

KUTZTOWN

U N I V E R S I T Y



2005

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 9,800 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: 58% women, 42% 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; 517,000 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:

Wireless campus, gallery, planetarium, observatory, TV production facilities, 30 student-accessible computer labs containing nearly 500 PCs/Macs, cartography lab, early learning center, smart classrooms, curriculum materials center and Pennsylvania German Heritage Center.

Student Life:

Approximately 160 student organizations include: advisory councils, academic, campus media (including a fully-equipped radio station), diversified interest, Greek Life, 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, coffeehouse, financial center and cyberlounge.

Residence Halls:

Ten residence halls (6 coed, 2 single gender, 2 modified single gender), two apartment-style coed complexes and one residence house accommodate 4,300 students. All residence halls are wired for cable TV, telephone, 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 eighth season as head cross country and assistant track & field coach at Kutztown University.

Last fall, the women's cross country team finished third at the Pennsylvania State Athletic Conference (PSAC) Championships and second at the NCAA East Regionals to advance to the NCAA Championships, where the team placed 18th. Hoffman's men's team placed sixth at PSACs and ninth at regionals.

Over the past five years, Hoffman's harriers have established themselves as strong conference and regional competitors.

The women's team is a consistent competitor for the top of the conference and regional championships. The team has three trips to the NCAA Championships. In 2000, Hoffman coached Megan Seefeldt to the individual PSAC title, the first-ever in program history. The team placed a best-ever second at the PSAC Championships in 2001, has two third-place showings and a pair of fourth-place finishes the last five years. Regionally, the 2000 and 2004 teams finished as runners-up, while the team has also finished third, fourth and sixth the past five years. In 2000 and 2001, the team advanced to the national championships, placing 19th both times. The 2004 squad had the best-ever national finish, placing 18th. In 2000, Hoffman was named PSAC Women's Coach of the Year. He was the Kutztown University Women's Athletics Coach of the Year following the 2000 and 2001 seasons.

The men's program has steadily improved under Hoffman's guidance. The team finished fourth, fifth and fourth at the 2000-02 PSAC Championships, and finished fifth, sixth and fifth at regionals those years. A rebuilding year in 2003 saw KU place seventh at PSACs and 10th at regionals, before the team started to climb again in 2004, improving one place at each meet.

In his seven seasons, Hoffman's men's and women's runners have earned one PSAC individual title, 13 All-PSAC honors, one PSAC Runner of the Year, two PSAC Rookie of the Year, 10 All-Region awards, one All-America honor, six All-Academic Team awards, 20 USCCA 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 16 PSAC Champions and 57 All-PSAC performers. Additionally, Hoffman was named the 2005 PSAC Women's Indoor Track & Field Co-Coach of the Year. Hoffman guided nine athletes to Eastern College Athletic Conference (ECAC) Championship titles.

On the national level, Hoffman has had 24 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. 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: With four of its top seven runners returning, and one of the best recruiting classes in school history, the Kutztown University women's cross country team hopes to make a run at conference and regional titles and a return trip to the NCAA Championships.

The Golden Bears, under eighth-year head coach **Ray Hoffman**, will look to improve upon its 18th place finish at the NCAA Championships in 2004, after tying the program's best-ever second-place finish at regionals and turning in a third-place showing at the Pennsylvania State athletic Conference Championships.

Junior **Molly Lare** returns to lead the Golden Bears. Lare is a two-time All-PSAC and All-Region performer and was the 2003 PSAC Rookie of the Year. Lare was Kutztown's top finisher in each of her eight races in 2004, including two victories and three-other top-six finishes. She was 14th at the PSAC Championships, 11th at Regionals and placed 35th at the NCAA Championships.

Chelsea Thomas, also a junior, is KU's number two returning runner. Thomas stepped up as a sophomore last fall, finishing as KU's second runner at regionals, missing all-region honors by one place. She had four other top-20 finishes in 2004.

Junior **Desiree Bower** and sophomore **Stephanie Williams** round out the Golden Bears' returning top-seven runners. The duo split Kutztown's number five finishes in the post-season last year, with Bower rounding out the Golden Bear scorers at the PSAC Championships, and Williams doing so at regionals and nationals.

