

2009-10



GROVE CITY COLLEGE

CROSS COUNTRY / TRACK & FIELD

TABLE OF CONTENTS

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 _____ Richard Jewell, J.D.
 Alma Mater _____ Grove City, 1967
 Athletic Director _____ Dr. Don Lyle
 Alma Mater _____ Muskingum, 1971
 Associate A.D. _____ Susan Roberts
 Alma Mater _____ Ohio, 1975
 Associate A.D. _____ Joe Walters
 Alma Mater _ Slippery Rock, 1968
 Head X-C Coach ____ Sean Severson
 Alma Mater ____ Minn.-Morris, 2002
 First Year of Program _____ 1955
 Head Track Coach _ Allison Williams
 Alma Mater _____ Pittsburgh, 1993
 First Year of Program _____ 1906
 Head Trainer __ Kay Mitchell Emigh
 Assistant Trainer _____ Rick Hawke
 Athletic Office Mgr _____ Kim Iliff
 Equipment Mgr ____ Larry Freeman
 Equipment Mgr ____ Jim Richardson

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GROVE CITY COLLEGE MEN'S AND WOMEN'S CROSS COUNTRY

HEAD CROSS COUNTRY COACH SEAN SEVERSON	3
2009 MEN'S CROSS COUNTRY PREVIEW	4
2009 WOMEN'S CROSS COUNTRY PREVIEW	5
RETURNING MEN'S CROSS COUNTRY LETTERWINNERS	6-7
RETURNING WOMEN'S CROSS COUNTRY LETTERWINNERS	8-9
2008 MEN'S CROSS COUNTRY SEASON REVIEW	10
2008 WOMEN'S CROSS COUNTRY SEASON REVIEW	11
ABOUT THE PRESIDENTS' ATHLETIC CONFERENCE	12
GROVE CITY COLLEGE CROSS COUNTRY HISTORY	13

GROVE CITY COLLEGE MEN'S AND WOMEN'S TRACK AND FIELD

HEAD TRACK AND FIELD COACH DR. ALLISON WILLIAMS	14
TRACK AND FIELD COACHING STAFF	15
RETURNING MEN'S TRACK AND FIELD LETTERWINNERS	16-19
RETURNING WOMEN'S TRACK AND FIELD LETTERWINNERS	20-21
2009 MEN'S TRACK AND FIELD SEASON REVIEW	22
2009 WOMEN'S TRACK AND FIELD SEASON REVIEW	23
ABOUT THE PRESIDENTS' ATHLETIC CONFERENCE	24
TRACK AND FIELD RECORDS	25
GROVE CITY COLLEGE TRACK AND FIELD HISTORY	26
ABOUT GROVE CITY COLLEGE	27



Grove City College cross country All-American Kristen Carter (right) received the NCAA Division III Sportsmanship Award for the 2007-08 academic year. Carter received the award February 7, 2009 in conjunction with the College's Hall of Fame Induction. Fredina Ingold, athletic director at Penn State Altoona, presented Carter with her award.

HEAD COACH SEAN SEVERSON



Sean Severson is in his sixth 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 five seasons. Both the men's and women's have won the Presidents' Athletic Conference title in each the past five years while also emerging on the regional and national landscape.

In 2008, Severson guided Grove City's teams to top 10 finishes at the NCAA Mid-east Regional Championships. The women placed fifth in the 44-team field while the men's squad took ninth out of 41 squads. Senior Kristen Carter, senior Julia Seward and sophomore Garrett Cichowitz each earned All-Mideast honors and advanced to the NCAA Division III Championships.

Severson received PAC Coach of the Year following the 2008 season. He also earned that award in 2004, 2005 and 2007.

Since 2004, the women's team has placed sixth or higher at the Mideast Regional four times. Meanwhile, the men's team achieved top 10 finishes each of the last three seasons at that event.

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, Carter became Grove City's second women's cross country All-American. Overall, Grove City runners have qualified for the NCAA Championships in each of Severson's first five years as head coach.

Grove City runners have earned eight total PAC Most Valuable Performer awards over the past five seasons. A total of 43 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 has helped the basketball program earn three consecutive postseason berths along with the 2007 conference title.

Severson joined the Grove City staff during the summer of 2004 after working as a graduate assistant at Adams State College in Alamosa, Colorado for two seasons. While at Adams State, Severson worked as an assistant men's basketball coach as well as a graduate assistant athletic trainer.

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 at Minnesota-Morris.

Severson earned his master's degree in health, physical education and recreation in 2004 from Adams State. He lives in Grove City with his wife, Tara, and their three 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

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

SEASON PREVIEW

The Grove City College men's and women's cross country teams enter the 2009 season with high expectations as several talented veterans return.

Each program looks to extend its respective streak of Presidents' Athletic Conference titles. The men's team will look for its 19th straight conference crown this fall while the women's team will pursue a 21st consecutive PAC title.

Head coach Sean Severson will welcome back nine lettermen on the men's side and 12 letterwinners on the women's team.

Of the nine men who return, five have earned All-PAC honors during their career at Grove City.

Junior Garrett Cichowitz is back after earning NCAA All-Mideast Region honors in each of his first two seasons. As a sophomore, Cichowitz earned PAC Most Valuable Performer status and also made his first appearance at the NCAA Division III Championships.

Three senior letterwinners also return for Grove City this season in Andrew Falcone, Frankie Hourigan and Royce Hyland. All three veterans are expected to make significant contributions in 2009.

Falcone is a fourth-year performer who will challenge for a spot in Grove City's top seven this year.

Hourigan capped a strong junior campaign by earning First Team All-PAC honors. Hourigan is a three-time All-PAC honoree and will likely be a fixture in the lineup again in 2009.

Hyland will look to cement a full-time spot in Grove City's top seven after a solid junior season. He earned First Team All-PAC as a freshman in 2006 and has been a regular contributor throughout his career.

Juniors Gordon Grob and Cordell Oberholtzer also return as two-year lettermen. Grob earned First Team All-PAC as a freshman while Oberholtzer has been one



Junior Brigitte Fryan is a two-time First Team All-Presidents' Athletic Conference honoree.

of the Wolverines' most consistent performers over the past two seasons.

Also back is junior John Fite, a second-year performer who lettered in 2008. Fite will battle for a spot in the lineup this year.

Sophomores Tyler Gheres and Ben Lutz both lettered as rookies and are also expected to compete for spots in the Wolverines' top seven.

Like the men's team, Grove City's women's cross country team features several returning standouts.

Five of Grove City's 12 returning letterwinners earned all-conference accolades in 2008. Current juniors Brigitte Fryan and Emily Pierce both earned First Team All-PAC last season, as did sophomore Mary Rachel Robbins.

Rachel Nelson, the team's lone senior, earned Second Team All-PAC last season as did current sophomore Allison Heslop.

Fryan is a two-time First Team All-PAC honoree who will look to move up in the lineup after two strong seasons as the Wolverines' No. 3 runner.

She narrowly missed All-Region honors in 2008 and will likely contend for All-Mideast Region status this fall.

Pierce also posted a strong 2008 season and will likely be a fixture in the lineup again this year.

Robbins, meanwhile, emerged late in her rookie season and will look to build off of that strong finish in 2009. Nelson and Heslop also finished strong in 2008 and are expected to challenge for spots in the lineup.

Juniors Marti Griwac and Kate McRoberts are back after earning two letters each during their first two seasons at Grove City.

Two more sophomores also return after lettering in 2008 as Elisabeth Marsan and Kristen Slinkard both return for their second season at Grove City.



Junior Garrett Cichowitz is a returning national qualifier and All-Mideast Region performer.

