENN YAN, NY

Women's Track & Field

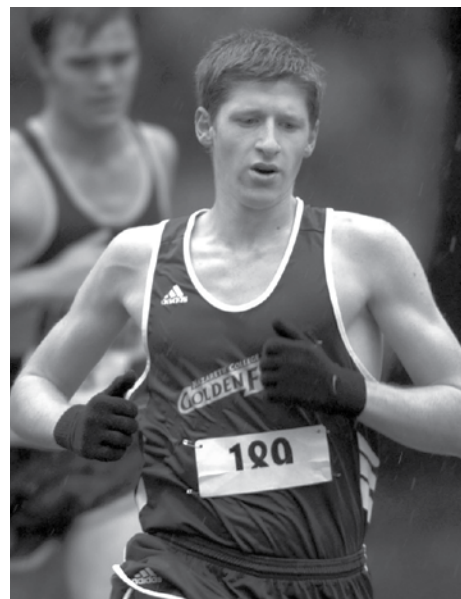
	YR.	EVENTS	HIGH SCHOOL/HOMETOWN
KATIE ADAMS	JR.	THROWS	SALEM/SALEM, NH
MEAGHAN BOOZANG-HILL	FR.	DISTANCE	OSSINING/OSSINING, NY
SHANNON BRADLEY	SO.	MID DISTANCE	IRONDEQUOIT/ROCHESTER, NY
JACQUIE BRAMBLEY	FR.	DISTANCE	QUEENSBURY/QUEENSBURY, NY
JESSICA BROWN	SR.	MID DISTANCE	OXFORD ACADEMY/OXFORD, NY
MARY CANNITO	SR.	HURDLES	J.C. BIRDLEBOUGH/FULTON, NY
EMILY CANNON	SR.	THROWS	HONEOYE FALLS-LIMA/HONEOYE FALLS, NY
SAMANTHA CLAY REAGAN	FR.	SPRINTS	MIDLAKES/CLIFTON SPRINGS, NY
MEREDITH COON	SR.	THROWS	PENFIELD/PENFIELD, NY
ABBY CRAIN	JR.	DISTANCE	CORCORAN/SYRACUSE, NY
KRISTI CUSTER	FR.	SPRINTS	DeRUYTER/TRUXTON, NY
MELISSA CUTCLIFFE	SO.	MULTIS	EDEN/PAVILLION, NY
ALISON D'ANGELO	FR.	MID DISTANCE	WESTHILL/CAMILLUS, NY
JILL EGMOND	SO.	POLE VAULT	HORNELL/HORNELL, NY
DANIELLE FIORENTINO	FR.	DISTANCE	NEW HARTFORD/NEW HARTFORD, NY
AMANDA GATCH	JR.	SPRINTS	CHARLES O. DICKERSON/JACKSONVILLE, NY
KAITLYN GECSEDI	SO.	MID DISTANCE	GUILDERLAND/SCHENECTADY, NY
LAUREN GLASER	JR.	SPRINTS	HUNTINGTON/HUNTINGTON, NY
MEGAN GOETZ	JR.	MID DISTANCE	FAIRPORT/FAIRPORT, NY
JESSICA GOODRICH	FR.	DISTANCE	SOLVAY/SOLVAY, NY
MALLORY GREENSEICH	FR.	DISTANCE	CICERO-NORTH SYRACUSE/SYRACUSE, NY
EMMA GRENNELL	SO.	SPRINTS	LAKESHORE/IRVING, NY
STEPHANIE HAYDUKE	JR.	DISTANCE	WESTHILL/SYRACUSE, NY
SAMANTHA HICKOK	FR.	DISTANCE	GLENS FALLS/GLENS FALLS, NY
ASHLEY HUGHES	SR.	DISTANCE	JOHN C. BIRDLEBOUGH/PHOENIX, NY
STEPHANIE JOHNSON	SO.	MID DISTANCE	SPENCERPORT/SPENCERPORT, NY
JENNIFER KATZ	SR.	MID DISTANCE	SPENCERPORT/SPENCERPORT, NY
JENNIFER LOUNSBURY	JR.	MID DISTANCE	CICERO-NORTH SYRACUSE/LIVERPOOL, NY
JAMIE MALLOY	SO.	DISTANCE	PENFIELD/PENFIELD, NY
LIZZIE McANDREW	FR.	DISTANCE	CICERO-NORTH SYRACUSE/SYRACUSE, NY
MEGAN O'CONNOR	FR.	DISTANCE	BALDWINVILLE/BALDWINVILLE, NY
CAITLYN PARMELEE	JR.	MID DISTANCE	TIOGA/WAVERLY, NY
ELIZABETH PFLEGHARDT	SR.	DISTANCE	TIOGA/TIOGA CENTER, NY
JENNA PORTER	SO.	SPRINTS	ALEXANDER/BATAVIA, NY
BROOKE REDDING	JR.	MID DISTANCE	RUSH-HENRIETTA/RUSH, NY
TANJA REDMOND	SO.	MID DISTANCE	EDEN/EDEN, NY
VICTORIA RYAN	JR.	SPRINTS	UNATEGO/OTEGO, NY
ALICIA SCAHILL	JR.	MID DISTANCE	WILLIAMSON/WILLIAMSON, NY
AMANDA SHERMAN	FR.	DISTANCE	PERRY/PERRY, NY
REBEKAH SIRTOLI	SO.	SPRINTS	MT. MARKHAM/WEST WINFIELD, NY
JESSICA STANCHUS	FR.	DISTANCE	GREECE ARCADIA/ROCHESTER, NY
EMILY TIERNEY	SO.	JUMPS/SPRINTS	MEDINA/ALBION, NY
ELIZABETH WAY	SO.	JUMPS/SPRINTS	MARCUS WHITMAN/GORHAM, NY
CHELSEY WENTWORTH	SO.	SPRINTS	SCOTIA-GLENVILLE/SCOTIA, NY
SARAH WILCOX	FR.	DISTANCE	RUSH-HENRIETTA/WEST HENRIETTA, NY

HEAD COACH: Scott Love

ASSISTANT COACHES: Jim Rolince; Kristen Lempicki, Chris Ryer, Lindsey Gonzalez



SENIOR | AARON SIRTOLI WAS AN E8 ALL-STAR IN CROSS COUNTRY AND BROKE THE SCHOOL RECORD IN THE 3,000-METER STEEPLECHASE.



SENIOR | MIKE ANDERSON RETURNS FOR HIS FOURTH CROSS COUNTRY SEASON FOR THE GOLDEN FLYERS.

GOLDEN FLYERS STRONGER THAN EVER

Last season, just their fourth year as intercollegiate competitors, the Nazareth cross country teams made significant strides toward becoming an elite player in Division III. Each team placed 14th in their respective races at the NCAA Atlantic Region Championships at Letchworth State Park.

This season, with the return of a strong nucleus of experienced runners supported by an excellent freshman class and rapidly improving underclassmen, both teams look to break into the regional top 10 for the first time in the program's history.

The women return all of their top scorers from last season, including Empire 8 all-stars Jessica Brown (Oxford) and Ashley Hughes (Phoenix), both seniors. Other top performers included juniors Lauren Glaser (Huntington) and Abby Crain (Corcoran) and sophomores Jenny Lounsbury (Cicero-North Syracuse) and Shannon Bradley (Irondequoit).

In addition, senior captains Liz Pflughardt (Tioga) and Jennifer Katz (Spencerport) and junior Amanda Gatch (Trumansburg) will look to help develop a large contingent of talented returning and new runners into a strong supporting cast.

Other returning runners include juniors Megan Goetz (Fairport), Stephanie Hayduke (Westhill) and Brooke Redding (Rush-Henrietta) and sophomores Stephanie Johnson (Spencerport) and Caitlyn Parmelee (Tioga).

New runners looking to contribute to the cross country program for the first time are sophomore Alison D'Angelo (Westhill), and freshmen Jacquie Brambley (Queensbury), Danielle Fiorentino (New Hartford), Samantha Hickok (Glens Falls), Megan O'Connor (Baldwinsville), Jessica Goodrich

(Solvay), Mallory Greenseich (Cicero-North Syracuse), Lizzie McAndrew (Cicero-North Syracuse), Jessica Stanchus (Greece Arcadia) and Sarah Wilcox (Rush-Henrietta).

The men's team appears to be short on depth with just 11 runners, but the Golden Flyers make up for that with talent.

Seniors Brendan Epstein (Moravia), Aaron Sirtoli (Mt. Markham) and Nick Stenuf (East Syracuse-Minoa) spearhead a solid contingent as all three gained Empire 8 Conference all-star recognition.

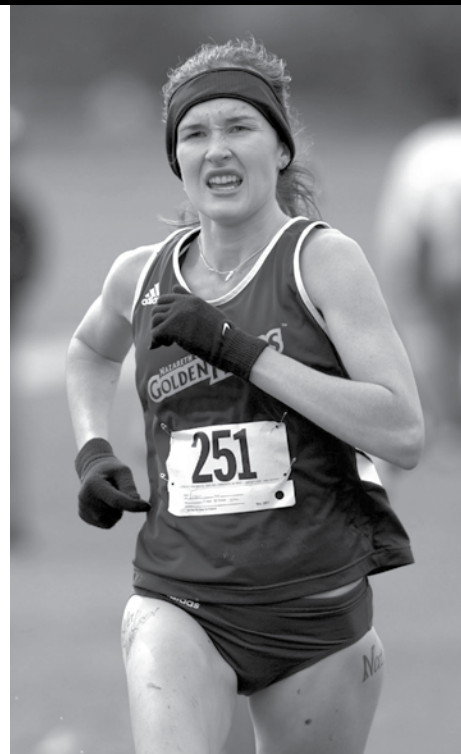
Others looking to break through include seniors Mike Anderson (Skaneateles) and Chris McBride (Penfield), juniors Rob Castor (East Syracuse-Minoa) and Sean Rahrle (Baldwinsville), and sophomore Chris Freeman (Rush-Henrietta).

The top newcomers are sophomore Brad Frink (Canastota) and freshmen Justin McConnell (Pulaski), and Matt Morales (Delhi).

