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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 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.
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 Mideast 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 Mideast 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.

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 Mideast 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 Mideast Regional to earn All-Mideast 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

<table>
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<tr>
<th>Name</th>
<th>Yr.</th>
<th>Hometown</th>
<th>High School</th>
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</thead>
<tbody>
<tr>
<td>Daniel Christiansen</td>
<td>So.</td>
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<td>Frederick</td>
</tr>
<tr>
<td>Peter Christiansen</td>
<td>Sr.</td>
<td>Frederick, Md.</td>
<td>Broadfording Christian</td>
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<td>Joey Clark</td>
<td>Sr.</td>
<td>Colorado Springs, Colo.</td>
<td>Palmer</td>
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<td>Joshua Dunsworth</td>
<td>Jr.</td>
<td>Erie, Pa.</td>
<td>Strong Vincent</td>
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<td>Jack Erickson</td>
<td>Jr.</td>
<td>Victor, N.Y.</td>
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<tr>
<td>Gabe Imhof</td>
<td>So.</td>
<td>Strasburg, Pa.</td>
<td>Lancaster Mennonite</td>
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<td>Joshua Kuipers</td>
<td>Fr.</td>
<td>Sinking Spring, Pa.</td>
<td>Wilson</td>
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<td>Adam Lowe</td>
<td>Fr.</td>
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<td>Grove City</td>
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<tr>
<td>Andrew Mascio</td>
<td>So.</td>
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<td>Seneca Valley</td>
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<td>Travis Mattson</td>
<td>Fr.</td>
<td>Dallas, Pa.</td>
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<td>Zach Monit</td>
<td>Fr.</td>
<td>Beaver, Pa.</td>
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<td>Ryan Mott</td>
<td>Jr.</td>
<td>North Bend, Wash.</td>
<td>Homeschooled</td>
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<td>Bryce Nelson</td>
<td>Fr.</td>
<td>Avonmore, Pa.</td>
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<td>Devon Powley</td>
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<td>Nathan Snyder</td>
<td>Sr.</td>
<td>Birdsboro, Pa.</td>
<td>Daniel Boone</td>
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<td>Drew Thibault</td>
<td>Fr.</td>
<td>Durham, N.H.</td>
<td>Oyster River</td>
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<td>Brandon Wise</td>
<td>So.</td>
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<td>Grant Wishard</td>
<td>So.</td>
<td>Oakton, Va.</td>
<td>Dominion Christian</td>
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**Head Coach:** Sean Severson  
**Team Manager:** Rusty Geary

### Women's Roster

<table>
<thead>
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<th>Name</th>
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<tr>
<td>Rebecca Burkhart</td>
<td>Jr.</td>
<td>Grove City, Pa.</td>
<td>Grove City</td>
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<tr>
<td>Karastin Cremean</td>
<td>Sr.</td>
<td>Vermilion, Ohio</td>
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<td>Julie Fijal</td>
<td>So.</td>
<td>Albany, N.Y.</td>
<td>Loudonville Christian</td>
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<td>Lydia Hogan</td>
<td>Jr.</td>
<td>Lutherville, Md.</td>
<td>Reedemer Classical Christian</td>
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<td>Stevie Huston</td>
<td>Jr.</td>
<td>Greensburg, Pa.</td>
<td>Latrobe</td>
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<td>Lydia Keiper</td>
<td>So.</td>
<td>East Greenville, Pa.</td>
<td>Perkiomen</td>
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<tr>
<td>Caroline Kimpel</td>
<td>Sr.</td>
<td>Columbiana, Ohio</td>
<td>Columbiana</td>
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<tr>
<td>Kellen McGann</td>
<td>So.</td>
<td>Suffield, Conn.</td>
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</tr>
<tr>
<td>Martha Mihm</td>
<td>Fr.</td>
<td>Stone Ridge, N.Y.</td>
<td>Rondout Valley</td>
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<tr>
<td>Lacey Murray</td>
<td>Fr.</td>
<td>Conneaut Lake, Pa.</td>
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<td>Emily Rabenold</td>
<td>Jr.</td>
<td>Allison Park, Pa.</td>
<td>Hampton</td>
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<td>Courtney Shultz</td>
<td>Jr.</td>
<td>Highland Heights, Ohio</td>
<td>Mayfield</td>
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<td>Mara Thompson</td>
<td>Jr.</td>
<td>Goodlettsville, Tenn.</td>
<td>Merrol Hyde</td>
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<td>Jr.</td>
<td>Tucker, Ga.</td>
<td>Killian Hill Christian</td>
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<td>Tabitha Walker</td>
<td>So.</td>
<td>Lexington, Ky.</td>
<td>Homeschooled</td>
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<td>Gabby Wood</td>
<td>Jr.</td>
<td>Lumberton, N.J.</td>
<td>Rancocas Valley</td>
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<tr>
<td>Haley Woodruff</td>
<td>Fr.</td>
<td>Orrville, Ohio</td>
<td>Orrville</td>
</tr>
</tbody>
</table>

**Head Coach:** Sean Severson  
**Team Manager:** Kimberly Schlabach
### RETURNING LETTERWINNERS

**Daniel Christiansen**  
**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 Christiansen**  
**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.

**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.

**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. **Notable:** Computer science major.

**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.

**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.
RETURNING LETTERWINNERS

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.

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.

DEAN MASCIO
Sophomore • 5-8
Cranberry Township, Pa.
Seneca Valley

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.

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.
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 KEIPER
SOPHOMORE • 5-5
EAST GREENVILLE, PA.
UPPER PERKIOMEN

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.

