



2004

**CROSS
COUNTRY**

History:

Kutztown University of Pennsylvania, a member of the Pennsylvania State System of Higher Education, was founded in 1866 as Keystone Normal School. It became Kutztown State Teachers College in 1928, Kutztown State College in 1960, and achieved university status in 1983. Today, Kutztown University is a modern, comprehensive institution and is accredited by the Middle States Association of Colleges and Secondary Schools.

Location:

Kutztown University's picturesque 325-acre campus is located in a Pennsylvania Dutch community mid-way between Allentown and Reading. Several large cities are easily accessible, including Philadelphia and New York.

Enrollment:

Approximately 9,400 full- and part-time undergraduate and graduate students. Most are Pennsylvania residents, but students from 19 states and 39 nations are represented in the student body: 62% women, 38% men.

Academic Year:

Consists of two 15-week terms. The university also offers classes during two five-week summer sessions.

Faculty:

Teaching-focused with scholarly expertise; many are engaged in research, student/faculty research, writing and consulting. There is a 19:1 student/faculty ratio.

Majors/Degrees:

KU has nearly 60 undergraduate majors in the Colleges of Liberal Arts and Sciences, Visual and Performing Arts, Business, and Education. There are 19 graduate degree programs within the College of Graduate Studies and Extended Learning. Degrees at Kutztown include the B.A., B.F.A., B.S.B.A., B.S.N., B.S.W., B.S.Ed.; M.A., M.B.A., M.P.A., M.L.S., M.S., and M.Ed.

Special Academic Programs:

There are honors programs throughout the undergraduate curriculum, Phi Kappa Phi and Alpha Epsilon Lambda national honor societies, 17 international exchange and study abroad programs, freshmen seminars, independent study, internships, four MBA locations, and diversified and intensive academic support services.

Library:

Modern, spacious facility; 492,000 bound volumes, as well as thousands of maps, periodicals and microforms; Endeavor integrated library system; numerous Web databases; Internet; electronic full-text periodical databases; 191 computers, including laptops; 527 network connections; seating for 800 patrons.

Special Facilities:

Gallery, planetarium, observatory, TV production facilities, 15 student-accessible computer labs containing nearly 500 PCs/Macs, cartography lab, early learning center, curriculum materials center and Pennsylvania German Heritage Center.

Student Life:

Approximately 150 student organizations include: advisory councils, academic, campus media (including a fully-equipped radio station), diversified interest, Greek, performing arts, public service, special interest, sports (club and recreation) and visual arts affiliates. Entertainment options include concerts, dances, lectures, comedy, excursions and cultural events. The Student Union houses the bookstore, movie theater, game room, snack bar, TV lounge, coffee-house, financial center and cyberlounge.

Residence Halls:

Ten residence halls (6 coed, 2 single gender, 2 modified single gender), two apartment-style complexes and one residence house and two apartment-style complexes accommodate 4,100 students. All residence halls are wired for cable TV, telephone and Internet and campus network access.

In accordance with the Equity in Athletics Disclosure Act of 1994 (section 360B of Pub. L. 130-382), the Kutztown University Athletic Department has made information concerning its intercollegiate athletics programs available to the public. This information is on file at Rohrbach Library and the athletic department main office. Questions can be directed to the athletics office, (610) 683-4094. Kutztown University is committed to Affirmative Action, equal employment and educational opportunity in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246, the Educational Amendments under Title IX of 1972, Sections 503/504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990.



Ray Hoffman enters his seventh season as head cross country and assistant track and field coach at Kutztown University.

Over the past four years, Hoffman's harriers have emerged as strong conference and regional competitors. Last year, the women's team finished fourth at the Pennsylvania State Athletic Conference (PSAC) Championships, with the men placing seventh. The women duplicated their PSAC finish at the NCAA East Regionals and the men's squad placed tenth. Additionally, the women's team featured an All-PSAC and All-Region performer, as well as the conference rookie of the year.

In 2002, both teams finished fourth at the PSAC Championships and the men were fifth and the women sixth at the East Regional. Hoffman's 2001 women placed a best-ever second at PSACs and third at regionals, advancing to the NCAA Championships, where the team placed 19th. Those performances earned Hoffman the KU award for Women's Coach of the Year. The men were fifth at PSACs and sixth at regionals.

In 2000, KU's women took third at PSACs and a best-ever second at regionals to qualify for nationals for the first time, where they placed 19th. Hoffman coached Megan Seefeldt to the individual PSAC title, the first-ever in the program's history. The men were fourth at PSACs and fifth at regionals. Hoffman was named PSAC and KU Coach of the Year honors for his success with the women's team.

