

FRIENDS OF



WESLEYAN MEN'S and



WOMEN'S CROSS COUNTRY

August, 2004 • Freeman Athletic Center • Wesleyan University • Middletown, CT 06459

2004 Season Previews

Men Looking For Regional Prominence

The 2004 men's cross country team is looking to run to the top of conference and regional competition. The Cardinals graduated only one of their top 10 runners. That one runner was team captain Bryan Bissell (Tacoma, Wash.). Bryan capped off his senior season with a trip to the national championships. While Bryan will be missed, the Cardinals will have more than enough talent returning to take a run at nationals as a team.

Leading the Cardinals will be senior captain Wes Fuhrman (Sun River, Ore.). Wes was the number-one runner in 2002 and was injured for all of the 2003 season. Wes was able to get back to racing in the spring of 2004. Wes ended his season on a high note winning the ECAC 5000m in 15:01.79. Last years number-one runner, junior Owen Kiely (Athol, Mass.) should be a close second to Fuhrman. Owen had a breakthrough season in 2003. Owen was all-NESCAC and all-New England region in cross country as well as the NESCAC champion in the 3000m steeple chase this past spring. Owen ran an NCAA provisional qualifying time of 9:20 in the steeple. Both Owen and Wes, who have run around 25:30 for 8k, will look to break the 25-minute barrier this fall.

The Cardinals return a talented group of sophomores led by Jon King (Greenland, N.H.). Jon had an outstanding freshman campaign running 26:39 for the 8K distance in the fall. On the track this past spring, Jon ran 15:40 in the 5000m. Mike Brady (Queens, N.Y.) and Alex Battaglino (Westport, Conn.) had strong freshman campaigns as well, both running 16:00 for the 5000m on the track. Other talented sophomores who could crack the top seven are Nate Huddell (Bound

Brook, N.J.), Anda Greeney (Amherst, Mass.), Steve Morris (Lexington, Mass.), Matt Franco (Brookline, Mass.), Ed Kenney (Northfield, Mass.) and Nick Hollowka (Ithaca, N.Y.).

Senior track standout Matt Moss (Charlemont, MA) also has a shot to crack into the top seven. Matt has run 1:56 for the 800m. Matt has been training all summer with Wes Fuhrman and Owen Kiely.

Five of our top runners have stayed in Middletown for the summer so they could train together. The team is excited and working really hard. The 2004 season could be a breakthrough season for the Cardinals. We also had a strong recruiting year with eight or nine new additions, three of whom could make an impact on our top seven. We will have to wait and see.

The team's goal is to make the NCAA meet. I think that is a realistic goal based on recent results and the hard work the team is putting in this summer.

Women Out to Remain Among Elite

The 2004 women's cross country squad will try and build on the success of the past two seasons. The Cardinal women have established themselves in the national rankings. The Cardinals have been ranked in the top 20 in the nation for the past two seasons, the highest ranking being 18th last season.

The Cardinals will have to replace the leadership and talent of a strong senior class. The biggest loss is that of four-year varsity runner and tri-captain Brittany Allen (Madison, Wisc.). Brittany was in the top five all four years at Wesleyan. What will be more difficult to replace is Brittany's leadership. Fellow 2003 tri-captains Kate McNamara (Amherst, Mass.) and Kristin Kyrka (Holliston, Mass.) also will be missed. Kate and Kristin were both varsity scorers for most of their four years at Wesleyan.

Fortunately, the Cardinals have a strong nucleus returning. The team will be led by senior All-American Courtney Quirin (Radnor, Pa.). Courtney, a co-captain in 2004, placed second at the NESCAC championships last fall and is a three-time NCAA qualifier. Sophomore Ellen Davis (Montclair, N.J.) had an outstanding freshman year. Ellen was an NCAA qualifier in cross country and ran some outstanding times on the track. Ellen has run 10:14 in the 3000m and 17:50 in the 5000m. Junior Erin Smith (Portsmouth, N.H.) should be a strong number three runner for the Cardinals. Erin ran 18:03 in the 5000m and was fourth at the NESCAC track meet in the 10,000m.

Seniors Liz Colville (Wolfville, Nova Scotia), Megan Wise (North Wales, Pa.) and Gina Tassone (Arlington, Mass.) should all make an impact on the top seven. Liz and Megan have both run about 19:00 in the 5000m. Gina, the other co-captain this year, has run in the mid-19's.

There are also several talented sophomores who missed their freshman year because of injury. Both Kathleen Salmon (Westfield, N.J.) and Jessica Barr (Cranford, N.J.) were outstanding high-school runners who could help if they are healthy.

