



C O L L E G E I N F O R M A T I O N

Location4245 East Avenue, Rochester, NY 14618

Main Telephone Number(585) 389-2525

Enrollment1,925 (undergraduate)

Founded1924 by the Sisters of St. Joseph

President Daan Braveman

NicknameGolden Flyers

ColorsPurple and Gold

AffiliationNCAA Division III

Conference Empire 8

Empire 8 CommissionerChuck Mitrano

Office Phone(585) 581-0834

E-mailcmitrano@empire8.com

Empire 8 SIDTim Farrell

E-mailtfarrell@empire8.com

Web Addresswww.empire8.com

Athletic DirectorPeter Bothner

Office Phone(585) 389-2196

E-mailpbothne4@naz.edu

Cross Country/Track and Field CoachScott Love (Syracuse, '77)

Office Phone(585) 389-2852

E-mailelove9@naz.edu

Assistant CoachJim Rolince

E-mailjrolinc9@naz.edu

Head Athletic TrainerAdrienne Jester

Office Phone(585) 389-2838

E-mailajester4@naz.edu

Assistant Athletic TrainerMike Fahy

E-mailmfahy8@naz.edu

Assistant Athletic TrainerBeth Abegglen

E-mailbabegg16@naz.edu

Assistant Athletic Director for Sports InformationJoe Seil

Office Phone(585) 389-2452

Office Fax(585) 389-2188

E-mailjseil2@naz.edu

Web Addresswww.naz.edu/dept/athletics

Admissions Office(585) 389-2860

Financial Aid Office(585) 389-2310

T A B L E O F C O N T E N T S

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DESIGN & LAYOUT:
 Symbolic

Nazareth Cross Country, Track & Field is a production of the Nazareth Athletic Department. For further information, contact Joe Seil at (585) 389-2452 or at jseil2@naz.edu.

S T A F F D I R E C T O R Y



PETER BOTHNER
Director of Athletics
pbothne4@naz.edu
x2196



BETH ABEGGLEN
Asst Athletic Trainer
babeggl6@naz.edu
x2838



SUE BEHME
Women's Lacrosse Coach
sbehme9@naz.edu
x2835



TERESE BOUCHARD
Equestrian coach
tboucha3@naz.edu
x2195



JACK CARPENTER
Women's Softball Coach
jcarpen9@naz.edu
x2936



MARTY CODDINGTON
Golf Coach
mcoddin6@naz.edu
x2195



MIKE DALEY
Asst Athletic Director &
Men's Basketball Coach
mdaley8@naz.edu
x2814



MICHAEL FAHY
Asst Athletic Trainer
mfahy8@naz.edu
x2838



HEATHER FRANK
Athletic Office Coordinator
hfrank6@naz.edu
x2186



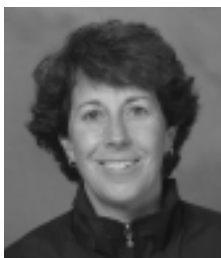
DAN GILBERTSON
Men's Soccer Coach
dgilber5@naz.edu
x2191



ADRIENNE JESTER
Head Athletic
Trainer/SWA
ajester4@naz.edu
x2838



SCOTT LOVE
Cross Country,
Track & Field Coach
elove9@naz.edu
x2852



GAIL MANN
Women's Soccer Coach
gmann8@naz.edu
x2813



MIKE PALERMO
Equipment Room Manager
mpalerm6@naz.edu
x2837



ROB RANDALL
Men's Lacrosse Coach
rrandal5@naz.edu
x2194



JOE SEIL
Assistant Athletic
Director/SID
jseil2@naz.edu
x2452



MARTIE STASER
Swimming Coach
mstaser3@naz.edu
x2198



ANDREA TUTINO
Field Hockey Coach
aatutino@naz.edu
x2199



PAUL WAIDA
Tennis Coach
pwaida7@naz.edu
x2853



CAL WICKENS
Volleyball Coach
cwicken0@naz.edu
x2189



DIANE WILLIAMS
Women's Basketball Coach
dwillia4@naz.edu
x2190

PHONE NUMBERS

Main College Number:

389-2525

Athletic Office Fax:

389-2839

Sports Information Fax:

389-2188

Press Box Phone:

389-2951

Press Box Fax:

389-2950

Sports Hotline:

389-2095



SCOTT LOVE

Head Coach

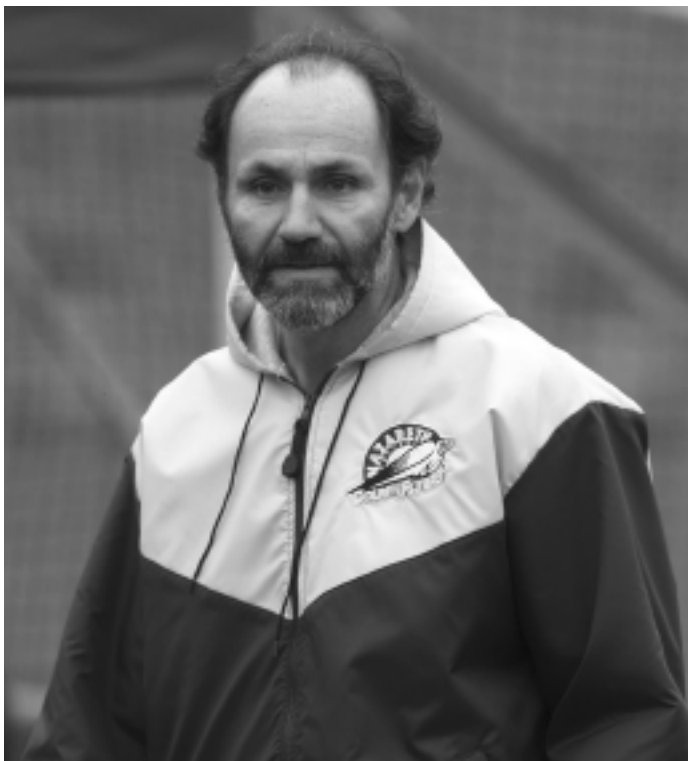
Equipped with more than two decades of coaching experience at various levels in the Syracuse area, Scott Love joined the Nazareth athletic department as a full-time staff member in August of 2002.

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 as sophomore Nick Stenuf became Nazareth's first track and field All-American in both the indoor and outdoor 800-meter runs.

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.



COACH

Scott Love started Nazareth's cross country and track and field programs in 2003.

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, NY from 1984 to 1992, Coach 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.



JIM ROLINCE

Assistant Coach

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

A native of Solvay, NY, Rolince completed his undergraduate degree in Psychology

last year. He's now working on a graduate degree in Education.

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

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.

Follow the Golden Flyers
on the Nazareth College Sports Hotline:
(585) 389-2095
and on the world wide web: www.naz.edu

2 0 0 6 - 0 7 C R O S S C O U N T R Y R O S T E R

MEN'S

N A M E	Y R .	H T .	W T .	H I G H S C H O O L / H O M E T O W N
MICHAEL ANDERSON	JR.	5-10	145	SKANEATELES/SKANEATELES, NY
JON BATES	SR.	6-2	210	AMSTERDAM/AMSTERDAM, NY
ROBBY CASTOR	SO.	6-1	160	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY
CRAIG CONNELLY	SR.	5-11	160	WAYNE CENTRAL/MACEDON, NY
LARRY DICESARE	SR.	5-11	150	SAUQUOIT VALLEY/SAUQUOIT, NY
BRENDAN EPSTEIN	JR.	5-7	140	MORAVIA/MORAVIA, NY
CHRIS FREEMAN	FR.	5-8	135	RUSH-HENRIETTA/RUSH, NY
AARON HELTSLEY	FR.	5-8	140	OAKLEY SCHOOL (UTAH)/ITHACA, NY
CHRIS MCBRIDE	JR.	6-2	155	PENFIELD/PENFIELD, NY
DAVID PATALANO	SO.	5-10	160	CHURCHVILLE-CHILI/ROCHESTER, NY
CHRIS PATTERSON	SR.	5-6	125	RUSH-HENRIETTA/HENRIETTA, NY
AARON SIRTOLI	JR.	6-1	165	MT. MARKHAM/WEST WINFIELD, NY
NICK STENUF	JR.	5-9	135	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY

WOMEN'S

N A M E	Y R .	H T .	H I G H S C H O O L / H O M E T O W N
SHANNON BRADLEY	FR.	5-3	IRONDEQUOIT/ROCHESTER, NY
JESSICA BROWN	JR.	5-7	OXFORD ACADEMY/OXFORD, NY
MARY CANNITO	JR.	5-2	J.C. BIRDLEBOUGH/FULTON, NY
ABBY CRAIN	SO.	5-7	CORCORAN/SYRACUSE, NY
CAITLIN DONOVAN	JR.	5-5	OSWEGO/OSWEGO, NY
MADDY DONOVAN	SO.	5-4	OSWEGO/OSWEGO, NY
KATELYN FELTER	FR.	5-4	AUBURN/AUBURN, NY
AMANDA GATCH	SO.	4-11	CHARLES O. DICKERSON/JACKSONVILLE, NY
KAITLYN GECSEDI	FR.	5-6	GUILDERLAND/SCHENECTADY, NY
LAUREN GLASER	SO.	5-8	HUNTINGTON/HUNTINGTON, NY
MEGAN GOETZ	SO.	5-6	FAIRPORT/FAIRPORT, NY
MOLLY HANFORD	SO.	5-3	TIOGA CENTER/NICHOLS, NY
STEPHANIE HAYDUKE	SO.	5-4	WESTHILL/SYRACUSE, NY
ASHLEY HUGHES	JR.	5-3	JOHN C. BIRDLEBOUGH/PHOENIX, NY
STEPHANIE JOHNSON	FR.	5-4	SPENCERPORT/SPENCERPORT, NY
ELIZABETH JURKIEWICZ	SR.	5-4	WESTHILL/SYRACUSE, NY
JENNIFER KATZ	JR.	5-6	SPENCERPORT/SPENCERPORT, NY
JENNIFER LOUNSBURY	FR.	5-5	CICERO-NORTH SYRACUSE/LIVERPOOL, NY
CAITLYN PARMELEE	FR.	5-8	TIOGA/WAVERLY, NY
ELIZABETH PFLEGHARDT	JR.	5-8	TIOGA/TIOGA CENTER, NY
HANNAH QUICK	FR.	5-6	EAST SYRACUSE-MINOA/EAST SYRACUSE, NY
BROOKE REDDING	SO.	5-3	RUSH-HENRIETTA/RUSH, NY
CHRISTEN STODDARD	SR.	5-4	LOCKPORT/LOCKPORT, NY