In his six seasons, Hoffman's runners have earned one PSAC individual title, 12 All-PSAC honors, one PSAC Runner of the Year, two PSAC Rookie of the Year, nine All-Region awards, one All-America honor, five All-Academic Team awards, 16 NCAA All-Academic Team individual awards, and one Academic All-American of the Year.

On the track, his men's and women's distance runners have set school records in 14 events during the indoor and outdoor track & field seasons. He has coached 13 PSAC Champions and 49 All-PSAC performers. Hoffman guided nine athletes to Eastern College Athletic Conference (ECAC) Championship titles.

On the national level, Hoffman has had 22 NCAA provisional qualifiers, highlighted by Eunice Chege's 11th-place finish in the 3,000-meter run at the 1999 NCAA Championships.

Hoffman was an assistant women's cross country and track and field coach at Clemson for the 1997-98 school year. While at Clemson, Hoffman helped guide the Tiger track & field team to second-place finishes at the indoor and outdoor Atlantic Coast Conference Championships. In addition, Hoffman coached two junior national qualifiers in the 3,000 and 5,000, guided his 4x1500 relay team to the seventh-fastest time in the nation, and broke school records in the 4x800 and 4x1500 relays.

Prior to Clemson, Hoffman was assistant track & field and women's cross country coach at East Stroudsburg. He was named 1995 ECAC Women's Cross Country Coach of the Year. He guided the Warriors to two top-three finishes at the ECAC Cross Country Championships, and a consistent top-25 ranking in the country. Several of his athletes achieved great individual success during his tenure, including a four-time All-American in cross country and track and an eight-time national qualifier. Hoffman's runners captured 18 ECAC and three PSAC titles in track & field, while his track runners set 10 school records and garnered 22 All-PSAC and 27 All-ECAC honors. He also coached the 1996 PSAC and ECAC individual cross country champion, and the top NCAA Division II American miler in 1997.

Hoffman, a 1994 graduate of East Stroudsburg University, was the captain of the Warriors' cross country team his senior season and was a three-time All-ECAC performer in the 3000 and distance medley relay. He was also an All-PSAC performer in the steeplechase.

He holds a bachelor's degree in psychology and earned his teacher certification in health and physical education from East Stroudsburg in 1997.



Season Outlook

Women: The Kutztown University women's cross country team returns four of its top seven from a squad that placed fourth at the Pennsylvania State Athletic Conference Championships and at the NCAA East Regional a year ago.

The Golden Bears, under the guidance of seventh-year head coach **Ray Hoffman**, will be looking to match or improve upon last year's finishes. Those efforts start with PSAC Rookie of the Year **Molly Lare**, who returns for her sophomore season after earning All-PSAC and All-East Region honors. Lare won the first race of her college career at the Lehigh Valley Invitational and was KU's top finisher at all seven meets. She finished seventh at the PSAC Championships and sixth at the East Regional.

Junior **Danielle Mousley** also returns for the Golden Bears after redshirting in 2003. She had four top ten finishes as a sophomore in 2002 before her season was derailed by injury. She returned to place 47th at the East Regional before taking her redshirt last year.

Madonna Patterson and **Desiree Bower** should also continue to move toward the front of the pack. The sophomores are very talented and should only continue to improve. Patterson earned a top-30 finish at the East regional. Bower's freshman season included a second place finish at the Maroon & Gold Invitational. She also placed 28th at the PSAC Championships.

Amanda Grant, **Meghan Wynosky** and **Joelle Reed** also return for the Golden Bears. Grant, a senior, was a member of Kutztown's top seven at every meet. Wynosky improved her time with every meet in which she ran. Reed's season was shortened due to injury, but not before jumping into the top seven.

Also returning for the Golden Bears are **Bethany Davanzati**, **Stephanie Milinchik**, **Chelsea Thomas** and **Valerie Toczek**. Davanzati will serve as a team captain, along with Mousley and Lare.

A promising incoming class joins the mix, headed by **Kristin Green (Camp Hill/Camp Hill)**. Rounding out KU's newcomers are **Erika Kabbeko (Birdsboro/Twin Valley)**, **Krystal Klunk (Littlestown/Littlestown)**

and **Stephanie Williams (Harrisburg/Riverside)**. Klunk and Williams each qualified for the state championships multiple times in high school.

Men: The 2004 edition of Kutztown University men's cross country will be the youngest of Hoffman's tenure. The Golden Bears' top seven is likely to consist entirely of freshmen and sophomores. It is, however, a goal-oriented group that is focused on improving upon last year's seventh place PSAC finish and 10th place finish at the East Regional.