MEN'S PRESEASON ROSTER

Name	Yr.	Hometown	High School
Garrett Cichowitz	Jr.	Colorado Springs, Colo.	Palmer
David Cole	So.	Ridgway, Pa.	Elk County Catholic
Wesley Coopersmith	Fr.	Sellersville, Pa.	Pennridge
Tim Coyle	Fr.	Langhorne, Pa.	Holy Ghost Prep
Andrew Falcone	Sr.	Dormont, Pa.	Robinson Township Christian
John Fite	Jr.	Sunnyvale, Calif.	Ad Fontes
Tyler Gheres	So.	Edinboro, Pa.	General McLane
Gordon Grob	Jr.	Hudson, Ohio	Cuyahoga Valley Christian
Ben Henderson	Fr.	Cheshire, Conn.	Cheshire
Caleb Henry	Fr.	Lumberton, N.J.	Rancocas Valley
Frankie Hourigan	Sr.	Ijamsville, Md.	Urbana
Josiah Husk	Fr.	Bloomington, Ill.	Normal University
Royce Hyland	Sr.	Boise, Idaho	Boise
Derek Kruse	Sr.	Middlefield, Ohio	Cardinal
Daniel Landskroener	Fr.	Mayer, Minn.	Mayer Lutheran
Ben Lutz	Fr.	Sykesville, Md.	Marriotts Ridge
Cordell Oberholtzer	Jr.	Ephrata, Pa.	Ephrata
Francis Ridge	Fr.	Derby, N.Y.	Lake Shore
Josiah Tobin	Fr.	Paxinos, Pa.	Shikellamy
Wes Tomer	Fr.	Roslyn, Pa.	Phil-Mont Christian

WOMEN'S PRESEASON ROSTER

Name	Yr.	Hometown	High School
Mary Kate Breese	Fr.	Mercer, Pa.	Mercer
Anna Dunsworth	Fr.	Erie, Pa.	Strong Vincent
Emily Durant	Fr.	Charles Town, W. Va.	Homeschooled
Sara Fisher	Fr.	Jefferson, Md.	Brunswick
Brigitte Fryan	Jr.	Canton, Ohio	Massillon Jackson
Marti Griwac	Jr.	Plymouth, Minn.	Wayzata
Grace Hanson	Fr.	Fairland, Ind.	Homeschooled
Allison Heslop	So.	Chardon, Ohio	Chardon
Elisabeth Marsan	So.	Niskayuna, N.Y.	Niskayuna
Kate McRoberts	Jr.	Green, Ohio	Cuyahoga Valley Christian
Sarah Miller	Jr.	Webster, N.Y.	Webster Schroeder
Rachel Nelson	Sr.	Dover, Mass.	Lexington Christian
Emily Pierce	Jr.	Lisbon, N.Y.	Lisbon Central
Mary Rachel Robbins	So.	Lockport, N.Y.	Lockport
Mary Seward	Fr.	Elizabethton, Tenn.	Science Hill
Kristen Slinkard	So.	Pittsburgh, Pa.	Shady Side Academy
Ella Smith	Fr.	Becker, Minn.	Becker
Hillary Wilson	Fr.	Solon, Ohio	Solon

RETURNING LETTERWINNERS



GARRET CICHOWITZ

JUNIOR
COLORADO SPRINGS, COLO.
PALMER

Two-year letterman who is one of the top returning runners in the Mideast region ... CoSIDA Academic All-

America candidate. **AS A SOPHOMORE:** Earned All-Mideast honors ... Qualified for 2008 NCAA Division III Championships, placing 133rd overall ... Presidents' Athletic Conference Most Valuable Performer ... Set school-record for 8,000 meters at Oberlin (25:36) October 18, 2008 ... Three-time PAC Runner of the Week ... Opened season with second-place finish at Westminster Invitational August 30. **AS A FRESHMAN:** Earned All-Mideast honors with 30th-place finish at NCAA Mideast Championships November 10, 2007 ... Won individual title at California (Pa.) Invitational Sept. 8, helping Wolverines to team crown ... First Team All-Presidents' Athletic Conference. **NOTABLE:** Entrepreneurship major ... Dean's List student ... Named to PAC Academic Honor Roll.



ANDREW FALCONE

SENIOR
PITTSBURGH, PA.
ROBINSON TOWNSHIP CHRISTIAN

Three-year letterwinner who will look to earn full-time spot in Grove City lineup this fall. **AS A JUNIOR:** Earned

third letter ... Helped Wolverines capture Presidents' Athletic Conference title ... Placed 34th overall at Westminster Invitational August 30, 2008, helping Wolverines win team championship. **AS A SOPHOMORE:** Received second letter ... Member of PAC championship squad ... Took 16th at California (Pa.) Invitational Sept. 8, 2007, helping Grove City to team title. **AS A FRESHMAN:** Earned first varsity letter ... Helped Grove City to conference title. **NOTABLE:** Electrical engineering/mathematics major ... Dean's List student ... Named to PAC Academic Honor Roll ... Three-year letterman in track and field.



JOHN FITE

JUNIOR
SUNNYVALE, CALIF.
AD FONTES

Returning letterwinner ... Will look to break into Grove City lineup this fall ... CoSIDA Academic All-

America candidate. **AS A SOPHOMORE:** Earned first letter after helping Grove City capture Presidents' Athletic Conference title ... Took 45th in debut at PAC Championships November 1, 2008 in West Chester, Ohio. **NOTABLE:** Physics major ... Dean's List student ... Named to PAC Academic Honor Roll ... Two-year letterman in track and field ... Helped 1600-meter relay set school record in 2009 (3:21.63) ... Two-time ECAC Championships qualifier in track and field.



TYLER GHERES

SOPHOMORE
EDINBORO, PA.
GENERAL McLANE

Returning letterwinner who will challenge for a spot in Grove City's lineup in 2009.

AS A FRESHMAN: Earned first monogram after helping Grove City win conference title ... Took 46th at PAC Championships ... Made collegiate debut August 30, 2008 with 40th-place finish at Westminster College Invitational. **NOTABLE:** International business major ... Also lettered in track and field ... Took ninth in 10,000 at 2009 PAC Track and Field Championships.

RETURNING LETTERWINNERS



GORDON GROB

JUNIOR
HUDSON, OHIO
CUYAHOGA VALLEY CHRISTIAN

Two-year letterwinner who is in contention for a full-time spot in the lineup this fall ... CoSIDA Academic All-

America candidate. **AS A SOPHOMORE:** Earned second varsity letter ... Helped Wolverines to conference title ... Opened season by finishing eighth at Westminster Invitational August 30, 2008 as Grove City won team title. **AS A FRESHMAN:** Earned First Team All-Presidents' Athletic Conference after finishing seventh at PAC Championships ... Placed 10th at California (Pa.) Invitational September 8, 2007, helping Wolverines to team title ... Earned first letter ... Member of conference title squad. **NOTABLE:** Mechanical engineering major ... Dean's List student ... Named to PAC Academic Honor Roll.



FRANKIE HOURIGAN

SENIOR
IJAMSVILLE, Md.
URBANA

Three-year letterwinner who will likely be a fixture in the Grove City lineup again in 2009. **AS A JUNIOR:** Earned

third letter ... Finished 10th overall at Presidents' Athletic Conference Championships, earning First Team All-PAC ... Finished 92nd at Mideast Championships ... Opened 2008 by taking sixth at Westminster Invitational. **AS A SOPHOMORE:** Helped Grove City capture PAC title with 17th-place finish at conference championships ... Earned Second Team All-PAC recognition ... Placed 88th at 2007 NCAA Mideast Championships. **AS A FRESHMAN:** Earned first letter ... Received Second Team All-PAC status after finishing 18th at conference championships ... Helped Wolverines win PAC title. **NOTABLE:** Business management major ... Dean's List student ... Named to PAC Academic Honor Roll ... Scored 24 points for Grove City track and field team at 2009 PAC Championships, helping Wolverines win team title ... Named Team MVP for 2009 season.



ROYCE HYLAND

SENIOR
BOISE, IDAHO
BOISE

Three-year letterman ... Will battle for full-time spot in lineup in 2009 ... One of Grove City's most experi-

ence runners ... **AS A JUNIOR:** Earned third letter after helping Wolverines to PAC title ... Took 41st at Waynesburg September 13, 2008. **AS A SOPHOMORE:** Received second letter ... Took 36th at California (Pa.) September 8, 2007, helping Grove City to team title. **AS A FRESHMAN:** Placed sixth at Presidents' Athletic Conference Championships, earning First Team All-PAC ... Took 65th at Mideast Championships, earning Mideast All-Freshman honors. **NOTABLE:** History/philosophy major.



BEN LUTZ

SOPHOMORE
SYKESVILLE, Md.
MARRIOTT'S RIDGE

Returning letterwinner who will challenge for a spot in Grove City's lineup this fall.

