



## GROVE CITY COLLEGE CROSS COUNTRY



# 2014

## QUICK FACTS

Institution \_\_\_\_\_ Grove City College  
 Location \_\_\_\_\_ Grove City, Pa.  
 Founded \_\_\_\_\_ 1876  
 Enrollment \_\_\_\_\_ 2,500  
 Colors \_\_\_\_\_ Crimson and White  
 Nickname \_\_\_\_\_ Wolverines  
 Affiliation \_\_\_\_\_ NCAA Division III  
 Conference \_\_\_\_\_ Presidents' Athletic  
 President \_\_\_\_\_ Paul McNulty, J.D.  
 Alma Mater \_\_\_\_\_ Grove City, 1980  
 Athletic Director \_\_\_\_\_ Dr. Don Lyle  
 Alma Mater \_\_\_\_\_ Muskingum, 1971  
 Assistant A.D. \_\_\_\_\_ Todd Gibson  
 Alma Mater \_\_\_\_\_ Grove City, 2002  
 Compliance Coordinator \_\_\_\_\_ Mike Drevs  
 Alma Mater \_\_\_\_\_ Grove City, 1997  
 Head X-C Coach \_\_\_\_\_ Sean Severson  
 Alma Mater \_\_\_\_\_ Minnesota-Morris, 2002  
 First Year of Program \_\_\_\_\_ 1955  
 Head Trainer \_\_\_\_\_ Kay Mitchell Emigh  
 Assistant Trainer \_\_\_\_\_ Rick Hawke  
 Athletic Office Mgr \_\_\_\_\_ Kim Iliff  
 Equipment Mgr \_\_\_\_\_ Larry Freeman  
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# HEAD COACH SEAN SEVERSON



Sean Severson is in his 11th season as Grove City College head men's and women's cross country coach.

Severson has guided Grove City's traditionally strong program to even greater heights during his first 10 seasons. Both the men's and women's programs have emerged on the regional and national landscape during his tenure. The women's team has won the Presidents' Athletic Conference title in each of his 10 years and the men have won six conference crowns in that span.

In 2010, the Grove City women's team made its first-ever appearance at the NCAA Division III Championships, placing 29th nationally. Additionally, men's standout Garrett Cichowitz advanced to the NCAA meet for the third consecutive season on an individual basis.

Last fall, Emily Rabenold and Arleigh McRae both qualified for the NCAA Championships.

Three years ago, the Wolverine women captured fifth place overall at the NCAA Mideast Regional Championships. In 2009, Severson guided Grove City's teams to top 10 finishes at the Mideast Championships. The women placed fourth and the men earned 10th place at the regional meet. Sara Fisher, Emily Pierce and Ella Smith all earned All-Mideast honors.

Since 2004, the women's team has placed sixth or higher at the Mideast Regional seven times. Meanwhile, the men's team achieved top 10 finishes four times in the last seven years.

Two runners have achieved NCAA Division III All-America status during Severson's tenure at Grove City. In 2004, Elisa Pedersen became Grove City's first women's cross country runner to become an All-American. She again accomplished that feat as a senior in 2005. In 2007, Kristen Carter became Grove City's second women's cross country All-American. Overall, Grove City runners qualified for the NCAA Championships in eight of Severson's 10 years as head coach.

Grove City runners have earned 11 total PAC Most Valuable Performer awards over the past eight seasons. A total of 54 runners have achieved First Team All-Presidents' Athletic Conference in that span.

Severson received PAC Coach of the Year recognition in 2004, 2005, 2007, 2008, 2009, 2011, 2012 and 2013.

Severson is also the assistant men's basketball coach at Grove City. In that role, he is heavily involved in scouting, practice development and recruiting. He helped the basketball program earn four consecutive postseason berths along with the 2007 and 2010 conference titles.

A native of Menomonee Falls, Wis., Severson earned a bachelor of arts degree in athletic training from the University of Minnesota-Morris in May 2002. At Minnesota-Morris, Severson captained the basketball team and earned Academic All-Conference recognition from the Northern Sun Conference three times. He also earned Dean's List honors.

Severson earned his master's degree in health and physical education in 2004 from Adams State. He also owns Certified Strength and Conditioning Specialist distinction from the National Strength and Conditioning Association.

He lives in Grove City with his wife, Tara, and their five daughters.

## HEAD COACH SEAN SEVERSON -- YEAR-BY YEAR

### Men's Cross Country

Year	Season Notes	Conference Finish
2004	Wolverines win conference title ... 19th at NCAA Mideast Regional	1st
2005	Grove City wins PAC title ... 17th at NCAA Mideast Regional	1st
2006	PAC title ... Wolverines earn 10th at NCAA Regional Championships	1st
2007	Grove City wins California Inv. ... Cichowitz All-Region ... 10th at NCAA Regional	1st
2008	PAC title .. Cichowitz, Spaulding All-Region ... 9th at Mideast Championships	1st
2009	Conference title ... Cichowitz All-Region ... 10th at Mideast Regional meet	1st
2010	Cichowitz PAC MVP, All-Region ... 18th at Mideast Regional Meet	2nd
2011	Finished 23rd at Mideast Regional Meet	3rd
2012	Finished 12th at NCAA Mideast Regional Championships	2nd
2013	Placed 14th at Mideast Championships ... McRae All-Region, NCAA qualifier	2nd

### Women's Cross Country

Year	Season Notes	Conference Finish
2004	Titles at Allegheny, CMU Invites ... 5th in Mideast ... Elisa Pedersen All-American	1st
2005	Allegheny, CWRU meet titles ... 4th in Mideast ... Elisa Pedersen All-American	1st
2006	Conference title ... 12th at Mideast Championships ... Kristen Carter All-Region	1st
2007	PAC title ... Win California (Pa.) Inv ... 6th in Mideast ... Carter All-American	1st
2008	PAC title ... 5th at Mideast Championships ... Carter, Julia Seward All-Region	1st
2009	Conference title ... Fisher, Pierce, Smith All-Region ... 4th at Mideast meet	1st
2010	PAC title ... First NCAA appearance, 29th ... Smith, Fisher All-Region	1st
2011	Conference title ... 5th at Mideast Regional meet ... PAC Coach of the Year	1st
2012	Conference title ... 9th at Mideast Championships ... PAC Coach of the Year	1st
2013	Conference title ... PAC Coach of the Year ... Rabenold All-Region, NCAA qualifier	1st

# SEASON PREVIEW

## MEN'S TEAM

Despite losing seven seniors to graduation, the 2014 Grove City College men's cross country team returns a talented group of runners, including 10 letterwinners, who will compete to keep the program among the upper echelon of teams in the Presidents' Athletic Conference.