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 Mideast 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 SOPHOMO- MORE: Earned first letter ... Earned First Team All-Presi- dents’ Athletic Conference with fourth-place finish at conference meet November 2, 2013 ... Took 122nd at NCAA Mideast Championships. NOTABLE: Communication studies major ... Dean’s List student.

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 Mideast Championships. AS A SOPHOMORE: Earned first letter ... Made collegiate debut September 1, 2012 at California (Pa.) University Invitational. NO- TABLE: Communication studies major ... Dean’s List stu- dent ... Named to Presidents’ Athletic Conference Aca- demic 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.

**EMILY RABENOLD**
JUNIOR • 5-4
ALLISON PARK, PA.
HAMPTON

Returning letterwinner who is one of top returning performers in Mideast 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 Mideast 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).

**MARA THOMPSON**
JUNIOR • 5-5
GOODLETTSVILLE, TENN.
MERROL HYDE

Third-year runner who aims to move up in Grove City lineup this fall ... One-year letterwinner. **AS A SOPHOMORE:** Earned first letter ... Finished season by taking 77th at conference championships October 27, 2012. **NOTABLE:** Mechanical engineering major.

**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.
RANCOCAS 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.
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

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

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

<table>
<thead>
<tr>
<th>Rank</th>
<th>Institution</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Saint Vincent</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>Grove City</td>
<td>59</td>
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<tr>
<td>3</td>
<td>Waynesburg</td>
<td>93</td>
</tr>
<tr>
<td>4</td>
<td>Westminster</td>
<td>144</td>
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<td>5</td>
<td>Thiel</td>
<td>146</td>
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<tr>
<td>6</td>
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<tr>
<td>7</td>
<td>Wash. &amp; Jeff.</td>
<td>188</td>
</tr>
<tr>
<td>8</td>
<td>Bethany</td>
<td>189</td>
</tr>
<tr>
<td>9</td>
<td>Geneva</td>
<td>208</td>
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#### WOMEN’S SCORES

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<tr>
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<td>Chatham</td>
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<tr>
<td>9</td>
<td>Bethany</td>
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<tr>
<td>10</td>
<td>Thomas More</td>
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#### MEN’S 8K FINAL - TOP 20 FINISHERS

<table>
<thead>
<tr>
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<th>Name</th>
<th>Institution</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Chansler Poole</td>
<td>Saint Vincent</td>
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<tr>
<td>2</td>
<td>Arleigh McRae</td>
<td>Grove City</td>
<td>25:39</td>
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<tr>
<td>3</td>
<td>Matt Wurtzler</td>
<td>Thomas More</td>
<td>26:15</td>
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<tr>
<td>4</td>
<td>Andrew Razanauskas</td>
<td>Saint Vincent</td>
<td>26:22</td>
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<tr>
<td>5</td>
<td>Daniel Christiansen</td>
<td>Grove City</td>
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<tr>
<td>6</td>
<td>Bradley Hanne</td>
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<tr>
<td>7</td>
<td>Eric Porter</td>
<td>Saint Vincent</td>
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<tr>
<td>8</td>
<td>Sawyer Palonder</td>
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<td>9</td>
<td>Benjamin McAuley</td>
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<td>Vincent Tonzo</td>
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<td>Brandon Holmes</td>
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<td>Jonathan Blatt</td>
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<td>Alex Schultz</td>
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<td>Aaron Sutton</td>
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<td>16</td>
<td>Mark Talbott</td>
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<td>Steve Morgan</td>
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<td>18</td>
<td>Sam Homan</td>
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<td>19</td>
<td>Jacob Beschner</td>
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<tr>
<td>20</td>
<td>Cody Nail</td>
<td>Waynesburg</td>
<td>27:31</td>
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#### WOMEN’S 6K FINAL - TOP 20 FINISHERS

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Institution</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Emily Rabenold</td>
<td>Grove City</td>
<td>21:45</td>
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<tr>
<td>2</td>
<td>Alayna Merkle</td>
<td>Geneva</td>
<td>22:46</td>
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<td>3</td>
<td>Genie Fratto</td>
<td>Saint Vincent</td>
<td>22:55</td>
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<tr>
<td>4</td>
<td>Stevie Huston</td>
<td>Grove City</td>
<td>22:59</td>
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<tr>
<td>5</td>
<td>Rachel Leftwich</td>
<td>Chatham</td>
<td>23:07</td>
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<td>6</td>
<td>Shayna Contic</td>
<td>Saint Vincent</td>
<td>23:15</td>
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<tr>
<td>7</td>
<td>Laurel Skorup</td>
<td>Grove City</td>
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<td>8</td>
<td>Emily Latimer</td>
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<td>Lydia Hogan</td>
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<td>Katie Latimer</td>
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<td>11</td>
<td>Jenny Jones</td>
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<td>12</td>
<td>Kara Cremean</td>
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<td>13</td>
<td>Austin Powell</td>
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<td>Meredith Steinmetz</td>
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<td>16</td>
<td>Alie Smith</td>
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<td>Caroline Kimpel</td>
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<td>Joy Talbott-Oster</td>
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<tr>
<td>20</td>
<td>Jamie Piotrowski</td>
<td>Waynesburg</td>
<td>24:06</td>
</tr>
</tbody>
</table>
CROSS COUNTRY HISTORY

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

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

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

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.

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.

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

Grove City College’s Breen Student Union

PROGRAMES 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/General Science Education (B.S.)
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.)

MATHMATICS
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
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.

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. 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