Nazareth's women's team was honored as an Academic All-American team by the United States Track and Field and Cross Country Coaches Association after posting a cumulative grade-point average of 3.51.

Brown and Epstein were recognized individually with GPAs of 3.74 and 3.98 respectively. Brown placed 11th at the Empire 8 Conference meet and represented the Golden Flyers on the NCAA Division III Atlantic Region all-star team with a 30th place finish.

Epstein was honored for the second year in a row, while Stenuf, in his first year as a cross country runner, was named E8 Rookie of the Year



SENIORS | JESSICA BROWN AND BRENDAN EPSTEIN HAVE EXCELLED FOR THE GOLDEN FLYERS FOR THREE SEASONS.



2007 CROSS COUNTRY RUNNERS *Cross Country - Track & Field*

SENIOR



MICHAEL *Anderson*

Nursing major. . . son of Thomas and Kathleen Anderson, **SKANEATELES, NY**. . . returning for his fourth season, Anderson finished 19th at Brockport 5K Challenge and 121st at NCAA Regional Championships. . . competes for the Golden Flyers' indoor and outdoor track and field teams and received the indoor team Coaches' Award. . . a member of the school record Distance Medley relay team (10:50.10). . . **2005**: finished 46th at Penn State Behrend Invitational and 47th at Nazareth's Short Course Invitational. . . **2004**: finished 19th at Harry Lang Invitational at Colgate and 11th in Nazareth's Short Course Invitational. . . **SCHOLASTIC**: a graduate of Skaneateles High School, Anderson was a member of the cross country team as well as the indoor and outdoor track teams. . . recipient of cross country team's Most Improved Runner award for 2003. . . helped team win Onondaga League titles in 2000, 2001, and 2002.

JUNIOR



ROBBY *Castor*

Math Education major. . . son of Gary and Karyn Castor, **EAST SYRACUSE, NY**. . . returning for his third season, Castor competed regularly in 2007 during track and field season. . . broke school record in the 400-meter hurdles (:56.51) and was a member of the school-record 4x400 (3:21.80) and 4x800-meter (7:56.17) relay teams. . . **2006**: Castor finished sixth in the 800-meter run (2:02.70) at the Nazareth Invitational and 21st in 1500-meter run (4:27.45) at Roberts Wesleyan. . . **2005**: finished 34th at Penn State Behrend Invitational, 24th at Nazareth's Short Course Invitational and 26th in the Empire 8 Conference meet. . . **SCHOLASTIC**: a graduate of East Syracuse-Minoa High School, Castor competed in both cross country and track. . . achieved honors as 12th in the state when competing in the 4 x 800 event (8:12).

SENIOR



BRENDAN *Epstein*

Biology major. . . son of Ed and Eileen Epstein, **MORAVIA, NY**. . . returning for his fourth season, Epstein continues to be a strong runner for Nazareth. . . top cross country performances included a third-place finish at the Nazareth Invitational and 31st at NYSCTC Championships (26:44). . . was recognized as an Academic All-American. . . holds school records in 3,000-meter (8:51.40) and 5,000-meter (15:43.99) events for indoor track and 5,000-meter record for outdoor track season (15:18.26). . . named team MVP during outdoor season. . . **2005**: was selected team MVP and was a first-team Empire 8 Conference all-star and a third-team NYSCTC all-star. . . named to the 2005 All-Academic team with the 11th highest GPA in Division III. . . placed third at Nazareth's Short Course Invitational and 18th at the NYSCTC Championships. . . **2004**: top performances included first place at Nazareth's Invitational, 23rd at the NYSCTC Championships and 49th at the NCAA Atlantic Regionals. . . earned team MVP and first-team Empire 8 Conference all-star honors and was league's Rookie of the Year for '04. . . **SCHOLASTIC**: a graduate of Moravia High School, Epstein was a four-year standout in cross country there. . . qualified for the New York state meet three times and the NY Federation meet once. . . was Interscholastic Athletic Conference and Section Four champion in 2003. . . also competed in track. . . was member of National Honor Society and valedictorian for Moravia Class of 2004.

SOPHOMORE



CHRIS *Freeman*

Undecided on major. . . son of Scott and Cindy Freeman, **RUSH, NY**. . . returning for his second season, Freeman placed 31st at Brockport Invitational and 38th at Nazareth Invitational. . . also a member of track and field team. . . recipient of the Captains' Award during cross country. . . **SCHOLASTIC**: a graduate of Rush-Henrietta High School, Freeman competed in cross country and track. . . recipient of the track team's scholar-athlete award and was named the cross country team's Most Improved Runner.

SOPHOMORE



BRADLY *Frink*

English major. . . son of Jan and Richard Frink, **CANASTOTA, NY**. . . Frink transferred to Nazareth from Alfred prior to the fall of 2007. . . **SCHOLASTIC**: Frink received scholar athlete honors during cross country season at Canastota and was a member of the 4x400-meter relay team which qualified for states. . . helped team to a Centerstate Conference Championship, Section Three Championship, and a second place New York State Championship in cross country.

SENIOR



CHRIS *McBride*

History Education major. . . son of Peter and JoAnne McBride, **PENFIELD, NY**. . . returning for his second season, McBride was a member of school-record 4x200 (1:34.07) relay team during the indoor track and field season and 4x100 (:44.07) relay team during the outdoor season. . . also a member of the cross country team. . . **SCHOLASTIC**: a graduate of Penfield High School, McBride was a member of the cross country team there for four seasons and served as team captain as a senior. . . also a member of the track team and the nordic ski team. . . transferred to Nazareth from Monroe Community College.

Cross Country - Track & Field 2007 CROSS COUNTRY RUNNERS

FRESHMAN



MATT *Morales*

Undecided on major. . . son of Dominic and Susan Morales, **DELHI, NY**. . . Morales ran four seasons of varsity track, three of cross country, and one of indoor track. . . was honored as Rookie of the Year and a MAC second-team all-star as a sophomore, named a MAC first-team all-star as a junior and senior during the cross country season. . . received the sportsmanship and leadership award during the cross country and track and field seasons. . . helped team to league championship in cross country and outdoor track and field. . . a member of National Honor Society.

FRESHMAN



JUSTIN *McConnell*

Undecided on major. . . son of Ken and Tammy McConnell, **PULASKI, NY**. . . McConnell placed 16th at the cross country state championship meet as a sophomore and 21st as a junior. . . earned first-team all-league honors. . . helped relay team win the league championship in the 4x400 and qualified for the state meet in the 4x400 and the 4x800-meter relays. . . helped cross country team to two league championships and track and field team to one.

JUNIOR



SEAN *Rahrle*

Accounting major. . . son of David and Cindy Rahrle. . . **BALDWINVILLE, NY**. . . a graduate of C.W. Baker High School. . . returning for his second season. . . Rahrle contributed to the Golden Flyers in sprinting events. . . ran :26.78 in the 200-meter sprint early during the indoor season while battling injuries. . . **SCHOLASTIC:** has been repeatedly named to the Dean's and President's list.

SENIOR



AARON *Sirtoli*

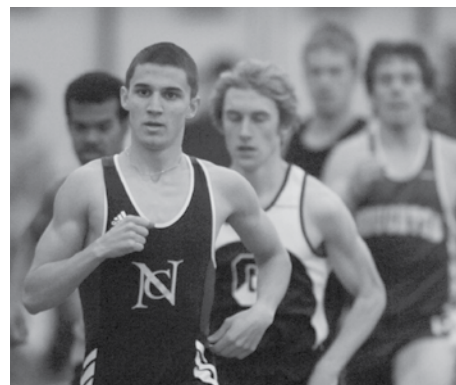
Biology major. . . son of Paul and Joanne Sirtoli, **WEST WINFIELD, NY**. . . returning for his second season at Nazareth. . . Sirtoli was a second-team Empire 8 all-star in '06. . . placed 19th at the Western Ontario 10K Open (34:51) and 43rd at NCAA Regional Championships (26:55). . . broke the school record in the one-mile run (4:31.03) and was a member of the school-record distance medley (10:50.10) relay team during the indoor track season. . . broke the school-record in the 3,000-meter steeplechase (9:27.67) and was a member of the school-record 4x800-meter (7:56.17) relay team during the outdoor season **SCHOLASTIC:** a graduate of Mt. Markham High School, Sirtoli transferred from Mohawk Valley Community College after transferring from Clarkson. . . earned junior college All-American honors at MVCC in cross country in 2005. . . also competed for the indoor and outdoor track teams. . . competed in cross country and nordic skiing at Clarkson. . . named Liberty League Rookie of the Year in cross country while at Clarkson. . . ran three seasons of varsity cross country at Mt. Markham and helped team to Section Three and state titles in 2003.

SENIOR



NICK *Stenuf*

Business Education major. . . son of Theodore and Antoinette Stenuf, **EAST SYRACUSE, NY**. . . Stenuf is returning for his third season for the Golden Flyers. . . competed in cross country for the first time in 2006 and had great success. . . placed second in the Brockport 5K Challenge (16:27) and 29th at the NCAA Regional Championship meet (26:39) and was named to the Atlantic Region all-star team. . . recognized as Rookie of the Year by the Empire 8 and named team MVP. . . Stenuf continued his success on the track as well. . . placed first in the 800-meter run at the NYSCTC Championship meet and was a member of the school-record 4x400-meter relay (3:26.30) during the indoor season. . . placed first in the 800-meter run (1:53.89) and placed first and broke the school record in the 1,500-meter run (3:53.53) at the NYSCTC Championships during the outdoor season. . . a member of the school-record 4x800-meter relay (7:56.17) team. . . named Athlete of the Meet by the Empire 8. . . **2006:** became Nazareth's first All-American during the 2005-06 season. . . finished third in the 800-meter run at the NCAA Division III Outdoor championships with a time of 1:51.31. . . also set a school record in the 800 by winning the ECAC title at Springfield with a time of 1:50.83. . . was named the Atlantic Region's Track Athlete of the Year by the USTFCCA. . . named Empire 8 Conference Athlete of the Meet. . . received All-American honors during the indoor season following a sixth-place finish in the 800-meter run (1:53.99) at the NCAA Division III Indoor championships. . . finished first at NYSCTC and ECAC championships. . . named Empire 8 Athlete of the Meet after earning first-team E8 all-star honors. . . **2005:** transferred to Nazareth from Coastal Carolina and finished eighth in the 800-meter run at the ECAC Outdoor Track and Field Championships. . . earned first-team Empire 8 Conference all-star honors for both indoor and outdoor track teams. . . **SCHOLASTIC:** a graduate of East Syracuse-Minoa High School, Stenuf was a member of the soccer and track teams. . . finished fourth in the 800-meter run at the state outdoor championships and competed at the high school nationals. . . also won Section Three title in the 800-meter run in 2004. . . won gold medal in the 1,500-meter run (3:58.71) at the Empire State Games over the 2006 summer.