HEAD COACH: Scott Love
ASSISTANT COACH: Jim Rolince

M E N ' S T E A M P R O F I L E S

**M I C H A E L A N D E R S O N**

Junior from Skaneateles, NY
Nursing major. . . son of Thomas and Kathleen Anderson, Skaneateles, NY. . . returning for his third season, Anderson competed regularly for the Golden Flyers in 2005. . . finished 46th at Penn State Behrend Invitational and 47th at Nazareth's Short Course Invitational. . .

competes for the Golden Flyers' indoor and outdoor track and field teams and was the 2006 recipient of the indoor team Coaches Award. . . **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.

**J O N B A T E S**

Senior from Amsterdam, NY
Biology major. . . son of Pasquale and Gretchen Baia and Dave and Karen Bates, Amsterdam, NY. . . Bates is running cross country for the first time in 2006 after competing as a thrower on the indoor and outdoor track and field teams the past three seasons. . . was recipient of the

indoor team Coaches' Award for 2003-04. . . **Scholastic:** a graduate of Amsterdam High School, Bates is vice president of the Nazareth Science Club and is a member of the Student Athlete Advisory Committee and the Ski Club.

**M I K E A N D E R S O N**

Junior Mike Anderson returns for his third cross country season for the Golden Flyers.

**M A T T C A S E**

Freshman from Baldwinsville, NY
Business Management major. . . son of Steve and Yvonne Case, Baldwinsville, NY. . . **Scholastic:** a graduate of C.W. Baker High in Baldwinsville, Case was a four-year member of the track and field team there. . . set 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 4 x 400-meter relay and in the 400-meter dash. . . recipient of scholar-athlete award.

**R O B B Y C A S T O R**

Sophomore from East Syracuse, NY
Math Education major. . . son of Karyn and Gary Castor, East Syracuse, NY. . . returning for his second season, Castor competed regularly in 2005. . . finished 34th at Penn State Behrend Invitational, 24th at Nazareth's Short Course Invitational and 26th in the Empire 8 Conference meet. . .

competed for the Golden Flyers' track and field team last spring and was part of school records in the 4 x 400- and the 4 x 800-meter relays. . . **Scholastic:** a graduate of East Syracuse-Minoa High School, Castor competed in both cross country and track. . . finished 12th in the state when competing in the 4 x 800 event (8:12).

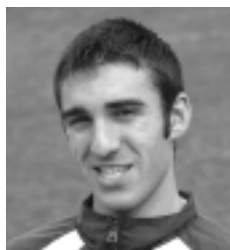
**J E R E M Y C H A P L I N E**

Freshman from Queensbury, NY
Art Education major. . . son of Doug and Debbie Streets, Queensbury, NY. . .

Scholastic: a graduate of Queensbury High School, Chapline was a standout in football and track. . . twice won Section Two title in the shot put. . . also finished third and fourth once each. . . played fullback and

linebacker in football and served as team captain in 2005. . . recipient of Eagle Scout Award.

M E N ' S T E A M P R O F I L E S

**CRAIG CONNELLY****Senior from Macedon, NY**

Political science major. . . son of Bill and Kathy Connelly, Macedon, NY. . . returning for his fourth season, Connelly ran in every Nazareth meet in 2005 and finished 24th at Nazareth's Short Course Invitational and 27th at the Empire 8 Conference meet. . . competes for the indoor and outdoor track

and field teams and holds indoor marks in the 55- and 200-meter dashes as well as the 60-meter hurdles. . . also holds records for the shot put, long jump and pentathlon. . . also holds outdoor records for the shot put, discus, javelin, pole vault and decathlon. . . earned second-team all-conference for the outdoor 1,600-meter relay for 2006 and placed ninth in the NYSCTC decathlon (4,825 points). . . **2004:** placed eighth at Nazareth's Short Course Invitational and 20th at the Harry Lang Invitational at Colgate. . . **Scholastic:** a graduate of Wayne Central, Connelly competed in volleyball and track. . . earned Finger Lakes League all-star honors as a sprinter in track and finished second in the Section Five Class BB meet in the 400-meter run. . . earned second- team all-league honors in volleyball. . . is president of Nazareth's Undergraduate Association.

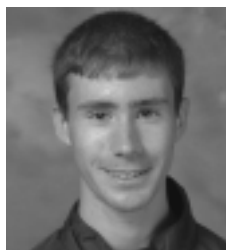
**LARRY DICESARE****Senior from Sauquoit, NY**

Psychology major. . . son of Lawrence and Polly DiCesare, Sauquoit, NY. . . returning for his fourth season, DiCesare missed all of 2005 due to injury. . . **2004:** finished fifth at Nazareth's Short Course Invitational and 11th at Harry Lang Invitational at Colgate. . . also competes for the indoor

and outdoor track and field teams. . . was the recipient of the indoor team Coaches Award in '04-05. . . **2003:** was among the Golden Flyers' top runners in 2003 and was the recipient of the team's Coaches Award. . . **Scholastic:** a graduate of Sauquoit Valley High School, DiCesare was a four-year member of the cross country team there. . . earned Center State Conference all-star honors and helped team to league, sectional, and state titles. . . also competed in track. . . recipient of scholar-athlete award.

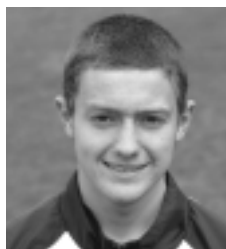
**LARRY DICESARE**

Larry DiCesare is in his fourth season with the Golden Flyers.

**BRENDAN EPSTEIN****Junior from Moravia, NY**

Biology major. . . son of Ed and Eileen Epstein, Moravia, NY. . . returning for his third season, Epstein has been the Golden Flyers' top runner the past two seasons. . . 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. . . top performances included a third-place finish at Nazareth's Short Course Invitational, seventh place at the LeMoyne Invitational, 18th at the NYSCTC Championships, 20th at Penn State Behrend and 45th at the NCAA Atlantic Regional. . . **2004:** had several strong performances, including first at Nazareth's Short Course 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. . . also a standout for the Golden Flyers' indoor and outdoor track and field teams. . . holds indoor record for the mile (4:36.96) and is part of relay records for the 4 x 800- meter relay and for the distance medley. . . **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.

**CHRIS FREEMAN****Freshman from Rush, NY**

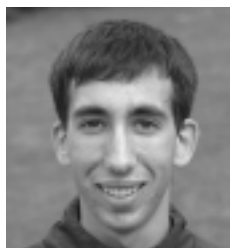
Undecided on major. . . son of Scott and Cindy Freeman, Rush, NY. . . **Scholastic:** a graduate of Rush-Henrietta High School, Freeman competed in cross country and track. . . recipient of the track team's scholar-athlete award and was named the cross country team's Most Improved Runner.

**AARON HELTSLEY****Freshman from Ithaca, NY**

Physical Therapy major. . . son of Brian Heltsley and Ann Hoffman, Ithaca, NY. . . **Scholastic:** a graduate of Oakley High School in Utah, Heltsley was the cross country team's top runner for two seasons . . . won the Utah state championship in the small school division in 2005 after

placing fourth in 2004. . . led team to a third-place finish in 2005 and fourth place in 2004.

M E N ' S T E A M P R O F I L E S

**CHRIS MCBRIDE****Junior from Penfield, NY**

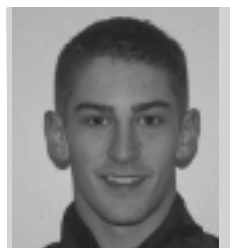
History Education major. . . son of Peter and JoAnne McBride, Penfield, NY. . . **Scholastic:** a graduate of Penfield High School in 2004, McBride was a member of the cross country team there for four seasons and served as team captain as a senior. . . also a member of the track

team and the nordic ski team. . . transferred to Nazareth from Monroe Community College.

**CHRIS PATTERSON****Senior from Henrietta, NY**

English major. . . son of Gary and Sandra Patterson, Henrietta, NY. . . returning for his second season. . . **Scholastic:** a graduate of Rush-Henrietta High School, Patterson competed in indoor and outdoor track. . . Patterson is a transfer from Monroe Community College, where he maintained

above a 3.0 GPA all four semesters and achieved Dean's List honors his sophomore year.

**DAN MATTEO****Freshman from Batavia, NY**

Business Administration major. . . son of Thomas and Lynn Matteo, Batavia, NY. . . **Scholastic:** a graduate of Batavia High School, Matteo was a top pole vaulter for the 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.