AS A FRESHMAN: Earned first letter after helping Grove City to conference title ... Made collegiate debut with 43rd-place finish at Westminster August 30, 2008. **NOTABLE:** Physics/computer science major ... Also lettered in track and field ... Finished 5th in steeplechase at 2009 PAC Track and Field Championships.



CORDELL OBERHOLTZER

JUNIOR
EPHRATA, Pa.
EPHRATA

Two-year letterman who will battle for full-time spot in Grove City lineup. **AS A**

SOPHOMORE: Earned second letter ... Placed 30th at California (Pa.) Invitational September 6, 2008 ... Helped Grove City to PAC title. **AS A FRESHMAN:** Finished 24th at PAC Championships, helping Wolverines to conference title ... Debuted September 1, 2007 with 51st-place finish at Case Western. **NOTABLE:** Social studies/secondary education major ... Dean's List ... PAC Academic Honor Roll ... Track letterwinner ... Scored in 1500 and 5000 at 2009 PAC meet.

RETURNING LETTERWINNERS



BRIGITTE FRYAN

JUNIOR
CANTON, OHIO
MASSILLON JACKSON

Two-year letterwinner who is one of the top returning runners in the Mideast region. **AS A SOPHOMORE:**

Placed 7th at Presidents' Athletic Conference Championships, earning First Team All-PAC ... Took 43rd at NCAA Mideast Championships ... Opened season with 8th-place finish at Westminster August 30, 2008. **AS A FRESHMAN:** Earned First Team All-Presidents' Athletic Conference after finishing 9th at conference championships ... Placed 56th at NCAA Mideast Championships, earning Freshman All-Region. **NOTABLE:** Elementary education major ... Brother R.J. Fryan ran cross country from 2004 to 2007 at Grove City.



MARTI GRIWAC

JUNIOR
PLYMOUTH, MINN.
WAYZATA

Two-year letterwinner ... Will look to earn full-time spot in lineup this fall. **AS A SOPHOMORE:** Earned second letter

... Helped Wolverines capture Presidents' Athletic Conference title ... Finished 41st at PAC Championships. **AS A FRESHMAN:** Took 40th at PAC Championships, helping Grove City to team title ... Finished 38th at California (Pa.) Invitational as Grove City won team title ... Earned first letter. **NOTABLE:** Majoring in mechanical engineering.



ALLISON HESLOP

SOPHOMORE
CHARDON, OHIO
CHARDON

Returning letterwinner who will look to build upon strong finish in 2008. **AS A FRESHMAN:** Earned first letter ...

Finished 19th at PAC Championships and received Second Team All-PAC ... Placed 134th at Mideast Championships, helping Wolverines finish fifth. **NOTABLE:** Spanish/international business major.



ELISABETH MARSAN

SOPHOMORE
NISKAYUNA, N.Y.
NISKAYUNA

Returning letterwinner who looks to break into the Grove City lineup this fall. **AS A FRESHMAN:** Earned first

letter after helping Wolverines to Presidents' Athletic Conference title ... Finished 75th at PAC Championships ... Debuted with 89th-place effort at Westminster Invitational August 30, 2008. **NOTABLE:** DD major.



KATE McROBERTS

JUNIOR
GREEN, OHIO
CUYAHOGA VALLEY CHRISTIAN

Returning letterwinner who will compete for a spot in Grove City lineup ... CoSIDA Academic All-America candidate. **AS A SOPHOMORE:** Earned first letter after

helping Grove City win conference title ... Finished 36th at PAC Championships ... Placed 15th at California (Pa.) Invitational September 6, 2008. **AS A FRESHMAN:** Took 27th at 2007 Presidents' Athletic Conference Championships, helping Grove City to team title. **NOTABLE:** Electrical engineering major ... Dean's List student ... Named to PAC Academic Honor Roll.

RETURNING LETTERWINNERS



RACHEL NELSON

SENIOR
DOVER, MASS.
LEXINGTON CHRISTIAN

Three-year letterwinner who will be the team's lone senior in 2009. **AS A JUNIOR:** Placed 12th at Presidents'

Athletic Conference Championships, earning Second Team All-PAC ... Took 83rd at NCAA Mideast Championships, helping Grove City place 5th. **AS A SOPHOMORE:** Earned second varsity letter ... Took 15th at PAC Championships, earning Second Team All-PAC honors ... Placed 107th at Mideast Championships, helping Grove City to 6th-place finish. **AS A FRESHMAN:** Received first letter ... Helped Grove City win conference title. **NOTABLE:** Business management major ... Dean's List student.



EMILY PIERCE

JUNIOR
LISBON, N.Y.
LISBON

Two-year letterwinner who will likely be a fixture again in the Wolverine lineup this fall ... CoSIDA Academic All-

America candidate. **AS A SOPHOMORE:** Captured First Team All-Conference honors after placing 8th at PAC Championships ... Helped Wolverines to league title ... Finished 63rd at Mideast Championships. **AS A FRESHMAN:** Earned first letter ... Placed 8th at PAC championships ... First Team All-PAC ... Took 48th at regional meet, earning Freshman All-Mideast honors. **NOTABLE:** Sociology major ... Dean's List student ... Named to PAC Academic Honor Roll ... Younger sister of former standout Cara Pierce (2003-06).



MARY RACHEL ROBBINS

SOPHOMORE
LOCKPORT, N.Y.
LOCKPORT

One-year letterwinner who will again compete for full-time spot in the lineup in 2009 ... ESPN The Magazine/

CoSIDA Academic All-America candidate. **AS A FRESHMAN:** Earned first letter ... Took 9th at Presidents' Athletic Conference Championships, earning First Team All-PAC ... Finished 75th at NCAA Mideast Regional Championships. **NOTABLE:** English major ... Dean's List student ... Named to Presidents' Athletic Conference Academic Honor Roll.



KRISTEN SLINKARD

SOPHOMORE
PITTSBURGH, PA.
SHADY SIDE ACADEMY

Returning letterwinner ... Will challenge for spot in lineup this fall. **AS A FRESHMAN:** Earned first letter ...

Helped Grove City win Presidents' Athletic Conference title ... Placed 67th at conference championships. **NOTABLE:** Biochemistry major ... Dean's List student ... Named to Presidents' Athletic Conference Academic Honor Roll ... Also member of Grove City women's track and field team as distance performer.

2008 MEN'S SEASON REVIEW

The Grove City College men's cross country team used a balanced mixture of veterans and underclassmen in making the 2008 season one of the most successful in program history.

Grove City captured its 18th consecutive Presidents' Athletic Conference title November 1 in West Chester, Ohio.

The Wolverines also punctuated the season with a ninth-place finish at the NCAA Mideast Championships.

Grove City opened its 54th season of intercollegiate competition August 30 by winning Westminster College's Fisher Invitational in New Wilmington, Pa. Six Grove City runners placed in the top 16 as the Wolverines earned just 21 points.

Sophomore Garrett Cichowitz placed second, one spot ahead of senior Dan Spaulding. Junior Frankie Hourigan took sixth while sophomore Gordon Grob finished eighth.

Senior Brett Kelly (13th) and sophomore Cordell Oberholtzer (16th) helped sew up the meet title with their strong finishes.

Seven days later, Grove City earned fourth place at the California University of Pennsylvania Invitational. The Wolverines finished behind only scholarship programs Slippery Rock, Saint Francis and California at the 11-team meet.

Cichowitz took eighth overall while senior Nathan Johnson placed 12th. The Wolverines tallied just 89 team points.

Grove City continued its strong start September 13 by racking up another fourth-place finish at the Waynesburg University Invitational. The consistent Wolverines placed four runners in the top 22 and finished with a mere 100 team points.

Following a two-week break, Grove City returned to action at the highly-competitive Lehigh University Paul Short Invitational October 3. The Wolverines finished ninth out of 41 teams in the meet and sixth place among NCAA Division III programs.

Cichowitz (13th) and Spaulding (19th) each finished in the top 20 in the 270-runner field.

Two weeks later, Grove City joined several top Division III programs at Oberlin College's Inter-Regional Rumble in the final tuneup for the PAC Championships.