RIGHT | AN ALL-AMERICAN IN 2006, SENIOR NICK STENUF RAN CROSS COUNTRY FOR THE FIRST TIME LAST YEAR AND WAS NAMED E8 ROOKIE OF THE YEAR.

2007 CROSS COUNTRY RUNNERS *Cross Country - Track & Field*

SOPHOMORE



SHANNON *Bradley*

International Studies and Political Science major. . . daughter of Jim and Mary Kay Bradley, **ROCHESTER, NY** . . . returning for her second season. . . Bradley placed 24th at the Brockport 5K Challenge and 10th at Nazareth's 4K Invitational (17:03) during cross country . . . recipient of Captains' Award. . . also a member of the track and field team. . . **SCHOLASTIC:** a graduate of Irondequoit High School, Bradley was a member of the track and cross country teams there. . . recipient of Most Improved Award for cross country and was selected team MVP for track. . . also played one season of tennis . . . recipient of Brown Scholarship for music.

FRESHMAN



JACQUIE *Brambley*

Undecided on major. . . daughter of Dana and Catherine Brambley, **QUEENSBURY, NY**. . . a graduate of Queensbury High School, Brambley competed on the varsity cross country team for four seasons and the track and field team for three. . . received first-team all-star honors in 2005 and 2006 and was named team captain in 2006. . . helped team to Foothills Council Championship in cross country from 2003-2006, and the Section Two Class A and NYSPHSAA Class A State Championships in 2004.

RIGHT | SOPHOMORE SHANNON BRADLEY RETURNS FOR HER SECOND SEASON WITH THE GOLDEN FLYERS.

SENIOR



JESSICA *Brown*

Physical Therapy major. . . daughter of David Brown, Jamesville, NY and Terri Fox, **OXFORD, NY**. . . returning for her fourth season, Brown remained one of Nazareth's top runners in '06 and '07. . . finished fourth in Nazareth's 4K Invitational (16:08), 19th at the UR 6K Invitational, and 30th at the NCAA Regional Championships (23:43) . . . recognized as an Empire 8 Conference all-star, an Atlantic Region all-star, and as an Academic All-American during the cross country season and named team MVP. . . broke the school record in the 1,000-meter run (3:07.72) and was a member of the school-record 4x200-meter, 4x400-meter, and distance medley relays during the indoor season. . . received first team all-conference honors in the 4x400-meter relay and second team all-conference honors in the distance medley relay. . . broke her own record in the 1,500-meter run (4:50.79) and was a member of the school-record 4x400-meter and 4x800-meter relays during the outdoor season. . . **2005:** had several strong performances, including first place at the Nazareth Invitational. . . was Nazareth's top finisher at LeMoyne (14th), Rochester (26th) and at the NCAA Atlantic Regional (58th). . . selected team MVP for cross country (2005) and outdoor track (2006). . . **2004:** was the Golden Flyers' top runner. . . had top 10 finishes at Colgate (fourth), Penn State Behrend (seventh) and Nazareth (first). . . selected team MVP. . . **SCHOLASTIC:** a graduate of Oxford Academy, Brown competed in track and tennis there. . . won league title in the 1,500-meter run and holds school record in that event plus the 800-meter run. . . competed in singles and doubles in tennis and earned all-league honors in 2003. . . earned scholar-athlete award and U.S. Marine Corps Scholastic Excellence award. . . valedictorian for Class of '04.



JUNIOR



ABBY *Crain*

English major. . . daughter of Clifford and Emily Crain, **SYRACUSE, NY**. . . returning for her third season, Crain placed seventh at Nazareth's 4K Invitational (16:30) and 18th at the E8 Championship meet (19:39). . . received Coaches' Award. . . finished fifth in the 5,000-meter run at St. Lawrence during the indoor track and field season. . . **2005:** Nazareth's top finisher at the Empire 8 Conference meet (16th) and received the Coaches' Award. . . placed sixth at Nazareth's Short Course Invitational, 20th at LeMoyne, and 79th at the NCAA Atlantic Regional. . . also competed for the indoor and outdoor track teams. . . **SCHOLASTIC:** a graduate of Corcoran High School, Crain was a standout in cross country and indoor and outdoor track. . . recipient of MVP honors in 2003 and 2004 for cross country, and in '04 and '05 for indoor track. . . earned Onondaga League all-star honors twice for cross country. . . member of National Honor Society

SOPHOMORE



ALISON *D'Angelo*

Physical Therapy major. . . daughter of Anthony and Deborah D'Angelo, **CAMILLUS, NY**. . . ran two years of varsity cross country, indoor track and field, and outdoor track and field at Westhill High School. . . received tri-athlete, sportsmanship, and scholar-athlete awards.

Cross Country - Track & Field 2007 CROSS COUNTRY RUNNERS

FRESHMAN



DANIELLE Fiorentino

Undecided on major. . . daughter of Thomas and Lori Fiorentino, **NEW HARTFORD, NY**. . . ran four years of varsity cross country and track and field. . . Section Three Class B steeplechase champion. . . finished second at cross country sectionals. . . received team MVP honors in 2006. . . Tri-Valley League first-team all-star for four seasons of cross country and three seasons of track. . . received scholar athlete honors during each athletic season. . . helped track and field team to Section Three Championship and cross country team to championships in 2004 and 2005

JUNIOR



LAUREN Glaser

Physical Therapy major. . . daughter of Anthony and Christine Glaser, **HUNTINGTON, NY**. . . returning for second cross country season and her third season of track and field. . . Glaser placed fourth and broke the school record in the 400-meter sprint (1:02.07), finished second and broke the school record in the 500-meter sprint (1:21.13), and placed second in the 800-meter run (2:20.82) at the NYSCTC Championships and received second-team E8 honors. . . a member of the school-record 4x200-meter, 4x400-meter, and distance medley relays during the indoor season. . . received second-team all-conference honors in the 4x400 and distance medley relays and was recognized as Nazareth's track and field sportswomen of the year. . . broke the school record in the 800-meter run (2:18.63) and was a member of the school-record 4x400-meter and 4x800-meter relays during the outdoor season. . . **2006**: earned team MVP honors during the indoor season after setting a school record in the 500-meter run with a seventh-place finish at the ECAC Championships at Ursinus. . . **SCHOLASTIC**: a graduate of Huntington High School, Glaser was a member of the soccer and track teams there... earned league and county all-star honors in both sports as well as all-county academic honors.

JUNIOR



MEGAN Goetz

Physical Therapy major. . . daughter of Frank and Tracey Goetz, **FAIRPORT, NY**. . . returning for her third season, Goetz finished 20th in the Nazareth Invitational. . . also runs for the track and field team. . . member of the school-record 4x800-meter relay team during the 2006 track and field season. . . **2005**: placed seventh at Nazareth's Short Course Invitational. . . also finished 30th at LeMoyne and 19th at the Empire 8 Conference meet. . . **SCHOLASTIC**: a graduate of Fairport High School, Goetz participated in cross country for three years there. . . received first-team All Monroe County honors. . . placed sixth in Section Five meet, 48th in the state meet. . . recipient of the team Spark Plug Award. . . helped lead Fairport to sectional championships in 2002 and 2003 . . . in 2002 the team continued on to place second in the state meet. . . member of National Honor Society and Spanish National Honor Society.

JUNIOR



AMANDA Gatch

Physical Therapy major. . . daughter of James and Melissa Gatch, **JACKSONVILLE, NY**. . . returning for her third season and one of the team's captains. . . Gatch was a member of the school-record 4x100 (:51.37) meter relay team during the outdoor season, placed fifth in the 100-meter sprint (14.32) at the UB Invitational. . . competed in cross country for the first time in 2006. . . **SCHOLASTIC**: a graduate of Charles O. Dickerson High School in Trumansburg, Gatch competed in track and cross country there. . . earned team MVP honors during the indoor season and was team captain and a scholar-athlete award recipient in all three sports. . . recipient of Booster Club Award and member of the National Honor Society.



JUNIOR | ABBY CRAIN WAS AMONG THE GOLDEN FLYERS' TOP CROSS COUNTRY RUNNERS IN 2006.



JUNIOR | LAUREN GLASER SET A SCHOOL RECORD IN THE 800-METER RUN (2:18.63) LAST SPRING.

FRESHMAN

MALLORY *Greenseich*

Undecided on major. . . daughter of Mark and Mary Greenseich, **CICERO, NY**. . . ran two years of varsity cross country and indoor and outdoor track and field. . . received most improved award during 2005 cross country season and qualified to run in state championship meet . . . received 110% award in 2006. . . helped 4x800-meter relay team place first in sectionals during 2005 outdoor track and field season. . . helped cross country team to second place finish at Section Three championship in 2005. . . member of 2006 cross country sectional team . . . an honor roll student.

FRESHMAN

JESSICA *Goodrich*

Physical Therapy major. . . daughter of Rodney and Roberta Goodrich, **SOLVAY, NY**. . . Goodrich competed on the varsity indoor and outdoor track and field teams for five seasons and the varsity cross country team for four seasons. . . named team MVP of cross country team twice and received all-league honors sophomore year. . . received team MVP award during indoor track season. . . had four school records during the indoor season and two school records during the outdoor season.

JUNIOR

STEPHANIE *Hayduke*

Physical Therapy major. . . daughter of Bernard and Nadia Hayduke, **SYRACUSE, NY**. . . returning for her third season, Hayduke placed 76th at Nazareth's Invitational in 2005. . . also competed for the Golden Flyers' indoor and outdoor track teams. . . **SCHOLASTIC:** a graduate of Westhill High School, Hayduke competed in cross country for three years. . . participated in outdoor and indoor track for four years. . . member of National Honor Society and French Honor Society. . . recipient of Sportsmanship Award for outdoor track.