**AARON SIRTOLI****Junior from West Winfield, NY**

Biology major. . . son of Paul and Joanne Sirtoli, West Winfield, NY. . . **Scholastic:** a graduate of Mt. Markham High School, Sirtoli is a transfer from Mohawk Valley Community College, where he earned junior college All-American honors in cross country in 2005. . . also competed for the indoor

and outdoor track teams. . . spent the 2004-05 academic year at Clarkson University and competed in cross country and nordic skiing . . . named Liberty League Rookie of the Year in cross country. . . ran three seasons of varsity cross country at Mt. Markham and helped team to Section Three and state titles in 2003.

**DAVID PATALANO****Sophomore from Rochester, NY**

Physical Therapy major. . . son of Gary and Donna Patalano, Rochester, NY. . . returning for his second season, Patalano ran regularly for the Golden Flyers in 2005 and finished 25th at the Empire 8 Conference meet. . . also finished 18th at Nazareth's Short Course Invitational, 33rd at Penn

State Behrend and 46th at LeMoyne. . . **Scholastic:** a graduate of Churchville-Chili High School, Patalano was a standout in cross country as well as indoor and outdoor track. . . ran three seasons of cross country. . . achieved second-team Monroe County League all-star honors in 2004 for cross country and first-team honors as a pentathlete in track for 2005. . . recipient of the Most Improved Runner award in 2004 for cross country. . . received MVP honors in both outdoor and indoor track in 2005. . . played nine years of travel soccer. . . recipient of honorable mention honors at the Scholastic Art and Writing Awards.

**DAVID PATALANO**

Sophomore Dave Patalano finished 25th at the Empire 8 Conference meet in 2005.

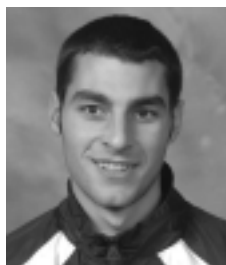
M E N ' S T E A M P R O F I L E S

**NICK STENUF**

Junior from East Syracuse, NY

Business Education major. . . son of Theodore and Antoinette Stenuf, East Syracuse, NY. . . Stenuf is running cross country for the first time in 2006 after turning in several spectacular performances during the indoor and outdoor track seasons, becoming Nazareth's first All-American in each. . .

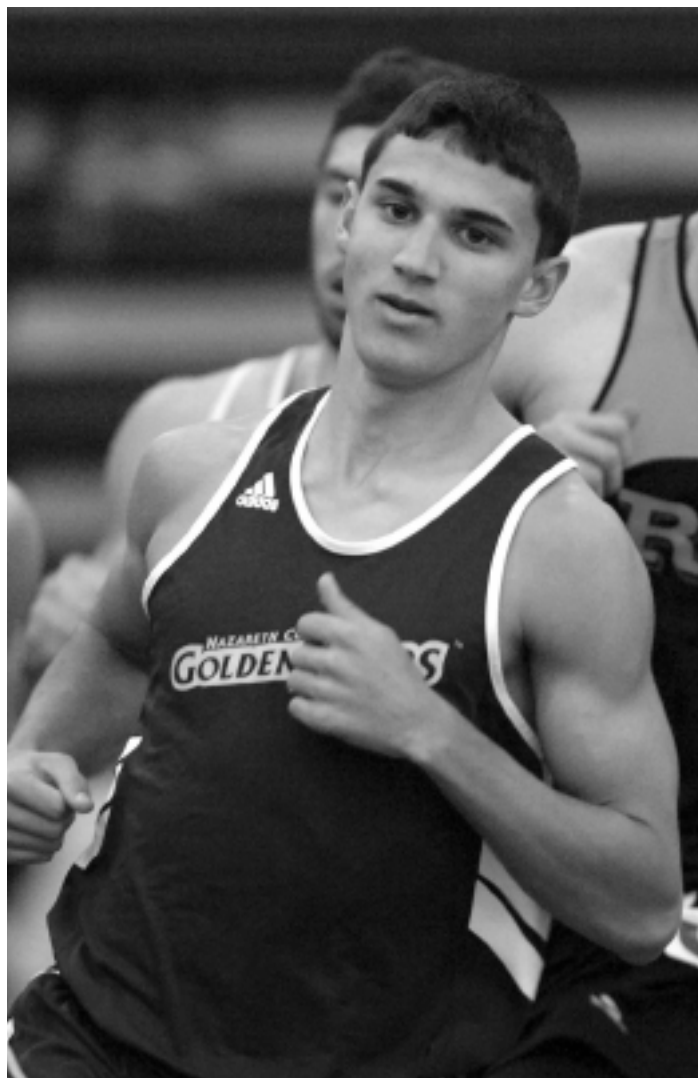
finished third in the 800-meter run at the NCAA Division III Outdoor championships at Benedictine University in Illinois in May with a time of 1:51.31. . . also set a school record in the 800 by winning the ECAC title at Springfield with a time of 1:50.83. . . also captured the NYSCTC title at St. Lawrence (1:51.73) and was named the Atlantic Region's Track Athlete of the Year by the U.S. Track and Field and Cross Country Coaches Association. . . named Empire 8 Conference Athlete of the Meet and twice was honored as E8 Athlete of the Week. . . holds outdoor record in the 1,500-meter run (3:58.59) in addition to the 800. . . also part of relay records in the 4 x 400 (3:25.16) and the 4 x 800 (8:06.49). . . enjoyed a successful indoor season, culminating in All-America honors following a sixth-place finish in the 800-meter run (1:53.99) at the NCAA Division III Indoor championships at St. Olaf's in Minnesota. . . finished first at NYSCTC and ECAC championships. . . named Empire 8 Athlete of the Meet after earning first-team E8 all-star honors for the second year in a row. . . holds indoor marks for 400 meters (:51.96), 500 meters (1:10.94) and 1,000 meters (2:31.67) in addition to the 800. . . also part of four relay records. . . played for the Golden Flyers' soccer team in 2005 and contributed one goal and two assists. . . **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 in the 800-meter run for both indoor and outdoor track teams. . . also named team MVP in each. . . **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 summer.

**BRANDON WHEELER**

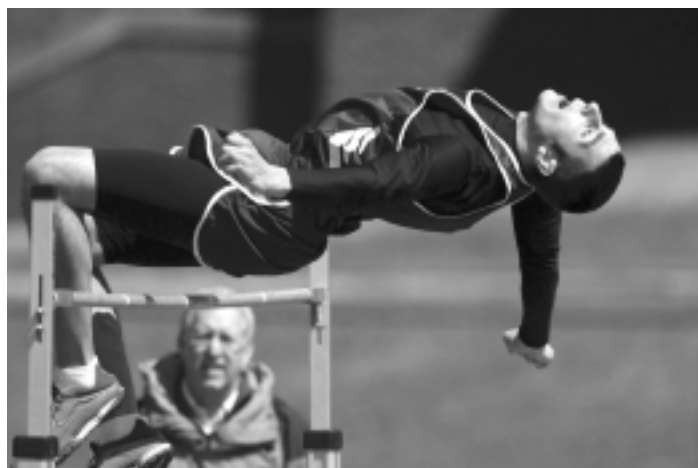
Sophomore from Penn Yan, NY

Mathematics major. . . son of Wayne and Michele Wheeler, Penn Yan, NY. . . returning for his second season, Wheeler enjoyed a strong first season for the Golden Flyers. . . set indoor and outdoor records in both the triple jump and high jump. . . 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 5 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.

**NICK STENUF**

Junior Nick Stenuf earned All-America honors for the 800-meter run during both the indoor and outdoor seasons in 2006.

**BRANDON WHEELER**

Sophomore Brandon Wheeler excels for Nazareth in the high jump and triple jump.

W O M E N ' S T E A M P R O F I L E S

**SHANNON BRADLEY****Freshman from Rochester, NY**

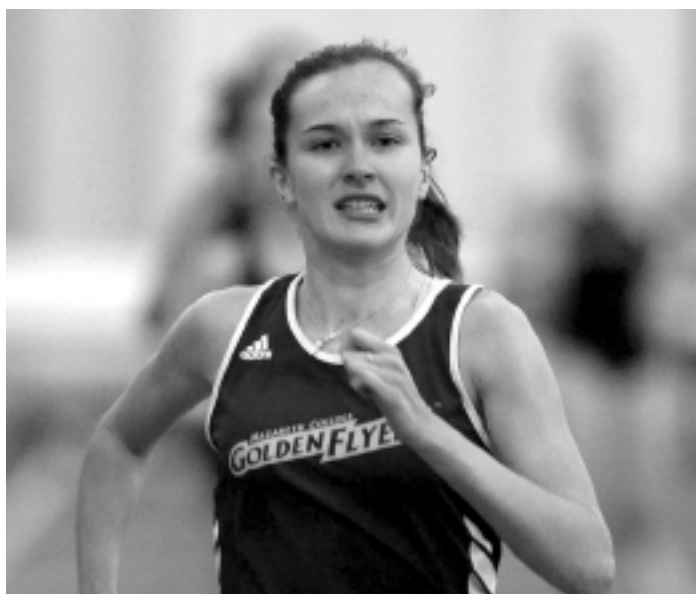
International Studies and Political Science major. . . daughter of Jim and Mary Kay Bradley, Rochester, NY. . . **Scholastic:** a graduate of Irondequoit High School, Bradley was a member of the track and cross country teams there. . . recipient of Most Improved Award for cross country

and was selected team MVP for track. . . also played one season of tennis. . . recipient of Brown Scholarship for music.

