

FRIENDS OF



# WESLEYAN MEN'S and



# WOMEN'S CROSS COUNTRY

July, 2003 • Freeman Athletic Center • Wesleyan University • Middletown, CT 06459

## 2003 Season Preview

### Men to Have a Youthful Appearance

The 2003 men's cross-country team will have to deal with the loss of four of the top seven runners from the 2002 team. The graduation of seniors Dan Lazarek, Mike Slowik and Matt Nettleton will be hard to replace. The good news is that the number one, two and four runners return. Leading the way is 2002 top runner Wes Fuhrman '05. Wes had a breakthrough track season in 2003. He provisionally qualified for nationals in the 5000m in a time of 14:48. Wes was runner up in the 5000m at the NESCAC championships. He also was All-New England in the 5000m. Wes was consistently racing and beating the best distance runner in New England all spring. Wes should be in contention for the regional title this fall. The number two returnee is captain Bryan Bissell '04. Bryan ran 25:51 last fall. He was abroad last spring and raced sparingly. Owen Kiely '06 is the last returning varsity letter winner from 2002. Owen ran 26:23 for 8k in his first collegiate season. Owen also had an outstanding track season running 9:43 in the 3000m steeplechase and placing third in the NESCAC championships in that event. Owen had never run the steeple prior to this season. The Cardinals top three can be as strong as any top three in the region. The real question will be who can fill out the top seven. The team will rely heavily on an outstanding freshman class. This is easily the deepest and most talented group of frosh in many years. A more in-depth outline of the top freshmen can be seen in the class of 2007 summary. The team feels it can improve on the 10th place finish in the New England regional meet. We are looking forward to an outstanding season

## 2003 Cross-Country Team Captains



Bryan Bissell '04



Brittany Allen '04



Kristin Kyrka '04



Kate McNamara '04

## 2003 Season Preview

### Women Eyeing a Return to Nationals

The 2003 women's cross country team is looking to improve on its 2002 season in which the team placed fourth at the NESCAC championships, fifth at the New England Division III regional meet and 23rd

## 2003 Women's Season Preview (cont.)

at the NCAA Championship. That means a trip to the national championship for a second year in a row.

The Cardinals are ready for the challenge. The team returns four of its top five runners from last year. Leading the way will be 2001 cross-country All-American and last year's number two runner Courtney Quirin '05. Courtney ran 22:24 for 6k last fall and ran 18:02 in the 5000m this past indoor track season. Tri-Captain Brittany Allen '04, who was the number three runner last fall, also returns. Brittany had a breakthrough year in cross country and track. This spring Brittany won the 1500m at the Little Three meet in an impressive 4:43. Brittany ended up running 4:42.06 which was .19 seconds off going to Nationals. Brittany's 1500m time was the third fastest in school history. Erin Smith '06 and Cara Chebuske '06 also return from the top five of last year's team. Both Erin and Cara had outstanding freshman campaigns. Erin was named All-NESCAC in outdoor track as she placed third in the 10,000m at the NESCAC Championships. She also ran 18:26 for 5000m. Cara Chebuske had a fine track season as well, running 2:20 in the 800m. The training and experience of their freshman year will be invaluable to them next year. Tri-Captains Kate McNamara '04 and Kristin Kyrka '04 will be called upon to add depth to the team. Kate had a solid track season running 19:40 in the 5000m. Kristin is returning from injury and hopefully will be in good shape for the fall. Gina Tassone '05 and sophomore Sasha Greenspan '06 will also add to the depth of the squad.

This year's recruiting class also looks as strong as last year's. We will have four or five solid freshmen who should fight for spots in the top seven. The excitement surrounding the team is extremely high. The team is really looking forward to the fall of 2003.

**DON'T FORGET TO MARK YOUR CALENDAR**

**Saturday, Sept. 6, 2003, 11 am - Alumni/ae Cross-Country Meet at the base of Foss Hill. Hope to see you there!**



*Erin Smith '06 was the top woman newcomer during the 2002 season*

### Profiles for top newcomers - Class of 2007

#### Women

**Ellen Davis** (Montclair HS - Montclair, N.J.) - Ellen has run 19:07 for 5000m in cross country.

**Jennifer Ryan** (Clinton Central HS - Clinton, N.Y.) - Jen is a three-time MVP and two time captain of her high-school team. She was the Section III Class C cross-country champion and was fourth in the N.Y. State cross-country championship (Class C) in 2001. Jen has 5k pr of 19:12. Jen spent last year in Denmark.

**Kathleen Salmon** (Westfield HS - Westfield, N.J.) - Kathleen has a 5k pr of 20:19 on the tough Holmdel course.

**Jessica Barr** (Cranford HS - Cranford, N.J.) - Jessica was a two-time team captain in cross country.

**Anjali Carrasco** (Danbury HS - Danbury, CT)

**Megan Kretz** (Hanover Area HS - Hanover Township, Pa.) - Megan was team captain and MVP of cross country.

**Lauren Smith** (Germantown Friends School - Philadelphia, PA)

**Amelia Walker** (Soquel HS - Soquel, Calif.)



*Owen Kiely '06 paced the men's newcomers during the 2002 season*

### **Profiles for top newcomers - Class of 2007 Men**

**Alex Battaglino** (Staples HS - Westport, Conn.) - Alex was an all-state performer in the 3200m with a best time of 9:47. Alex has also run 16:00 for 5000m on the track.