FRESHMAN

SAMANTHA *Hickok*

Elementary education major. . . daughter of Ann Hickok, **GLENS FALLS, NY**. . . Hickok ran four years of varsity cross country and track and field at Glens Falls. . . competed in the Junior Olympics in 2003 and the cross country state meet in 2005. . . also a member of the nordic ski team for four years and was honored as a scholastic athlete in 2007.

SENIOR

ASHLEY *Hughes*

Psychology major. . . daughter of Larry and Mary Hughes, **PHOENIX, NY**. . . Hughes is returning for her second season at Nazareth. . . finished fifth in Nazareth's 4K Invitational (16:12) and earned second-team Empire 8 Conference All-Star honors after finishing 10th at the E8 Championship meet (19:05). . . broke the school record in the 5,000-meter run (19:18.85) and was a member of the school-record distance medley relay and received second-team all-conference honors during the indoor season. . . broke the school record in the 5,000-meter run (19:01.30) and was a member of the school-record 4x800-meter relay team during the outdoor season. . . received Captains' Award during the outdoor season. . . **SCHOLASTIC:** a graduate of J.C. Birdlebough High School in Phoenix, NY, Hughes transferred to Nazareth from Providence College, where she competed in cross country in 2004 and 2005. . . competed in both sports in high school and earned first-team all-state honors in cross country in 2003. . . earned team MVP honors in both cross country and track for four seasons. . . also served as team captain in both sports.

Cross Country - Track & Field 2007 CROSS COUNTRY RUNNERS

SENIOR



JENNIFER *Katz*

Psychology major. . . daughter of Lou and Joanne Katz, **SPENCERPORT, NY**. . . returning for her fourth cross country and track and field season and one of the team captains. . . Katz finished 19th at Nazareth's 4K Invitational and 37th in the E8 championship meet. . . finished 14th in the 800-meter run at the St. Lawrence Invitational during the indoor season. . . received Captain's Award for outdoor track and field season. . .
2005: Katz finished 18th at Nazareth's Short Course Invitational and 20th at the Empire 8 Conference meet. . .
2004: was among the Golden Flyers' top runners. . . strong performances included 20th place the Harry Lang Invitational at Colgate and eighth at the Nazareth Shorts Course Invitational. . . **SCHOLASTIC:** a graduate of Spencerport High School, Katz competed in cross country and track. . . served as team captain in cross country and earned second-team Monroe County League all-star honors. . . also was captain of indoor and outdoor track teams. . . member of National Honor Society.

SOPHOMORE



JAMIE *Malloy*

Nursing major. . . daughter of Jim and Martha Malloy, **PENFIELD, NY**. . . Malloy is competing for the cross country team for the first time. . . also a member of Nazareth's basketball team. . . **SCHOLASTIC:** a graduate of Penfield High School, Malloy played four seasons of varsity basketball there and was a two-time first-team Monroe County League all-star selection. . . served as team captain in 2005-06 and competed in the Ronald McDonald Senior all-star game. . . helped team to Section Five title games in '05 and '06. . . team also captured Monroe County divisional title in '03-04. . . recipient of scholastic awards for English and math.

FRESHMAN



MEGAN *O'Connor*

Environmental science major. . . daughter of Thomas and Joanne O'Connor, **BALDWINVILLE, NY**. . . competed on the varsity indoor and outdoor track and field teams all four years of high school and competed on the varsity cross country and field hockey teams for one season . . . member of school-record 4x1600-meter relay team and received second-team all-league honors in the 4x800-meter relay during the indoor track and field season. . . O'Connor was captain of the cross country team and received second-team all-league honors. . . also earned NYSPHSAA scholar-athlete honors, three-sport senior athlete award, and Class of '76 award for excelling in athletics and academics

SOPHOMORE



JENNIFER *Lounsbury*

Physical Therapy major. . . daughter of Dave and Vicky Lounsbury, **LIVERPOOL, NY**. . . top performances include finishing in 10th place at Nazareth's 4K Invitational (17:06) and 23rd in the conference championships (20:04). . . finished seventh in the 3,000-meter run at St. Lawrence (11:34) during the indoor track and field season. . . **SCHOLASTIC:** a graduate of Cicero-North Syracuse High School, Lounsbury ran cross country for two seasons and helped team to Onondaga League titles in 2004 and 2005. . . also helped team in league titles in indoor and outdoor track in 2006. . . competed in soccer and lacrosse. . . recipient of scholar-athlete award.

FRESHMAN



LIZZIE *McAndrew*

Sociology major. . . daughter of Mary and Jack McAndrew, **SYRACUSE, NY**. . . competed on the varsity cross country team for one season at Cicero-North Syracuse. . . recipient of Most Improved Runner award and received scholar athlete honors. . . helped team to three league championships.

SOPHOMORE



CAITLYN *Parmelee*

Mathematics major. . . daughter of Steve Parmelee and Laura Kwiatkowski, **WAVERLY, NY**. . . returning for her second season, Parmelee finished 34th at Nazareth's 4K Invitational and 49th at E8 Championships . . . finished eighth in the 800-meter run at the UB Invitational during the outdoor season. . . **SCHOLASTIC:** a graduate of Tioga Central, Parmelee competed in cross country and track. . . served as team captain in both sports. . . named track team's Most Valuable Runner for 2006 and Most Improved Runner in 2005. . . recipient of cross country team's Coaches Award for 2004. . . recipient of Brad Sanford Scholar-Athlete award for cross country. . . named class valedictorian.

2007 CROSS COUNTRY RUNNERS *Cross Country -- Track & Field*

SENIOR



LIZ *Pflughardt*

Communication Sciences and Disorders major. . . daughter of Michael and Carol Pflughardt, **TIOGA CENTER, NY**. . . returning for her fourth cross country and track and field season, Pflughardt is one of the team's captains . . . finished 13th at Nazareth's 4K Invitational (17:13) and 30th at the E8 championship during cross country . . . finished third in the 5,000-meter run at the RIT Invitational during indoor track. . . **2005:** finished 14th at Nazareth's Short Course Invitational and 22nd at the Empire 8 Conference meet. . . **2004:** had several strong performances for the Golden Flyers in 2004, notably a 27th-place finish at the Harry Lang Invitational at Colgate and fifth at the Nazareth Short Course Invitational. . . recipient of team Coaches Award. . . **SCHOLASTIC:** a graduate of Tioga Central, Pflughardt competed in cross country and track. . . was cross country team captain in 2002 and 2003 and was two-time team MVP. . . helped team to Interscholastic Athletic Conference division title in 2001. . . was track team captain for three years.



SENIOR | LIZ PFLEGHARDT IS ONE OF THE GOLDEN FLYERS' TEAM CAPTAINS FOR 2007.

JUNIOR



BROOKE *Redding*

Physical Therapy major. . . daughter of Mark and Patty Redding, **RUSH, NY**. . . returning for her third cross country and track and field season, Redding placed 48th at Nazareth's Invitational during cross country. . . was also a member of the track and field team. . . **2005:** finished 35th at Nazareth's Short Course Invitational and 30th at the Empire 8 Conference meet. . . **SCHOLASTIC:** a graduate of Rush-Henrietta High School, Redding participated in cross country and track for three years each. . . received second-team Monroe County League all-star honors for cross country. . . recipient of the Heart Award for both cross country and track. . . was a member of the National Honor Society, Science Honor Society and Spanish Honor Society.

JUNIOR



ALICIA *Scahill*

History major. . . daughter Thomas Scahill and Rose Carey, **WILLIAMSON, NY**. . . returning for her third year. . . Scahill finished 28th in the 400-meter dash at Cornell during the indoor season. . . also a member of the cross country team . . . studied abroad during the 2006 cross country season . . . **SCHOLASTIC:** a graduate of Williamson High School, Scahill competed in cross country as well as indoor and outdoor track. . . was cross country and track team captain in '03 and '04. . . helped indoor team to two Section Five titles. . . a member of the National Honor Society.

FRESHMAN



JESSICA *Stanchus*

Undecided on major. . . daughter of Bob and Jen Stanchus, **ROCHESTER, NY**. . . a graduate of Greece Arcadia, Stanchus competed on the varsity cross country team for two seasons. . . received Most Improved Runner award and was a member of National Honor Society

FRESHMAN



SARAH *Wilcox*

Undecided on major. . . daughter of John and Sally Wilcox, **WEST HENRIETTA, NY**. . . competed on the varsity cross country and indoor and outdoor track and field teams for two years. . . Wilcox received Most Improved award during cross country and Coaches' Award for indoor and outdoor track and field. . . recipient of Sportsmanship award. . . helped team to second place finish at Section Five meet two years in a row. . . a high honor roll student and a member of the French and Science Honor Societies.

GOLDEN FLYERS LOOK TO SHATTER MORE RECORDS

Prepared for their fifth season of track & field intercollegiate competition, Nazareth's improvement has been steady and noteworthy.

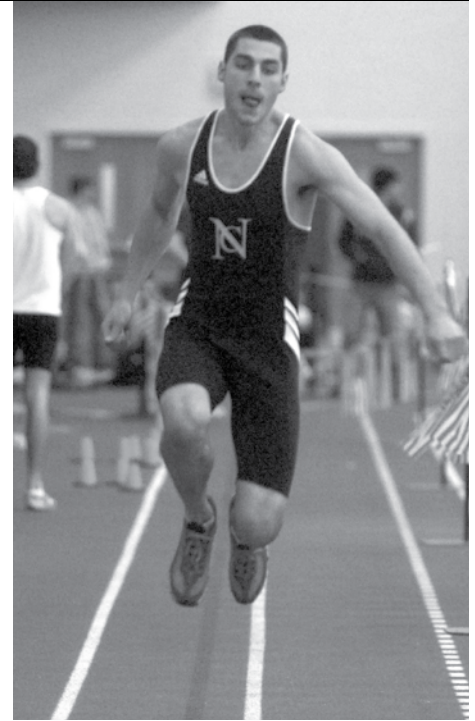
The Golden Flyers broke several records in 2007 and hope to challenge for several Empire 8 Conference championships in 2008.