Grove City placed 13th out of 30 teams at the Rumble as two Wolverine runners broke the school record for 8,000 meters.

Cichowitz took 30th place with a time of 25 minutes, 36 seconds. Spaulding finished 33rd in 25:40. Both efforts broke the previous record of 25:42, set by Cichowitz in 2007.

Grove City traveled to West Chester, Ohio November 1 for the PAC Championships, hosted by Thomas More College.

All seven Wolverine runners earned All-PAC honors as Grove City stormed to its 18th consecutive league title.



Grove City won its 18th straight PAC title in 2008.

Cichowitz earned PAC Most Valuable Performer honors while four teammates joined him on the PAC's First Team. Spaulding finished fifth while Johnson (7th), Kelly (9th) and Hourigan (10th) completed the First Team.

Senior Tim Su and sophomore Joe Dorris both received Second Team. Their efforts helped Grove City finish with just 18 points in winning the team title.

Two weeks later, Grove City returned to Waynesburg for the NCAA Mideast Regional Championships. The Wolverines accumulated 263 points in placing ninth in the 41-team field.

Cichowitz finished 17th while Spaulding placed 22nd. Both earned All-Mideast honors and Cichowitz earned the final at-large invitation to the NCAA Division III Championships in Hanover, Ind.

Cichowitz made his debut at the national meet and finished 133rd overall with a time of 25:48.05 for eight kilometers.

2008 RESULTS

Date	Meet	Result
August 30	Westminster Invitational	1st/12 <i>Cichowitz (2nd), Johnson (3rd), Spaulding (4th) finish in top 5</i>
September 6	California (Pa.) Invitational	4th/11 <i>Grove City finishes as top Division III squad at meet</i>
September 13	Waynesburg Invitational	4th/13 <i>Three post top-20 finishes at Greene County Airport</i>
October 3	Lehigh Paul Short Inv.	9th/41 <i>Grove City places 6th among D-III teams in Bethlehem, Pa.</i>
October 18	Oberlin Inter-Regional Meet	13th/30 <i>Cichowitz, Spaulding break school record for 8 kilometers</i>
November 1	PAC Championships	1st/6 <i>Wolverines win 18th straight conference title; Cichowitz MVP</i>
November 15	NCAA Mideast Regional Meet	9th/41 <i>Cichowitz, Spaulding earn All-Region with top-25 finishes</i>
November 22	NCAA Championships at Hanover, Ind.	<i>Cichowitz takes 133rd in debut at national meet</i>

2008 WOMEN'S SEASON REVIEW

The Grove City College women's cross country team entered the 2008 season with lofty goals and high expectations.

While the squad narrowly missed qualifying for the NCAA Division III Championships as a team, the Wolverines still fashioned one of the finest seasons in program history.

Grove City captured its 20th consecutive Presidents' Athletic Conference championship and also placed fifth out of 44 teams at the NCAA Mideast Championships.

Seniors Kristen Carter and Julia Seward both earned All-Region and returned to the NCAA Championships as individual qualifiers.

The Wolverines opened the 2008 season by winning Westminster College's Fisher Invitational in New Wilmington, Pa. August 30.

Five Grove City runners finished in the top 20, led by a 1-2 finish from Carter and Seward, respectively. Sophomore Brigitte Fryan finished eighth while classmates Kate McRoberts (18th) and Emily Pierce (20th) also placed in the top 20.

The following weekend, Carter picked up her second straight win as Grove City competed in the California University of Pennsylvania Invitational. Her title, coupled with strong Wolverine finishes throughout, gave Grove City second place in the team race.

Seward captured third while McRoberts finished 15th. Fryan (20th) and Rachel Nelson (25th) gave Grove City five runners in the top 25. Only Division II Slippery Rock finished ahead of the Wolverines at California.

Seven days later at the Waynesburg Invitational, Carter and Seward produced another 1-2 finish in helping the Wolverines place fourth.

This time, Seward emerged victorious as she completed the 6,000-meter course in 22 minutes, 17 seconds. Grove City finished with 108 team points.

Following a 20-day layoff, Grove City returned to action October 3 at Lehigh University's Paul Short Invitational. The Wolverines took 10th as Carter (4th) and Seward (5th) each finished in the top five.

Grove City made its final preparations for the PAC Championships October 18 by competing in Oberlin's



The Wolverines have won 20 straight league titles.

Inter-Regional Rumble. The Wolverines placed three runners in the top 40 en route to seventh place.

Carter and Seward both set new school records for 6,000 meters in helping Grove City become the only team at the meet with two runners placing in the top five. Carter finished fourth with a time of 21:26 while Seward placed fifth in 21:34. Fryan finished 36th.

Grove City's quest for a 20th consecutive conference crown ended successfully November 1 in West Chester, Ohio as the Wolverines placed five runners in the top 10 at the PAC Championships.

Carter earned PAC Most Valuable Performer honors after winning the conference title in 21:04. Seward also broke the school record with a runner-up time of 21:12. Both earned First Team All-PAC. Fryan (7th place), Pierce (8th) and freshman Mary Rachel Robbins (9th) also achieved First Team honors.

Nelson and freshman Allison Heslop both earned Second Team All-PAC recognition.

Grove City concluded the 2008 season team-wise November 15 by returning to Waynesburg for the NCAA Mideast Championships. The Wolverines placed five runners in the top 75 to capture fifth place in the team standings.

Carter and Seward both earned All-Region and advanced to the NCAA Championships by finishing second and third, respectively. Fryan finished 43rd while Pierce came in 63rd. Robbins took 75th in clinching Grove City's fifth-place finish.

Seward and Carter concluded their stellar careers at Grove City by competing in the NCAA Championships in Hanover, Ind. November 22.

Seward, in her second trip to the national meet, finished 38th overall. Carter placed 131st in her third appearance at the NCAA Championships.

2008 RESULTS

Date	Meet	Result
August 30	Westminster Invitational	1st/14 <i>Carter, Seward finish 1-2 as five finish in top 20</i>
September 6	California (Pa.) Invitational	2nd/12 <i>Carter takes 1st, Seward 3rd; Five finish in top 25</i>
September 13	Waynesburg Invitational	4th/13 <i>Seward wins individual title at Greene County Airport</i>
October 3	Lehigh Paul Short Inv.	10th/37 <i>Wolverines place 6th among Division III teams in meet</i>
October 18	Oberlin Inter-Regional Meet	7th/27 <i>Carter, Seward break school record for 6 kilometers</i>
November 1	PAC Championships	1st/6 <i>Carter, Fryan, Pierce, Robbins, Seward First Team All-PAC</i>
November 15	NCAA Mideast Regional Meet	5th/44 <i>Carter (2nd), Seward (3rd) qualify for NCAA Championships</i>
November 22	NCAA Championships at Hanover, Ind.	<i>Seward places 38th, Carter finishes 131st at national meet</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 - 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 College, Geneva College and Saint Vincent College all joined the PAC. Chatham competed for PAC championships for the first time during the 2007-08 academic year. Geneva and Saint Vincent are playing full conference schedules during their time as provisional members of NCAA Division III.

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. Washington & Jefferson won the Men's All-Sports Trophy in 2008-09 while Westminster won the Women's All-Sports Trophy.

In 2008-09, the league named 604 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.



2009 PRESIDENTS' ATHLETIC CONFERENCE CHAMPIONSHIPS -- WEST CHESTER, OHIO NOVEMBER 1, 2008

MEN'S SCORES

1. Grove City	33
2. Saint Vincent*	39
3. Thiel	105
4. Westminster	111
5. Wash. & Jeff.	123
6. Geneva*	158
7. Thomas More	197
8. Waynesburg	208
9. Bethany	ind.