Sophomores **Keith Gruchacz** and **Gerard Ganey** should run to the front of the Golden Bear pack. Gruchacz earned a top-five finish at the Salisbury Invitational and placed 27th at the East Regional. He was one of KU's top-two finishers in every race as a freshman. Ganey posted a pair of top-30 finishes during his freshman campaign.

Classmates **Joe Haughey**, **Dan Wilde** and **Patrick Coyne** should offer Gruchacz and Ganey great support. KU's number one runner could change week-to-week, but should come from this sophomore quintet. Wilde and Coyne were full-time members of Kutztown's top seven a year ago. **Dave Tidey (Bridgewater, NJ/Bridgewater-Raritan)**, who will likely redshirt, and Wilde will serve as team captains. **Matt Hoover** also returns for KU.

For the second straight year, the Golden Bears will be looking for a big impact from its incoming freshmen, as five newcomers join an existing core of six sophomores. **Mark Simpson (Upper Darby/Monsignor Bonner)** was the Catholic League champion in the 3,200-meter run and should make a big impact immediately. **Pat McKeever (Midland Park, NJ/Midland Park)**, **Nate Manbeck (Womelsdorf/Tulpehocken)**, **Blake Vaught (Greenville, VA/Riverheads)** and **Pat Bone (Doylestown/Central Bucks West)** are also talented and should push the large sophomore class for positions in the top seven. Simpson is a two-time state champ in the 4x800m and Bone, Manbeck and McKeever are all former state qualifiers.



Patrick Coyne

Sophomore

Philadelphia/Archbishop Ryan

Major: Communication Design

Personal Best: 800-meter run: 1:58; mile: 4:33; 3,200: 9:50; 3000 steeplechase: 10:12; five mile (XC): 28:09

Notes: Will be looked upon to take a big step up for the Golden Bears in '04...KU's fourth man at both the PSAC and NCAA East

Regional...season-best finish of tenth at the Maroon and Gold Invitational...member of KU's 4x800m relay which placed fourth at the PSAC Indoor Championships.

High School: Four-time All-Catholic League selection in cross country and track...placed ninth at the Catholic League Championships in cross country in 2001...a member of the record-setting Catholic League 4x800 relay squad.



Gerard Ganey

Sophomore

Basking Ridge, NJ/Ridge

Major: Political Science

Personal Best: Mile: 4:32; 3,000-meter run: 8:57.36; 5,000: 15:50.25; five mile (XC): 26:53

Notes: Physical and mental ability to step into the top position for KU...will be a threat to grab All-PSAC honors...Golden Bears' third man

throughout season...season-best finish of 15th at the Salisbury Invitational helped KU to third-place finish...PSAC qualifier in both the 3,000 and 5,000.

High School: 2002 New Jersey Meet of Champions qualifier in cross country...placed tenth at the State Group 3 Cross Country Championships...finished third in the mile and fourth in the 3,200 at the Central Jersey Group 3 Track Championships.



Keith Gruchacz

Sophomore

Bridgewater, NJ/Bridgewater-Raritan

Major: Secondary Education-History

Personal Best: 800-meter run: 2:02; Mile: 4:32; 3,200: 9:42; five mile (XC): 26:36

Notes: Gutsy competitor will be a major force behind KU's success...should make a solid run at All-PSAC honors...KU's number

one runner in three meets as a freshman...placed 27th at the PSAC Championships for a top ten freshmen finish...top 25 finisher at the Salisbury, Lehigh Valley and DeSales invitationals...hampered by injuries throughout the indoor and outdoor track seasons.

High School: Third-team All-New Jersey State in Cross Country...placed 11th at the Central Jersey Group 4 Cross Country Championships...seventh at the Central Jersey Group 4 sectional meet in the 3,200.



Joe Haughey

Sophomore

Richboro/Council Rock South

Major: Secondary Education-History

Personal Best: Mile: 4:40; 3,000-meter steeplechase: 10:00.80; five mile (XC): 28:04

Notes: Worked his way up to the Golden Bears' number four man last season as a freshman before suffering an injury...adds quality depth to a

very young KU squad...posted season-best finish of 16th at the Maroon & Gold Invitational.

High School: Two-time all-league second team in cross country...team captain.



Golden Bear Profiles - MEN



Dave Tidey (Captain)

Senior

Bridgewater, NJ/Bridgewater-Raritan

Major: Secondary Education-English

Personal Best: 800-meter run: 1:55.64; 1,500: 4:03.25; five mile (XC): 26:17

Notes: Talented runner from the 800 through cross country distances...placed in the top 20 at the Maroon & Gold Invitational, Salisbury

Invitational and PSAC Championships in '02...finished seventh in the 800 at the '02 PSAC Track & Field Championships...will most likely redshirt this season.