Led by senior record-holders Jessica Brown (1,500 meters) and Ashley Hughes (5,000 meters), Nazareth's women's team will seek continued improvement.

Other notable performers include senior Meredith Coon (shot put, discus, hammer throw); junior Lauren Glaser (800 meters); and sophomores Melissa Cutcliffe (long jump), Jenna Porter (100, 200 and 400 meters) and Elizabeth Way (400 hurdles).

Others who should contribute as they continue to improve are juniors Megan Goetz and Brooke Redding, and sophomores Jill Egmond, Emily Tierney, Tanja Redmond, Rebekah Sirtoli, Chelsey Wentworth, Jenny Lounsbury and Emma Grennell. In addition, freshmen middle and distance runners Jacquie Brambley, Samantha Hickok, Jessica Goodrich, and Megan O'Connor, plus intermediate hurdler Danielle Fiorentino, and sprinters Amanda Sherman and Kristi Custer should add needed depth.

The men's team will need to find help in the field events, as they challenge for the Empire 8 Conference title after outscoring



ABOVE | SENIOR MEREDITH COON AND JUNIOR BRANDON WHEELER RETURN TO ANCHOR THE GOLDEN FLYERS' TRACK AND FIELD EFFORTS.

the league's best on the track last year, but failing to score any points in the field events. Leading the way for the Nazareth men are senior record holders Nick Stenuf (800, 1500), Aaron Sirtoli (Steeplechase), and Brendan Epstein (5,000), and junior record holders Brandon Wheeler (400) and Robby Castor (400IH). Also returning are seniors Michael Anderson and Chris

McBride, plus an improving core of sophomore sprinters Jon Qazi, Matt Case, and Justin Banks, and middle distance runners Chris Freeman, Dave Patalano, and Sean Rahrle, and sophomore pole vaulter Dan Matteo. Freshmen middle distance runners Ben Gross, Justin McConnell, and Matt Morales, plus transfer Brady Frink will look to add depth to the squad.

2007-08 Track & Field Schedule

DATE	MEET	LOCATION	DATE	MEET	LOCATION
DEC. 8	EMPIRE 8 CHAMPIONSHIP	RIT	MAR. 14-15	NCAA CHAMPIONSHIPS	OHIO NORTHERN
JAN. 19	TIGER INVITATIONAL	RIT	APR. 5	MUHLENBERG INVITATIONAL	MUHLENBERG, PA
JAN. 25-26	McGILL TEAM CHALLENGE	McGILL	APR. 11-12	BISON CLASSIC	BUCKNELL
JAN. 26	ST. LAWRENCE CLASSIC	ST. LAWRENCE	APR. 19	EMPIRE 8 CHAMPIONSHIPS	NAZARETH
FEB. 2	RIT INVITATIONAL	RIT	APR. 26	YELLOW JACKET INVITATIONAL	U. OF ROCHESTER
FEB. 9	NEW BALANCE GAMES	ARMORY	APR. 27-28	NYSCTC MULTIS	RPI
FEB. 16	KANE INVITATIONAL	CORNELL	MAY 2-3	NYSCTC MEET	U. OF ROCHESTER
FEB. 24	NYSCTC MULTIS	CORNELL	MAY 9	TWILIGHT CLASSIC	ALLEGHENY
FEB. 29-MAR. 1	NYSCTC MEET	ST. LAWRENCE	MAY 15-16	ECAC CHAMPIONSHIPS	TBA
MAR. 7-8	ECAC CHAMPIONSHIPS	HARVARD	MAY 22-24	NCAA CHAMPIONSHIPS	WIS-OSHKOSH

2007-08 TRACK & FIELD ATHLETES *Cross Country - Track & Field*

SOPHOMORE



JUSTIN *Banks*

Undecided on major. . . son of Bill Banks and Carrie Lynn Richardson, **SYRACUSE, NY**. . . a graduate of Christian Brothers Academy, Banks is returning for his second season. . . Banks was a member of the school-record 4x100-meter relay team during the outdoor season. . . received first-team all-conference honors in the 4x100 relay as well.

SOPHOMORE



MATT *Case*

Business Management major. . . son of Steve and Yvonne Case, **BALDWINVILLE, NY**. . . returning for his second season, Case broke Nazareth's school record in the 200 during the indoor season (:24.07) and was a member of school-record 4x200-meter relay team. . . was a member of the school-record 4x100 and 4x400-meter relay teams during the outdoor season. . . named Rookie of the Meet by the Empire 8 for his effort in the Conference Championships. . . **SCHOLASTIC:** graduate of C.W. Baker High School in Baldwinsville, Case was a four-year member of the track and field team . . . set a school record in the 4 x 400-meter relay and helped the team to Onondaga League and Section Three titles. . . won individual titles in the 400-meter dash and competed in the state meet. . . recipient of scholar-athlete award.

DANIEL *Feuerstein*

FRESHMAN | Physical Therapy major. . . son of James and Bethany Feuerstein, **GENESE, NY**. . . Feuerstein was a member of the track and field team for four seasons. . . helped track team to league championship four consecutive years. . . also competed in soccer and swimming while at Geneseo. . . Feuerstein was also a scholar athlete during each athletic season.

SOPHOMORE



RILEY *Carhart*

Business Administration major. . . son of Kevin and Connie Carhart, **STAFFORD, NY**. . . a graduate of LeRoy High School, Carhart competed in cross country and track and field there.

BEN *Gross*

FRESHMAN | Mathematics major. . . son of Bill and Pam Gross, **WESTFIELD, NY**. . . Gross was a member of the varsity track and field team at Westfield for six seasons. . . competed in sectionals three years and was team captain . . . Gross was also a member of the soccer and volleyball teams for two seasons. . . received recognition as a member of the National Honor Society.

JUNIOR



DAN *Matteo*

Business Administration major. . . son of Thomas and Lynn Matteo, **BATAVIA, NY**. . . holds Nazareth school record in the pole vault for indoor season (3.70 m). . . also a member of the Golden Flyers' tennis team. . . **SCHOLASTIC:** a graduate of Batavia High School, Matteo was a top pole vaulter for his high school track and field team for three seasons. . . recipient of team Most Improved and Iron Man awards. . . helped team to Section Five Class A titles in 2005 and 2006. . . graduated 10th in class of '06. . . served as class president.

SOPHOMORE



JON *Qazi*

Undecided on major. . . son of Shahzad Qazi, Qazi is returning for his second season. . . Qazi tied the school record in the 55-meter sprint (6.89 seconds), broke the school record in the 60-meter sprint (7.50 seconds), and was a member of the school-record 4x200 meter relay team during the indoor season. . . was a member of the school-record 4x100 meter relay team during the outdoor season . . . **SCHOLASTIC:** a graduate of Avon High School, Qazi was a member of the track and field team for four seasons. . . named Rookie of the Year in 2003, Most Improved in 2005, and team MVP in 2006. . . recipient of Avon Brave Scholar Award in 2005 and named Player of the Week.

JUNIOR



BRANDON *Wheeler*

Mathematics major. . . son of Wayne and Michele Wheeler, **PENN YAN, NY**. . . returning for his third season, Wheeler improved on his strong first season for the Golden Flyers . . . broke school records in the long jump (6.12 meters), high jump (1.98 meters), and pentathlon (3,115 points). . . named indoor team MVP. . . was a member of the school-record 4x200-meter and 4x400 meter relays. . . placed fourth in the state in the pentathlon and first in the conference during the indoor season. . . named E8 Co-Field Athlete of the Year. . . broke the school record and placed first in the 400-meter sprint (:48.79). . . also broke the school record in the high jump (1.85 meters). . . recognized as an Empire 8 Conference first-team all-star . . . **2006:** earned second-team Empire 8 Conference all-star honors in the high jump and for the 4 x 400-meter relay. . . recipient of outdoor team's Captains' Award and earned first-team all-E8 for the high jump, 400-meter run and for the 4 x 400-meter relay. . . **SCHOLASTIC:** a graduate of Penn Yan Academy, Wheeler was a four-year high jump standout there. . . won Section Five Class B championship and placed fourth at the state meet . . . also won sectional title in 4 x 800 relay. . . placed ninth in state meet in 400-meter dash in 2005. . . earned several individual awards, including the U.S. Army Scholar-Athlete award and was the male recipient of the Coaches' Trophy. . . also competed in cross country.

Cross Country -- Track & Field 2007-08 TRACK & FIELD ATHLETES

JUNIOR



KATIE *Adams*

Nursing and Spanish major. . . returning for her third season. . . a graduate of Salem High School in New Hampshire, Adams placed 28th in the weight throw (10.48 meters) at the Cornell Invitational during the indoor season and 17th at the UR Invitational in the hammer throw (28.67 meters) during the outdoor season. . . **SCHOLASTIC:** competed as a thrower for the indoor and outdoor track and field teams at Salem High School. . . qualified for the New England indoor championships in 2004 while serving as team captain of the indoor team. . . made one state meet appearance for the outdoor team

MEAGHAN *Boozang-Hill*

FRESHMAN | Speech Pathology major. . . daughter of Maureen Boozang-Hill and Randy Hill, Boozang-Hill competed on the Ossining track and field team for two and a half years and was team captain for two years.

SENIOR



MARY *Cannito*

Spanish major. . . daughter of Frederick and Roberta Cannito, **FULTON, NY.** Cannito is returning for her fourth season for the Golden Flyers. . . top performances include placing seventh in the 55-meter hurdles at the RIT Invitational during the indoor season. . . finished 13th at the UR Invitational in the 100-meter hurdles during the outdoor season. . . **2006:** placed 28th in the 60-meter hurdles at the Cornell Invitational. . . spent the 2005 season studying abroad in Spain. . . **2004:** Cannito had a 13th-place finish at Nazareth's Short Course Invitational. . . **SCHOLASTIC:** a graduate of J.C. Birdleough High School in Phoenix, NY, Cannito competed for the indoor and outdoor track teams there. . . selected team MVP twice in indoor and once in outdoor. . . won Section Three indoor title in 55-meter hurdles. . . earned second-team Onondaga League all-star honors. . . an honor roll student, Cannito was the salutatorian for the Class of 2004.