Seniors Peter Christiansen and Nathan Snyder will provide leadership to a young Wolverine squad this season. Christiansen, one of the team's top runners in 2011 and 2012, returns after competing in just one race last season due to injury, while Snyder will look to build off a strong finish at the PAC Championships and earn a full-time spot in the scoring lineup.

Grove City's five-man junior class of Michael Curtis, Joshua Dunsworth, Jack Erickson, Sean McDonnell and newcomer Ryan Mott will all add depth to the team and compete for lineup spots this season.

Dan Christiansen, the top returning runner in the PAC based on finish at the 2013 conference championships, leads a talented six-man sophomore class. Last year as a freshman, he earned First Team All-PAC honors for his fifth place finish at the conference meet and went on to earn USTFCCCA Freshman All-Region honors after finishing 54th overall and seventh among freshmen at the NCAA Mid-east Regional.

Sophomore Brandon Wise emerged as one of Grove City's most consistent runners last year and competed as part of the seven-member NCAA Mid-east Regional squad while classmate Gabe Imhof leapt into the postseason lineup with a 24th-place finish at the conference championships.

Andrew Mascio and Devon Powley both made appearances in the Wolverine top-seven last season and will compete for full-time lineup spots this year while Grant Wishard will add depth to the squad in his second year.

Seven freshmen will contribute to Grove City's success this season, several of whom will push for spots in the lineup. Grove City opens its season August 29 at the Buffalo State Invitational. The 2014 PAC Championships will be held November 1 at Bethany College.



**Devon Powley (left) and Joshua Dunsworth (right) both return this fall for the Grove City men's squad.**



**Letterwinners Janice Novacek (top center), Emily Rabenold (middle center), Lydia Hogan (356) and Lydia Keiper (360) all return for the 2014 season.**

## WOMEN'S TEAM

With 13 letterwinners returning from a 2013 squad that rolled to the Presidents' Athletic Conference Championship, the Grove City College women's cross country team is poised to extend its streak of 25 straight conference titles during the 2014 campaign.

Eleventh-year head coach Sean Severson has five of his top seven runners from both the PAC and NCAA Mid-east Championships back this season, including senior co-captains Kara Cremean and Caroline Kimpel and the defending PAC Runner of the Year, junior Emily Rabenold.

Cremean has been one of the Wolverines' most consistent runners throughout the course of her career, earning All-PAC Second Team honors last season after being an Honorable Mention selection as a sophomore.

Kimpel has steadily improved during her two seasons with the team, finishing 17th at the conference meet last season to earn All-PAC Honorable Mention status.

Rabenold burst onto the scene last year in her first season with the program, winning the conference meet by a full minute to win MVP honors. She then finished 10th at the NCAA Mid-east Regional to earn All-Mid-east Region honors and a trip to the NCAA Division III Championships.

Along with Rabenold, Lydia Hogan, Stevie Huston, Janice Novacek, Courtney Shultz, Sarah Stites, Mara Thompson, Emily Townsend and Gabby Wood return for the Wolverines as part of an deep and talented junior class.

Hogan and Huston are both among the top returning runners in the conference. Hogan placed ninth at the PAC championships to earn Second Team all-conference. Huston, meanwhile, earned All-PAC First Team honors after finishing fourth at the conference meet.

Novacek, Shultz, Stites, Thompson, Townsend and Wood will all battle for positions in the lineup this season.

Sophomore letterwinners Kellen McGann and Lydia Keiper will both compete for lineup spots after finishing 24th and 27th, respectively, at the 2013 conference meet.

# MEN'S ROSTER

Name	Yr.	Hometown	High School
Daniel Christiansen	So.	Frederick, Md.	Frederick
Peter Christiansen	Sr.	Frederick, Md.	Broadfording Christian
Joey Clark	Sr.	Colorado Springs, Colo.	Palmer
Michael Curtis	Jr.	Midland, Mich.	Midland
Joshua Dunsworth	Jr.	Erie, Pa.	Strong Vincent
Jack Erickson	Jr.	Victor, N.Y.	Victor
Gabe Imhof	So.	Strasburg, Pa.	Lancaster Mennonite
Joshua Kuipers	Fr.	Sinking Spring, Pa.	Wilson
Adam Lowe	Fr.	Grove City, Pa.	Grove City
Andrew Mascio	So.	Cranberry Township, Pa.	Seneca Valley
Travis Mattson	Fr.	Dallas, Pa.	Dallas
Nick McClure	Fr.	Wexford, Pa.	North Allegheny
Sean McDonnell	Jr.	Pittsburgh, Pa.	Eden Christian
Zach Monit	Fr.	Beaver, Pa.	Beaver
Ryan Mott	Jr.	North Bend, Wash.	Homeschooled
Bryce Nelson	Fr.	Avonmore, Pa.	Kiski Area
Devon Powley	So.	Spencerport, N.Y.	Spencer
Nathan Snyder	Sr.	Birdsboro, Pa.	Daniel Boone
Drew Thibault	Fr.	Durham, N.H.	Oyster River
Brandon Wise	So.	Grove City, Pa.	Grove City
Grant Wishard	So.	Oakton, Va.	Dominion Christian

**Head Coach:** Sean Severson

**Team Manager:** Rusty Geary

# WOMEN'S ROSTER

Name	Yr.	Hometown	High School
Rebecca Burkhart	Jr.	Grove City, Pa.	Grove City
Karastin Cremean	Sr.	Vermilion, Ohio	Vermilion
Julie Fijal	So.	Albany, N.Y.	Loudonville Christian
Kayley Heller	Jr.	Newtown, Pa.	Council Rock North
Lydia Hogan	Jr.	Lutherville, Md.	Redemer Classical Christian
Stevie Huston	Jr.	Greensburg, Pa.	Latrobe
Lydia Keiper	So.	East Greenville, Pa.	Perkiomen
Caroline Kimpel	Sr.	Columbiana, Ohio	Columbiana
Kellen McGann	So.	Suffield, Conn.	Suffield
Martha Mihm	Fr.	Stone Ridge, N.Y.	Rondout Valley
Lacey Murray	Fr.	Conneaut Lake, Pa.	Conneaut
Janice Novacek	Jr.	Aliquippa, Pa.	Hopewell
Emily Rabenold	Jr.	Allison Park, Pa.	Hampton
Courtney Shultz	Jr.	Highland Heights, Ohio	Mayfield
Mara Thompson	Jr.	Goodlettsville, Tenn.	Merrol Hyde
Emily Townsend	Jr.	Tucker, Ga.	Killian Hill Christian
Tabitha Walker	So.	Lexington, Ky.	Homeschooled
Gabby Wood	Jr.	Lumberton, N.J.	Rancocas Valley
Haley Woodruff	Fr.	Orrville, Ohio	Orrville