WOMEN'S SCORES

1. Grove City	27
2. Saint Vincent*	73
3. Waynesburg	106
4. Geneva*	112
5. Westminster	138
6. Wash. & Jeff.	142
7. Bethany	171
8. Thiel	213
9. Thomas More	231
10. Chatham	245

MEN'S 8K FINAL - TOP 20 FINISHERS

1. Adam Smith	Saint Vincent	25:24
2. Garrett Cichowitz	Grove City	25:58
3. Kevin Wanichko	Saint Vincent	26:05
4. Ryan Barlow	Saint Vincent	26:28
5. Daniel Spaulding	Grove City	26:36
6. Richard Peterson	Thiel	26:42
7. Nathan Johnson	Grove City	26:48
8. Josh Gunnett	Geneva	26:57
9. Brett Kelly	Grove City	27:12
10. Frankie Hourigan	Grove City	27:13
11. Aaron Titus	Westminster	27:20
12. Joshua Falk	Geneva	27:26
13. Morgan Hanes	Westminster	27:30
14. Tim Su	Grove City	27:32
15. Matt Hagg	Saint Vincent	27:44
16. Shane Anderton	Saint Vincent	27:45
17. Joe Dorris	Grove City	27:47
18. Alex Bent	Thiel	27:54
19. Tomas McLaughlin	Saint Vincent	27:55
20. Josh Hooke	Saint Vincent	27:59

WOMEN'S 6K FINAL - TOP 20 FINISHERS

1. Kristen Carter	Grove City	21:04
2. Julia Seward	Grove City	21:12
3. Megan Grover	Waynesburg	21:46
4. Erin Long	Wash. & Jeff.	22:35
5. Katie Macioce	Saint Vincent	22:57
6. R. VanRegenmorter	Geneva	22:59
7. Brigitte Fryan	Grove City	23:00
8. Emily Pierce	Grove City	23:32
9. Mary Rachel Robbins	Grove City	23:34
10. Ivette Mejia	Saint Vincent	23:35
11. Nicole Okerlund	Geneva	23:38
12. Rachel Hudson	Westminster	23:39
13. Rachel Nelson	Grove City	23:40
14. Megan Duffett	Wash. & Jeff.	23:42
15. Suzanne Stettinius	Bethany	23:44
16. Marie McIntyre	Saint Vincent	23:56
17. Tiffany Blosser	Thiel	24:09
18. Maggie McCort	Bethany	24:16
19. Allison Heslop	Grove City	24:24
20. Claudia Arrunategu	Saint Vincent	24:28

PROGRAM 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.



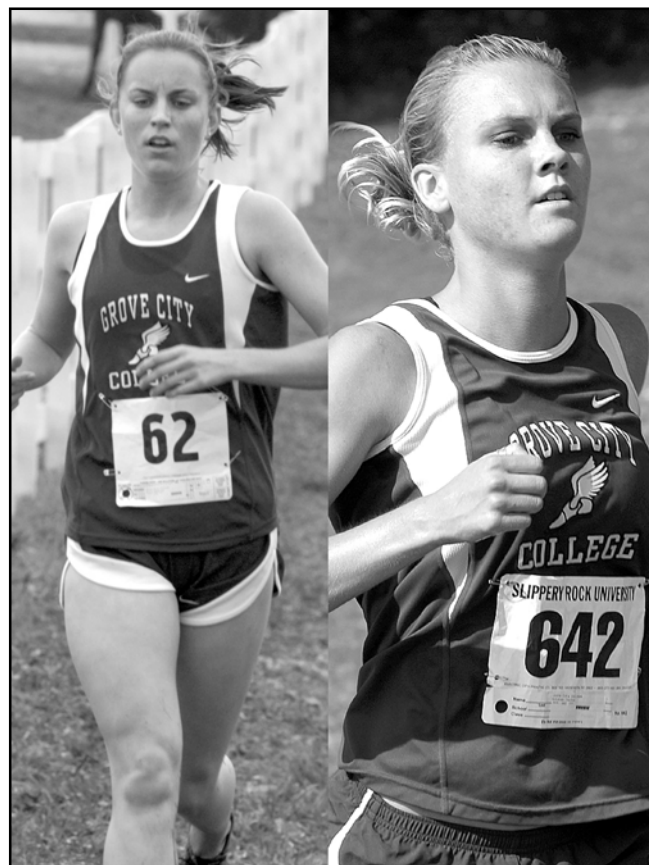
Grove City College added women's cross country to its varsity sports program in 1986.



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.

HEAD COACH ALLISON WILLIAMS



Dr. Allison Williams is in her second season as Grove City College head men's and women's track and field coach.

Williams took over both programs prior to the 2009 season after spending eight years as the head women's track and field coach at Grove City. In 2009, she guided the Wolverine men to the Presidents' Athletic Conference title.

Winning conference titles is something that Williams-coached teams have become known for. She guided Grove City's women's track and field team to five consecutive PAC titles from 2001 to 2005.

Williams also coached Grove City's men's and women's cross country teams from 2000 to 2003 and directed the teams to a combined eight conference titles during that span. Overall, her squads have accumulated 14 conference titles.

She earned PAC Coach of the Year honors in 2003, 2004 and 2005 in women's track and field.

In 2005, Williams coached the first NCAA Division III All-American in Grove City women's track and field history as Erin Claxton placed eighth in the 10,000 at the NCAA Championships.

Grove City athletes have also set 13 women's track and field school records under Williams' guidance. In addition, the men's team set two school records on the track during the 2009 season.

Williams works specifically with the teams' sprinters and hurdlers. She also coaches the relay squads.

She also holds several academic responsibilities at Grove City College. The College elevated Williams to Assistant Chair of the Department of Physical Education and Athletics in March 2003. In that role, she helps oversee and direct the College's intricate physical education and exercise science programs.

Williams is an associate professor of physical education at Grove City.

Before coming to Grove City in 2000, Williams spent six seasons as an assistant track and field coach at the University of Pittsburgh. She graduated from Pittsburgh in 1993 with a bachelor of arts degree in exercise science, then added a master's degree in exercise physiology from Pitt in 1995.

Williams completed her doctorate in exercise physiology in April 2004.

As a student-athlete at Pitt, Williams won six individual BIG EAST titles in the hurdle events. She was a three-time conference champion in both the 55-meter indoor hurdles and 100-meter outdoor hurdles. Williams also earned NCAA Division I All-America honors in both events three times. In 1994, she earned the NCAA's Woman of the Year for Pennsylvania.

Williams went on to compete in the 1995 Pan American Games and the 1996 United States Olympic Trials.

A native of Bay Shore, N.Y., Williams lives in Cranberry Township, Pa.

HEAD COACH DR. ALLISON WILLIAMS -- YEAR-BY YEAR

Women's Track and Field

Year	Season Notes	Conference Finish
2001	Grove City wins PAC title ... Sally Lewis 2nd in triple jump at ECAC meet	1st
2002	Grove City wins conference title	1st
2003	Wolverines repeat as PAC champion ... Sally Lewis 9th in long jump at NCAAs	1st
2004	Grove City earns 6th straight PAC title ... Williams PAC Coach of Year	1st
2005	7th straight PAC title ... Erin Claxton becomes program's first All-American	1st
2006	Six compete at ECAC meet ... Kristen Carter top 10 in 1,500 and 5,000	2nd
2007	Mary Majchrowicz qualifies for NCAAs in 400 ... 7 compete at ECAC meet	4th
2008	Kate Balmer sets school record in 100 ... Two relay records broken	4th
2009	Kristen Carter qualifies for NCAAs in 10K ... Osterhouse sets steeplechase mark	6th

Men's Track and Field

Year	Season Notes	Conference Finish
2009	Wolverines win PAC title ... Kruse (1500), Spaulding (5000) set school records	1st

Cross Country

Year	Season Notes	Conference Finish (M/W)
2000	Grove City sweeps PAC titles ... Steve Brown earns All-Mideast Region	1st/1st
2001	Williams named PAC Coach of Year ... Ryan Mitchell, Laura Pratt All-Mideast	1st/1st
2002	Grove City wins two titles ... Sallade qualifies for NCAAs, Mitchell All-Region	1st/1st
2003	Wolverines sweep PAC titles ... Brown, Elisa Pedersen capture All-Mideast	1st/1st

ASSISTANT COACHES

Jim Chinn



Jim Chinn begins his fourth season as an assistant track and field coach at Grove City College. Chinn works primarily with Grove City's throwing squad. He has helped lead the men's track and field team earn three straight Presidents' Athletic Conference titles since joining the coaching staff.

Grove City throwers have won seven total conference titles under Chinn's guidance. In 2009, senior Matt Six won the PAC title in the discus while junior Matt Ridge took first in the shot put. In 2007, Bob Perri earned NCAA Division III All-America honors in the shot put by placing eighth at the NCAA Championships.