**JESSICA BROWN****Junior from Oxford, NY**

Physical Therapy major. . . daughter of David Brown, Jamesville, NY and Terri Fox, Oxford, NY. . . returning for her third season, Brown was the Golden Flyers' top runner in 2005. . . had several strong performances, including a first-place finish at the Nazareth Short Course Invitational

. . . was Nazareth's top finisher at Penn State Behrend (23rd), Western Ontario (71st), LeMoyne (14th), Rochester (26th) and at the NCAA Atlantic Regional (58th). . . selected team MVP for cross country (2005) and outdoor track (2006). . . holds indoor track record for 1,000-meter run (3:09.93) and outdoor marks for 800 meter (2:23.78) and 1,500-meter runs (4:52.66). . . **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 (5:01.75) plus the 800 meter run (2:27.90). . . 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. . . served as valedictorian for Class of '04.

**JESSICA BROWN**

Junior Jessica Brown holds one indoor and two outdoor records for the Golden Flyers' track team.

**MARY CANNITO****Junior from Fulton, NY**

Spanish major. . . daughter of Frederick and Roberta Cannito, Fulton, NY. . . Cannito returns for her second season after spending the 2005 academic year in Spain. . . **2004:** Cannito had a 13th-place finish at Nazareth's Short Course Invitational. . . **Scholastic:** a graduate of

J.C. Birdlebough 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.

**MEREDITH COON****Junior from Penfield, NY**

Nursing major. . . daughter of Craig and Katie Coon, Penfield, NY. . . returning for her third season, Coon performed well in 2005-06. . . set indoor records for the 20-pound weight throw (12.16 meters) and the shot put (10.29 meters) and outdoor marks for the hammer (37.02 meters), shot put

(10.58 meters) and discus (31.60 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). . . ran for the Golden Flyers' cross country team in 2005. . . **Scholastic:** a graduate of Penfield High School, Coon competed in cross country and track. . . received scholar athlete honors. . . won Monroe County League discus title in 2003 and 2004 and Section Five title in the shot put in 2004.

**ABBY CRAIN****Sophomore from Syracuse, NY**

English major. . . daughter of Clifford and Emily Crain, Syracuse, NY. . . returning for her second season, Crain enjoyed a strong freshman season for the Golden Flyers in 2005. . . was Nazareth's top finisher at the Empire 8 Conference meet (16th) and was the recipient of the team's Coaches Award

. . . placed sixth at Nazareth's Short Course Invitational, 32nd at Penn State Behrend, 20th at LeMoyne, 36th at Rochester and 79th at the NCAA Atlantic Regional. . . competed for the Golden Flyers' indoor and outdoor track teams. . . **Scholastic:** a graduate of Corcoran High School, Crain was a standout in cross country as well as indoor and outdoor track. . . recipient of MVP honors in 2003 and 2004 for cross country, and in '04 and '05 for indoor track. . . school record holder in the 3,000 meter run (11:40). . . earned Onondaga League all-star honors twice for cross country. . . member of National Honor Society.

W O M E N ' S T E A M P R O F I L E S



MAGGIE DAWIDCZYK
Freshman from Oxford, Mass.

Nursing major. . . daughter of John and Pat Dawidczyk, Oxford, Mass. . . **Scholastic:** a graduate of Oxford High School in Massachusetts, Dawidczyk was a standout there in soccer and track. . . served as team captain in soccer for two seasons and earned Southern Worcester County

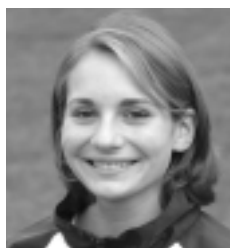
League all-star honors as well as Central Massachusetts all-star and all-state honors. . . a member of the Massachusetts District Select Team. . . also earned Southern Worcester County League all-star honors as a sprinter on the indoor and outdoor track teams. . . set indoor record in the 300 meter dash and competed in the Bay State Games. . . served as secretary of the National Honor Society and was student council president.



CAITLIN DONOVAN
Junior from Oswego, NY

French major. . . daughter of Timothy and Laura Donovan, Oswego, NY. . . returning to the Golden Flyers after spending the 2005 season in France. . . **2004:** competed regularly and finished 30th at the Harry Lang Invitational at Colgate and 33rd at the Penn State Behrend

Invitational. . . also finished 83rd at Rochester and 149th at the NCAA Atlantic Regionals. . . **Scholastic:** a graduate of Oswego High School, Donovan competed in cross country and track for Coach Jim McCaul.



MADDY DONOVAN
Sophomore from Oswego, NY

Political Science and History major. . . daughter of Timothy and Laura Donovan, Oswego, NY. . . returning for her second season, Donovan ran regularly in 2005 and finished 69th at Nazareth's Short Course Invitational. . . also competed for the indoor and outdoor track teams. . . **Scholastic:** a

graduate of Oswego High School, Donovan was a member of the indoor and outdoor track teams there.



KATELYN FELTER
Freshman from Auburn, NY

Biology major. . . daughter of Robert and Susan Felter, Auburn, NY. . . **Scholastic:** a graduate of Auburn High School, Felter was a member of the cross country and track teams there. . . ran three seasons of varsity cross country for Coach Al Wilson . . . recipient of scholar-athlete awards for

cross country as well as indoor and outdoor track. . . earned Onondaga High School League all-star honors for outdoor track in 2005. . . a three-year member of the National Honor Society and recipient of Math League Certificate of Merit. . . graduated 25th in class of 327.



AMANDA GATCH

Sophomore from Jacksonville, NY
Physical Therapy major. . . daughter of James and Melissa Gatch, Jacksonville, NY . . . **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. . . competed for the Golden Flyers' track and field team in 2006.



KAITLYN GECSEDI
Freshman from Schenectady, NY
Math Education major. . . daughter of Ronald and Renee Gecsed, Schenectady, NY. . . **Scholastic:** a graduate of Guilderland High School, Gecsed competed in soccer and track there.



JENNIFER GIEBEL
Junior from East Aurora, NY

History major. . . daughter of Daniel and Susan Giebel, East Aurora, NY. . . returning for her third season, Giebel had another strong season in 2005-06. . . holds indoor records for 55 meters (7.94), 60 meters (8.47), 200 meters (:27.82) and 400 meters (1:02.67). . . also was part of two

relay records. . . earned second-team Empire 8 Conference all-star honors in the 400-meter dash. . . holds outdoor records in the 100 meter dash (:13.27) and the 400 (1:00.48) as well as the 4 x 100 and 4 x 400 meter relays. . . recipient of 2006 Coaches Award for outdoor season. . . won captains' award for 2005 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, 4 x 200 meter relay, and 4 x 400 meter relay.

W O M E N ' S T E A M P R O F I L E S

**LAUREN GLASER****Sophomore from Huntington, NY**

Physical Therapy major. . . daughter of Anthony and Christine Glaser, Huntington, NY. . . Glaser is competing in her first season of cross country after competing for the Golden Flyers indoor and outdoor track teams as a freshman. . . earned team MVP honors during the indoor season after

setting a school record in the 500-meter run (1:21.71) with a seventh-place finish at the ECAC Championships at Ursinus. . . part of the 4 x 400-meter relay team that set a record (4:10.32) during the outdoor season. . . **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.

**MEGAN GOETZ****Sophomore from Fairport, NY**

Physical Therapy major. . . daughter of Frank and Tracey Goetz, Fairport, NY. . . returning for her second season, Goetz was one of the Golden Flyers' top runners in 2005. . . placed seventh at Nazareth's Short Course Invitational. . . also finished 34th at Penn State Behrend, 30th at

LeMoyne, 46th at Rochester and 19th at the Empire 8 Conference meet. . . also competed on the indoor and outdoor track teams and was part of two relay records during the indoor season. . .

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.

**MOLLY HANFORD****Sophomore from Nichols, NY**

Communication Sciences and Disorders major. . . daughter of Jeff and Jennifer Hanford, Nichols, NY. . . **Scholastic:** a graduate of Tioga Center High School, Hanford ran cross country at SUNY Cortland in 2005, then transferred to Nazareth and competed for the Golden

Flyers track team last spring. . . competed in track and cross country for five seasons in high school and was team MVP in both.

**STEPHANIE HAYDUKE****Sophomore from Syracuse, NY**

Physical Therapy major. . . daughter of Bernard and Nadia Hayduke, Syracuse, NY . . . returning for her second season, Hayduke placed 57th at Nazareth's Short Course 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.

**ASHLEY HUGHES****Junior from Phoenix, NY**

Psychology major. . . daughter of Larry and Mary Hughes, Phoenix, NY. . . **Scholastic:** a graduate of J.C. Birdleough High School in Phoenix, NY, Hughes is a transfer 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.

**STEPHANIE JOHNSON****Freshman from Spencerport, NY**

Undecided on major. . . daughter of John and Catherine Johnson, Spencerport, NY. . . **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.

**ELIZABETH JURKIEWICZ****Senior from Syracuse, NY**

English major. . . daughter of Tom and Sandy Jurkiewicz, Syracuse, NY. . . returning for her fourth season, Jurkiewicz ran regularly for the Golden Flyers in 2005. . . finished 64th at Nazareth's Short Course Invitational. . . also placed 87th at LeMoyne and 96th at Rochester. . . was 29th at Nazareth's Short

Course Invitational in 2004. . . was the 2003 recipient of the team Coaches Award. . . **Scholastic:** a graduate of Westhill High in Syracuse, Jurkiewicz was a four-year member of the cross country team as well as the indoor and outdoor track and field teams. . . helped cross country team to Onondaga League titles in 2002 and 2003. . . a member of the Spanish National Honor Society. . . recipient of three Silver Key Awards for photography as well as State Fair Award and City of Syracuse Award. . . spent five weeks studying in Spain over the summer of '05.