**Head Coach:** Sean Severson

**Team Manager:** Kimberly Schlabach



# RETURNING LETTERWINNERS



## DANIEL CHRISTIENSEN

SOPHOMORE • 5-9  
FREDERICK, MD.  
FREDERICK

Returning letterman who is one of top returning runners in Presidents' Athletic Conference. **AS A FRESHMAN:** Earned first letter ... Named First Team All-PAC after placing fifth at conference championships November 2, 2013 ... Took 54th at Mideast Championships in Bethlehem, Pa., earning All-Mideast Region Freshman Team. **NOTABLE:** Biblical studies major.



## PETER CHRISTIENSEN

SENIOR • 5-11  
FREDERICK, MD.  
BROADFORDING CHRISTIAN

Three-year letterman who will compete for full-time lineup spot again in 2014. **AS A JUNIOR:** Earned third letter ... Made season debut at Lehigh Invitational August 31, 2013. **AS A SOPHOMORE:** Earned second letter ... Took 24th at Presidents' Athletic Conference Championships October 27, 2012 ... Placed 125th at NCAA Mideast Championships two weeks later. **AS A FRESHMAN:** Earned first letter ... Moved into lineup late in 2011 season ... Placed 134th at NCAA Mideast Regional Championships ... Took fourth at Wooster Twilight 5K November 4. **NOTABLE:** History/Biblical studies major.



## JOEY CLARK

SENIOR • 5-11  
COLORADO SPRINGS, COLO.  
PALMER

Two-year letterwinner who is one of Grove City's most experienced runners. **AS A JUNIOR:** Earned second letter ... Made season debut September 13, 2013 at Penn State Invitational. **AS A SOPHOMORE:** Earned first letter ... Took 23rd at Presidents' Athletic Conference Championships October 27, 2012. **AS A FRESHMAN:** Competed in six events for Grove City ... Posted season-best time of 28:30.90 at Oberlin College Inter-Regional Rumble October 15, 2011 ... Placed 32nd at conference championships. **NOTABLE:** Business management major.



## MICHAEL CURTIS

JUNIOR • 5-11  
MIDLAND, MICH.  
MIDLAND

Third-year competitor who will battle for lineup spot this fall. **AS A SOPHOMORE:** Closed second season at Grove City by placing 68th at Presidents' Athletic Conference Championships November 2, 2013. **AS A FRESHMAN:** Earned first letter ... Finished 66th at conference championships October 27, 2012 at Bethany College. **NOTABLE:** Computer science major.



## JOSHUA DUNSWORTH

JUNIOR • 5-8  
ERIE, PA.  
COLLEGIATE ACADEMY

Returning letterwinner who will look to become mainstay in lineup this year. **AS A SOPHOMORE:** Took 65th at Presidents' Athletic Conference Championships November 2, 2013. **AS A FRESHMAN:** Earned first letter ... Finished 66th at conference championships October 27, 2012. **NOTABLE:** Mathematics major ... Older sister Anna Dunsworth ran cross country at Grove City from 2009 to 2012.



## JACK ERICKSON

JUNIOR • 5-8  
VICTOR, N.Y.  
VICTOR

Third-year performer who will challenge for spot in Grove City lineup ... Returning letterwinner. **AS A SOPHOMORE:** Competed in six meets during 2013 season ... Finished 93rd at Presidents' Athletic Conference Championships November 2, 2013. **AS A FRESHMAN:** Participated in six meets, earning first letter ... Concluded season by finishing 65th in conference championships October 27, 2012 ... Posted season-best time of 30:05.20 at Slippery Rock Invitational September 14, 2012. **NOTABLE:** Mechanical engineering major.

# RETURNING LETTERWINNERS



## GABE IMHOF

SOPHOMORE • 5-11  
STRASBURG, PA.  
LANCASTER MENNONITE

Returning letterwinner that is expected to compete for full-time lineup position in 2014. **AS A FRESHMAN:** Earned first letter ... Took 24th at 2013 Presidents' Athletic Conference Championships. **NOTABLE:** Chemistry major ... Dean's List student.



## ANDREW MASCIO

SOPHOMORE • 5-8  
CRANBERRY TOWNSHIP, PA.  
SENECA VALLEY

Second-year performer who will challenge for spot in Grove City lineup ... Returning letterwinner. **AS A FRESHMAN:** Earned first letter ... Closed rookie season by placing 49th at Presidents' Athletic Conference Championships November 2, 2013. **NOTABLE:** Finance major.



## DEVON POWLEY

SOPHOMORE • 5-10  
SPENCERPORT, N.Y.  
SPENCER

Returning letterwinner who will look to break into lineup on full-time basis this season. **AS A FRESHMAN:** Earned first collegiate letter ... Finished 37th at Presidents' Athletic Conference Championships November 2, 2012. **NOTABLE:** Mathematics major ... Dean's List student ... Earned Grove City "Scholar Athlete" distinction.



## NATHAN SNYDER

SENIOR • 6-3  
BIRDSBORO, PA.  
DANIEL BOONE

Two-year letterman who will provide leadership and experience in 2014. **AS A JUNIOR:** Earned second letter ... Recorded career-best 34th-place finish at Presidents' Athletic Conference November 2, 2013 .. Ranked third among Grove City underclassmen in that meet. **AS A SOPHOMORE:** Earned first letter ... Concluded season by placing 47th at PAC Championships October 27, 2012. **AS A FRESHMAN:** Saw action in four meets ... Placed 60th at 2011 conference championships. **NOTABLE:** Computer science major.