Sophomores **Kristin Green**, **Jackie Habe** and **Erica Kabbeko** have experience among Kutztown's top seven. Kabbeko will serve as a tri-captain, with Lare and Thomas. Juniors **Stephanie Milinichik** and **Valerie Toczek**, and sophomores **Katelyn Katzgrau** and **Krystal Klunk** also return.

Joining the returners is what Hoffman tabs his best recruiting class, which features several members who should compete for top five positions. **Hailey Dell (Saranac Lake, NY/Saranac Lake)** was a five-time section champion, **Cheryl Dingman**

(Lansdale/North Penn) was a four-time state qualifier, **Joanna Horstmann (Downingtown/Downingtown West)** placed 18th at the 2004 PIAA AAAA championships, **Julie Karaszkiwicz (Boothwyn/Garnet Valley)** finished eighth at the 2003 PIAA AAA meet, and **Ashley Kelly (Bensalem/Bensalem)** placed second at districts in 2002.

Men: The 2005 edition of Kutztown University men's cross country promises continued improvement. KU fielded a very young team in 2004, but improved to sixth at the PSAC Championships and ninth at regionals.

Five of the Golden Bears' top seven runners return this season. Leading the way will be **Dan Wilde** and **Patrick Coyne**. Wilde, who will serve as a co-captain in '05, was KU's second finisher at the PSAC Championships, placing 33rd. He placed 44th at regionals. Coyne was the team's #2 finisher at regionals, placing 40th, after placing 35th at the conference meet.

Junior **Joe Haughey** ran in the top five for Kutztown in the post-season last year. He placed 39th at the PSAC Championships and was 58th at regionals.

Mark Simpson and **Pat Bone** also return to the top seven. The duo were the Golden Bears' top rookies last year. Simpson was the team's sixth finisher at both post-season meets, while Bone was the team's fourth finisher at regionals after rounding out the top seven at PSACs.

Dave Tidey, the only senior on both KU's teams, returns after redshirting in 2004. Tidey, a co-captain, has been a consistent top-seven runner over his first three seasons.

Sophomores **Nate Manbeck**, **Pat McKeever** and **Blake Vaught** complete the list of returning runners.

Four newcomers will vie for spots among the top seven this fall. **Kyle Keehn (Secane/Ridley)** was an All-Delco selection, **Drew Ketterer (Bernville/Tulpehocken)** was a two-time PIAA qualifier, **Zach Miller (Haddonfield, NJ/Haddonfield)** was second-team All-South Jersey, and **John Pyne (Harrisburg/Bishop McDevitt)** is his school's record holder in the 3200-meter run.

KU Women's Cross Country

NCAA Championship Appearances: 2000, 2001, 2004

Top Returning Women



Desiree Bower

Junior

Bethel/Tulpehocken

Major: Elementary Education

Personal Best: 800-meter: 2:23; 1500: 4:55.64; Mile: 5:10.37; 3,000: 10:59.0; Steeplechase: 11:31.73; 3.1-mile (XC): 18:59

Notes: Talented and improving veteran who made big strides on the track this past spring...in KU's top seven at the PSAC, NCAA Regional, and NCAA Championships...season-best finish of 12th at the Tidewater

Classic...placed third in the steeplechase at the 2005 outdoor PSAC Championships...with even more focus in the 2005 season she has the talent to surprise many.

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.

All-PSAC – Steeplechase



Kristin Green

Sophomore

Camp Hill/Camp Hill

Major: Criminal Justice

Personal Best: 3,000-meter: 10:50.06; 5000: 18:44.36; 6000 (XC): 23:41

Notes: Showed determination to run at a high level in her freshmen campaign...Golden Bears' number seven finisher at the PSAC Championships...two top-20 finishes: Tidewater Classic (14th) and

Maroon & Gold Invite (16th)...member of KU's Distance Medley Relay that placed fifth at the Indoor PSACs... PSAC Outdoor qualifier in the 3,000, 5,000, and 10,000.

High School: Named to All-Mid-Penn team in track...placed fifth in the 4x800 relay at the district III championships.