W O M E N ' S T E A M P R O F I L E S

**JENNIFER KATZ****Junior from Spencerport, NY**

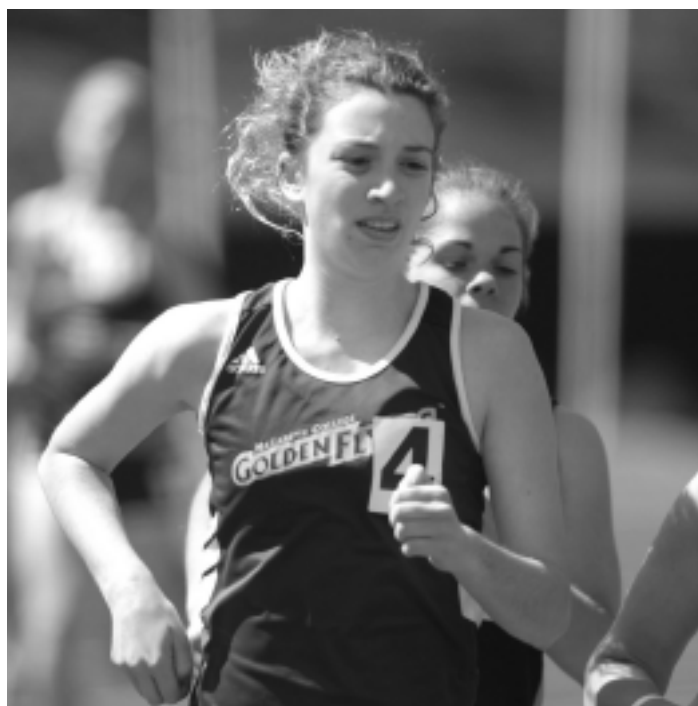
Psychology major. . . daughter of Lou and Joanne Katz, Spencerport, NY. . . returning for her third season, Katz ran regularly in 2005 and finished 18th at Nazareth's Short Course Invitational and 20th at the Empire 8 Conference meet. . . also placed 38th at Penn State Behrend and 52nd at

LeMoyne. . . **2004:** was among the Golden Flyers' top runners. . . strong performances included 20th place the Harry Lang Invitational at Colgate, 31st at Penn State Behrend and eighth at the Nazareth Shorts Course Invitational. . . also a member of the indoor and outdoor track and field teams. . . has part of the outdoor record for the 4 x 800-meter run (10:21.01). . . **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.

**JENNIFER LOUNSBURY****Freshman from Liverpool, NY**

Physical Therapy major. . . daughter of Dave and Vicky Lounsbury, Liverpool, NY. . . **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 win league

titles in indoor and outdoor track in 2006. . . competed in soccer and lacrosse. . . recipient of scholar-athlete award.

**JENNIFER KATZ**

Junior Jennifer Katz placed 20th in the Empire 8 Conference meet in 2005.

**CAITLYN PARMELEE****Freshman from Waverly, NY**

Mathematics major. . . daughter of Steve Parmelee and Laura Kwiatkowski, Waverly, NY. . . **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 for 2005. . . recipient of cross country team's Coaches Award for 2004. . . recipient of Brad Sanford Scholar-Athlete award for cross country. . . named class valedictorian.

**LIZ PFLEGHARDT****Junior from Tioga Center, NY**

Communication Sciences and Disorders major. . . daughter of Michael and Carol Pflughardt, Tioga Center, NY. . . returning for her third season, Pflughardt ran well in 2005. . . finished 14th at Nazareth's Short Course Invitational and 22nd at the Empire 8 Conference meet. . . also 40th at Penn

State Behrend. . . **2004:** had several strong performances for the Golden Flyers in 2004, notably a 27th-place finish at the Harry Lang Invitational at Colgate, 32nd at Penn State Behrend and fifth at the Nazareth Short Course Invitational. . . recipient of team Coaches Award. . . competes for Nazareth's indoor and outdoor track teams and holds indoor mark for 5,000-meter run (20:45.29). . .

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.

**HANNAH QUICK****Freshman from East Syracuse, NY**

Math Education major. . . daughter of William and Jackie Quick, East Syracuse, NY. . .

Scholastic: a graduate of East Syracuse-Minoa High School, Quick competed in basketball, cross country and track there. . . finished first in the 3,000-meter run at the Section Three Class A-1 meet in 2006.

W O M E N ' S T E A M P R O F I L E S

**BROOKE REDDING****Sophomore from Rush, NY**

Physical Therapy major. . . daughter of Mark and Patty Redding, Rush, NY. . . returning for her second season, Redding ran regularly in 2005 and 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 . . . achieved high honors academically for four straight years. . . also a member of the ski team.

**LAURA SNEPENGER****Junior from Bozeman, Mont.**

Biochemistry major. . . daughter of David and Mary Snepenger, Bozeman, Mont. . . returning for her third season, Snepenger added to her previous success in 2005-06 by bettering her own school indoor records in the mile (5:21.82) and 3,000-meter run (11:06.93). . . set 800-meter indoor mark

in 2005 (2:29.52). . . also part of relay records for the 4 x 400- and 4 x 800-meter relays as well as the distance medley. . . transferred to Nazareth in January of '05 from Colgate University. . . **Scholastic:** a graduate of Bozeman High School in Montana, Snepenger competed in soccer and track there. . . helped track team to league titles in 2003 and 2004 and was the state runner-up in the 800-meter run in '04. . . also a member of the National Honor Society and a six-time recipient of Academic all-state award.

**JESSEMYN RUSSELL****Senior from Stillwater, NY**

Physical Therapy major. . . daughter of Ron and Tammy Russell, Stillwater, NY. . . returning for her third season, Russell took the track and field season off in 2005-06 . . . reaped numerous accolades as a freshman and sophomore, twice winning the NYSCTC and Empire 8 pentathlon

(indoor) title. . . also won NYSCTC heptathlon (outdoor) title in 2004 and placed fifth in '05. . . named team MVP (indoor and outdoor) in '04 and '05. . . holds indoor marks for the 55-meter hurdles (8.88), 60-meter hurdles (9.76), long jump (4.72 meters), high jump (1.60 meters) and the pentathlon (3,132 points). . . holds outdoor marks for the 100-meter hurdles (:15.59), the 200-meter dash (:27.39), the long jump (4.75 meters), the high jump (1.56 meters) and the heptathlon (4,068 points). . . named E8 Rookie of the Year for 2004 indoor season. . . also a standout for the Golden Flyers' soccer team, Russell was an honorable mention Empire 8 Conference all-star as a midfielder in 2005. . . **Scholastic:** a graduate of Stillwater Central, Russell was a standout in soccer, basketball, and track. . . earned second-team all-state honors in soccer in 2002 after scoring 21 goals and leading team to sectional and regional titles. . . also a four-time Wasaren League all-star and a two-time team MVP. . . earned team MVP honors four times as a shooting guard in basketball and was a league all-star in 2002-03. . . earned a variety of accolades in track, including state pentathlon champion in 2003 . . . also won sectional titles in high jump and 100 hurdles.

**CHRISTEN STODDARD****Senior from Lockport, NY**

Communication Sciences and Disorders major. . . daughter of Calvin and Susan Stoddard, Lockport, NY. . . returning for her third season, Stoddard was 65th at Nazareth's Short Course Invitational in 2005 and 89th at LeMoyne. . . **Scholastic:** a graduate of Lockport High School,

Stoddard ran cross country for four seasons there.

**CAITLIN WELCH****Freshman from Wyoming, NY**

Spanish major. . . daughter of Kyle and Debra Welch, Wyoming, NY. . . **Scholastic:** a graduate of Pavilion Central, Welch played four seasons of varsity soccer and was a Genesee Region all-star as well as team MVP in 2005. . . also excelled as a sprinter in track, Welch was a two-time

Section Five champ in the 100-meter dash. . . selected team MVP and also captured the sectional title in the 200-meter dash in '06 . . . holds Pavilion school records in 100-, 200- and 400-meter dashes as well as 400-meter relay. . . member of Genesee Lancers Soccer Club. . . recipient of Pavilion Outstanding Achievement Award for Art as well as Nazareth Merit Scholarship.