Chinn is also an assistant football coach at Grove City. He coordinates the Wolverines' passing game while also coaching the running backs and special teams.

He joined the Grove City athletic department in 2003 after spending six years -- including four as head football coach -- at Blackburn College in Carlinville, Ill. Prior to working at Blackburn, Chinn worked at Denison University for two years.

His collegiate coaching career began at Norwich University during the 1992-93 season as he coached football and track and field. Chinn is a 1983 graduate of Ohio State. He completed his master's degree at Norwich in 1993.

Todd Gibson



Todd Gibson is in his second season as the distance coach for the Grove City College men's and women's track and field teams. In 2009, Grove City's distance corps played a pivotal role in the Wolverines' team success at the Presidents' Athletic Conference Championships as Wolverine runners won seven races.

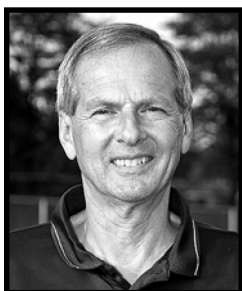
On the men's side, Grove City swept the five distance events en route to the PAC team title. Meanwhile, Kristen Carter (1,500) and Morgan Osterhouse (steeplechase) earned wins for the women's team in distance events.

Grove City distance runners set three new school records in 2009 under Gibson's direction. Osterhouse set a new Grove City mark in the steeplechase while Derek Kruse (1,500) and Dan Spaulding (10,000) broke College records on the men's side.

A 2002 Grove City College graduate, Gibson returned to campus in 2004 as an assistant football coach. He coaches the Wolverines' outside linebackers and is also the program's strength and conditioning coach.

Gibson earned a bachelor's degree in political science at Grove City, then added a bachelor's degree in integrated social studies/secondary education at Youngstown State. Gibson then earned his master's degree from California University of Pennsylvania in 2007.

Dr. Stan Keehlwetter



Dr. Stan Keehlwetter is in his second season as an assistant track and field coach at Grove City College. Keehlwetter works with the Wolverine jumpers and pole vaulters on both the men's and women's teams.

Prior to becoming an assistant coach for both programs, Keehlwetter spent five seasons as the head men's track and field coach at Grove City. He guided Grove City to four conference titles during that span. Two Grove City athletes earned NCAA Division III All-America honors during that span -- thrower Rory Phillips (javelin, 2004) and thrower Bob Perri (shot put, 2007).

Keehlwetter also earned Presidents' Athletic Conference Coach of the Year honors three times between 2004 and 2008.

Keehlwetter joined Grove City College on a full-time basis in 2004 as the Dean of Harbison Chapel. As Dean of Harbison Chapel, Keehlwetter works closely with student-led religious organizations on campus and also coordinates the College's Chapel program. He became Dean of the Chapel in 1999.

He is also assistant women's soccer coach at Grove City. In his first nine seasons as assistant women's soccer coach, Keehlwetter helped the Wolverines win two conference titles and capture four postseason berths.

A graduate of Gordon College, where he was a three-year starter on the men's soccer team, Keehlwetter owns master's degrees from Duquesne and Gordon-Conwell Theological Seminary.

He earned his doctorate from Fuller Theological Seminary and lives in Wexford with his wife, Lois. They have three adult children.

RETURNING LETTERWINNERS



TONY CLARK

SENIOR
STOW, OHIO
STOW

Three-year letterwinner in the throws. **AS A JUNIOR:** Finished third in discus at Presidents' Athletic Conference Championships ... Helped Wolverines to PAC title ... Placed 11th in discus at ECAC Championships with throw of 142-2. **AS A SOPHOMORE:** Earned second letter ... Finished fourth in discus at PAC Championships, helping Grove City to team title ... Finished 16th in discus at ECAC meet. **AS A FRESHMAN:** Received first letter ... All-PAC Second Team in discus ... Helped Grove City to PAC title. **NOTABLE:** Electrical engineering major ... Three-year starter at defensive tackle for Grove City College football team.



DAVID COLE

SOPHOMORE
RIDGWAY, PA.

ELK COUNTY CATHOLIC

Returning letterman in distance events for Grove City. **AS A FRESHMAN:** Took sixth in 10,000 meters at conference championships ... Helped Grove City to PAC title ... Opened season with third-place finish in steeplechase March 24, 2009 at Robert E. Thorn Field. **NOTABLE:** Biology/pre-dental major.



ANDREW FALCONE

SENIOR
PITTSBURGH, PA.

ROBINSON TOWNSHIP CHRISTIAN

Three-year letterwinner in distance events. **AS A JUNIOR:** Earned sixth in steeplechase at conference championships, helping Wolverines capture PAC title ... Took fourth in steeplechase at IUP April 18, 2009 ... Won steeplechase at Grove City Meet March 24. **AS A SOPHOMORE:** Earned second letter while competing in middle distance events ... Member of PAC title team. **AS A FRESHMAN:** Earned first letter ... Finished fifth in steeplechase at PAC Championships, helping Grove City to PAC title. **NOTABLE:** Electrical engineering/math major ... Dean's List student ... Three-year letterman in cross country.



DAVID FERREIRA

SOPHOMORE
TITUSVILLE, PA.
TITUSVILLE

Returning letterwinner in long and triple jumps for Grove City. **AS A FRESHMAN:** Earned first letter after helping Wolverines win Presidents' Athletic Conference title ... Took fifth in triple jump at PAC Championships April 25, 2009 ... Won long jump at PAC North Quad at Westminster April 15. **NOTABLE:** Computer information systems major.



JOHN FITE

JUNIOR
SUNNYVALE, CALIF.
AD FONTES

Two-year letterman in sprint events for Grove City ... School record-holder in 1600 relay (3:21.63) ... CoSIDA Academic All-America candidate. **AS A SOPHOMORE:** Earned second letter ... Helped Grove City to Presidents' Athletic Conference title ... Took third in 200 and 400 dashes at PAC Championships April 25, 2009 ... Helped 400-meter relay team earn All-PAC Second Team ... Competed in both relay events at ECAC Championships. **AS A FRESHMAN:** Earned first letter ... Member of PAC title team ... Took fourth in 400 dash at PAC Championships ... Helped 1600 relay team to title at Westminster Invitational April 19, 2008 ... Helped lead 1600 relay team to 11th-place finish at ECAC Championships. **NOTABLE:** Physics major ... Dean's List student ... Named to PAC Academic Honor Roll ... Cross country letterwinner ... Helped cross country team to conference title in 2008.

RETURNING LETTERWINNERS



KEVIN GALLAGHER

JUNIOR
GLENMOORE, PA.
DOWNINGTOWN WEST

Two-year letterman in sprint events for Grove City. **AS A SOPHOMORE:** Earned second letter after helping

Grove City capture Presidents' Athletic Conference title ... ECAC Championships qualifier in 1600 relay ... Took 11th in 400 at PAC Championships April 25, 2009 ... Placed second in 200 at PAC North Quad April 15. **AS A FRESHMAN:** Received first letter ... Helped Grove City win PAC title ... Took sixth in 400 at PAC Championships. **NOTABLE:** Political science major ... Dean's List student ... Named to PAC Academic Honor Roll.



TYLER GHERES

SOPHOMORE
EDINBORO, PA.
GENERAL McLANE

Returning letterman in distance events for Grove City. **AS A FRESHMAN:** Helped Grove City to Presidents' Athletic

Conference title ... Earned first letter ... Took ninth in 10,000 at PAC Championships April 25, 2009 ... Made collegiate debut with third-place finish at Grove City meet March 24. **NOTABLE:** International business major ... Cross country letterwinner.



ZACH GROSS

SOPHOMORE
BUTLER, PA.
KNOCH

Returning letterman in javelin. **AS A FRESHMAN:** Earned first letter after competing in throwing events ...

Won javelin (163-9) at Marietta Invitational April 4, 2009 ... Took 10th in javelin at Presidents' Athletic Conference Championships, helping Wolverines to team title. **NOTABLE:** Finance major ... Played in two games as backup quarterback for Grove City football team in 2008.