Jackie Habe

Sophomore

Mountainhome/Pocono Mountain East

Major: Elementary Education

Personal Best: 1,600-meter: 5:45; 3,200: 12:08

Notes: Made cross country debut in the 2004 season after only two seasons of outdoor track in high school... tremendous talent, ran as high as KU's number four runner...season-best finish of 12th at the Maroon &

Gold Invitational...hampered by an injury in mid-season.



Erica Kabbeko (Captain)

Sophomore

Birdsboro/Twin Valley

Major: Art Education

Personal Best: 800-meter: 2:24; 1600: 5:26; 3,000 steeplechase: 12:27.20; 6,000 (XC): 24:14

Notes: Filled key role as a freshman making the PSAC Championship travel squad...Golden Bears' top finisher at ESU (third)...PSAC qualifier in the steeplechase...awarded the Mason Scholarship for academic and athletic success for a female cross country runner, after posting a 4.0 GPA.

High School: Division I All-Star in cross country...team captain as a junior and senior.



Golden Bear Profiles - Women



Molly Lare (Co-Captain)

Junior
Bethlehem/Liberty

Major: Communication Design

Personal Best: 800-meter: 2:18; 1500: 4:47.35; Mile: 5:11; 3000: 10:20.04; 3,200: 10:58; 5000: 17:47.03; 6,000 (XC): 21:51

Notes: Driven and dedicated competitor...team's top performer the past two seasons...two-time All-PSAC and All-Region in cross country...**2004-**

05: four top ten finishes - Maroon & Gold (first), Tidewater Classic (second), Lehigh Valley Championships (fourth), and DeSales (sixth)...top Division II finisher at the Paul Short Run...KU's top finisher at the NCAA Championships...NCAA Provisional qualifier in the outdoor 5,000...third in the 3,000 and fifth in the 5,000 at the Outdoor PSAC Championships... All-Academic in cross country and track...**2003-04:** PSAC Rookie of the Year in cross country and indoor track...KU's top runner...missed qualifying for NCAAs by one place...top three finishes at Lehigh Valley Championships (first), Salisbury (second) and DeSales (third)...second (All-PSAC) in the mile and fourth in the 3,000 at PSAC Indoors, also qualified in the 800...Fourth at PSAC Outdoors in the 1,500 and a qualifier in the 800 and 3,000.

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.

All-PSAC -
Cross Country & 3,000m
All-Region - Cross Country
School Record - 3,000m



Chelsea Thomas (Co-Captain)

Junior
Sellersville/Pennridge

Major: Elementary Education

Personal Best: 800-meter: 2:24.74; 1500: 5:00; 6,000 (XC): 22:25

Notes: Accomplished veteran who took a big step up last season, missing All-Region status by just one place...will play a key role in 2005 season after posting five top-20 finishes: Tidewater Classic (sixth), Maroon & Gold (ninth), Paul Short (11th), DeSales (15th), and NCAA Regional

(16th)...KU's number three runner at the NCAA Championships...two-time PSAC Champion in the 4x800.

High School: All-league, state qualifier in cross country...two-time state qualifier in track.

All-PSAC - 4x800m
PSAC Champion - 4x800m
School Record - 4x800m



Stephanie Williams

Sophomore
Harrisburg/Riverside

Major: Business

Personal Best: 1,500-meter: 5:02.70; 3,000: 10:50.02; 5,000: 18:34.28; 10,000: 38:16.56; 6,000 (XC): 23:29

Notes: Big surprise in freshman debut working her way up to the number five position...extremely high work ethic...earned a spot on KU's NCAA

Championship qualifying squad...three top twenty finishes: Maroon & Gold (13th), Tidewater Classic (20th), and Lehigh Valley Championships (20th)...PSAC Championship qualifier in the 3K, 5K and 10K, placing third in the 10K.

High School: Three-time PIAA AA state qualifier in cross country...four-time WPIAL Track Championship qualifier.