High School: New Jersey Group IV All-State third team in cross country...won the Skyland Conference 800 indoor title...Central Jersey Group IV Champion in the 800...went on to place 12th at the New Jersey Meet of Champions.



Dan Wilde (Captain)

Sophomore

New Cumberland/Cedar Cliff

Major: Electronic Media

Personal Best: Mile: 4:40; 3,000-meter steeplechase: 10:07; 5,000: 16:14; five mile (XC): 27:40

Notes: Solid top-five runner in his first season who shows tremendous promise in the future...leader by example who possess the characteristics

of a champion...was KU's number three finisher at the DeSales Invitational...elected team captain by his teammates for the '04 season.

High School: Member of Cedar Cliff's Pennsylvania State Championship team...placed eighth at the Mid-Penn Conference Championships.

Top Newcomers

Patrick Bone

Doylestown/Central Bucks West

Major: Criminal Justice

Personal Best: Mile: 4:41; 3,200-meter run: 10:08; 3.1 mile: 16:00

Notes: Two-time state qualifier in cross country...two-time all-league...team captain

Nathan Manbeck

Bernville/Tulpehocken

Major: Undeclared

Personal Best: 3,200-meter: 10:04; 3.1 mile: 17:04

Notes: State qualifier in cross country...All-Berks County...seventh at the District III Championships in the 3,200.

Patrick McKeever

Midland Park, NJ/Midland Park

Major: Business

Personal Best: 800-meter run: 1:59; 1600: 4:32; 3,200: 9:55; 3.1 mile: 16:47

Notes: Fifth at North Jersey Section I Cross Country Championships...seventh at the New Jersey State Group I Championships in the 3,200...school record at 3,200.

Mark Simpson

Upper Darby/Monsignor Bonner

Major: Psychology

Personal Best: 800-meter run: 1:57; Mile: 4:28; 3,200: 9:39

Notes: Two-time PIAA State Champion in the 4x800...Philadelphia Catholic League Champ in the 3,200...three-time All-Catholic League.

Blake Vaught

Greenville, VA/Riverheads

Major: Undeclared

Personal Best: Mile: 4:34; 3,200-meter run: 10:06; 3.1 mile: 16:52

Notes: Four-time all-district runner in track and cross country...named all-region as a junior and senior in cross country and track.



Desiree Bower

Sophomore

Bethel/Tulpehocken

Major: Elementary Education

Personal Best: 800-meter run: 2:23; 1500: 4:58.05; mile: 5:10.37; 3,000m: 10:59.0; 3,000 steeplechase: 12:16; 3.1 mile (XC): 18:59

Notes: Will be a key contributor in '04...talent to run with the best in the PSAC...ran in KU's top seven throughout her first campaign...the

Golden Bears top finisher at the Maroon and Gold Invitational...placed 28th at the PSAC Championships for a top-ten finish among freshmen...PSAC Outdoor Championship qualifier in the 1500 and 3,000 steeplechase, placing eighth in the 1500.

High School: Four top 25 finishes at state cross country championships...school record in the mile and 3,200...three-time state qualifier in track.



Amanda Grant

Senior

Whitehall/Whitehall

Major: Communication Design

Personal Best: 3,000-meter run: 10:56.16; 5,000: 19:05.42

Notes: Top-seven runner over the last two seasons...gives KU quality depth going into the championship season...top 25 finish at the Lehigh Valley Championships and Salisbury Invitational...PSAC Indoor Track & Field Championship qualifier in the 3,000 and 5,000 runs and the

outdoors in the 3000, 5,000 and 10,000 runs.



Molly Lare (Captain)

Sophomore

Bethlehem/Liberty

Major: Communication Design

Personal Best: 800-meter run: 2:18; 1500: 4:47.35; mile: 5:11; 3000: 10:20.04; 3,200: 10:58; 5,000: 17:55.04; 3.1 mile (XC): 18:00

Notes: Outstanding freshman season...PSAC Rookie of the Year in both cross country and indoor track...KU's top runner throughout the '03

season...missed qualifying for the NCAA Championships by one place...top three finishes at the Lehigh Valley Championship's (first), Salisbury Invitational (second), and DeSales Invitational (third)...qualified for the PSAC Indoor Championships in the 800, mile, and 3,000 finishing second in the mile (All-PSAC) and fourth in the 3000...PSAC Outdoor qualifier in the 800, 1500, 3,000, and 5,000...placed fourth in the 1500.