SENIOR



EMILY *Cannon*

Mathematics major with inclusive education certification. . . daughter of Bill and Sue Cannon, **HONEOYE FALLS, NY.** . . returning for her fourth season, Cannon finished 12th in the weight throw at the RIT Invitational during the indoor season. . . finished eighth in hammer throw and 10th in shot put at the UB Invitational during the outdoor season. . . Cannon was the recipient of the team Captains' Award for the '06 indoor season. . . **2005:** received the Coaches' Award for the '05 outdoor season. . . **SCHOLASTIC:** a graduate of Honeoye Falls-Lima High School, Cannon competed in four years of varsity track. . . placed third in Section Five discus competition.

SENIOR



MEREDITH *Coon*

Nursing major. . . daughter of Craig and Katie Coon, **PENFIELD, NY.** . . returning for her fourth season, Coon broke her own record in the weight throw (12.63 meters) and shot put (11.01 meters) during the indoor season. . . placed first and broke the school record in the discus (33.52 meters) during the outdoor season. . . **2006:** set outdoor records for the hammer (37.02 meters) and shot put (10.58 meters). . . recipient of team Coaches' Award for indoor season. . . earned second-team Empire 8 Conference all-star honors for the 20-pound weight throw (indoor) and the shot put (outdoor). . . also ran for the Golden Flyers' cross country team. . . **SCHOLASTIC:** a graduate of Penfield High School, Coon competed in cross country and track. . . received scholar athlete honors for all three sports. . . won Monroe County League discus title in 2003 and 2004 and Section Five title in the shot put in 2004.

FRESHMAN



KRISTI *Custer*

Undecided on major. . . daughter of Jim Custer and Mary Jo Custer, **DeRUYTER, NY.** . . a graduate of DeRuyter Central, Custer was a member of the varsity track and field team for five seasons. . . also a member of Nazareth's volleyball team. . . received Rookie of the Year honors in 2004 and team MVP honors from 2004-2007 in track and field. . . holds an individual record in the triple jump and a member of the 4x100-meter and 4x400-meter relay records. . . also competed in volleyball and soccer for four seasons at DeRuyter. . . named an Academic All-Star from 2004-07 and a Section Three scholar-athlete.

SOPHOMORE



MELISSA *Cutcliffe*

Returning for her second season, Cutcliffe experienced great success during her freshman year. . . broke the school record in the long jump (5.15 meters). . . finished seventh and received second-team all-conference honors in the pentathlon (2,617 points) during the indoor season. . . broke the school record in the long jump (4.95 meters) at the Allegheny Invitational during the outdoor season.

SOPHOMORE

JILL *Egmond*

Returning for her second season, Egmond had a strong freshman year. . . Egmond placed third and broke the school record in the pole vault (2.65 meters) during the indoor season. . . broke the school record in the pole vault (2.75 meters) during the outdoor season.

SOPHOMORE

EMMA *Grennell*

Physical Therapy major. . . daughter of John and Mari Grennell, **IRVING, NY**. . . Grennell is returning for her second season. . . Grennell placed 11th in the 55-meter hurdles at the RIT Invitational during the indoor season. . . competing for the Golden Flyers' cross country team for the first time. . . **SCHOLASTIC**: ran four years of varsity track at Lake Shore High School. . . placed first in Western New York relays and received sportsmanship award. . . helped team to ECIC division championship in 2003 and 2004. . . also competed in soccer and earned Most Improved Player and sportsmanship honors. . . honored as a scholar athlete as well.

SOPHOMORE

STEPHANIE *Johnson*

Communication Sciences and Disorders major. . . daughter of John and Catherine Johnson, **SPENCERPORT, NY**. . . returning for her second season, Johnson placed 54th in Nazareth's 4K Invitational and seventh in the 800-meter run at the UB Invitational during the track and field season **SCHOLASTIC**: a graduate of Spencerport High School, Johnson was a middle distance runner for the track team for four seasons. . . competed in indoor track and played one season of soccer.

SOPHOMORE

KAITLYN *Gecsedi*

SOPHOMORE | Math Education major. . . daughter of Ronald and Renee Gecsedi, **SCHENECTADY, NY**. . . returning for her second season, Gecsedi placed fifth in the 5,000-meter run at the UR Invitational during the outdoor season. . . also competed for the Golden Flyers in cross country. . . **SCHOLASTIC**: a graduate of Guilderland High School, Gecsedi competed in soccer and track there.

SENIOR

JENNIFER *Giebel*

History major. . . daughter of Daniel and Susan Giebel, **EAST AURORA, NY**. . . returning for her fourth season, Giebel had another strong season in 2006-07. . . member of the school record 4x200-meter, 4x400-meter relay, and distance medley relays during the indoor season. . . received second-team all-conference honors in the 4x400 and distance medley relay. . . member of the school-record 4x100-meter and 4x400-meter relays during the outdoor season. . . **2006**: broke indoor records for 200 meters (:27.82) and also was part of two relay records. . . earned second-team Empire 8 Conference all-star honors in the 400-meter dash. . . recipient of 2006 Coaches Award for outdoor season. . . **2005**: won captains' award for indoor season. . . **SCHOLASTIC**: a graduate of Iroquois High School, Giebel participated in four years of outdoor track, four years of indoor track, as well as three years of cross country. . . led outdoor team in scoring in 2004 and was the recipient of the Latimer Award for outstanding athletic achievements. . . set five indoor track records, including 55-meter dash, 300-meter dash, 400-meter dash, 4x200 meter relay, and 4x400 meter relay.

SOPHOMORE

JENNA *Porter*

Art History major. . . daughter of David and Jill Porter, **BATAVIA, NY**. . . returning for her second season, Porter had a strong freshman year. . . Porter broke the school record in the 55-meter sprint (7.72 seconds), the 60-meter sprint (8.42 seconds), and was a member of the school-record 4x200-meter and 4x400-meter relays during the indoor season. . . holds the school record in the 100-meter dash (:12.93), 200-meter dash (:26.28) and 400-meter dash (:59.73) for the outdoor season and a member of the school record 4x100-meter and 4x400-meter relays. . . named team MVP for outdoor season. . . **SCHOLASTIC**: a graduate of Alexander Central, Porter was a track and field standout there. . . helped Alexander to two state titles in the 4 x 100-meter relay. . . also reached the state meet in the 200-meter dash. . . set school records in the 4 x 100-meter relay and in the 400-meter dash. . . helped track and field team to five straight Genesee Region league titles. . . also competed in swimming.

SOPHOMORE



TANJA Redmond

Returning for her second season, Redmond placed 23rd in the 800-meter run at the RIT Invitational and 26th in the 400-meter dash at Cornell during the indoor track and field season.

VICTORIA Ryan

JUNIOR | International Studies major. . . daughter of Patricia Ryan, **OTEGO, NY**. . . Ryan was a member of the varsity track and field team for four seasons at Unatego High School. . . holds individual school records in the 400 and 100-meter hurdle events and a member of the 4x400-meter relay record. . . MAC Champion from 2003-2005.

FRESHMAN



AMANDA Sherman

Undecided on major. . . daughter of Daniel and Susan Sherman, **PERRY, NY**. . . a graduate of Perry Central, Sherman was a member of the varsity swim team for three seasons. . . also a member of track and soccer teams.

SOPHOMORE



REBEKAH Sirtoli

Physical Therapy major. . . daughter of Paul and Joanne Sirtoli, **WEST WINFIELD, NY**. . . returning for her second season, Sirtoli finished 19th in the 55-meter dash at the RIT Invitational during the indoor season. . . placed eighth in the 200-meter dash and sixth in the 100-meter dash at the UB Invitational during the outdoor season. . . received the Coaches' Award for the outdoor season. . . **Scholastic:** a graduate of Mt. Markham High School, Sirtoli was a sprinter on the track and field team for four seasons. . . also competed in soccer and was a member of a swim club.

SOPHOMORE



EMILY Tierney

Physical Therapy major. . . daughter of Tim and LeeAnn Tierney, **ALBION, NY**. . . returning for her second season, Tierney placed fourth in the triple jump at the RIT Invitational during the indoor season. . . finished eighth in the long jump at the Muehlenberg Invitational and third in the triple jump at the UR Invitational during the outdoor season. . . **Scholastic:** a graduate of Medina High School, Tierney competed in soccer, track and swimming there. . . placed third in the Section Six triple jump in '06 and second in the 4 x 100 relay. . . earned first-team all-league honors as a sweeper in soccer in addition to all-league honors in swimming and track and field. . . received Orleans County All-Academic Athletic Award. . . fourth in graduating class of '06. . . a member of the National Honor Society.

SOPHOMORE



CHELSEY Wentworth

Communication Sciences and Disorders major. . . daughter of David and Karen Wentworth, **SCOTIA, NY**. . . returning for her second season, Wentworth finished eighth and ninth respectively in the 100 and 200-meter sprints at the UB Invitational during the outdoor season. . . **Scholastic:** a graduate of Scotia-Glenville High School, Wentworth competed as a sprinter on the track and field team for three seasons. . . also was a co-captain for basketball and volleyball teams and graduated fourth in her senior class.

SOPHOMORE



ELIZABETH Way

Undeclared major. . . daughter of Robert and Mary Way, **GORHAM, NY**. . . returning for her second season, Way placed sixth in the triple jump at the RIT Invitational during the indoor season and set record in 400-meter hurdles (1:13.32) . . . recipient of the Captains' Award during the indoor season. . . also a member of the tennis team. . . **Scholastic:** a graduate of Marcus Whitman High School, Way was a member of the track and tennis teams. . . competed as a sprinter in track and played first singles for two seasons in tennis. . . served as team captain and earned team MVP award in tennis.