All-PSAC - 10,000m

Other Returning Women



Katelyn Katzgrau
 Sophomore
 Oak Ridge, NJ/
 Pope John XXIII
 Major: Undeclared



Stephanie Milinichik
 Junior
 Whitehall/Whitehall
 Major: Studio Art



Krystal Klunk
 Sophomore
 Littlestown/
 Littlestown
 Major: Studio Art



Valerie Toczek
 Junior
 Whitehall/Whitehall
 Major: Psychology

Top Returning Men



Pat Bone
 Sophomore
 Doylestown/Central Bucks West
 Major: Criminal Justice

Personal Best: Mile: 4:41; 5,000-meter: 15:37.47; five-mile (XC): 26:45
Notes: Golden Bears' top newcomer last season with the talent to open eyes in 2005...tallied three top-25 finishes in his rookie season: at the Maroon & Gold Invite (13th), Lehigh Valley Championships (14th) and Tidewater Classic (22nd)...PSAC Championship qualifier in the 3000m steeplechase and was the top freshman finisher in the field.

High School: Two-time AAA state qualifier and all-league in cross country ...team captain.



Patrick Coyne
 Junior
 Philadelphia/Archbishop Ryan
 Major: Communication Design

Personal Best: 800-meter: 1:58; Mile: 4:33; 3,200: 9:50; Steeplechase: 10:12; five-mile (XC): 26:08

Notes: Tremendous talent...filled key role last season with three top-20 finishes: Tidewater Classic (10th), Maroon & Gold (12th) and Lehigh Valley Championships (18th)...member of KU's 4x800 relay which placed fourth at the 2004 PSAC Indoor Championships...red-shirted during the 2005 track season.

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



Joe Haughey
 Junior
 Richboro/Council Rock South
 Major: Secondary Education-History

Personal Best: Mile: 4:40; Steeplechase: 10:00.80; five-mile (XC): 26:51

Notes: Seasoned veteran will be looked upon to take a big step up...in KU's top five at both the PSAC and NCAA Regional...top-25 finishes at the Maroon & Gold Invite (14th) and Tidewater Classic (23rd)...will be looked upon to add quality leadership to the distance program.

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



Golden Bear Profiles - Men



Pat McKeever

Sophomore

Midland Park, NJ/ Midland Park

Major: Business

Personal Best: 800-meter: 1:59; 1500: 4:06.46; 5,000:16:04.43; five-mile (XC): 27:36

Notes: Showed tremendous maturity with the progression of his freshman campaign...should be a big contributor after a solid rookie year...member of KU's 4x800 that placed fourth at the Indoor PSAC Championships...qualified for PSAC Championships in 1500.



Mark Simpson

Upper Darby/Monsignor Bonner

Sophomore

Major: Psychology

Personal Best: 800-meter: 1:57; Mile: 4:28; 3000: 9:39; five-mile (XC): 27:20

Notes: Red-shirted the 2005 outdoor track season...highly talented and tough competitor who can provide a big boost...in KU's top seven throughout the 2004 cross country season with a best finish of 16th at the Maroon & Gold Invitational...PSAC Indoor Championship qualifier in the mile.

High School: Two-time PIAA State Champion in the 4x800m... Philadelphia Catholic League Champion in the 3,200m...three-time All Catholic League.



Dave Tidey (Co-Captain)

Senior

Bridgewater, NJ/Bridgewater-Raritan

Major: Secondary Education-English

Personal Best: 800-meter: 1:55.64; 1,500: 4:03.25; 3,000: 9:10.88; five-mile (XC): 26:17

Notes: Red-shirted the 2004 cross country season... experienced and talented veteran will look to transfer his track talents to the cross country course...20th at the 2002 PSAC Cross Country Championships as a sophomore...two-time finalist at the PSAC Outdoor Championships in the 800... member of KU's 4x800 relay that placed fourth at the 2005 PSAC Indoor Championship's.

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...12th at the New Jersey Meet of Champions.



Dan Wilde (Co-Captain)

Junior

New Cumberland/Cedar Cliff

Major: Electronic Media

Personal Best: Mile: 4:40; 3,000-meter: 9:01.87; Steeplechase: 9:46.81; 5000: 15:23.33; five-mile (XC): 26:25

Notes: Focused and determined athlete, has the ability to make an impact at the top level of the PSAC...top returner from the 2004 cross country season...top 20 finishes at Maroon & Gold (11th), Tidewater Classic (14th), DeSales (17th) and Lehigh Valley Championships (17th)...2005 PSAC Championship qualifier in the 3,000 steeplechase and 5,000.

