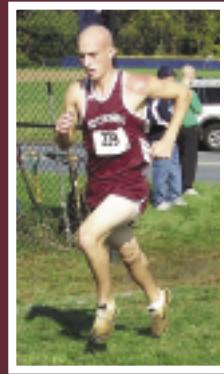


KUTZTOWN

U N I V E R S I T Y



CROSS COUNTRY

2006



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 10,000 full- and part-time undergraduate and graduate students. Most are Pennsylvania residents, but students from 24 states and 38 nations are represented in the student body: 60% women, 40% 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:

Nearly 200 student organizations include: academic, advisory councils, campus media (including a fully-equipped radio station and student newspaper), 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 McFarland 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 4,434 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.



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For additional information, contact:

KU Sports Information Office:

(610) 683-4182

KU Athletics Department:

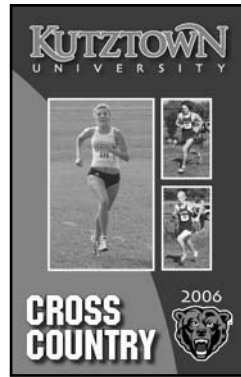
(610) 683-4094

Email: athletics@kutztown.edu

Kutztown University of Pennsylvania is a member of the State System of Higher Education.

University Quick Facts

Location	Kutztown, PA 19530
Enrollment	10,000
President	Dr. F. Javier Cevallos
Athletics Director	Greg Bamberger
Associate AD	Michele Gober
Athletics Phone	(610) 683-4094
Nickname	Golden Bears
Colors	Maroon & Gold
Affiliation	NCAA Division II
Conference	PA State Athletic (PSAC)
Sports Medicine	Rennie Sacco, Martha Anderson & Jack Entrikeyn
Sports Information	Josh Leiboff
Phone	(610) 683-4182
Email	leiboff@kutztown.edu
Graduate Assistant	Jill Wentzel



On the Cover

On the cover of the 2006 Cross Country Media Guide are (clockwise from top right): Dan Wilde, Pat Bone, Desiree Bower

The 2006 Kutztown University Cross Country Media Guide

is a production of the Kutztown University Sports Information Office. It was written, produced and edited by Josh Leiboff, coordinator of sports information, and Jill Wentzel. Additional writing by Ray Hoffman, head cross country coach. Photography by Jeff Unger, Unger Studios (unless otherwise noted). Cover design by Camille DeMarco and Tonya DeLucas, University Relations.

Cross Country Facts

Home Course	KU North Campus
Head Coach	Ray Hoffman
Alma Mater	E. Stroudsburg, '94
Years at KU	9th
Phone	(610) 683-1334
Email	hoffman@kutztown.edu
Assistant Coach	Dave Tidey
2005 PSAC Finish	Men - 10th/14, Women - 3rd/14
2005 Regional Finish	Men - 12th/25, Women - 3rd/26
2005 NCAA Finish	Women - 15th/24,
Top Seven Runners Returning/Lost	Men - 6/1; Women - 7/0

Head Coach Ray Hoffman



Ray Hoffman enters his ninth season as KU's head cross country coach. This year, he takes over the reigns of the entire track & field program, after serving as assistant coach his first eight seasons.

Last season, the women's cross country team finished third at the Pennsylvania State Athletic Conference (PSAC) Championships and NCAA East Regionals to advance again to the NCAA Championships. The team placed its best-ever 15th. The men's team placed 10th at PSACs and 12th at regionals.

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

The women's team, a consistent conference and regional contender, has earned four 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 and has three third-place showings and a pair of fourth-place finishes the last six years. Regionally, the 2000 and 2004 teams finished as runners-up, while the team has also finished third (twice), fourth and sixth the past six years. In 2000 and 2001, the team advanced to the national championships, placing 19th both times. The 2004 squad placed 18th at nationals, followed by the 2005 team's best-ever 15th place finish. 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 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 eight seasons, Hoffman's runners have earned one PSAC individual title, 15 All-PSAC honors, one PSAC Runner of the Year, three PSAC Rookie of the Year, 13 All-Region awards, one All-America honor, seven All-Academic Team awards, 17 USTFCCCA All-Academic Team individual awards, and one Academic All-America of the Year.