**Mike Brady** (Chaminade HS - Flushing, N.Y.) - Mike was an all-city and all-league selection in the New York Catholic League. Mike has run 9:53 for 3200m.

**Chris Foster** (Orem HS - Orem, Utah) - Chris placed seventh in the 1600m at the Utah State track championships. Chris has run 4:24 for the 1600m and 1:57 in the 800m

**Nathan Huddell** (Bound Brook HS - Bound Brook, N.J.) - Nate is a four-time team MVP and three-time captain in cross country. He was selected to the all-state group 1 team for cross country and track. Nate has run 4:25 for the 1600m and 9:47 for the 3200m

**Jonathan King** (St. Thomas Aquinas HS - Greenland, N.H.) - Jon is a two-time team MVP and captain. He also was a 2002-03 New Hampshire Male Scholar-Athlete Award winner. Jon has a 5k pr of 16:29.

**Matthew Franco** (Brookline HS - Brookline, Mass.) - Matt

was MVP and captain of his team.

**Anda Greeney** (Amherst HS - Amherst, Mass.) - Anda was co-captain of the 2001 Massachusetts State Championship team.

**Jake Lehrhoff** (Natick HS - Natick, Mass.)

**Ian MacLeod** (The Potomac School - Alexandria, Va.) - Ian was team captain and was selected to the Virginia Independent School all-state team.

**Stephen Morris** (Lexington HS - Lexington, Mass.) - Steve was team captain and two-time MVP in cross country.

**Matteo Sferlazzo** (St. John's Prep - Lynnfield, Mass.)

**Nicholas Holowka** (Ithaca HS - Ithaca, N.Y.) - Nick was a two-time all-league runner.

### **Distance-Medley Relay Breaks 19-Year Old Record**

The distance-medley relay team of Matt Nettleton '03, Andy Comings '03, Matt Moss '05 and Mike Slowik '03 broke a 19-year old Wesleyan indoor record with a time of 10:18.67. The previous record of 10:21.35 was set in 1984 by Al Smith, Bill Love, Thomas Mendez and Jeff Messer. Matt Nettleton led off the group which placed eighth in the New England Open at B.U. with a 3:10.1 for the 1200m. Andy Comings dropped down to run the 400m in 51.8 and he handed off to Matt Moss who ran a split of 1:56.9 for the 800m. Mike Slowik anchored the team with a time of 4:19.8 for the 1600m.

### **From The Coach**

A lot has happened since I last wrote to you. The men's and women's distance runners had another outstanding track season. I can see the excitement of the team grow with each season. They are now just starting to realize their potential as athletes. I am looking forward to my fourth season as head cross-country coach. I feel that the men's team is ready to break into the national spotlight like the women's team has already done. The goal is not to just get there but to keep them there. We need your help to do that. We have used the money that you have donated to supplement our budget. Last year your donations went towards the purchase of cold weather gear for the national championship race. We also use the money to defray the cost of sports drinks that we get the team. The team and I thank those who have given in the past. We hope that you continue to give in the future. I hope to see you at a meet or the alumni/ae race some time in the future.

**John Croke**

**Mail tax-deductible donations to:**

**John Croke  
Head Cross Country Coach  
Wesleyan University  
Freeman Athletic Center  
Middletown, CT. 06459**

**Thank you very much for your support.**

Friends of Wesleyan  
 Men's and Women's Cross Country  
 Freeman Athletic Center  
 Wesleyan University  
 Middletown, CT 06459

## 2003 MEN'S AND WOMEN'S CROSS-COUNTRY SCHEDULE

Sat.	9/6	Alumni/ae Race	HOME	11:00 am
------	-----	----------------	------	----------

(Please contact Coach Crooke at <jcrooke@wesleyan.edu> or (860) 685-5320 if you plan to attend)

Sat.	9/20	N.Y.U. Invitational*	Van Cortland Park	10:45/10:00
Sat.	9/27	Bates Invitational*	Twinsbrook, Me.	3:00/2:00
Sat.	10/10	New Englands (Boston, Mass.)	Franklin Park	1:30/12:45
Sat.	10/25	Little Three	Amherst	1:15/12:30
Sat.	11/1	NESCAC Championships	Middlebury, Vt.	2:00/1:00
Sat.	11/8	ECAC Division III Championships	Tufts (Grafton, Ma.)	12:00/11:00
Sat.	11/15	New England Div. III Championships*	Twinsbrook, Me.	12:00/11:00
Sat.	11/22	NCAA Division III Championships*^	Hanover, Ind.	12:00/11:00

\*Women's race will be 6K

^by qualification only