## BRANDON WISE

SOPHOMORE • 5-7  
GROVE CITY, PA.  
GROVE CITY

One-year letterwinner who will look to move up in Grove City lineup this fall. **AS A FRESHMAN:** Earned first letter ... Earned 27th at Presidents' Athletic Conference Championships November 2, 2013 ... One of two non-seniors in Grove City's lineup at Mideast Regional Championships ... Finished 199th at Mideast meet November 16. **NOTABLE:** Entrepreneurship major.

# RETURNING LETTERWINNERS



## KARA CREMEAN

SENIOR • 5-2  
VERMILION, OHIO  
VERMILION

Three-year letterwinner ... Team co-captain who will be key contributor again in 2014.. **AS A JUNIOR:** Earned third letter ... Earned Second Team All-Presidents' Athletic Conference after taking 12th at league meet November 2, 2013. **AS A SOPHOMORE:** Earned second letter ... All-PAC Honorable Mention after taking 21st at PAC championships October 27, 2012 ... Posted time of 24:51.20 at PAC Championships. **AS A FRESHMAN:** Earned first letter ... Took 28th at 2011 PAC championships. **NOTABLE:** Mechanical engineering major.



## LYDIA HOGAN

JUNIOR • 5-6  
LUTHERVILLE, MD.  
REDEEMER CLASSICAL CHRISTIAN

Second-year performer who is one of Grove City's top returners ... One-year letterwinner.. **AS A SOPHOMORE:** Earned first letter ... Named Second Team All-Presidents' Athletic Conference after placing ninth at conference meet November 2, 2013 ... Placed 106th at NCAA Mid-east Championships November 16. **NOTABLE:** History major ... Dean's List ... Named to PAC Academic Honor Roll.



## STEVIE HUSTON

JUNIOR • 5-6  
GREENSBURG, PA.  
LATROBE

Returning letterwinner that will be look to again be key component of Grove City lineup this fall. **AS A SOPHOMORE:** Earned first letter ... Earned First Team All-Presidents' Athletic Conference with fourth-place finish at conference meet November 2, 2013 ... Took 122nd at NCAA Mid-east Championships. **NOTABLE:** Communication studies major ... Dean's List student.



## LYDIA KEIPER

SOPHOMORE • 5-5  
EAST GREENVILLE, PA.  
UPPER MERIONEN

Returning letterwinner who will look to move up in Wolverine lineup this fall. **AS A FRESHMAN:** Earned first letter ... Closed season by finishing 27th at Presidents' Athletic Conference Championships November 2, 2013 ... Made debut August 31 at Lehigh Invitational. **NOTABLE:** Exercise science major.



## CAROLINE KIMPEL

SENIOR • 5-2  
COLUMBIANA, OHIO  
COLUMBIANA

Two-year letterwinner ... Team co-captain who will likely be key component of Grove City lineup in 2014. **AS A JUNIOR:** Earned second letter ... Named Honorable Mention All-Presidents' Athletic Conference after taking 17th at 2013 PAC Championships ... Placed 144th at NCAA Mid-east Championships. **AS A SOPHOMORE:** Earned first letter ... Made collegiate debut September 1, 2012 at California (Pa.) University Invitational. **NOTABLE:** Communication studies major ... Dean's List student ... Named to Presidents' Athletic Conference Academic Honor Roll ... Three-time ECAC Track and Field Championships qualifier in 3200 relay.



## KELLEN MCGANN

SOPHOMORE • 5-6  
SUFFIELD, CONN.  
SUFFIELD

Returning letterwinner who will look to move up in Grove City lineup this fall. **AS A FRESHMAN:** Earned first letter ... Placed 24th at Presidents' Athletic Conference Championships November 2, 2013. **NOTABLE:** Elementary education major ... Dean's List student ... Named to Presidents' Athletic Conference Academic Honor Roll.



# RETURNING LETTERWINNERS



## JANICE NOVACEK

JUNIOR • 5-11  
HOPEWELL, PA.  
HOPEWELL

Two-year letterwinner who will compete for lineup spot in 2014 for Grove City. **AS A SOPHOMORE:** Captured second letter ... Earned 39th place at 2013 Presidents' Athletic Conference Championships. **AS A FRESHMAN:** Earned first letter ... Concluded rookie season by placing 47th at conference championships October 27, 2012. **NOTABLE:** Education major.



## MARA THOMPSON

JUNIOR • 5-5  
GOODLETTSVILLE, TENN.  
MERROL HYDE

Third-year runner who aims to move up in Grove City lineup this fall ... Returning letterwinner. **AS A SOPHOMORE:** Earned first letter ... Placed 56th at Presidents' Athletic Conference Championships November 2, 2013. **AS A FRESHMAN:** Finished season by taking 77th at conference championships October 27, 2012. **NOTABLE:** Mechanical engineering major.



## EMILY RABENOLD

JUNIOR • 5-4  
ALLISON PARK, PA.  
HAMPTON

Returning letterwinner who is one of top returning performers in Mid-east Region ... CoSIDA Academic All-America candidate. **AS A SOPHOMORE:** Earned first letter ... Named 2013 Presidents' Athletic Conference Most Valuable Performer after winning conference individual title ... Placed 10th at NCAA Mid-east Championships, earning All-Region ... Qualified for 2013 NCAA Championships and finished 179th ... Earned CoSIDA Academic All-District. **NOTABLE:** Biology major ... Dean's List ... PAC Academic Honor Roll ... Presidential Scholarship recipient ... Qualified for 2014 NCAA Track and Field Championships in steeplechase and placed 15th ... Owns school record in steeplechase (10:51.03).



## EMILY TOWNSEND

JUNIOR • 5-5  
TUCKER, GA.  
KILLIAN HILL CHRISTIAN

Second-year performer who will compete for regular spot in Grove City lineup this fall ... One-year letterwinner. **AS A SOPHOMORE:** Earned first letter ... Finished season by taking 32nd at Presidents' Athletic Conference Championships November 2, 2013. **NOTABLE:** English major ... Dean's List student ... Named to PAC Academic Honor Roll.



## COURTNEY SHULTZ

JUNIOR • 5-3  
HIGHLAND HEIGHTS, OHIO  
MAYFIELD

Third-year competitor who will seek full-time lineup spot this fall ... Two-year letterwinner. **AS A SOPHOMORE:** Earned second letter ... Finished 35th at Presidents' Athletic Conference Championships November 2, 2013. **AS A FRESHMAN:** Earned first letter ... Concluded season by finishing 44th at conference championships October 27, 2012. **NOTABLE:** Elementary/special education major.