On the track, his men's and women's distance runners have set school records in 15 events during the indoor and outdoor track & field seasons. He has coached 26 PSAC Champions and 85 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 from 1998-2002.

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 (1997-98). He 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 all of its top seven runners returning for the 2006 season, the Kutztown University women's cross country team is poised for what could be a record-breaking season.

The Golden Bears, under ninth-year head coach **Ray Hoffman**, will look to improve upon its best-ever 15th place finish at the NCAA Championships in 2005, and build upon its third place finishes at the Pennsylvania State Athletic Conference (PSAC) championships and NCAA East regionals.

Last season, KU had two freshmen earn All-PSAC and All-Region honors. Now returning for their sophomore years are **Johana Horstmann** and **Julie Karaszkiwicz**. Karaszkiwicz finished 13th at the PSAC Championships and 11th at the NCAA East regional and was named the PSAC Rookie of the Year for cross country. An off-season injury, however, will sideline Karaszkiwicz for the season. Horstmann placed sixth at the PSACs and 15th at the regionals.

Senior **Chelsea Thomas** and juniors **Erica Kabbeko** and **Stephanie Williams** will serve as the tri-captains this season. Williams looks to improve on her four top 10 finishes last season after a solid summer of training. She finished #4 for the Golden Bears, placing 28th at the PSAC championships. Both Thomas and Kabbeko will be looked to for their leadership and experience. Thomas finished #3 for KU at the PSAC championships and regionals, placing 24th and 17th respectively.

Rounding out KU's top seven runners are senior **Desiree Bower** and sophomore **Cheryl Dingman**. Bower had two top 20 finishes early last season, then placed 29th at the PSAC championships and 24th at regionals. Dingman had three top 20 finishes early in the season. She then placed 31st and 38th at the PSAC championships and east regionals, respectively.

The Golden Bears' strength this season will be depth. Along with the top seven starters returning, seven reserves are back. Seniors **Stephanie Milinichik** and **Valerie Toczek** will add to the leadership. Juniors **Kristin Green** and **Katelyn Katzgrau** provide veteran experience. **Michele Celenza**, **Hailey Dell** and **Holly Pinkerton** each return for their sophomore season.

Newcomers that will make an immediate

impact are **Jolene Collins (Palmyra/Palmyra)** and **Maureen Watson (Walnutport/Allentown Central Catholic)**. Collins was a medalist at the Mid-Penn Cross Country Championships. Watson was a two-time PIAA AAA state qualifier and a member of the 2003-05 district 11 cross country championship teams. Joining them are **Lauren Ayars (Ocean, NJ/Ocean Twp.)**, who finished 14th at the Central Jersey Group II cross country championships; **Kari Blood (Summerdale/East Pennsboro)**, a state qualifier; and **Rebecca Webb (Laurys Station/Parkland)**, who finished 11th at her league championship.

Men: The 2006 Kutztown University men's cross country team is looking to move back into the upper echelon of the PSAC after finishing 10th at the PSAC Championships and 12th at the regionals last fall.

Six of the Golden Bears' top seven runners return this season. Leading the pack for KU will be seniors **Dan Wilde** and **Patrick Coyne** and junior **Pat Bone**. All will be serving as tri-captains this season. Bone (25th and 23rd) and Wilde (46th and 50th) were Kutztown's one-two finishers at the PSAC Championships and NCAA Regionals last season. Coyne was side-lined mid-season with a foot injury, but is back to full strength and ready for the season.

Senior **Joe Haughey** and junior **Pat McKeever** return to the top seven. Haughey will provide depth to the Golden Bears while McKeever is a consistent runner.

John Pyne returns for his sophomore year. Pyne was the top newcomer last season and will look to take steps up in the program this season.