SCOTT HARMAN

SOPHOMORE
FREEHOLD, N.J.
FREEHOLD

Returning letterman in hurdles and pole vault for Wolverines. **AS A FRESHMAN:** Earned first letter ...

Took second in pole vault at Presidents' Athletic Conference Championships, helping Grove City win team title ... Finished second in 110 hurdles at PAC North Quad April 15. **NOTABLE:** Chemistry major.



FRANKIE HOURIGAN

SENIOR
IJAMSVILLE, MD.
URBANA

Two-year letterwinner in distance events for Grove City. **AS A JUNIOR:** Earned second letter as Grove City's top

steeplechase performer ... Scored 24 individual points at Presidents' Athletic Conference Championships, helping team to conference title ... Team MVP ... PAC champion in steeplechase ... Won steeplechase at California (Pa.) Western Pennsylvania Championships March 28, 2009 ... Also won steeplechase at IUP April 18 ... Took 14th in steeplechase at ECAC Championships. **AS A SOPHOMORE:** Took second in steeplechase at PAC Championships ... Opened season by finishing fifth in 1500 at Wheeling Jesuit Open March 29, 2008 ... Earned first letter. **NOTABLE:** Business management major ... Dean's List student ... Named to PAC Academic Honor Roll.

RETURNING LETTERWINNERS



LUKE JOHNSTON

JUNIOR
TOLEDO, OHIO
EASTWOOD

Returning letterwinner in sprints for Grove City. **AS A SOPHOMORE:** Earned second varsity letter ... Finished sixth in 100-meter dash at Presidents' Athletic Conference Championships, helping Wolverines win conference title ... Took fourth in 100 at PAC North Quad April 15, 2009. **AS A FRESHMAN:** Member of PAC title team ... Took sixth in 100 dash at PAC North Quad April 9, 2008. **NOTABLE:** Sociology major.



DEREK KRUSE

SENIOR
MIDDLEFIELD, OHIO
CARDINAL

Three-year letterwinner in high jump and middle distance events for Grove City ... CoSIDA Academic All-America candidate. **AS A JUNIOR:** Earned third letter after helping Grove City to Presidents' Athletic Conference title ... Scored 22 individual points at PAC Championships ... Won PAC title in 1500-meter run ... Also won 1500 at California (Pa.) West Penn Championships and PAC North Quad ... Earned CoSIDA Academic All-District. **AS A SOPHOMORE:** Earned second letter ... All-PAC Second Team in 1500 ... Helped Grove City to PAC title ... Took second in 1500 at Slippery Rock Open April 12, 2008. **AS A FRESHMAN:** Finished fourth in 800 at conference championships, helping Wolverines to team title ... Received first letter. **NOTABLE:** Biology major ... Dean's List student ... Named to PAC Academic Honor Roll.



BEN LUTZ

SOPHOMORE
SYKESVILLE, MD.
MARRIOTT'S RIDGE

Returning letterman in the distance events for Grove City. **AS A FRESHMAN:** Placed fifth in steeplechase at PAC Championships, helping Wolverines win team championship ... Took second in steeplechase at PAC North Quad April 15, 2009. **NOTABLE:** Physics/computer science major.



WESLEY MARKS

SOPHOMORE
BUTLER, PA.
KNOCH

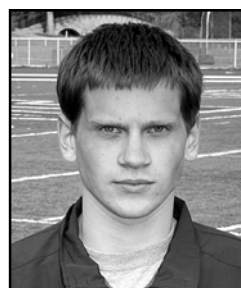
Returning letterwinner in sprints and jumps. **AS A FRESHMAN:** Earned first letter ... Finished ninth in triple jump at Presidents' Athletic Conference Championships ... Member of PAC championship squad ... Took seventh in 200 dash at PAC North Quad April 15, 2009. **NOTABLE:** Mechanical engineering/mathematics major.



GEORGE MATTHEWS

SOPHOMORE
ALLISON PARK, PA.
DEER LAKES

One-year letterwinner in throwing events for Grove City. **AS A FRESHMAN:** Earned first letter ... Took second in javelin (154-2) at Marietta Invitational April 4 ... Placed 11th in shot put at PAC Championships, helping Grove City win team title. **NOTABLE:** Computer science major ... Also defensive end for Grove City College football team.



CORDELL OBERHOLTZER

JUNIOR
EPHRATA, PA.
EPHRATA

Two-year letterwinner in distance events for Wolverines. **AS A SOPHOMORE:** Earned second letter while competing in 1500 and 5000 in 2009 ... Member of conference title team ... Took seventh in 5000 at PAC Championships. **AS A FRESHMAN:** Took fifth in 5000 at PAC Championships, helping Grove City to team title ... Finished fourth in 1500 at Wheeling Jesuit Open March 29, 2008. **NOTABLE:** Social studies/secondary education major ... Dean's List ... PAC Academic Honor Roll ... Two-year letterman in cross country.

RETURNING LETTERWINNERS



TIM PALMA

SENIOR
SYRACUSE, N.Y.
JAMESVILLE-DEWITT

Three-year letterwinner in sprints ... Member of school record-holding team in 1600 relay (3:21.63). **AS A JUNIOR:**

Helped both relay teams to runner-up finishes at PAC Championships ... Placed seventh in 200 dash at conference meet ... Earned third letter ... ECAC qualifier in both relays. **AS A SOPHOMORE:** ECAC qualifier in both relay events ... Finished sixth in 200 dash in PAC Championships, helping Grove City to conference title ... Won 200 in Grove City meet March 25, 2008 ... Received second letter. **AS A FRESHMAN:** Earned first letter ... Helped Grove City win PAC title ... Member of runner-up 400-meter relay team at conference championships. **NOTABLE:** Marketing management/communication studies major.



NICK PHILPOT

SOPHOMORE
GEORGETOWN, MASS.
GEORGETOWN

Returning letterwinner in sprints for Wolverines ... School record-holder in 1600 relay (3:21.63). **AS A FRESH-**

MAN: Earned first letter ... Placed fifth in 400 dash at PAC Championships, helping Wolverines to conference title ... Placed 17th at ECAC Championships in 1600 relay. **NOTABLE:** History major.



PETE POLESNAK

JUNIOR
HERMITAGE, PA.
KENNEDY CATHOLIC

Two-year letterman in javelin for Grove City. **AS A SOPHOMORE:** Earned second letter ... Finished third in javelin at

PAC Championships, helping Grove City to league crown ... Placed fifth in javelin at Slippery Rock Open April 11, 2009. **AS A FRESHMAN:** Took seventh in javelin at 2008 PAC Championships ... Earned first letter ... Fourth in javelin at Wheeling Jesuit March 29, 2008. **NOTABLE:** Biochemistry major ... Two-year starter at tackle for Grove City football team.



MATT RIDGE

SENIOR
LATROBE, PA.
LATROBE

Three-year letterwinner in throwing events. **AS A JUNIOR:** Presidents' Athletic Conference champion in

shot put ... Also won shot put at Indiana (Pa.) Invitational April 18, 2009 and PAC North Quad April 15 ... Helped Grove City to PAC title ... Earned third letter. **AS A SOPHOMORE:** Earned second varsity letter ... Placed seventh in shot put at conference championships ... Earned fourth in discus at PAC North Quad April 9, 2008 ... Member of PAC title team. **AS A FRESHMAN:** Received first letter ... Captured sixth place in shot put at PAC Championships, helping Wolverines win conference title ... Finished fourth in shot put at Wheeling Jesuit meet March 31, 2007. **NOTABLE:** Biology major.



JEFF THARNISH

SENIOR
ELMA, N.Y.
IROQUOIS

Two-year letterman in pole vault and jumps. **AS A JUNIOR:** Finished sixth in pole vault at PAC Championships,

helping Grove City to conference title ... Placed third in triple jump at PAC North Quad. **AS A FRESHMAN:** Earned first letter ... Took sixth in pole vault at conference championships ... Also finished 12th in triple jump. **NOTABLE:** History major.