## GABBY WOOD

JUNIOR • 5-8  
LUMBERTON, N.J.  
RANOCAS VALLEY

Returning letterwinner who will challenge for full-time spot in Grove City lineup this year ... Second-year performer. **AS A SOPHOMORE:** Earned first letter ... Finished season by taking 37th at Presidents' Athletic Conference Championships November 2, 2013. **NOTABLE:** Mechanical engineering major.

# 2013 MEN'S SEASON REVIEW

With 10 letterwinners returning, including six of the team's top nine runners, the Grove City College men's cross country team was poised to have another strong season in 2013. A young Wolverine team, who improved as the season went on, would do just that, finishing as runner-up at the Presidents' Athletic Conference Championships and ranking among the top third of teams at the NCAA Mideast Regional Championships.

Senior Arleigh McRae compiled one of the top individual seasons in program history, highlighted by breaking the school eight-kilometer record at the Mideast meet and qualifying for the NCAA Division III Championships.

Grove City started its season with three consecutive meets against stiff competition. Five NCAA Division I schools were among the field at the season-opening 14-team Lehigh Invitational, where the Wolverines finished sixth overall and third among Division III schools. McRae led the Wolverines by finishing 35th out of 184 runners in the 6K race while junior Peter Christiansen was second on the team.

McRae placed 13th out of 84 runners at the Penn State Spiked Shoe Invitational, finishing the 5.2-mile course in 27:14 while competing against the host Nittany Lions and Division III powers Johns Hopkins and Cortland State.

Grove City returned to familiar competition on September 28 at the Chatham Invitational. Senior Matt Mucha finished 11th out of 90 runners to lead the Wolverine contingent while Talbott and freshman Brandon Wise respectively took second and third on the team.

McRae recorded his first breakout race of the season at the Oberlin Inter-Regional Rumble, blazing to a time of 25:40.0 to finish 11th out of 288 runners. Freshman Dan Christiansen finished second on the squad in 26:58.2 as the Wolverines finished 16th out of 31 teams.

The 2013 PAC Championships were next on the schedule for Grove City. While coming up just short against rival and Saint Vincent, the Wolverines finished solidly in second place for the second-straight year. McRae broke his personal-best time from Oberlin, finishing second overall in 25:39.20 and earning All-PAC First Team honors.

Dan Christiansen joined McRae on the All-PAC First Team after finishing fifth at the meet and tops among underclassmen in 26:30.30. Senior Alec Schultz earned Second Team honors and Talbott earned Honorable Mention.

The special season continued for McRae at the NCAA Mideast Regionals at Lehigh, as the senior finished 15th out of 364 runners to lead the Wolverines to a 14th-place finish in the 54-team field. McRae completed the course in 25:08.70, breaking the school record by more than four seconds.

He also earned USTFCCCA All-Mideast Region honors. Christiansen, who finished second on the squad and 54th overall, earned Freshman All-Region honors for being among the top seven freshman finishers.

McRae's time also earned him an individual berth at the 2013 NCAA Division III Championships in Hanover, Ind., making him Grove City's first national qualifier since Garrett Cichowitz in 2010. McRae placed 103rd out of 275 runners.



**Senior Arleigh McRae closed his career in 2013 by qualifying for the NCAA Division III Championships. He earned All-PAC and All-Mideast Region recognition.**

## 2013 RESULTS

Date	Meet	Result
August 31	Lehigh Invitational	6th/14 <i>Five runners place in top 60; Wolverines 3rd among D-III teams</i>
September 13	Penn State Spiked Shoe Invite	4th/4 <i>McRae finishes 13th in Division II/III individual race</i>
September 21	Buffalo Invitational	5th/5 <i>Grove City competes against four Division I schools at UB</i>
September 28	Chatham Invitational	4th/10 <i>Mucha takes 11th, Talbott places 15th at Chatham meet</i>
October 19	Oberlin Inter-Regional Rumble	16th/31 <i>McRae earns 12th in final tuneup for conference championships</i>
November 2	PAC Championships	2nd/9 <i>McRae, Christiansen, Schultz, Talbott all earn All-PAC honors</i>
November 16	NCAA Mideast Championships	14th/54 <i>McRae earns All-Region; D. Christiansen Freshman All-Region</i>

# 2013 WOMEN'S SEASON REVIEW

After losing 10 seniors, including their top five runners from the 2012 PAC Championships, 10th-year head coach Sean Severson knew that the Grove City College women's cross country team would need some underclassmen to step up if they were to extend their streak of 24 consecutive conference titles.

The Wolverines got just that in 2013, as three sophomores earned All-PAC honors and 10 runners finished in the top 25 to lead Grove City to its 25th-consecutive PAC Championship.

Sophomore Emily Rabenold compiled one of the finest individual seasons in program history, earning PAC Runner of the Year and USTFCCCA All-Mideast Region honors en route to becoming Grove City's 11th individual qualifier to the NCAA Division III Championships.

Sophomore Stevie Huston and senior Laurel Skorup both joined Rabenold on the All-PAC First Team after finishing fourth and seventh, respectively, at the conference meet while sophomore Lydia Hogan (9th), junior Kara Cremean (12th) and senior Austin Powell (13th) were Second Team honorees.

Junior Caroline Kimpel rounded out the Wolverine scoring by finishing 17th to earn All-PAC Honorable Mention status.



**Senior Laurel Skorup closed her collegiate career by earning First Team All-Presidents' Athletic Conference in 2013.**

Grove City started its season at the Lehigh Invitational, running the same course they would later face at the NCAA Mideast Regional Championships. Rabenold led the Wolverines by finishing 53rd in the 139-runner field that contained six NCAA Division I schools.

The Wolverines continued their difficult early-season stretch of competition at the four-team University of Buffalo UB Stampede. Cremean finished the 5K course in 20:52 to lead the squad while Hogan, Powell, senior Cayla Clawson and Skorup finished two-through-five.

Grove City returned to local competition on September 29th and finished fourth in the 12-team Chatham Invitational. Rabenold ran a 27:36.50 to finish 17th while Hogan and Skorup also finished in the top 20.