M E N ' S 2 0 0 5 C R O S S C O U N T R Y R E S U L T S

HARRY LANG INVITATIONAL

Colgate University - Sept. 3, 2005

TEAM SCORING: Delhi 14, Colgate 22, **Nazareth 57**, Mohawk Valley 59, Cazenovia 68, St. Rose 80**Nazareth results from 4,200 meter race**

13.	Dave Patalano	16:03
14.	Rob Castor	16:05
25.	Craig Connelly	16:59
31.	Michael Anderson	17:24
32.	Kiel Sick	17:27
36.	Chris Patterson	18:01
39.	Brad Winn	18:27

Nazareth results from 7,800 meter race

7.	Brendan Epstein	27:26
8.	Pat Hughes	27:27

BEHREND INVITATIONAL

Penn State Behrend - Sept. 18, 2005

TEAM SCORING: Mt. Union 34, Case Western Reserve 51, Rochester 57, Penn State Behrend 124, Carnegie Mellon 134, **Nazareth 146**, Westminster 199, Mount Aloysius 273, Pitt-Bradford 283, Hilbert 292**Nazareth results from 8-kilometer race**

14.	Pat Hughes	27:49
20.	Brendan Epstein	28:12
33.	Dave Patalano	29:28
34.	Rob Castor	29:32
45.	Craig Connelly	32:15
46.	Michael Anderson	32:28
48.	Kiel Sick	33:17

WESTERN INTERNATIONAL

Thames Valley Golf Course, London, Ont.-Sept. 24, 2005

TEAM SCORING: Guelph 54, Windsor 55, Dalhousie 65, Oakland 130, Western Ontario 153, McGill 153, Queen's 189, Waterloo 193, Toronto 212, McMaster 264, Ottawa 292, **Nazareth 385**, Brock 417, Sherbrooke 424, Marietta 433, York 477, Laurier 481**Nazareth results from 10-kilometer race**

55.	Brendan Epstein	35:08
59.	Pat Hughes	35:28
79.	Dave Patalano	37:08
85.	Rob Castor	37:36
107.	Craig Connelly	40:29
108.	Kiel Sick	40:45
111.	Michael Anderson	41:41
114.	Chris Patterson	46:52

LEMOYNE INVITATIONAL

Syracuse, N.Y. - Oct. 1, 2005

TEAM SCORING: Delhi 39, Niagara 102, Canisius 116, Ithaca 123, Mohawk Valley 138, Gannon 164, LeMoyne 169, **Nazareth 184**, Cortland 213, SUNYIT 300, Cobleskill 302, Morrisville 314, Finger Lakes CC 326, Broome 393, Herkimer 402, St. Bonaventure inc., Sullivan CC inc., Cayuga C inc.**Nazareth results from 5-mile race**

7.	Brendan Epstein	28:24
13.	Pat Hughes	28:44
46.	Dave Patalano	30:23
57.	Rob Castor	31:01
73.	Craig Connelly	31:53
75.	Kiel Sick	32:05
89.	Michael Anderson	33:00

NAZARETH SHORT COURSE INVITATIONAL

Rochester, NY - Oct. 8, 2005

TEAM SCORING: Oswego 33, Alfred 62, Brockport 75, **Nazareth 75**, Daemen 139, Rochester 142, Keuka 202, St. John Fisher inc.**Nazareth results from 6-kilometer race**

2.	Pat Hughes	20:32
3.	Brendan Epstein	20:40
18.	Dave Patalano	21:50
24.	Rob Castor	22:21
36.	Craig Connelly	23:13
45.	Kiel Sick	23:55
47.	Michael Anderson	24:09

UR INVITATIONAL

Genesee Valley Park - Oct. 15, 2005

TEAM SCORING: Allegheny 20, Brockport 58, Rochester 66, Genesee 112, **Nazareth 157**, Washington & Jefferson 168, Alfred State 195, Finger Lakes CC 228, Keuka 274**Nazareth results from 8-kilometer race**

14.	Pat Hughes	27:15
27.	Brendan Epstein	27:44
41.	Rob Castor	28:52
61.	Dave Patalano	30:27
66.	Craig Connelly	30:55
75.	Kiel Sick	31:38
76.	Michael Anderson	31:43

NYSCTC/EMPIRE 8 MEET

Hamilton College - Nov. 5, 2005

NYSCTC TEAM SCORING: Genesee 49, Rochester 84, RIT 114, Brockport 127, Cortland 130, St. Lawrence 135, Fredonia 183, Rensselaer 198, Ithaca 258, Hamilton 287, Oswego 287, Alfred 304, **Nazareth 321**, Hartwick 424, Buffalo State 446, Union 494EMPIRE 8 TEAM SCORING: RIT 25, Ithaca 63, Alfred 78, **Nazareth 86**, Hartwick 122**Nazareth results from 8-kilometer race**

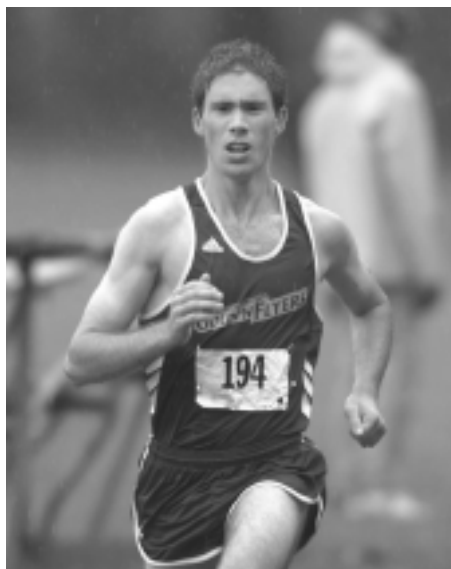
NYS	E8		
18.	2.	Brendan Epstein	27:07
29.	6.	Pat Hughes	27:25
87.	25.	Dave Patalano	29:51
92.	26.	Rob Castor	30:16
95.	27.	Craig Connelly	30:50
101.	29.	Kiel Sick	31:29
102.	30.	Michael Anderson	31:30

NCAA ATLANTIC REGIONAL

Genesee Valley Park - Nov. 12, 2005

TEAM SCORING: The College of New Jersey 64, Genesee 65, New York University 68, Rochester 145, Cortland 151, Plattsburgh 206, Brockport 214, RIT 216, St. Lawrence 267, Fredonia 314, Rensselaer 314, Rowan 325, Vassar 353, Ithaca 359, Oswego 448, Alfred 471, Oneonta 473, Hamilton 479, Clarkson 489, U.S. Merchant Marine Academy 550, Stockton 589, **Nazareth 600**, Stevens Tech 657, Buffalo State 736, Ramapo 746, Hartwick 763, SUNY Maritime 828, Kean 833, Union 898, Rutgers-Camden 933, York 989, Lehman 1021**Nazareth results from 8-kilometer race**

45.	Brendan Epstein	26:53
58.	Pat Hughes	27:06
142.	Rob Castor	28:44
176.	Craig Connelly	30:17
179.	Dave Patalano	30:23
185.	Michael Anderson	30:43
188.	Kiel Sick	30:58

**BRENDAN EPSTEIN**

Junior Brendan Epstein was the Golden Flyers' top cross country runner in 2005.

NAZARETH COLLEGE
GOLDEN FLYERS™

W O M E N ' S 2 0 0 5 C R O S S C O U N T R Y R E S U L T S

HARRY LANG INVITATIONAL

Colgate University - Sept. 3, 2005

TEAM SCORING: Colgate 14, Mohawk Valley 23, St. Rose 56, Cazenovia 62, **Nazareth 65**, Delhi 80**Nazareth results from 4,200 meter race**

66.	Ashley Brown	..21:05
68.	Meredith Coon	..21:08
69.	Caitlin Love	..21:09
70.	Nicole Nolan	..21:26
72.	Brooke Redding	..21:55
74.	Alicia Scahill	..22:07
81.	Chelsea Anderson	..25:30
82.	Mary Cannito	..25:31
83.	Stephanie Hayduke	..25:32
84.	Kaitlyn Osterling	..25:33
85.	Christen Stoddard	..25:34
86.	Maddy Donovan	..25:42
87.	Ashley Dezen	..25:43
88.	Elizabeth Jurkiewicz	..25:45
89.	Melissa Schueler	..25:46

Nazareth results from 6k race

18.	Jessica Brown	..27:04
20.	Abby Crain	..27:14
21.	Megan Goetz	..27:15
22.	Liz Pflughardt	..27:18
27.	Jennifer Katz	..29:27

BEHREND INVITATIONAL

Penn State Behrend - Sept. 18, 2005

TEAM SCORING: Case Western 39, Rochester 53, Mount Union 57, Carnegie Mellon 89, **Nazareth 167**, Hiram 207, Penn State Behrend 209, Westminster 233, Mount Aloysius 284, Pitt-Bradford 300, Medaille 312, LaRoche 351, Hilbert 359, D'Youville 374**Nazareth results from 5-kilometer race**

23.	Jessica Brown	..20:38
32.	Abby Crain	..21:22
34.	Megan Goetz	..21:23
38.	Jennifer Katz	..22:23
40.	Liz Pflughardt	..22:27
43.	Ashley Brown	..22:57
50.	Meredith Coon	..23:40

WESTERN INTERNATIONAL

Thames Valley Golf Course, London, Ont.-Sept. 24, 2005

TEAM SCORING: Guelph 49, Western Ontario 88, McGill 90, Toronto 130, Oakland 134, Windsor 143, Laurentian 227, Queen's 237, Laurier 275, York 277, Waterloo 278, Eastern Michigan 282, Ottawa 320, McMaster 357, Brock 460, Schoolcraft 482, **Nazareth 485****Nazareth results from 5-kilometer race**

71.	Jessica Brown	..20:48
93.	Abby Crain	..21:31
100.	Megan Goetz	..22:08
109.	Jennifer Katz	..22:41
112.	Liz Pflughardt	..22:54
113.	Ashley Brown	..23:13
114.	Caitlin Love	..23:35
	Brooke Redding	..24:14

Nicole Nolan	..24:26
Alicia Scahill	..24:37
Meredith Coon	..25:15

LEMOYNE INVITATIONAL

Syracuse, N.Y. - Oct. 1, 2005

TEAM SCORING: Niagara 57, Mohawk Valley CC 58, LeMoyne 64, Gannon 69, Canisius 131, Cortland 143, **Nazareth 151**, Ithaca 201, Delhi 268, St. Bonaventure 307, Broome inc., Cobleskill inc., Finger Lakes CC inc., Sullivan CC inc., Herkimer CC inc., Cayuga CC inc.**Nazareth results from 5-kilometer race**