High School: Two-time state qualifier in cross country (19th in 2001; 11th in 2002)...fifth (2002) and ninth (2003) in the 3,200 at outdoor state meet...district champ in the 3,200.

<p>PSAC Rookie of the Year All-PSAC All-Region KU Record: 3,000</p>
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Golden Bear Profiles - WOMEN



Danielle Mousley (Captain)

Junior

Manheim Twp/Manheim Twp

Major: Communication Design

Personal Best: 800-meter run: 2:19; 1,500: 4:47; 3,000: 10:40.10; 3.1 mile (XC): 19:22

Notes: Redshirted last season... KU's number one runner throughout the 2002 season before injury during PSAC Championships...top ten finishes at the Mount St. Mary's (2nd), Lehigh Valley (5th), Salisbury (6th), and Maroon & Gold (6th) invitationals...fourth at the 2002 PSAC Outdoor Track Championships in 1,500 with fastest time by a freshman...placed eighth in 800...anchored the distance medley relay to a fourth-place finish at the indoor PSAC Championships...qualified for the 2004 PSAC Outdoor Championships in the 1,500 and 3,000 runs.

High School: Won the Lancaster-Lebanon League title in the 800...member of the District 3 and Lancaster-Lebanon League 4x800m championship team.



Madonna Patterson

Sophomore

Philadelphia/William Penn

Major: Secondary

Education-Mathematics

Personal Best: 400-meter dash: 58.0; 800-meter run: 2:13.47; 4:45.10; 3.1 mile (XC): 20:09

Notes: Talented athlete who will be a major force for KU in '04...in KU's top five at the PSAC and NCAA East Regional Championships after redshirting her freshman year...season-best finish of 11th at the Salisbury Invitational helping KU take home the team title...was an NCAA provisional qualifier in the indoor and outdoor 800...second fastest 800 time by a Division II freshmen.

High School: Philadelphia Public League Champion in cross country

All-PSAC: 800, 4x800, 4x400
PSAC Champion: 4x400
KU Record: 800, 4x400, 4x800
PSAC Record: 4x800



Chelsea Thomas

Sophomore

Sellersville/Pennridge

Major: Elementary Education

Personal Best: 800-meter run 2:24.74; 1500: 5:00

Notes: Overcame surgery to run in the teams' top nine at the PSAC Championships...fourth at Maroon & Gold Invitational...PSAC Indoor qualifier in the 800...PSAC Outdoor qualifier in the 800 and 1500.

High School: Named all-league team in cross country...state qualifier in cross country...two-time state qualifier in track.

PSAC Champion: 4x800
KU Record: 4x800
PSAC Record: 4x800

Other Returners



Bethany Davanzati
Senior (Captain)
Morgantown/
Hewitt-Trusville {AL}
Major: Elem. Education
Personal Best: 3000-
meter run: 11:42; 3000
steplechase: 12:29; 3.1 mile



Meaghan Wynosky
Senior
Minersville/
Nativity BVM
Major: Biology
Personal Best: 3000-
meter steplechase: 11:56

(XC): 20:30



Joelle Reed
Coal Township/Shamokin
Major: Sec. Ed./English
Personal Best: 800-meter
run: 2:28; mile: 5:19

Top Newcomers

Kristin Green

Camp Hill/Camp Hill
Major: Criminal Justice
Personal Best: 1600-meter run: 5:26; 3,200:
11:49
Notes: Named to the All-Mid-Penn team in
track...placed fifth in the 4x800 at the District
III Championships.

Erica Kabbeko

Birdsboro/Twin Valley
Major: Art Education
Personal Best: 800-meter run: 2:24; 1600: 5:26;
3.1 mile: 20:02
Notes: Named Division 1 All-Star...voted
team captain as junior and senior.

Krystal Klunk

Littlestown/Littlestown
Major: Studio Art
Personal Best: 3,200-meter run: 12:19; 3.1
mile: 20:41
Notes: Named Division II All-Star three
times...two-time PIAA Sate qualifier.

Stephanie Williams

Harrisburg/Riverside
Major: Library Science
Personal Best: 800-meter run: 2:30; 1600:
5:40; 3.1 mile: 20:00
Notes: Three-time state qualifier in cross
country...four-time qualifier for WPIAL
District Championships in track.