Nazareth College Sports Hotline: (585) 389-2095

On the world wide web: www.nazathletics.com

FOLLOW THE *Golden Flyers*

WOMEN'S RECORDS *Cross Country - Track & Field*



LAUREN GLASER



MEREDITH COON



JENNIFER GIEBEL



JESSICA BROWN

Women's Indoor Records

EVENT	MARK	ATHLETE	DATE
55m	7.72	Jenna Porter	1/27/07
60m	8.42	Jenna Porter	2/10/07
55m hurdles	8.88	Jessemyn Russell	3/4/05
60m hurdles	9.76	Jessemyn Russell	2/12/05
200m	27.82	Jennifer Giebel	2/12/05
400m	1:02.07	Lauren Glaser	1/27/07
500m	1:21.13	Lauren Glaser	2/2/07
800m	2:20.82	Lauren Glaser	2/24/07
1000m	3:07.72	Jessica Brown	3/3/07
1500m	5:00.28	Liz Burns	2/28/04
Mile	5:21.82	Laura Snepenger	2/11/06
3000m	11:06.93	Laura Snepenger	2/3/06
5000m	19:18.85	Ashley Hughes	2/24/07
20# Weight	41' 5.25"	Meredith Coon	2/10/07
Shot Put	36' 1.5"	Meredith Coon	2/2/07
Long Jump	16' 10.25"	Melissa Cutcliffe	1/20/07
Triple Jump	32' 7.75"	Jaimie MacDonald	2/11/06
High Jump	5' 3"	Jessemyn Russell	2/22/04
Pole Vault	8' 8.25"	Jill Egmond	1/27/07
Pentathlon	3,132 pts.	Jessemyn Russell	3/4/05
4x200m relay	1:53.56	Jennifer Giebel Jessica Brown Lauren Glaser Jenna Porter	2/24/07
4x400m relay	4:09.12	Jennifer Giebel Jessica Brown Lauren Glaser Jenna Porter	3/3/07
4x800m relay	10:01.16	Lauren Glaser Megan Goetz Laura Snepenger Jessica Brown	2/3/06
Sprint Medley	4:47.94	Carrie Land, Jaimie MacDonald Amanda Gatch Lauren Glaser	12/10/05
Distance Medley	12:47.99	Jessica Brown Jennifer Giebel Lauren Glaser Ashley Hughes	3/2/07

Women's Outdoor Records

EVENT	MARK	ATHLETE	DATE
100m	12.93	Jenna Porter	5/10/07
100m hurdles	15.59	Jessemyn Russell	5/14/04
200m	26.28	Jenna Porter	5/10/07
400m	:59.73	Jenna Porter	5/5/07
800m	2:18.63	Lauren Glaser	5/18/07
1500m	4:50.79	Jessica Brown	5/18/07
400m hurdles	1:13.32	Elizabeth Way	5/5/07
3000m steeplechase	12:01.20	Liz Burns	5/1/04
5000m	19:01.30	Ashley Hughes	5/10/07
10,000m	45:20.54	Courtney Greene	4/16/05
Hammer	121' 5.5"	Meredith Coon	4/15/06
	121' 5.5"	Meredith Coon	4/29/06
Shot Put	34' 8.5"	Meredith Coon	5/6/06
Discus	109' 11.75"	Meredith Coon	3/31/07
Long Jump	16' 2.75"	Melissa Cutcliffe	5/10/07
Triple Jump	33' 1.5"	Jaimie MacDonald	5/7/05
High Jump	5' 1.5"	Jessemyn Russell	4/25/04
Pole Vault	9' .25"	Jill Egmond	4/21/07
Javelin	101' 7.25"	Kristen Lempicki	4/24/04
Heptathlon	4,068 pts.	Jessemyn Russell	5/15/04
4x100m relay	:51.37	Amanda Gatch Jennifer Giebel Melissa Cutcliffe Jenna Porter	5/5/07
4x400m relay	4:05.74	Jennifer Giebel Jessica Brown Lauren Glaser Jenna Porter	5/6/06
4x800m relay	9:47.29	Ashley Hughes Shannon Bradley Jessica Brown Lauren Glaser	5/5/07

MEN'S RECORDS

Cross Country - Track & Field



BRENDAN EPSTEIN



BRANDON WHEELER



NICK STENUF



CRAIG CONNELLY

Men's Indoor Records

EVENT	MARK	ATHLETE	DATE
55m	6.89	Craig Connelly	1/18/04
	6.89	Jon Qazi	1/20/07
60m	7.50	Jon Qazi	2/10/07
55m hurdles	9.13	Jim Rolince	1/25/04
60m hurdles	9.74	Brandon Wheeler	2/10/07
200m	24.07	Matt Case	2/2/07
400m	50.30	Brandon Wheeler	2/24/07
500m	1:10.94	Nick Stenuf	1/15/05
800m	1:53.99	Nick Stenuf	3/4/06
1000m	2:31.67	Nick Stenuf	1/28/06
1500m	4:22.49	Matt Maguire	12/11/04
Mile	4:31.03	Aaron Sirtoli	2/2/07
3,000m	8:51.40	Brendan Epstein	2/24/07
5,000m	15:43.99	Brendan Epstein	1/27/07
35# Weight	38' 11.75"	Jeremy Chapline	2/10/07
Shot Put	43' .25"	Jeremy Chapline	1/27/07
Long Jump	20' 1"	Brandon Wheeler	2/18/07
Triple Jump	42' 6.25"	Brandon Wheeler	2/3/06
High Jump	6' 6"	Brandon Wheeler	2/18/07
Pole Vault	12' 1.75"	Dan Matteo	1/20/07
Pentathlon	3,115 pts.	Brandon Wheeler	2/18/07
4x200m relay	1:34.07	Matt Case Jon Qazi Chris McBride Brandon Wheeler	12/7/06
4x400m relay	3:26.30	Brandon Wheeler Craig Connelly Matt Case Nick Stenuf	3/3/07
4x800m relay	8:11.40	Pat Hughes Brendan Epstein Craig Connelly Nick Stenuf	3/5/05
Sprint Medley	3:39.68	Brandon Wheeler Nick Amorese Matt Maguire Nick Stenuf	12/10/05
Distance Medley	10:50.10	Mike Anderson Robby Castor Aaron Sirtoli Craig Connelly	2/24/07

Men's Outdoor Records

EVENT	MARK	ATHLETE	DATE
100m	11.37	Kenny Taylor	4/10/04
110m hurdles	17.26	Jim Rolince	4/24/04
200m	22.54	Kenny Taylor	4/24/04
400m	48.79	Brandon Wheeler	5/5/07
800m	1:50.83	Nick Stenuf	5/18/06
1,500m	3:53.53	Nick Stenuf	5/5/07
3,000m steeplechase	9:27.67	Aaron Sirtoli	5/5/07
5,000m	15:18.26	Brendan Epstein	3/31/07
10,000m	32:34.66	Pat Hughes	5/9/06
Hammer	88' 10"	Jon Bates	4/21/07
Shot Put	39' 0 1/2"	Jeremy Chapline	4/21/07
Discus	99' 1 3/4"	Jeremy Chapline	4/21/07
Javelin	133' 5 1/2"	Craig Connelly	4/18/07
Long Jump	19' 8 1/4"	Adeola Amusan	4/9/05
Triple Jump	40' 4.25"	Brandon Wheeler	4/9/06
High Jump	6' .75"	Brandon Wheeler	5/5/07
Pole Vault	7' 10.5"	Craig Connelly	5/1/06
Decathlon	4,993 pts.	Craig Connelly	4/30/07
4x100m relay	44.07	Jon Qazi Matt Case Justin Banks Chris McBride	5/18/07
4x400m relay	3:21.80	Rob Castor Matt Case Craig Connelly Brandon Wheeler	5/5/07
4x800m relay	7:56.17	Craig Connelly Aaron Sirtoli Rob Castor Nick Stenuf	5/5/07

MEN'S CROSS COUNTRY ACADEMIC ALL-AMERICANS

2006 – Brendan Epstein, jr.

NCAA DIVISION III ATLANTIC REGION ALL-STARs

2006 – Nick Stenuf, jr.

EMPIRE 8 CROSS COUNTRY ALL-STARs

2006 – Nick Stenuf, jr. (first team, Rookie of the Year)
Brendan Epstein, jr. (second team)
Aaron Sirtoli, jr. (second team)

MEN'S INDOOR TRACK & FIELD ALL-AMERICANS

2006 – Nick Stenuf, so. 800-meter run (sixth place)

MEN'S INDOOR TRACK & FIELD NYSCTC CHAMPIONS

2007 – Nick Stenuf, jr. 1,500-meter run
2006 – Nick Stenuf, so. 800-meter run

MEN'S INDOOR TRACK & FIELD EMPIRE 8 CONFERENCE ALL-STARs

2007 – Brandon Wheeler, so. (Co-Field Athlete of the Year)
Brandon Wheeler, so. pentathlon (first team)
Brandon Wheeler, so. 400-meter dash (first team)
Nick Stenuf, jr. 800-meter run (first team)
Brandon Wheeler, Craig Connelly, Matt Case, Nick Stenuf
1600-meter relay (first team)
Matt Case, fr. 400-meter dash (second team)
Brandon Wheeler, Justin Banks, Matt Case, Jon Qazi
800-meter relay (second team)
2006 – Nick Stenuf, so. (Athlete of the Meet)
Nick Stenuf, so. 800-meter run (first team)
Brandon Wheeler, fr. high jump (second team)
Nick Amorese, Craig Connelly, Nick Stenuf, Brandon Wheeler,
1600-meter relay (second team)

MEN'S OUTDOOR TRACK & FIELD ALL-AMERICANS

2006 – Nick Stenuf, so. 800-meter run (third place)

MEN'S OUTDOOR TRACK & FIELD ECAC CHAMPIONS

2006 – Nick Stenuf, so. 800-meter run

MEN'S OUTDOOR TRACK & FIELD NYSCTC CHAMPIONS

2006 – Nick Stenuf, so. 800-meter run

MEN'S OUTDOOR TRACK & FIELD EMPIRE 8 CONFERENCE ALL-STARs

2007 – Nick Stenuf, jr. (Athlete of the Meet)
Matt Case, fr. (Rookie of the Meet)
Matt Case, fr. 100-meter dash (first team)
Matt Case, fr. 200-meter dash (first team)
Brandon Wheeler, so. 400-meter dash (first team)
Nick Stenuf, jr. 800-meter run (first team)
Nick Stenuf, jr. 1,500-meter run (first team)
Aaron Sirtoli, jr. 3,000-meter steeplechase (first team)
Jon Qazi, Matt Case, Justin Banks, Chris McBride
400-meter relay (first team)
Robby Castor, Matt Case, Craig Connelly, Brandon Wheeler
1,600-meter relay (first team)
Jon Qazi, fr. 100-meter dash (second team)
Robby Castor, so. 400-meter hurdles (second team)
Brandon Wheeler, so. high jump (second team)
2006 – Nick Stenuf, so. (Athlete of the Meet)
Nick Stenuf, so. 800-meter run (first team)
Brandon Wheeler, fr. 400-meter run (first team)
Brandon Wheeler, fr. high jump (first team)
Craig Connelly, Rob Castor, Nick Stenuf, Brandon Wheeler,
1600-meter relay (second team)

WOMEN'S CROSS COUNTRY ACADEMIC ALL-AMERICANS

2006 – Jessica Brown, jr.