This year's freshman group is not as talented as in past years but there are a few newcomers who could make an impact this fall.

The team hopes to make a trip back to the NCAA's. Courtney, Ellen and Erin are the strongest three returners we have had in at least 10 years. The difference will be how our 4-5-6 runners step up. The team is excited about its chances.



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

**Saturday, Sept. 4, 2004, 11 am -
Alumni/ae Cross-Country Meet**

We will run from the base of Foss Hill unless our new course is ready for use. Please contact Coach John Crooke at <jcrooke@wesleyan.edu> or 860-685-5320 the week of the race to get an update.
HOPE TO SEE YOU THERE!!

2004 Cross-Country Team Captains

*Wes
Fuhrman
'05*



*Courtney
Quirin
'05*

*Gina
Tassone
'05*



CARDINAL NOTES

We have some great news. The University has approved the resources and space to create an on-campus cross-country course. The course will be on the old Long Lane property, which is located to the southeast of the Freeman Athletic Center. We actually will be using the land on the right side of the Long Lane property to establish 5k, 6k and 8k courses. The courses will all be grass and trails. We plan to host the Little Three meet there this fall and we also hope to run the alumni/ae event there too, but that is not yet set. Work on the course began this month. Wesleyan is the host for the 2005 NESCAC championships. I will inform you of all the details as we get closer to the final result.

Profiles for top newcomers - Class of 2008

Men

Sam Cooper (Westtown School, Westtown, Pa.) - Sam has a 5k PR of 16:50. Sam has run 4:45 in the 1600m and 10:25 in the 3200m

Chris Greene (Staten Island Tech, Staten Island, N.Y.) - Chris has a 5k PR of 16:21. Chris also has some outstanding track PR's. Chris has run 4:26 in the 1600m and 2:01 in the 800m.

Mohammed Hossain (Northfield Mount Hermon School, Northfield, Mass.) - Mohammed has a 5k PR of 16:55.

Matt Shea (Kingswood-Oxford School, Avon, Conn.) - Matt has a 5k PR of 17:02. Matt concentrated on the 800m and intermediate hurdles in high school. Matt will be a natural for the steeple chase.

Evan Tingle (Boerne HS, Fair Oaks Ranch, Tex.) - Evan has a 5k PR of 16:39. Evan was the fourth man on the 4A Texas state championships team. Evan has also run 9:59 for the 3200m.

Sean Watson (Chadwick School, Palos Verdes Peninsula, Calif.) - Sean has only run two cross-country seasons and has a 5k PR of 16:45. Sean has run 2:01 in the 800m.

Women

Brittany Morse (Newton North HS - Newton, Mass.) - Brittany has a 5k PR of 20:26. Brittany has run 5:32 for the 1600m and 2:28 for the 800m.

Delia Springstubb (Cleveland Heights HS - Cleveland Heights, Ohio) - Delia has a 5k PR of 18:56.

From The Coach

Another season is upon us and the teams are working hard to continue to improve. I believe the men's team is finally ready to step up to the next level. The women's team is also ready for a great year. We will have a new on-campus cross-country course this fall. The course and trail will be a benefit to the community as well as the team. We hope to host some invitationals in the future as well as some championship events.

I want to thank all of those who have given back to the program. Please continue to support to the program that gave you a great experience. It's good to know that you feel strongly enough about your experiences at Wesleyan to give back to the program.



John Crooke

Mail tax-deductible donations to:

John Crooke
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

2004 MEN'S AND WOMEN'S CROSS-COUNTRY SCHEDULE

Sat.	9/4	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.	9/18	N.Y.U. Invitational	Van Cortlandt Park	10:45/10:00
Sat.	9/25	Bowdoin and Colby	Colby	2:00/2:45
Fri.	10/8	New Englands (Boston, Mass.)	Franklin Park	1:00/12:30
Sat.	10/16	Twin Brook Invitational*	Cumberland, Me.	2:00/3:00
Sat.	10/23	Little Three	HOME	12:30/1:15
Sat.	10/30	NESCAC Championships	Colby	1:00/2:00
Sat.	11/6	ECAC Division III Championships*	Tufts (Grafton, Ma.)	11:00/12:00
Sat.	11/13	New England Div. III Championships*	Cumberland, Me.	11:00/12:00
Sat.	11/20	NCAA Division III Championships*^	Eau Claire, Wisc.	11:00/12:00

*Women's race will be 6K

^by qualification only