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

Other Returning Men



Nate Manbeck
Sophomore
Bernville/
Tulpehocken
Major: Undeclared



Blake Vaught
Sophomore
Greenville, VA/
Riverheads
Major: Undeclared

Top Newcomers-Men

Kyle Keehn

Secane/Ridley

Major: Undeclared

Personal Best: 800-meter: 2:02; 1,600: 4:31; 3,200: 9:58; 3.1-mile (XC): 16:03

Notes: Two-time PIAA AAA State qualifier in cross country...All-Delco Cross Country.

Drew Ketterer

Bernville/ Tulpehocken

Major: History

Personal Best: 3,200-meter: 10:27; 3.1-mile (XC): 16:49

Notes: Two-time state qualifier in cross country...finished third at the Berks County Championships...Division II All-Star.

Zach Miller

Haddonfield, NJ/ Haddonfield

Major: Criminal Justice

Personal Best: 1,600-meter: 4:41; 3,200: 10:11; 3.1-mile (XC): 16:50

Notes: All-Group 2 indoor 3,200...second team All-South Jersey in track and cross country.

John Pyne

Harrisburg/ Bishop McDevitt

Major: Business

Personal Best: 1,600: 4:35; 3,200: 9:55; 3.1-mile (XC): 16:55

Notes: School record in the 3200...team captain in cross country and track & field.

Top Newcomers-Women

Hailey Dell

Saranac Lake, NY/ Saranac Lake

Major: Secondary Education-Math

Personal Best: 1,500-meter: 5:01; 3,000: 10:54

Notes: A five-time section seven champion... a three-time Champlain Valley Athletic Conference Champion

Cheryl Dingman

Lansdale/North Penn

Major: Art Education

Personal Best: 800-meter: 2:16; 1,600: 5:08; 3,200: 11:32; 3.1 (XC): 18:45

Notes: Four-time PIAA AAA State qualifier in cross country... member of 4 x 800m that placed third at the PIAA AAA State Championships... placed fifth in the mile at the District III Outdoor Championships.

Joanna Horstmann

Downingtown/Downingtown West
Major: Early Childhood Education

Personal Best: 800-meter: 2:16; 1,600: 5:07; 3.1 (XC): 18:21

High School: Member of the Mid East Regional Championship team for PA in cross country... runner-up at the District I Cross Country Championships... 18th at the PIAA AAA State Championship's... 5th at the PA State Indoor Championship's in the 800.

Julie Karaszkiwicz

Boothwyn/ Garnet Valley

Major: Communication Design

Personal Best: 800-meter: 2:20; 1,600: 5:14; 3,200: 10:54; 3.1 (XC): 18:51

High School: Placed fourth at the PIAA AAA State Championship's in the 3,200... three-time state qualifier, placing 8th at PIAA AAA State Championships in 2003.

Ashley Kelly

Bensalem/Bensalem

Major: Undeclared

Personal Best: 800-meter: 2:21; 1,600: 5:07; 3,200: 10:53; 3.1 (XC): 17:43

High School: Second at the 2002 District I Cross Country Championships... runner-up at the 2003 outdoor District I Championships in the 3,200...placed seventh at the PIAA AAA State Championships (10:53).



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 Field House ▶

Keystone Field House 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 field house 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 5,600-seat stadium that features a newly resurfaced synthetic track and artificial turf 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
<i>NCAA All-America</i>		
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
Molly Lare	11th	2004
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
Molly Lare	14th	2004
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
<i>NCAA All-America</i>		
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



The 2004 Women's Cross Country Team at the NCAA Championships.



Year-by-Year History/Academic Honors

Year-by-Year History

<u>Women</u> Year	<u>PSAC</u> Finish	<u>Region</u> Finish	<u>NCAA</u> Finish	Coach
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	n/a	-	Weldon
1988	9th	n/a	-	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	t-6th	10th	-	Hoffman
1999	6th	5th	-	Hoffman
2000	3rd	2nd	19th	Hoffman
2001	2nd	3rd	19th	Hoffman
2002	4th	t-6th	-	Hoffman
2003	4th	4th	-	Hoffman
2004	3rd	2nd	18th	Hoffman