Facilities

The Kutztown area is a virtual runner's haven. KU offers **two synthetic track facilities**. The 400-meter, six-lane track located in the football stadium, has a top-of-the-line surface. When inclement weather arrives, training can move indoors to the 200-meter, six-lane track located in the fieldhouse annex. Major championship meets and invitationals have been hosted on the tracks in recent years. In addition, KU boasts one of the finest **multi-distance cross country courses** in the eastern United States. Located on campus, this national caliber course provides an all-grass surface for both racing and training. There are 5K, 6K and 8K courses. This year the course will feature new trails and granite mile markers. It was the site of the 1994 NCAA Eastern Regionals and the 1995 and 1999 PSAC Championships. The course has also hosted the Berks County High School Championships.

Area training routes are easily accessible and offer plenty of beauty and variety. The surrounding Berks County countryside offers runners courses ranging from two miles to 22 miles and a tranquil training atmosphere.

Keystone Hall

Keystone Hall is the headquarters of the KU athletic department. In addition to the 3,400-seat Keystone Arena, wrestling room and the Golden Bear Room, which is used for recruiting and departmental functions, it contains a number of facilities for use by Golden Bear athletes. Keystone Hall also hosted a town meeting by President Bush in 2004.

Keystone Pool, a six-lane competition pool that serves as the home for Golden Bear aquatics, is located at the rear of the building. Keystone Hall also houses the Golden Bear Sports Medicine department, designated locker rooms for all intercollegiate athletic teams, and a state-of-the-art fitness room.

Keystone Fieldhouse ▶

Keystone Fieldhouse is home to the KU men's and women's indoor track teams, and has been the site of major eastern championships in recent years. The fieldhouse is used by all teams for indoor practice and overflow athletic events. It is also used for non-athletic events, such as President Clinton's address during his visit in January 1995.



◀ University Field

University Field is a 5,000-seat stadium that features a synthetic track and a grass playing field. University Field is the site of all home football games and has been the site of PSAC Championship track and field meets.

Athletic Honors



Women's Team

Runner	Place	Year
NCAA All-America		
Michele Pingar	16th	1983
Megan Seefeldt	20th	1999
NCAA All-Region		
Michele Pingar	2nd	1982
Megan Seefeldt	2nd	1999
Daphne Hoyt	3rd	1992
Megan Seefeldt	3rd	2001
Lori Lawson	4th	1986
Michele Pingar	5th	1983
Diane Galleo	6th	1982
Molly Lare	6th	2003
Diane Galleo	8th	1981
Daphne Hoyt	8th	1991
Megan Seefeldt	9th	2000
Maria Schoellkopf	9th	2001
Lori Lawson	10th	1984
Eunice Chege	10th	1998
Lori Lawson	12th	1985
Megan O'Brien	13th	1994
Mercie Pliego	14th	1986
Niya Adams	15th	2001
PSAC All-Conference		
Megan Seefeldt	1st	2000
Lori Lawson	2nd	1986
Megan Seefeldt	2nd	1999
Michele Pingar	3rd	1983
Daphne Hoyt	3rd	1992
Megan Seefeldt	3rd	2001
Diane Galleo	4th	1980
Michele Pingar	4th	1982
Lori Lawson	4th	1984
Molly Lare	7th	2003
Lori Lawson	8th	1985
Eunice Chege	9th	1997
Diane Galleo	9th	1982
Diane Galleo	10th	1983
Megan Seefeldt	10th	1998
Maria Schoellkopf	10th	2001
Diane Galleo	13th	1981
Mercie Pliego	13th	1986
Marianne Rau	13th	1987
Megan O'Brien	13th	1996
Niya Adams	14th	2001
Lisa Tulanowski	15th	1984
Daphne Hoyt	15th	1991
Eunice Chege	15th	1998
PSAC Rookie of the Year		
Megan Seefeldt		1998
Molly Lare		2003

Men's Team

Runner	Place	Year
NCAA All-America		
Todd Wiley	24th	1992
NCAA All-Region		
Todd Wiley	5th	1992
Todd Wiley	9th	1991
Greg Yerkes	11th	2002
Brian Harris	12th	1997
Bart Wasiolek	13th	1988
Phil Hoffken	14th	2002
Keith Dieterle	15th	1991
PSAC All-Conference		
Todd Wiley	5th	1992
Rick Gurka	6th	1980
Bart Wasiolek	6th	1988
Brian Harris	7th	1997
Bart Wasiolek	8th	1989
Rusty Keith	12th	1995
Greg Yerkes	13th	2002
Tom Curtin	13th	1987
Phil Hoffken	14th	2000
Keith Dieterle	14th	1991
Tim Barshinger	14th	1994
Phil Hoffken	15th	2002
Greg Yerkes	15th	2001