14.	Jessica Brown	..21:32
20.	Abby Crain	..21:47
30.	Megan Goetz	..22:17
44.	Liz Pflughardt	..22:46
52.	Jennifer Katz	..23:08
54.	Ashley Brown	..23:11
59.	Caitlin Love	..23:28
67.	Nicole Nolan	..24:24
71.	Brooke Redding	..25:00
75.	Alicia Scahill	..25:27
84.	Meredith Coon	..27:03
86.	Mary Cannito	..27:12
87.	Elizabeth Jurkiewicz	..27:13
89.	Christen Stoddard	..27:24
90.	Stephanie Hayduke	..27:45
94.	Kaitlyn Osterling	..30:21
95.	Maddy Donovan	..30:21

NAZARETH SHORT COURSE INVITATIONAL

Rochester, NY - Oct. 8, 2005

TEAM SCORING: **Nazareth 43**, Alfred 48, Daemen 67, Oswego 100, Rochester 112, Keuka 132, Brockport 197, St. John Fisher inc.**Nazareth results from 4-kilometer race**

1.	Jessica Brown	..15:03
6.	Abby Crain	..15:52
7.	Megan Goetz	..15:57
14.	Liz Pflughardt	..16:39
15.	Ashley Brown	..16:43
18.	Jennifer Katz	..16:50
23.	Caitlin Love	..17:15
28.	Nicole Nolan	..17:30
35.	Brooke Redding	..17:44
39.	Alicia Scahill	..17:59
51.	Meredith Coon	..18:38
57.	Stephanie Hayduke	..19:30
61.	Melissa Schueler	..20:04
64.	Elizabeth Jurkiewicz	..20:15
65.	Christen Stoddard	..20:16
69.	Maddy Donovan	..20:59
70.	Kaitlyn Osterling	..21:03

UR INVITATIONAL

Genesee Valley Park - Oct. 15, 2005

TEAM SCORING: Genesee 15, Allegheny 72, Rochester 76, Brockport 82, **Nazareth 146**, Keuka 201, Finger Lakes CC 208, Alfred State 224**Nazareth results from 6-kilometer race**

26.	Jessica Brown	..24:27
36.	Abby Crain	..25:41
46.	Megan Goetz	..26:27
59.	Liz Pflughardt	..27:06
60.	Ashley Brown	..27:07
62.	Jennifer Katz	..27:15
69.	Brooke Redding	..28:40
75.	Nicole Nolan	..28:59
78.	Alicia Scahill	..29:26
88.	Stephanie Hayduke	..30:14
92.	Meredith Coon	..30:53
96.	Elizabeth Jurkiewicz	..32:02
99.	Christen Stoddard	..32:31
100.	Maddy Donovan	..34:27
101.	Melissa Schueler	..35:11
102.	Kaitlyn Osterling	..35:31

NYSCTC/EMPIRE 8 MEET

Hamilton College - Nov. 5, 2005

NYSCTC TEAM SCORING: Genesee 21, Ithaca 60, St. Lawrence 118, Brockport 166, Rochester 168, Cortland 217, New York University 228, Hamilton 245, RIT 250, Fredonia 250, Rensselaer 292, Alfred 317, Hartwick 371, **Nazareth 374**, Buffalo State 381, Union 392, Oswego 421EMPIRE 8 TEAM SCORING: Ithaca 22, RIT 67, Alfred 87, **Nazareth 95**, Hartwick 98**Nazareth results from 5-kilometer race**

NYS	E8	
63.	16.	Abby Crain ..20:12
65.	18.	Jessica Brown ..20:19
72.	19.	Megan Goetz ..20:27
84.	20.	Jennifer Katz ..21:06
90.	22.	Liz Pflughardt ..21:19
97.	24.	Ashley Brown ..21:46
106.	30.	Brooke Redding ..22:22
130.		Nicole Nolan ..22:35
137.		Alicia Scahill ..22:51

NCAA ATLANTIC REGIONAL

Genesee Valley Park - Nov. 12, 2005

TEAM SCORING: Genesee 22, Ithaca 80, The College of New Jersey 97, Rochester 217, St. Lawrence 217, Cortland 231, Plattsburgh 249, Brockport 263, New York University 275, Vassar 310, Fredonia 329, Hamilton 354, RIT 367, Rensselaer 405, Clarkson 430, Oneonta 440, Alfred 464, **Nazareth 514**, William Smith 555, Buffalo State 574, Oswego 606, Union 606, Stockton 614, York 642, Rowan 642, Hartwick 656, Lehman 699, Kean 757**Nazareth results from 6000-meter race**

58.	Jessica Brown	..24:40
79.	Abby Crain	..25:21
111.	Megan Goetz	..26:04
132.	Liz Pflughardt	..26:53
134.	Jennifer Katz	..26:57

T R A C K A N D F I E L D R E C O R D S

MEN'S TRACK & FIELD INDOOR RECORDS

EVENT	MARK	ATHLETE	DATE
55m	6.89	Craig Connelly	1/18/04
60m	7.66	Adam Toor	2/12/05
55m hurdles	9.13	Jim Rolince	1/25/04
60m hurdles	10.30	Craig Connelly	2/13/05
200m	24.79	Craig Connelly	2/12/05
400m	51.96	Nick Stenuf	12/10/05
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	4:36.96	Brendan Epstein	2/3/06
3,000m	8:56.49	Pat Hughes	2/25/06
5,000m	15:51.04	Pat Hughes	1/21/06
35# Weight	8.63m	Jon Bates	2/3/06
Shot Put	9.65m	Craig Connelly	2/3/06
Long Jump	5.75m	Craig Connelly	2/20/05
Triple Jump	12.96m	Brandon Wheeler	2/3/06
High Jump	1.82m	Brandon Wheeler	1/28/06
Pentathlon	2,556 pts.	Craig Connelly	2/20/05
4x400m relay	3:31.86	Nick Stenuf, Nick Amorese, Craig Connelly, Brandon Wheeler	2/25/06
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	10:53.37	Pat Hughes, Craig Connelly, Brendan Epstein, Nick Stenuf	2/26/05

WOMEN'S TRACK & FIELD INDOOR RECORDS

EVENT	MARK	ATHLETE	DATE
55m	7.94	Jennifer Giebel	12/4/04
60m	8.47	Jennifer Giebel	2/12/05
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	1:02.67	Jennifer Giebel	2/11/06
500m	1:21.71	Lauren Glaser	3/4/06
800m	2:29.52	Laura Snepenger	1/29/05
1000m	3:09.93	Jessica Brown	2/25/06
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	20:45.29	Liz Pflughardt	2/24/06
20# Weight	12.16m	Meredith Coon	2/24/06
Shot Put	10.29m	Meredith Coon	1/28/06
Long Jump	4.72m	Jessemyn Russell	1/29/05
Triple Jump	9.95m	Jaimie MacDonald	2/11/06
High Jump	1.60m	Jessemyn Russell	2/22/04
Pole Vault	2.29m	Carrie Land	2/13/05
Pentathlon	3,132 pts.	Jessemyn Russell	3/4/05
4x200m relay	1:54.58	Caitlin Donovan, Julie Birbilis, Jessemyn Russell, Jennifer Giebel	2/25/05
4x400m relay	4:20.56	Lauren Glaser, Megan Goetz, Laura Snepenger, Jessica Brown	2/11/06
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	13:06.89	Laura Snepenger, Jennifer Giebel, Julie Birbilis, Jessica Brown	2/26/05

MEN'S TRACK & FIELD 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	49.44	Kenny Taylor	5/1/04
800m	1:50.83	Nick Stenuf	5/18/06
1,500m	3:58.59	Nick Stenuf	4/1/06
3,000m steep	11:26.61	Greg McMurray	4/9/05
5,000m	15:22.91	Pat Hughes	5/6/06
10,000m	32:34.66	Pat Hughes	5/9/06
Hammer	23.68m	Jason Allen	4/1/06
Shot Put	9.76m	Craig Connelly	5/1/05
Discus	28.12m	Craig Connelly	4/9/05
Javelin	34.65m	Craig Connelly	4/3/04
Long Jump	6.0m	Adeola Amusan	4/9/05
Triple Jump	12.30m	Brandon Wheeler	4/9/06
High Jump	1.82m	Brandon Wheeler	4/29/06
Pole Vault	2.40m	Craig Connelly	5/1/06
Decathlon	4,825 pts.	Craig Connelly	5/1/06
4x400m relay	3:25.16	Craig Connelly, Rob Castor, Brandon Wheeler, Nick Stenuf	4/29/06
4x800m relay	8:06.49	Craig Connelly, Brandon Wheeler, Rob Castor, Nick Stenuf	5/5/06