Rabenold had her first breakout performance of the season at the Oberlin Inter-Regional Rumble on October 19th, finishing 18th out of 287 runners to lead Grove City to a 19th-place finish in a 34-team field that contained eight teams that qualified for the NCAA Championships. She earned a share of PAC Runner of the Week honors.

Following a weekend off from competition, the Wolverines traveled back to Chatham for the 2013 PAC Championships on November 2. All 16 runners posted career-best times on the afternoon as Grove City compiled just 33 points with second-place Waynesburg earning 75. Rabenold's winning time of 21:45.60 also stood as the fifth-fastest time in program history.

The Wolverines returned to Bethlehem, Pa., for the 2013 NCAA Mideast Regional Championships on November 16. Rabenold finished 10th overall and all seven Wolverines finished in the top half of the 347-runner field as part of a 15th-place team finish.

With her finish, Rabenold earned a spot as an individual qualifier to the 2013 NCAA Division III Championships, marking the first time that Grove City would be represented at the national meet since 2010.

She finished 179th nationally out of 280 runners after completing the six-kilometer course in 23:12.00.

## 2013 RESULTS

Date	Meet	Result
August 31	Lehigh Invitational	10th/13
<i>Rabenold 53rd, Cremean 62nd at season opening meet</i>		
September 13	Penn State Spiked Shoe Invite	4th/4
<i>Five Wolverines place in top 25; Cremean 19th, Hogan 20th</i>		
September 21	Buffalo Invitational	4th/4
<i>Grove City competes against three Division I schools at UB</i>		
September 28	Chatham Invitational	4th/12
<i>Rabenold, Hogan, Skorup all finish in top 20</i>		
October 19	Oberlin Inter-Regional Rumble	19th/34
<i>Grove City fares well in final prep for conference meet</i>		
November 2	PAC Championships	1st/10
<i>Rabenold medalist; Huston, Skorup earn First Team All-PAC</i>		
November 16	NCAA Mideast Championships	15th/52
<i>Rabenold 10th, earns trip to NAAs; 6 finish in top 125</i>		

# ABOUT THE PAC

Founded in 1955, the Presidents' Athletic Conference continues its mission of promoting intercollegiate athletics and the pursuit of academic excellence.

Comprised of 10 select private colleges and universities - Bethany College, Chatham University, Geneva College, Grove City College, Saint Vincent College, Thiel College, Thomas More College, Washington & Jefferson College, Waynesburg University and Westminster College - the PAC remains a unique organization in this day of high-pressure intercollegiate athletics.

With academics at the center of each member's philosophy, the PAC is built on the principle that an athletic program is a part of college life, but not an entity in itself.

During the 2005-06 academic year, Chatham, Geneva and Saint Vincent all joined the PAC. Chatham competed for PAC championships for the first time during the 2007-08 academic year. Saint Vincent first competed for conference titles in 2010-11. Geneva became eligible for conference titles in 2011-12.

The PAC annually crowns champions in 19 sports. All-Conference status is awarded in all 19 sports. Head coaches select all-league squads for all team sports, while in individual sports such as cross country and tennis, all-PAC accolades are based upon performances at the conference championships.

The PAC annually awards its men's and women's All-Sports Trophies to the schools which perform best across the board in conference competition.

Grove City won the Women's All-Sports Trophy for the 2013-14 academic year while Washington & Jefferson earned the Men's All-Sports Trophy.

In 2013-14, the league named a conference-record 902 student-athletes to the PAC Academic Honor Roll, which recognizes all participating student-athletes who attain a term grade-point average of 3.60 or above during their semester of competition.



## 2013 PRESIDENTS' ATHLETIC CONFERENCE CHAMPIONSHIPS -- Chatham University November 2, 2013

### MEN'S SCORES

1. Saint Vincent	30
2. Grove City	59
3. Waynesburg	93
4. Westminster	144
5. Thiel	146
6. Thomas More	150
7. Wash. & Jeff.	188
8. Bethany	189
9. Geneva	208

### WOMEN'S SCORES

1. Grove City	33
2. Waynesburg	75
3. Saint Vincent	89
4. Geneva	126
5. Thiel	131
6. Wash. & Jeff.	153
7. Westminster	177
8. Chatham	221
9. Bethany	232
10. Thomas More	243

### MEN'S 8K FINAL - TOP 20 FINISHERS

1. Chansler Poole	Saint Vincent	25:15
2. Arleigh McRae	Grove City	25:39
3. Matt Wurtzler	Thomas More	26:15
4. Andrew Razanauskas	Saint Vincent	26:22
5. Daniel Christiansen	Grove City	26:30
6. Bradley Hanne	Wash. & Jeff.	26:34
7. Eric Porter	Saint Vincent	26:35
8. Sawyer Palonder	Saint Vincent	26:35
9. Benjamin McAuley	Waynesburg	26:57
10. Vincent Tonzo	Saint Vincent	26:58
11. Brandon Holmes	Saint Vincent	26:59
12. Brandon Moreton	Saint Vincent	27:05
13. Jonathan Blatt	Waynesburg	27:17
14. Alex Schultz	Grove City	27:18
15. Aaron Sutton	Westminster	27:20
16. Mark Talbott	Grove City	27:21
17. Steve Morgan	Thiel	27:22
18. Sam Homan	St. Vincent	27:27
19. Jacob Beschner	Geneva	27:28
20. Cody Nail	Waynesburg	27:31

### WOMEN'S 6K FINAL - TOP 20 FINISHERS

1. Emily Rabenold	Grove City	21:45
2. Alayna Merkle	Geneva	22:46
3. Genie Fratto	Saint Vincent	22:55
4. Stevie Huston	Grove City	22:59
5. Rachel Leftwich	Chatham	23:07
6. Shayna Contic	Saint Vincent	23:15
7. Laurel Skorup	Grove City	23:15
8. Emily Latimer	Waynesburg	23:21
9. Lydia Hogan	Grove City	23:27
10. Katie Latimer	Waynesburg	23:27
11. Jenny Jones	Westminster	23:29
12. Kara Cremean	Grove City	23:29
13. Austin Powell	Grove City	23:33
14. Abby Pristas	Wash. & Jeff.	23:44
15. Meredith Steinmetz	Thiel	23:45
16. Alie Smith	Wash. & Jeff.	23:55
17. Caroline Kimpel	Grove City	23:56
18. Bre Paul	Waynesburg	24:04
19. Joy Talbott-Oster	Waynesburg	24:04
20. Jamie Piotrowski	Waynesburg	24:06

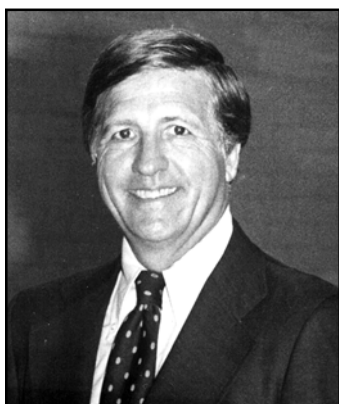
# CROSS COUNTRY HISTORY



Under the guidance of head coach Dr. Ted Penar (back row, far left), Grove City's cross country program began intercollegiate competition in 1955.