Year-by-Year History/Academic Honors



Year-by-Year History

<u>Women</u> <u>Year</u>	<u>PSAC</u> <u>Finish</u>	<u>Region</u> <u>Finish</u>	<u>Coach</u>
1980	5th	22nd	Neyhart
1981	4th	3rd	Neyhart
1982	4th	3rd	Neyhart
1983	3rd	5th	Neyhart
1984	3rd	7th	Neyhart
1985	5th	8th	Neyhart
1986	4th	7th	Weldon
1987	8th		Weldon
1988	9th		Weldon
1989	8th	10th	Weldon
1990	8th	18th	Weldon
1991	7th	7th	Weldon
1992	4th	5th	Weldon
1993	7th	10th	Weldon
1994	9th	12th	Weldon
1995	10th	19th	Weldon
1996	10th	19th	Weldon
1997	11th	inc.	Weldon
1998	6th (tie)	10th	Hoffman
1999	6th	5th	Hoffman
2000*	3rd	2nd	Hoffman
2001*	2nd	3rd	Hoffman
2002	4th	6th (tie)	Hoffman
2003	4th	4th	Hoffman

*finished 19th at NCAA Championships.

<u>Men</u> <u>Year</u>	<u>PSAC</u> <u>Finish</u>	<u>Region</u> <u>Finish</u>	<u>Coach</u>
1974	13th		Meyer
1975			Meyer
1976	11th		Meyer
1977	12th		Meyer
1978	10th		Meyer
1979	9th		Meyer
1980	6th		Meyer
1981		12th	Meyer
1982	11th	10th	Meyer
1983	9th	18th	Meyer
1984			Meyer
1985	9th	9th	Heller
1986	8th		Heller
1987	5th	9th	Heller
1988*	7th	5th	Heller
1989	8th	5th	Heller
1990	5th	6th	Heller
1991	8th	8th	Weldon
1992	10th	12th	Weldon
1993	7th	7th	Weldon
1994	3rd	9th	Weldon
1995	4th	9th	Weldon
1996	10th	24th	Weldon
1997	4th	6th	Weldon
1998	10th	DNC	Hoffman
1999	6th	13th	Hoffman
2000	4th	5th	Hoffman
2001	5th	6th	Hoffman
2002	4th	5th	Hoffman
2003	7th	10th	Hoffman

*finished 11th at NCAA Championships.

Academic Honors

Women's Team

NCAA COACHES' ALL-ACADEMIC Women's Team - 1998-03, Eunice Chege - 1997-98, Amanda Grant - 2003, Danielle Mousley - 2002, Erin Peiffer - 2002-03, Megan Seefeldt - 1999-01, Maria Schoellkopf - 1999-01, Kathy Sheldon - 1999, Courtnee Wilhite - 2001-02

KU MARKETING STUDENT OF THE YEAR

Janele Urbansky - 2000

2003 PSAC SCHOLAR-ATHLETES

Bethany Davanzati, Amanda Grant, Tara Hannon, Molly Lare, Danielle Mousley, Erin Peiffer

PSAC ACADEMIC TOP 10

Megan Seefeldt - Fall 2000, Fall 2001

VERIZON ACADEMIC ALL-DISTRICT

First Team

Megan Seefeldt - 2001

Men's Team

NCAA COACHES' ALL-ACADEMIC

Men's Team - 1996

ECAC/ROBBINS AWARD

Tim Barshinger - 1995

GTE/VERIZON ACADEMIC ALL-AMERICA

First Team

Jason Hilt - 1998, 1999

Second Team

Tim Barshinger - 1996

GTE ACADEMIC ALL-AMERICAN OF THE YEAR

Jason Hilt - 1999 (Spring At-Large Team)

PSAC SCHOLAR ATHLETE OF THE YEAR

Jason Hilt - 1999

2003 PSAC SCHOLAR-ATHLETES

Kent Eisenhuth, Matt Hoover

The **KU Academic Success Initiative**, when fully implemented by the coaching staff, provides the appropriate support, incentive, and opportunity for students to make a similar effort toward their academic success as made toward their athletic performance. The Initiative is based on the expectation that both individual and team academic performance will be at or above the level of the overall student body. This expectation is built into the evaluation of coaches and is an integral part of the process of awarding athletic scholarships. KU provides athletic scholarships to support the academic pursuits of its student-athletes. Student-athletes are expected to participate in sports because they love to do so.

Continuing indications reveal that the Initiative works and is having a profound and measurable effect on both academic and athletic performance. Over the past nine years, KU's freshman class of student-athletes has had a significantly higher grade-point average than the overall freshman class, while the 2003-04 school year saw all student-athletes achieve a highest-ever GPA of 2.86. Also last year, 87 student-athletes garnered Pennsylvania State Athletic Conference Scholar-Athlete honors. During the same period, the athletic success of KU's teams reached all-time records.