Junior **Nate Manbeck** returns and will add depth to the team.

Three newcomers will compete for spots among the top seven this fall. **Tony Skiles (Reading/Wyomissing)** is a transfer from Bloomsburg University. He ran in the top seven for the Huskies in 2005. **Tim Schlappich (Stewartstown/Kennard-Dale)** was a two-time PIAA AA state qualifier in cross country and **Joe Weber (Kearney, NJ/Kearney)** was the 2004 and 2005 Hudson County cross country champion.

KU Women's Cross Country

NCAA Championship Appearances: 2000, 2001, 2004, 2005

Top Returning Women



Desiree Bower

Senior

Bethel/Tulpehocken HS

Major: Elementary Education

Personal Best: 800-meter: 2:23; 1,500: 4:55.64; Mile: 5:10.37; 3,000: 10:59.0;

3,000 steeplechase: 11:24.36; 3.1-mile (XC): 18:59; 6,000 (XC): 22:54
Notes: A highly talented veteran who has been a major contributor to the Golden Bears' success for the past three seasons...top-seven runner on two NCAA National qualifying teams...placed third (2005) and fourth (2006) in the steeplechase at the outdoor PSAC Championships...had a stellar 2006 indoor PSAC Championships meet as a member of KU's winning 4x800m

relay, also helping the DMR to a fourth-place finish and placing seventh in the mile...2005 Coaches Award for cross country.

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.

**PSAC Champion - 4x800m
All-PSAC – Steeplechase,
4x800m**



Cheryl Dingman

Sophomore

Lansdale/North Penn HS

Major: Communication Design

Personal Best: 800-meter: 2:16; 1,500: 4:45.51; 3,000: 10:21.25; 3.1-mile (XC): 18:45; 6,000 (XC): 23:05

Notes: Focused, determined and aggressive athlete who stepped in her freshman campaign and ran like a veteran...member of the Golden Bears' 2005 NCAA National-qualifying squad in cross country...anchored the 4x800m relay to a PSAC Championship, also placing fourth in the mile and sixth in the 800 at the indoor PSAC Championships...fourth place finisher at the outdoor PSAC Championships

as the top freshman finisher in the field.

High School: Four-time PIAA AAA State qualifier in cross country...member of the 4x800m relay that placed third at the PIAA AAA State Championships...placed fifth in the mile at the District I outdoor championships.

**PSAC Champion - 4x800m
All-PSAC – 4x800m**



Joanna Horstmann

Sophomore

Downingtown/

Downingtown West HS

Major: Elementary Education

Personal Best: 800-meter: 2:16; 1,600: 5:07; 3.1-mile (XC): 18:21; 6,000 (XC): 22:34

Notes: KU's top finisher in four meets in '05 who has the talent to run at the front of the PSAC in the 800m through cross country...the Golden Bears top finisher at the 2005 PSAC Championships placing sixth to earn All-PSAC honors and 15th at the NCAA Regional Championships to earn All-Region honors...one of the top

ten freshman finishers at the NCAA Championships...showing a great future for KU cross country.

High School: Member of the Mid-East Regional Championship team for PA in cross country...runner-up at the District I cross country championships...placed 18th at the PIAA AAA State Championships in cross country...placed fifth at the PA indoor state championships in the 800m.

**All-PSAC - Cross Country
All-Region - Cross Country
School Record Holder - 4x800m**



Golden Bear Profiles - Women



Erica Kabbeko (Tri-Captain)

Junior

Birdsboro/Twin Valley HS

Major: Art Education

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

Notes: A two-year captain for the Golden Bears...ran in KU's top seven at the 2005 NCAA Championships...helped the DMR to a fourth-place finish at the indoor PSAC Championships...awarded the 2005 and 2006 Mason Scholarship for academic and athletic success for a female cross country runner.