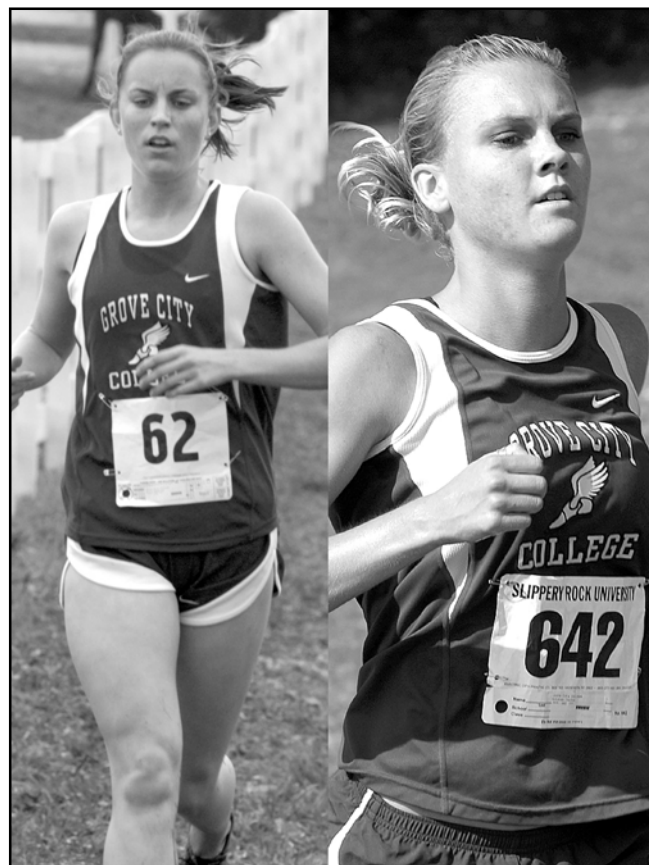
Grove City College added women's cross country to its varsity sports program in 1986.



Jim Longnecker (left) coached cross country at Grove City from 1960 to 1971. John Barr (right) coached the programs from 1972 until 1997. Both coaches are in Grove City's Athletic Hall of Fame.



Paul Cameron earned NCAA All-America honors in both 1971 and 1972 for Grove City.



Elisa Pedersen (left) earned NCAA Division III All-America honors in both 2004 and 2005. Kristen Carter (right) became an All-American in 2007.



# ABOUT THE COLLEGE

The beautifully landscaped campus of Grove City College stretches over 150 acres and includes 28 neo-Gothic buildings. It is considered one of the loveliest in the nation.

While the College has changed to meet the needs of the society it serves, its basic philosophy has remained unchanged since its founding in 1876. It is a Christian, liberal arts institution, dedicated to the principle of providing the highest quality education at the lowest possible cost.

Wishing to remain truly independent and to retain its distinctive qualities as a private school governed by private citizens (trustees), it is one of few colleges in the country that does not accept federal funds.

Affiliated with the Presbyterian Church (U.S.A.), but not narrowly denominational, the College believes that to be well-educated a student should be exposed to the central ideas of the Judeo-Christian tradition.

Grove City College offers undergraduate degrees in liberal arts, sciences, engineering, business, and music and is distinguished as a national leader in education.

Grove City's programs in electrical and mechanical engineering are accredited by the Engineering Accreditation Commission Board of the Accreditation Board for Engineering and Technology.

The "big business school curriculum" prepares students for today's global business reality. An extensive variety of internship opportunities are provided across the curriculum.

Grove City College wants its students to be prepared in this age of mobile information technology.

Each entering freshman receives a tablet computer which is his or hers to keep upon graduation with a four-year degree.

This is part of the Information Technology Initiative, a total program integrating technology across the curriculum.



**Grove City College's  
Breen Student Union**

The College believes that its student body has a unique mix of talents and abilities.

Its Career Services program helps students identify those key assets during the first year and then builds a four-year strategy to help them pursue a satisfying career.

Personal counseling, professional speakers, databases, alumni contacts, summer internships, corporate visits, employer presentations and more are incorporated into the career preparation experience.

Grove City follows the semester calendar plan, in addition to offering two-week sessions in January and May.

Most of the 2,500 students live in separate men's and women's dormitories. The rest are local commuters or married students.

A full program of cultural, professional, athletic and social activities is offered, including 19 intercollegiate varsity athletic teams.

Grove City, a town of 8,100 people, is located 60 miles north of Pittsburgh. It is located near Interstates 79 and 80 and has a municipal airport.

## Grove City College 2014-2015

### Tuition

\$7,775 per semester

### Room and Board

\$4,236 per semester

## PROGRAMS AND MAJORS

### ACCOUNTING

Accounting (B.S.)

### BIBLICAL AND RELIGIOUS STUDIES

Biblical and Religious Studies (B.A.)

### BIOLOGY

Biology (B.S.)

### BUSINESS

Business Management (B.S.)

Finance (B.S.)

Industrial Management (B.S.)

International Business (B.S.)

Marketing Management (B.S.)

### CHEMISTRY

Biochemistry (B.S.)

Chemistry (B.S.)

### COMMUNICATION STUDIES

Communication Studies (B.A.)

### COMPUTER SCIENCE

Computer Science (B.S.)

Computer Information Systems (B.S.)

### ECONOMICS

Economics (B.A.)

Business/Economics (B.S.)

### EDUCATION

Pre K-4 Elementary Education (B.S.)

Pre K-8 Special Education and Pre K-4

Elementary Education (B.S.)

Middle Level Math/English/Science Education (B.S.)