The **KU Academic Success Initiative** contains the following components:

The Monitoring of Progress: The academic progress of student-athletes is continually tracked and monitored. This includes: GPA reports, persistence rate reports, close monitoring of first-time students, and NCAA eligibility compliance reports.

Academic Support Service: Student-athletes are encouraged to visit the academic support office in Keystone Hall for any academic problem which may arise. Confidential, one-on-one meetings can address the following concerns: information about additional services at KU, study skills tips, information about registration, and current academic performance. These sessions can also be utilized to discuss any other academic and/or personal matters of concern that the student-athlete may have.

Course Selection and Registration: In order to avoid unnecessary conflicts between athletic events and classes, student-athletes are provided a registration date earlier than the rest of the campus student population. Registration is now done online via the Internet. Students can go online at any time to view their schedule, grades, transcript, financial aid, payments, charges and restrictions on their account.

Academic Coaching: This year-long program is based on one-on-one personal contacts between the coach and the student-athlete. The meetings are held more frequently in the fall in recognition of the benefits of establishing good habits early. During these meetings, the following topics may be addressed: seminar follow-up, class attendance, parental intervention and involvement, and information about advising and registration. These meetings can also serve to address any other academic and/or personal matters of concern to the student-athlete.

Faculty Advising: This is an essential part of the college experience and is often a major factor in the ultimate academic success of students. Advisor meetings are required in order to register for classes.

Awards and Honors: KU has developed or participates in a number of programs to provide the incentive for and acknowledgment of academic achievement. KU offers specific academic scholarships available only to student-athletes. KU student-athletes are nominated for all available NCAA, PSAC and CoSIDA awards.

(continued on next page)



Academics & Athletics at KU

Pre-Season Academic Seminars: During pre-season camps and the first week of classes, athletes may participate in seminars addressing topics such as time management, study skills, class participation, student/faculty relationships, and graduation planning. Materials are provided and used as a reference throughout the semester.

Career Services Visit For Undeclared Majors: Incoming students who have not yet declared a major or who may be unsure of their chosen major are required to visit the Career Services Office. They will be tested to measure their interests and help them select a major.

Referrals For Services to the Department of Developmental Studies: Student-athletes are strongly encouraged to make use of this department's services in regard to tutoring or other needs for specialized instruction.

Referrals For Services to the Counseling and Advisement Center: Trained counselors/faculty advisors are available to help with psychological/academic counseling/advisement issues. Such referrals are available to all student-athletes.

Mentoring: Student-athletes can be referred by their coach to either the formal University mentoring program or to faculty and professional staff volunteers for more informal mentoring.

Financial Aid Liaison: The financial aid liaison provides information to prospects and student-athletes concerning policies and guidelines of the financial aid office. Through the early version process, the liaison provides prospects with an estimate of potential funding sources. The liaison provides student-athletes with information concerning deadlines and regulations for continued financial aid, and is available to help families learn more about the financial aid process.

Library Tour: A library tour is required of all incoming student-athletes.

Personal Computer: Each student-athlete is strongly encouraged to have access to a networked personal computer.

Graduation Reception: The athletic department hosts a reception for graduating student-athletes and their families at the winter and spring commencement ceremonies to recognize the culmination of student-athletes' education at Kutztown University.

Kutztown University Mission & Vision Statement

Kutztown University of Pennsylvania, a member of the State system of Higher Education, is actively dedicated to excellence in learning and to the success of its diverse community of students. The University prepares its students to meet lifelong intellectual, ethical, social, and career challenges and responsibilities by providing quality programs that engage them in critical, analytical, and aesthetic inquiry. Further, Kutztown University of Pennsylvania is committed to continuous improvement, partnerships, and collaborations that encourage the development of citizens who contribute to a global society.

Kutztown University

Cross Country

2004 Schedule

SEPTEMBER

FRI	3	at Lehigh Valley Championships (at Lehigh)	5:00 PM
SAT	11	MAROON & GOLD INVITATIONAL	10:00 AM
SAT	25	at Paul Short Invitational (at Lehigh)	10:00 AM

OCTOBER

SAT	2	at Salisbury Invitational	10:00 AM
SAT	16	at DeSales Invitational	TBA
SAT	23	at East Stroudsburg Invitational	10:00 AM
SAT	30	PSAC CHAMPIONSHIPS	9:30 AM

NOVEMBER

SAT	6	at NCAA East Regional (at Indiana, PA)	11:00 AM
SAT	20	+at NCAA Championships (at Evansville, IN)	TBA

Home events in **BOLD CAPS**
+ if team qualifies