<u>Men</u> Year	<u>PSAC</u> Finish	<u>Region</u> Finish	<u>NCAA</u> Finish	Coach
1974	13th	n/a	-	Meyer
1975	n/a	n/a	-	Meyer
1976	11th	n/a	-	Meyer
1977	12th	n/a	-	Meyer
1978	10th	n/a	-	Meyer
1979	9th	n/a	-	Meyer
1980	6th	n/a	-	Meyer
1981	n/a	12th	-	Meyer
1982	11th	10th	-	Meyer
1983	9th	18th	-	Meyer
1984	n/a	n/a	-	Meyer
1985	9th	9th	-	Heller
1986	8th	n/a	-	Heller
1987	5th	9th	-	Heller
1988	7th	5th	11th	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
2004	6th	9th	-	Hoffman

Academic Honors

Women's Team

USCCA All-Academic

Team: 1998-04

Individuals: Eunice Chege - 1997-98,
Amanda Grant - 2003-04, Molly Lare -
2004, Danielle Mousley - 2002 & 2004,
Erin Peiffer - 2002-03, Megan Seefeldt -
1999-01, Maria Schoellkopf - 1999-01,
Kathy Sheldon - 1999, Courtnee Wilhite -
2001-02

KU Departmental Student of the Year

Janele Urbansky - Marketing 2000

Danielle Mousley - Comm. Design 2005

PSAC

Academic Top Ten: Megan Seefeldt - Fall
2000, Fall 2001

2004 Scholar-Athletes: Bethany
Davanzati, Amanda Grant, Kristin Green,
Jackie Habe, Erica Kabbeko, Katelyn
Katzgrau, Molly Lare, Danielle Mousley,
Kim Tanner

CoSIDA Academic All-District

First Team: Megan Seefeldt - 2001

Men's Team

USCCA All Academic

Team: 1996

Individuals: Joe Haughey - 2004

ECAC/Robbins Award

Tim Barshinger - 1995

CoSIDA Academic All-America

Academic All-American of the Year

Jason Hilt - 1999 (Spring At-Large Team)

First Team: Jason Hilt - 1998, 1999

Second Team: Tim Barshinger - 1996

PSAC

Scholar-Athlete of the Year: Jason Hilt -
1999

2004 PSAC Scholar-Athletes: Jeremy
Joseph, Dan Wilde

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 10 years, KU's freshman class of student-athletes has had a significantly higher grade-point average than the overall freshman class, while the 2004-05 school year saw all student-athletes achieve a highest-ever GPA of 2.91, surpassing the overall GPA of the Kutztown student body. Also last year, 103 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.

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.

Pre-Season Academic Seminars: During pre-season camps and/or 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 highly encouraged to visit the Career Services Office. There, the students 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 the Department of Developmental Studies' services in regard to tutoring or other needs for specialized instruction.

(continued on next page)



Academics & Athletics at KU

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 highly recommended of all incoming student-athletes.

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

Recognition of Academic Accomplishments

The Department of Athletics has developed a comprehensive program to provide incentive for and acknowledgement of the many academic accomplishments of its student-athletes. Below are some examples of the program.

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.

Awards and Honors: KU offers specific academic scholarships available only to student-athletes. KU student-athletes are nominated for all available NCAA, PSAC and CoSIDA awards.

Scholar-Athlete Banquet: Each year, the PSAC Scholar-Athletes are recognized at a banquet in their honor.

Dean's List Ceremony: All Kutztown University student-athlete dean's list recipients are acknowledged at a basketball game every year.

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

2005 Schedule

SEPTEMBER

FRI	2	at Lehigh Valley Championships (at Lehigh)	5:00 PM
SAT	10	MAROON & GOLD INVITATIONAL	10:00 AM
SAT	24	at George Washington Invitational	10:00 AM

OCTOBER

SAT	1	at Paul Short Invitational (at Lehigh)	10:00 AM
SAT	15	at DeSales Invitational	10:30 AM
SAT	22	at East Stroudsburg Invitational	10:00 AM
SAT	29	at PSAC Championships (at Slippery Rock)	10:00 AM

NOVEMBER

SAT	5	at NCAA East Regional (at Lock Haven)	11:00 AM
SAT	19	+at NCAA Championships (at Pomona, CA)	2:00 PM (ET)

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