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



Julie Karaszkiwicz

Sophomore

Boothwyn/Twin Valley HS

Major: Communication Design

Personal Best: 800-meter: 2:20; 1,600: 5:14; 3,200: 10:54; 5,000: 18:55.01; 3.1-mile (XC): 18:51; 6,000 (XC): 22:56

Notes: KU's front runner in five meets during the '05 season whose patient and tactical racing style resulted in her being named the PSAC Cross Country Rookie of the Year by the conference coaches...top ten freshman finisher at the NCAA National Championships in cross country...earned All-PSAC and All-Region by placing in the top 15 at both championships...PSAC qualifier

on the track in the 3,000m and 5,000 runs.

High School: Placed fourth at the PIAA AAA State Championships in the 3,200...three-time state qualifier in cross country placing eighth at the 2003 PIAA State Championships.

**All-PSAC - Cross Country
All-Region - Cross Country
PSAC Rookie of the Year**



Chelsea Thomas (Tri-Captain)

Senior

Sellersville/Pennridge HS

Major: Social Work

Personal Best: 800-meter: 2:24.74;

1,500: 4:58.67; 3,000: 10:37.57; 6,000 (XC): 22:25

Notes: One of the key staples to KU's success for the past three seasons...has a never say die attitude and always finds that extra effort during crunch time...a member of the Golden Bears' 2004 and 2005 NCAA National Championships qualifying squads...a two-year captain in cross country...three-time PSAC

Champion in the 4x800m...placed sixth at the outdoor PSAC Championships in the 3,000.

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

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



Stephanie Williams (Tri-Captain)

Junior

Harrisburg/Riverside HS

Major: Business

Personal Best: 1,500-meter: 4:59.69; 3,000: 10:45.69; 5,000: 18:20.53; 10,000: 38:16.56; 6,000 (XC): 23:29

Notes: An extremely hard worker and a leader by example...pushes her training to the limit and has had great results after doing so...a member of the Golden Bears' top seven at the 2004 and 2005 NCAA National Championships after posting average times as a high school athlete...two-time All-PSAC runner in the 10,000m placing third at both the 2005 and 2006 outdoor PSAC

Championships...posted three top ten finishes during the 2005 cross country season.

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

All-PSAC - 10,000m

Other Returning Women

<u>Name</u>	<u>YR</u>	<u>Hometown/High School</u>
Michele Celenza	SO	Harleysville/North Penn
Hailey Dell	SO	Saranac Lake, NY/Saranac Lake
Kristin Green	JR	Camp Hill/Camp Hill
Katelyn Katzgrau	JR	Oak Ridge, NJ/Pop John XXIII
Stephanie Milinichik	SR	Whitehall/Whitehall
Holly Pinkerton	SO	Pen Argyl/Pen Argyl
Valerie Toczek	SR	Whitehall/Whitehall

Top Returning Men



Pat Bone (Tri-Captain)

Junior

Doylestown/Central Bucks West HS

Major: Criminal Justice

Personal Best: Mile: 4:41; 3,000-meter steeplechase: 9:49.11; 5,000: 15:37.47; 10,000: 32:16.75; five-mile (XC): 26:29

Notes: Took a big step up in the '05 cross country season and showed the determination to run among the PSAC's best...KU's top finisher at the PSAC and NCAA Regional Championships...had a season-best finish of third at the

DeSales Invitational...outdoor PSAC Championship qualifier in the 10,000m and 3,000 steeplechase placing sixth and ninth, respectively.

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



Patrick Coyne (Tri-Captain)

Senior

Philadelphia/Archbishop Ryan HS

Major: Advertising

Personal Best: 800-meter: 1:58; mile: 4:33; 3,200: 9:50; 5,000: 15:35.50; five-mile (XC): 26:08

Notes: Will be looked upon to take a big step up in his senior season...has the ability to open some eyes in '06...had a seasons best finish of 19th at the Maroon & Gold Invitational before being sidelined by a foot injury...indoor and outdoor PSAC Championship qualifier in the 5,000m...member of KU's

4x800 relay team which placed fourth at the 2004 PSAC indoor championship.