WOMEN'S TRACK & FIELD OUTDOOR RECORDS

EVENT	MARK	ATHLETE	DATE
100m	13.27	Jennifer Giebel	4/16/05
	13.27	Jennifer Giebel	4/29/06
100m hurdles	15.59	Jessemyn Russell	5/14/04
200m	27.39	Jessemyn Russell	5/14/04
400m	1:00.48	Jennifer Giebel	5/6/05
800m	2:23.78	Jessica Brown	4/29/06
1500m	4:52.66	Jessica Brown	5/6/06
400m hurdles	1:13.55	Carrie Land	5/1/04
3000m steep	12:01.20	Liz Burns	5/1/04
5000m	20:29.70	Courtney Greene	4/9/05
10,000m	45:20.54	Courtney Greene	4/16/05
Hammer	37.02m	Meredith Coon	4/15/06
	37.02m	Meredith Coon	4/29/06
Shot Put	10.58m	Meredith Coon	5/6/06
Discus	31.60m	Meredith Coon	4/1/06
	31.60m	Meredith Coon	4/29/06
Long Jump	4.75m	Jessemyn Russell	4/16/05
Triple Jump	10.10m	Jaimie MacDonald	5/7/05
High Jump	1.56m	Jessemyn Russell	4/25/04
Pole Vault	2.44m	Carrie Land	4/3/04
Javelin	30.97m	Kristen Lempicki	4/24/04
Heptathlon	4,068 pts.	Jessemyn Russell	5/15/04
4x100m relay	52.68	Caitlin Donovan, Julie Birbilis, Jessemyn Russell, Jennifer Giebel	2/25/05
4x400m relay	4:10.32	Lauren Glaser, Megan Hurley, Jennifer Giebel, Jessica Brown	5/6/06
4x800m relay	10:21.01	Laura Snepenger, Jennifer Katz, Kelly O'Brien, Jessica Brown	5/6/05

A W A R D W I N N E R S

MEN'S CROSS COUNTRY NYSCTC ALL-STARS

2005 – **Brendan Epstein**, so. (third team)

MEN'S CROSS COUNTRY EMPIRE 8 CONFERENCE ALL-STARS

2005 – **Brendan Epstein**, so. (first team)

Pat Hughes, so. (first team)

2004 – **Brendan Epstein**, fr. (first team, Rookie of the Year)

Pat Hughes, fr. (second team)

MEN'S INDOOR TRACK & FIELD ALL-AMERICANS

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

MEN'S INDOOR TRACK & FIELD ECAC CHAMPIONS

2006 – **Nick Stenuf**, so. 800-meter run

MEN'S INDOOR TRACK & FIELD NYSCTC CHAMPIONS

2006 – **Nick Stenuf**, so. 800-meter run

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

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)

2005 – **Craig Connelly**, so. pentathlon (second team)

Nick Stenuf, fr. 800-meter run (first 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

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)

2005 – **Brendan Epstein**, fr. 10,000-meter run (first team)

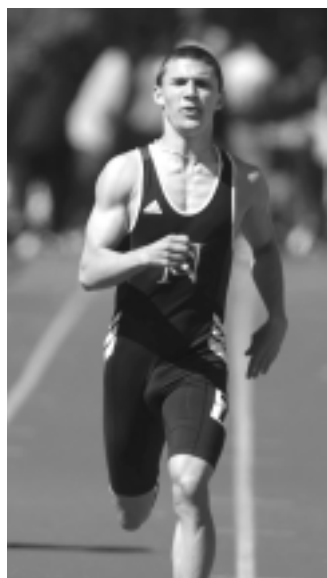
Pat Hughes, fr. 10,000-meter run (second team)

Nick Stenuf, fr. 800-meter run (first team)

2004 – **Kenny Taylor, jr.** (Rookie of the Year)

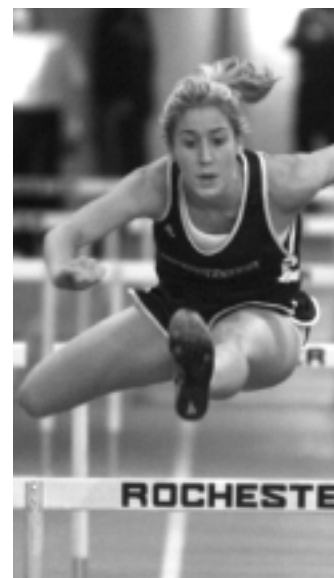
Kenny Taylor, jr. 200-meter dash (first team)

Kenny Taylor, jr. 400-meter dash (first team)



NICK STENUF

Earned All-America honors in the 800-meter run during the indoor and outdoor seasons in 2006.



JESSEMYN RUSSELL

Won state titles in the pentathlon in 2004 and 2005.

WOMEN'S CROSS COUNTRY EMPIRE 8 CONFERENCE ALL-STARS

2003 – **Liz Burns**, fr. (second team)

WOMEN'S INDOOR TRACK & FIELD NYSCTC CHAMPIONS

2005 – **Jessemyn Russell**, so. pentathlon

2004 – **Jessemyn Russell**, fr. pentathlon

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

2006 – **Meredith Coon**, so. 20# weight throw (second team)

Jennifer Giebel, so. 400-meter dash (second team)

2005 – **Jessemyn Russell**, so. pentathlon (first team)

Jessemyn Russell, so. high jump (second team)

2004 – **Liz Burns**, fr. 1,500-meter run (second team)

Jessemyn Russell, fr. (Rookie of the Year)

Jessemyn Russell, fr. pentathlon (first team)

Jessemyn Russell, fr. high jump (second team)

WOMEN'S OUTDOOR TRACK & FIELD NYSCTC CHAMPIONS

2004 – **Jessemyn Russell**, fr. heptathlon

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

2006 – **Meredith Coon**, so. shot put (second team)

Lauren Glaser, fr. 400-meter dash (second team)

2005 – **Jennifer Giebel**, fr. 400-meter dash (second team)

2004 – **Liz Burns**, fr. 3,000-meter steeplechase (second team)

Jessemyn Russell, fr. heptathlon (first team)



Nazareth hosted its first athletic event in Golden Flyer Stadium in the spring of 2004.

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 1,925. 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 2006-07 freshman class had a mean SAT score of 1120. 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

2006-07 Tuition	\$20,655
Room and board (various plans available)	\$8,920
Fees	\$960
TOTAL	\$30,535

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 23,000 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 22 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 Tech, and Utica.
- Nazareth's men's lacrosse team won national championships in 1992, 1996, and 1997.
- Nazareth finished 96th in the NACDA (National Association of Collegiate Directors of Athletics) standings for Division III in 2005-06. The Golden Flyers were represented in NCAA Tournaments in men's soccer, women's swimming and diving, men's track and field, and women's lacrosse. Nazareth also claimed Empire 8 Conference titles in men's soccer, women's soccer, 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.

2006 - 2007 CROSS COUNTRY, TRACK & FIELD



FRONT ROW (left to right) – Michael Anderson, Chris Freeman, Nick Stenuf, Chris Patterson, Aaron Heltsley.

BACK ROW (left to right) – Larry DiCesare, Craig Connelly, Dave Patalano, Aaron Sirtoli, Chris McBride, Jon Bates, Scott Love (head coach), Jim Rolince (assistant coach).



FRONT ROW (left to right) – Lauren Glaser, Christen Stoddard, Brooke Redding, Amanda Gatch, Molly Hanford, Caitlin Donovan, Maddy Donovan, Hannah Quick, Jenny Lounsbury.

BACK ROW (left to right) – Stephanie Johnson, Elizabeth Jurkiewicz, Jennifer Katz, Ashley Hughes, Mary Cannito, Stephanie Hayduke, Jessica Brown, Liz Pfliegardt, Abby Crain, Kaitlyn Gecsed, Caitlyn Parmelee, Katelyn Felter, Shannon Bradley, Scott Love (head coach), Jim Rolince (assistant coach).

FOLLOW THE GOLDEN FLYERS ON THE NAZARETH COLLEGE SPORTS HOTLINE AT 585-389-2095, OR ON THE WEB AT WWW.NAZ.EDU

DATE X-COUNTRY SCHEDULE

Sept. 2	Harry Lang Invitational at Colgate
Sept. 9	Ras na Naz
Sept. 16	at Brockport Invitational
Sept. 23	at Western Ontario Invitational
Oct. 7	Nazareth Invitational
Oct. 14	at UR Invitational
Oct. 21	at RPI Invitational/Empire 8 Meet at Saratoga State Park
Nov. 4	NYSCTC Meet at St. Lawrence
Nov. 11	NCAA Atlantic Regional at Geneseo
Nov. 18	NCAA Nationals at Wilmington, Ohio

DATE TRACK & FIELD SCHEDULE (INDOOR)

Dec. 7	at RIT
Dec. 9	Icebreaker Invitational at UR
Jan. 20	at RIT
Jan. 27	at St. Lawrence
Feb. 2	at RIT
Feb. 2-3	New Balance Games
Feb. 9-10	Valentine's Invitational
Feb. 10	Kane Invitational at Cornell
Feb. 18	NYSCTC/Empire 8 Multis at Cornell
Feb. 23-24	NYSCTC/Empire 8 Championship at St. Lawrence
Mar. 2-3	ECACs at Wesleyan, Conn.
Mar. 9-10	NCAAs at Rose-Hulman

DATE TRACK & FIELD SCHEDULE (OUTDOOR)

Mar. 31	at Muhlenberg
Apr. 7	at University of Rochester
Apr. 14	at Roberts Wesleyan
Apr. 21	Golden Flyer Invitational
Apr. 28	at University of Rochester
Apr. 29-30	NYSCTC/Empire 8 Multis at Nazareth
May 4-5	NYSCTC/Empire 8 Championship at Rensselaer
May 17-18	ECACs at Oneonta
May 24-26	NCAAs at Wisconsin Oshkosh

Home Meets in **bold**



NAZARETH COLLEGE SPORTS INFORMATION OFFICE

4245 East Avenue, Rochester, New York 14618 Phone: 585-389-2452 Fax: 585-389-2188 E-mail: jseil2@naz.edu