K-12 Biology/General Science Education (B.S.)

K-12 French Education (B.A.)

K-12 Music Education (B.M.)

K-12 Spanish Education (B.A.)

7-12 Biology/General Science Education (B.S.)

7-12 Chemistry Education (B.S.)

7-12 Chemistry/General Science Education (B.S.)

7-12 English Education (B.A.)

7-12 English/Communication Education (B.A.)

7-12 Mathematics Education (B.S.)

7-12 Physics Education (B.S.)

7-12 Physics/General Science Education (B.S.)

7-12 Social Studies Education (B.A.)

### ELECTRICAL/COMPUTER ENGINEERING

Electrical/Computer Engineering (B.S.E.E.)

### ENGLISH

English (B.A.)

### ENTREPRENEURSHIP

Entrepreneurship (B.S.)

### HISTORY

History (B.A.)

### MATHEMATICS

Mathematics (B.S.)

### MECHANICAL ENGINEERING

Mechanical Engineering (B.S.M.E.)

### MODERN LANGUAGES

French (B.A.)

Spanish (B.A.)

### MUSIC & FINE ARTS

Music (B.M.)

Music/Business (B.M.)

Music/Performing Arts (B.M.)

Music/Religion (B.M.)

### PHILOSOPHY

Philosophy (B.A.)

### PHYSICAL EDUCATION

Exercise Science (B.S.)

### PHYSICS

Physics (B.S.)

Physics/Computer Hardware (B.S.)

Physics/Computer Software (B.S.)

### POLITICAL SCIENCE

Political Science (B.A.)

### PSYCHOLOGY

Psychology (B.A. or B.S.)

### SOCIOLOGY

Sociology (B.A.)

### PRE-PROFESSIONAL PROGRAMS

Pre-Dental

Pre-Health

Pre-Law

Pre-Medical

Pre-Theology

Pre-Veterinary



# ATHLETIC FACILITIES

All 19 of Grove City College's intercollegiate varsity athletic teams utilize the College's superior facilities for competition, practices and off-season training and conditioning.

Grove City's athletic facilities have undergone numerous renovations and improvements in recent years, with more upgrades scheduled in the immediate future.

On lower campus, Robert E. Thorn Field is home to the College's football and track and field teams. The College installed CSTurf at Robert E. Thorn Field. CSTurf is a synthetic playing surface that features polyethylene LSR grass fibers and a rubber infill system.

The College also installed lights and resurfaced the 8-lane track around the field. Grove City also reconfigured its setup for track meets during these renovations.

In 2011, the College installed a new state-of-the-art scoreboard and new bleachers on the visitors' side at Thorn Field.

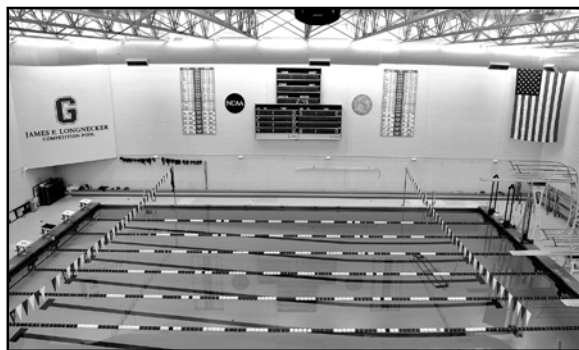
These upgrades benefit the entire campus community as the complex is used by both the College's club sports teams and its intramural program, along with the varsity teams.

The track is also available for use by recreational walkers and joggers. The complex also features 10 all-weather tennis courts next to the stadium.

Phillips Field House, located at the north end of the complex, features several locker rooms, an athletic training room, meeting rooms and coaches' offices. It is used by the football, track and tennis programs throughout the academic year.

The Physical Learning Center (PLC) houses the Grove City College Arena, home to the College's basketball and volleyball programs.

In summer 2012, the College renovated the Arena by installing new lighting and a new playing floor. In recent years, the Arena has also received new scoreboards and scorers' tables.



**The James E. Longnecker Pool is one of the nation's premier small-college venues for both swimming and diving and water polo.**



**The home of Grove City's football and track and field teams, Robert E. Thorn Field has received numerous renovations in recent years.**

In addition, the PLC features the James E. Longnecker Pool, one of the premier aquatic facilities in the region.

Each year, Grove City hosts the Presidents' Athletic Conference Swimming and Diving Championships at the state-of-the-art facility.

In 2012, the College also hosted the Collegiate Water Polo Association Division III Championships at the James E. Longnecker Pool.

The PLC also features a second pool, the Recreational Pool, which is used by members of the College community year-round.

A fitness room featuring aerobic and Cybex equipment and a separate weight room with free and mechanized weights are also keystone areas of the facility.

The PLC also features six racquetball/handball courts as well as two adjacent intramural rooms. The intramural rooms feature four basketball courts, four indoor tennis courts, four volleyball courts, an indoor track and two indoor jumping pits.

The College installed new synthetic flooring and several new electronic scoreboards throughout the intramural rooms.

The Physical Learning Center houses the athletic training room, locker rooms and offices for coaches and physical education faculty.

The College recently constructed a new office suite for coaches and athletic administration, while also incorporating its Athletic Hall of Fame area.

Grove City's outdoor athletic facilities have also received numerous upgrades in recent years.

The varsity soccer field, College Field, was expanded and re-sodded during the summer of 2005. College Field also received a new press box during the summer of 2007.

Meanwhile, Grove City's baseball and softball facilities recently received major facelifts as new dugouts, new fencing and electronic scoreboards were installed on both fields.

# 2014 SCHEDULE

**AUG. 29 BUFFALO STATE INVITATIONAL**

**SEPT. 13 BETHANY INVITATIONAL**

**SEPT. 20 DICKINSON LONG-SHORT  
INVITATIONAL (AT BIG SPRING H.S.)**

**OCT. 18 OBERLIN INTER-REGIONAL**

**Nov. 1 PRESIDENTS' ATHLETIC CONF.  
CHAMPIONSHIPS AT BETHANY, W.VA.**

**Nov. 7 WOOSTER TWILIGHT 5K**

**Nov. 15 NCAA MIDEAST REGION  
CHAMPIONSHIPS (AT BIG SPRING H.S.)**

**Nov. 22 NCAA CHAMPIONSHIPS  
HOSTED BY WILMINGTON AT MASON, OHIO**