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

Senior

Richboro/Council Rock South

Major: Secondary Education-History

Personal Best: Mile: 4:36.44; 3,000-meter steeplechase: 9:56.46; five-mile (XC): 26:51

Notes: Has steadily blossomed over the past three seasons to give the Golden Bears quality depth...in KU's top five at both the PSAC and NCAA Regional Championships...placed 10th at the outdoor PSAC Championships in the 3,000 steeplechase...was named to the NCAA Division II coaches

All-Academic team.

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



Golden Bear Profiles - Men



Nate Manbeck

Junior

Womelsdorf/Tulpehocken HS

Major: Business

Personal Best: 3,200-meter: 10:08; five-mile (XC): 29:21

Notes: Has the ability to provide quality depth to the line-up with more determination and focus.

High School: All-Berks county in cross country...District Championship qualifier in the 3,200m.



Pat McKeever

Junior

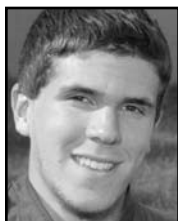
Midland Park, NJ/ Midland Park HS

Major: Business

Personal Best: 800-meter: 1:59; 1,500: 4:05.65; 5,000: 15:54.77; five-mile (XC): 26:43

Notes: Talented athlete who has the ability to make some noise in the middle distance events on the track and make a huge impact over the hill and dale...ran in KU's top seven throughout the '05 season with a seasons best finish of 16th at the Paul Short Invitational...member of the Golden Bear school record

4x800m relay team...PSAC qualifier in the 1,500 placing 10th at the PSAC championships.



John Pyne

Sophomore

Harrisburg/Bishop McDevitt HS

Major: Accounting

Personal Best: 1,600-meter: 4:35; 3,200: 9:55; 5,000: 15:45.64; five-mile (XC): 28:00

Notes: The Golden Bears' top newcomer in '05 who shows the talent for a bright future...finished in KU's top five at the PSAC Championships...anchored the DMR to a sixth place finish at the indoor PSAC Championships...finished fourth at the Lehigh Invitational with a season-best of 15:45.64

High School: School record in the 3,200m...team captain in cross country and track and field.



Dan Wilde (Tri-Captain)

Senior

New Cumberland/Cedar Cliff HS

Major: Electronic Media

Personal Best: Mile: 4:40; 3,000-meter: 8:58.79; 3,000 steeplechase: 9:46.81; 5,000: 15:23.33; 10,000: 32:53.05; five-mile (XC): 26:25

Notes: A team leader in every sense of the word...a highly motivated athlete who has raised the work level of many teammates...had three top 15 finishes in the '05 season and ran as the Golden Bears' number two man at the PSAC and Regional Championships...indoor and outdoor PSAC Championship qualifier in the 3000m, 3000 steeplechase, 5,000 and 10,000...two-year team

captain...2004 and 2005 Coaches Award winner.

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

Top Newcomers-Men

Tim Schlappich

Stewartstown/Kennard-Dale HS

Major: Undeclared

Personal Best: 3,200-meter: 9:50; 3.1-mile (XC): 16:04

Notes: Two-time PIAA AA State qualifier in cross country...named to the York County All-Star cross country team in his junior and senior years.

Tony Skiles

Reading/Wyomissing HS

Major: History

Personal Best: 3,200-meter: 9:47; 10,000: 33:12

Notes: Transfer from Bloomsburg University where he ran in the top seven throughout the '05 cross country season.

Joe Weber

Kearney, NJ/Kearney HS

Major: Undeclared

Personal Best: 1,600-meter: 4:37; 3,200: 9:47; 3.1-mile (XC): 16:32

Notes: 2004 and 2005 Hudson County Champion in cross country...two-time New Jersey Group 4 state qualifier in cross country...was named to the Hudson County All-Track team in the 1,600m and 3,200 runs...three year team captain.