NCAA DIVISION III ATLANTIC REGION ALL-STARs

2006 – Jessica Brown, jr.

WOMEN'S CROSS COUNTRY EMPIRE 8 CONFERENCE ALL-STARs

2006 – Jessica Brown, jr. (second team)
Ashley Hughes, jr. (second team)
2003 – Liz Burns, fr. (second team)

WOMEN'S INDOOR TRACK & FIELD EMPIRE 8 CONFERENCE ALL-STARs

2007 – Jennifer Giebel, Jessica Brown, Lauren Glaser, Jenna Porter
1,600-meter relay (first team)
Jenna Porter, fr. 55-meter dash (second team)
Lauren Glaser, so. 800-meter run (second team)
Jessica Brown, Jennifer Giebel, Lauren Glaser, Ashley Hughes
Distance Medley Relay (second team)
Melissa Cutcliffe, fr. pentathlon (second team)
2006 – Meredith Coon, so. 20# weight throw (second team)
Jennifer Giebel, so. 400-meter dash (second team)

WOMEN'S OUTDOOR TRACK & FIELD EMPIRE 8 CONFERENCE ALL-STARs

2007 – Jenna Porter, fr. 400-meter dash (first team)
Lauren Glaser, so. 800-meter run (second team)
Jessica Brown, jr. 1,500-meter run (second team)
Jennifer Giebel, Jessica Brown, Lauren Glaser, Jenna Porter
400-meter relay (second team)
Jennifer Giebel, Jessica Brown, Lauren Glaser, Jenna Porter
1,600-meter relay (second team)
Melissa Cutcliffe, fr. long jump (second team)
Meredith Coon, jr. shot put (second team)
2006 – Meredith Coon, so. shot put (second team)
Lauren Glaser, fr. 400-meter dash (second team)



Campus Expansion: Nazareth's 2004 campus expansion included 2,200-seat Golden Flyer Stadium, an all-weather track and a softball diamond.

NAZARETH COLLEGE IS A PRIVATE, CO-EDUCATIONAL COLLEGE WITH A LIBERAL ARTS AND SCIENCES TRADITION.

FOUNDED IN 1924 BY THE SISTERS OF ST. JOSEPH, NAZARETH HAS BEEN INDEPENDENT FOR MORE THAN 30 YEARS.

Nazareth's athletic mission and philosophy

The Nazareth College Athletic Department will strive to empower its student-athletes to grow as people and make a positive impact on society, with life-skills development, mentoring, and leadership opportunities through competitive and cooperative experiences.

The Athletic Department is committed to assisting in the college's mission of educating students with a goal of fostering lifelong commitment to intellectual, ethical and aesthetic values. The Athletic Department will operate under firm institutional control of the college and will always place the health and welfare of the student-athletes, coaches and staff first in decisions regarding the athletics program.

The department will operate under the NCAA Division III philosophy, through which academics are the student's first priority and sportsmanship, fair play, diversity and ethical conduct are constantly taught and promoted.

Campus expansion

2004 marked the completion of Nazareth's largest capital campaign in history. The college raised \$25 million to support the recent campus expansion through the purchase of 73 acres of adjoining land and buildings. Today's campus features 148 acres and includes the five-story Golisano Academic Center,

the 2,200-seat Golden Flyer Stadium, the spacious Elizabeth George and Portka residence halls and a softball diamond.

Students now have twice as many classrooms and computer labs; more undergraduate and graduate programs; opportunities to compete on intercollegiate teams in equestrian, cross country, track and field, men's volleyball, and women's softball; and a choice of living options that includes suites, cafes and free laundry service.

Faculty

FULL-TIME	140
PART-TIME	78
STUDENT/FACULTY RATIO	12:1

Ninety-four percent of full-time faculty have received the highest professional degree in their field.

Enrollment

Full-time undergraduate enrollment for the fall of 2007 will be approximately 2,000. That number increases to about 3,200 with the inclusion of part-time and graduate students. There are more than 1,250 students living on campus.

The 2007-08 freshman class had an average SAT score of 1150. One quarter of incoming freshmen finished in the top 10 percent of their high school graduating class; two-thirds ranked in the top 25 percent.

Expenses

2007-08 TUITION	\$21,900
ROOM AND BOARD (various plans available)	\$9,500
FEES	\$1,000
TOTAL	\$32,400

Academic highlights

- During the past 10 years, 22 Nazareth students have won Fulbright grants to carry out research, teach, and study in 13 countries around the world. Few colleges and universities in the nation can match Nazareth's record of preparing students for success in the Fulbright competition—the U.S. government's most prestigious scholarship program.
- Nazareth has a distinguished history of teacher preparation with nearly 1,700 graduates currently teaching in Monroe County classrooms.
- Nazareth features an array of health professions programs, including a Bachelor of Science in Nursing, Music Therapy, Art Therapy, Speech-Language Pathology, and Physical Therapy.
- The Nazareth College Arts Center, which houses the departments of Theatre Arts, Music, and Art, has welcomed more than two million people to performances since it opened in 1967.

Community service

Ninety-one percent of Nazareth undergraduates participate in community service projects while they are students.

In addition, Nazareth offers an on-campus Center for Service Learning, which serves as a resource for students seeking volunteer placements and for faculty who want to incorporate service into the curriculum.

Alumni

Seventy-five percent of Nazareth's 26,000 alumni reside in New York state. Nearly 70 percent are employed in service professions including education, health care, child care, social work, and counseling.

Athletic highlights

- The average grade-point average of student-athletes for the spring 2006 semester was 3.20, a number that includes academic records for more than 400 student-athletes.
- A member of the National Collegiate Athletic Association, Nazareth has 23 intercollegiate teams that compete at the Division III level. Nazareth competes in the Empire 8 Conference with Alfred, Elmira, Hartwick, Ithaca, RIT, St. John Fisher, Stevens Institute of Technology, and Utica.
- Nazareth finished 63rd among more than 300 colleges in the NACDA (National Association of Collegiate Directors of Athletics) standings for Division III in 2006-07. The Golden Flyers were represented in NCAA Tournaments in men's soccer, women's soccer, women's volleyball, women's swimming and diving, men's lacrosse and women's lacrosse. Nazareth also claimed Empire 8 Conference titles in men's soccer, women's soccer, women's volleyball, men's lacrosse and women's lacrosse.

Admission

Contact the Nazareth Admissions Office at (585) 389-2860 or toll-free at (800) 462-3944 to find out more about the admission process, including financial aid opportunities, to attend an open house, or to arrange for a campus tour.



FRONT ROW (LEFT TO RIGHT) - Lizzie McAndrew, Megan O'Connor, Amanda Gatch, Brooke Redding, Emma Grennell, Sarah Wilcox, Jessica Goodrich, Ashley Hughes. MIDDLE ROW - Jenny Lounsbury, Shannon Bradley, Jen Katz, Stephanie Hayduke, Samantha Hickok, Caitlyn Parmelee, Alison D'Angelo, Mallory Greenseich, Jessica Stanchus. BACK ROW - Shasten Snellgroves, Jessica Brown, Jamie Malloy, Abby Crain, Liz Pfleghardt, Megan Goetz, Danielle Fiorentino, Lauren Glaser, Scott Love (head coach).



FRONT ROW (LEFT TO RIGHT) - Chris Freeman, Justin McConnell, Nick Stenuf, Mike Anderson, Brendan Epstein. BACK ROW - Bradly Frink, Robby Castor, Matt Morales, Chris McBride, Aaron Sirtoli, Sean Rahrle, Scott Love (head coach).

**FOLLOW THE GOLDEN FLYERS ON THE NAZARETH COLLEGE SPORTS HOTLINE AT 585-389-2095,
OR ON THE WEB AT WWW.NAZATHLETICS.COM**

Cross Country Schedule

Date	Opponent
Sept 1	Harry Lang Invitational at Colgate
Sept 15	at Brockport Invitational
Sept 22	at Western Ontario Invitational
Sept 29	at Utica Invitational
Oct 6	Nazareth Short Course Invitational
Oct 13	at UR Invitational
Oct 20	Empire 8/Rensselaer Invitational
Nov 3	NYSCTC Meet at Oswego
Nov 10	NCAA Atlantic Regionals at NYU
Nov 17	NCAA Nationals

Track & Field Schedule

Date	Opponent	Date	Opponent
Dec 8	Empire 8 Championship at RIT	Apr 5	at Muhlenberg Invitational
Jan 19	Tiger Invitational at RIT	Apr 11-12	Bison Classic at Bucknell
Jan 25-26	at McGill Team Challenge	Apr 19	Empire 8 Championships at Nazareth
Jan 26	at St. Lawrence Classic	Apr 26	Yellow Jacket Invitational at U of R
Feb 2	at RIT Invitational	Apr 27-28	NYSCTC Multis at RPI
Feb 9	New Balance Games at Armory	May 2-3	NYSCTC Meet at U of R
Feb 16	Kane Invitational at Cornell	May 9	Twilight Classic at Allegheny
Feb 24	NYSCTC Multis at Cornell	May 15-16	ECAC Championships
Feb 29-Mar 1	NYSCTC Meet at St. Lawrence	May 22-24	NCAA Championships at Wis-Oshkosh
Mar 7-8	ECAC Championships at Harvard		
Mar 14-15	NCAA Championships at Ohio Northern		

Home games in bold

NAZARETH COLLEGE SPORTS INFORMATION OFFICE

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