Top Newcomers-Women

Lauren Ayars

Ocean, NJ/Ocean Twp. HS

Major: Undeclared

Personal Best: 3.1-mile (XC): 19:39

Notes: Was named to the All-Ocean County cross country team as a junior...placed 14th at the central Jersey group III cross country championships...captain of both the cross country and track and field teams.

Kari Blood

Summerdale/East Pennsboro HS

Major: Communication Design

Personal Best: Mile: 5:25; 3,200-meter: 11:34

Notes: Two-time cross country MVP...state qualifier...holds four school records.

Jolene Collins

Palmyra/Palmyra HS

Major: Elementary Education

Personal Best: 400-meter: 0:59; 800: 2:16.55; 3.1-mile (XC): 20:42

High School: Placed seventh in the 800m at the PIAA AAA state championships...two-time Lebanon County champion in the 800, 4x400 and 4x800...placed fifth at the District III Championships in the 800...medalist at the Mid-Penn cross country Championships...team captain in track and cross country.

Maureen Watson

Walnutport/

Allentown Central Catholic HS

Major: Secondary Education

Personal Best: 400-meter: 0:59; 800: 2:17; 3.1-mile (XC): 19:21

High School: Two-time PIAA AAA state qualifier in cross country...member of the '03, '04 and '05 District 11 cross country championship team...named to the LVIAC All-Star cross country team...finished third in the 800m at the District 11 AAA track championships...three-time state finalist in the 4x800.

Rebecca Webb

Laurys Station/Parkland HS

Major: Elementary Education

Personal Best: 800-meter: 2:26; mile: 5:38; 3,200: 12:31

High School: Member of Parkland High School's third place team at the PIAA AAA State Championships in cross country...placed 11th at her league championships in cross country...Coaches Award winner.



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. The course features recently designed trails and granite mile markers. It was the site of the 1994 NCAA Eastern Regionals and the 1995, 1999 and 2004 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
Julie Karaszkiwicz	11th	2005
Lori Lawson	12th	1985
Megan O'Brien	13th	1994
Mercie Pliego	14th	1986
Niya Adams	15th	2001
Joanna Horstmann	15th	2005

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

Joanna Horstmann	6th	2005
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
Julie Karaszkiwicz	13th	2005
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
Julie Karaszkiwicz	2005

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 2005 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	<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	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
2005	3rd	3rd	15th	Hoffman

<u>Men</u> Year	<u>PSAC</u> Finish	<u>Region</u> Finish	<u>NCAA</u> Finish	<u>Coach</u>
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
2005	10th	12th	-	Hoffman

Academic Honors

Women's Team

USTFCCCA All-Academic

Team: 1998-2005

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

2005 Scholar-Athletes: Michele Celenza,
Hailey Dell, Cheryl Dingman, Kristin
Green, Erica Kabbeko, Julie Karaszkie-
wicz, Katelyn Katzgrau

CoSIDA Academic All-District

First Team: Megan Seefeldt - 2001

Men's Team

USTFCCCA All Academic

Team: 1996

Individuals: Joe Haughey - 2004

ECAC/Robbins Award

Tim Barshinger - 1995

CoSIDA Academic All-America

Academic All-America 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

2005 PSAC Scholar-Athletes: John Pyne



2006 Kutztown University Cross Country Schedule

SEPTEMBER

FRI	1	at Lehigh Valley Championships (at Lehigh)	5:00 PM
SAT	9	MAROON & GOLD INVITATIONAL	10:00 AM
SAT	23	at Spiked Shoe Invitational (at Penn State)	TBA
FRI	29	at Paul Short Invitational (at Lehigh)	10:00 AM

OCTOBER

SAT	14	at Lafayette Invitational at DeSales Invitational	10:00 AM 11:15 AM
SAT	21	at East Stroudsburg Invitational	10:00 AM
SAT	28	at PSAC Championships (at Bloomsburg)	10:00 AM

NOVEMBER

SAT	4	at NCAA East Regional (at Slippery Rock)	TBA
SAT	18	+at NCAA Championships (at Pensacola, FL)	TBA

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