RETURNING LETTERWINNERS



KATE BALMER

JUNIOR
MANHEIM, PA.
MANHEIM CENTRAL

Two-year letterwinner in sprints and jumps for Grove City ... Owns school record in 100 dash (12.51), 400 re-

lay (50.81) and 1600 relay (4:07.15). **AS A SOPHOMORE:** Earned second letter ... Placed third in 100 dash at Presidents' Athletic Conference Championships ... Took 17th in 100 dash at ECAC Championships May 15, 2009 ... Anchored Grove City's 400-meter relay. **AS A FRESHMAN:** Set school records in 100 dash and both relays ... Earned first letter ... Took third in 100 dash at PAC Championships ... Won triple jump at Wheeling Jesuit Bill Van Horne Invitational March 29, 2008. **NOTABLE:** Mechanical engineering major.



BRIGITTE FRYAN

JUNIOR
MASSILLON, OHIO
JACKSON

Two-year letterwinner in distance events for Grove City.

AS A SOPHOMORE: Earned second letter ... Won 1500-

meter run at PAC North Quad April 15, 2009 ... Placed third in 5000 at Indiana (Pa.) Invitational April 18 ... Capped season with fourth-place finish in 5000 at PAC Championships. **AS A FRESHMAN:** Received first letter ... Placed sixth in 1500 at conference championships April 25, 2008 at W&J ... Posted top-10 finishes in both 800 (6th) and 1500 (9th) at PAC North Quad April 9. **NOTABLE:** Elementary education major ... Two-year cross country letterwinner ... First Team All-PAC in cross country in 2007 and 2008.



HEATHER GOOD

SOPHOMORE
PUNXSUTAWNEY, PA.
PUNXSUTAWNEY

Returning letterwinner in jumps and hurdles for Grove City. **AS A FRESHMAN:** Competed in hurdles and long

jump, earning first letter ... Took 10th in 100 hurdles and 13th in long jump at Presidents' Athletic Conference Championships ... Finished third in long jump at PAC North Quad April 15, 2009. **NOTABLE:** English/communication/secondary education major.



LAURA KOLLER

JUNIOR
TITUSVILLE, PA.
TITUSVILLE

Middle-distance performer who is returning letterwinner for Wolverines. **AS A SOPHOMORE:** Earned first letter ...

Took eighth in 800 at Presidents' Athletic Conference Championships ... Placed fourth in 400 at PAC North Quad April 15, 2009. **AS A FRESHMAN:** Competed in middle-distance vents ... Finished third in 800 at PAC North Quad April 9, 2008. **NOTABLE:** Political science/communication studies major ... Older sister Anne Koller earned four letters as member of Grove City women's soccer team from 2005 to 2008.



CHRYSTAL KUCHCINSKI

JUNIOR
NORTH EAST, PA.
NORTH EAST

Returning letterwinner in the throws. **AS A SOPHOMORE:** Earned first letter ... Placed seventh in javelin at Presi-

dents' Athletic Conference Championships ... Finished ninth in javelin at Indiana (Pa.) Invitational April 18, 2009. **NOTABLE:** Psychology major.

RETURNING LETTERWINNERS



AUBREY MILLER

SENIOR
MEDIA, PA.

DELAWARE COUNTY CHRISTIAN

Two-year letterwinner in middle-distance events for Grove City. **AS A JUNIOR:** Earned second varsity letter

... Posted ninth-place finish in 1500 at Presidents' Athletic Conference Championships ... Earned third place in 800 at PAC North Quad April 15, 2009 at Westminster. **AS A SOPHOMORE:** Competed primarily in 800-meter run ... Earned first letter ... Took 15th in 800 at PAC Championships. **NOTABLE:** Communication studies major.



MORGAN OSTERHOUSE

SOPHOMORE
WESTMINSTER, MD.
FRANCIS SCOTT KEY

Grove City record-holder in 3000 steeplechase ... Returning letterwinner in distance events. **AS A FRESH-**

MAN: Won Presidents' Athletic Conference title in steeplechase ... Placed 17th in steeplechase at ECAC Championships ... Took first in steeplechase at Indiana (Pa.) Invitational April 18, 2009 ... Earned first letter. **NOTABLE:** Mathematics/secondary education major ... Also letterwinner for Grove City women's soccer team.



EMILY PIETRUCHA

SOPHOMORE
BENNINGTON, VT.
MOUNT ANTHONY UNION

Returning letterwinner in middle-distance events. **AS A FRESHMAN:** Earned first letter ... Finished fourth in 1500

at Presidents' Athletic Conference Championships ... Won 800 at California (Pa.) Western Pennsylvania Championships March 28, 2009 ... Took first in 800 at PAC North Quad April 15. **NOTABLE:** Biology major ... Also member of Grove City College women's soccer team.



CHRISTEN VALLIMONT

SOPHOMORE
LAKE HOPTACONG, N.J.
JEFFERSON TOWNSHIP

Returning letterwinner in hurdles and jumps for Grove City. **AS A FRESHMAN:** Earned first letter ... Finished

eighth in triple jump at Presidents' Athletic Conference Championships ... Took fifth in high hurdles at PAC North Quad April 15, 2009. **NOTABLE:** Mechanical engineering major ... Dean's List student ... Named to PAC Academic Honor Roll ... Letterwinner as member of Grove City women's soccer team.

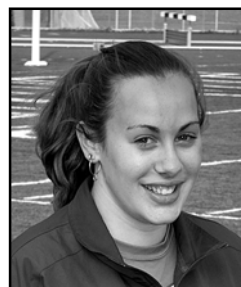


SARA WAGONER

SENIOR
PITTSBURGH, PA.
SHADY SIDE ACADEMY

Three-year letterwinner who is Grove City's most experienced hurdler. **AS A JUNIOR:** Earned third letter ... Placed

seventh in 100 hurdles at conference championships ... Opened season by winning 400 hurdles at Grove City Meet March 24, 2009. **AS A SOPHOMORE:** Received second varsity letter ... Placed sixth in 100 hurdles at PAC Championships ... Earned fifth in 400 hurdles at Malone College Jack Hazen Open April 5, 2008. **AS A FRESHMAN:** Opened season by finishing fourth in 400 hurdles at Roanoke Relays March 17, 2007 ... Took seventh in 100 hurdles at PAC Championships ... Earned letter. **NOTABLE:** Biology major.



RACHEL WEEBER

SOPHOMORE
LANCASTER, PA.
J.P. McCASKEY

Returning letterwinner in throws for Grove City. **AS A FRESHMAN:** Earned first letter ... Finished seventh in

shot put at conference championships ... Placed fourth in discus at PAC North Quad April 15, 2009. **NOTABLE:** Molecular biology major ... Also lettered as member of Grove City women's swimming and diving team.

2009 MEN'S SEASON REVIEW

The Grove City College men's track and field team entered the 2009 season with one primary goal: to win the Presidents' Athletic Conference title for the fifth straight season.

Mission accomplished!

The Wolverines punctuated another successful season April 25 by winning the team title at the PAC Championships in New Wilmington, Pa. That triumph highlighted a season filled with highlights for the 2009 Wolverines.

Grove City opened the 2009 season March 24 by hosting local foes Geneva and Slippery Rock in an unscored meet at Robert E. Thorn Field. Grove City athletes won 10 different events at the meet.

Four days later, three Grove City athletes won individual titles at the California (Pa.) University Invitational, helping vault the Wolverines to the team title. Grove City accumulated 189 team points in winning the championship.

Senior Dan Spaulding set a new school record in the 10,000 meters as he won the race in 32 minutes, 9.61 seconds.

Junior Derek Kruse won the 1500 while junior Frankie Hourigan took first in the steeplechase. Kruse also added a runner-up finish in the high jump.

Grove City returned to action April 4 by placing fifth at the 15-team Marietta Invitational with 67 points.

Freshmen Zach Gross and George Matthews placed 1-2 in the javelin to pace the Wolverine effort. Gross won the event with a throw of 163 feet, 9 inches.

On the track, senior Chris Allebach took second in the 400 hurdles while Tim Su finished third in the 5000.

Several Grove City athletes returned to action April 11 at the Slippery Rock Open during Easter Break.

Kruse won the 1500 and also finished as the top Division III runner in the 800 with a third-place arrival. Meanwhile, senior Tim Su placed third in the 10,000.

The full Wolverine squad returned to action April 15 by winning the PAC North Quad Meet at Westminster. Grove City chalked up 85 points and nearly doubled Westminster's total of 46 points.

Seven performers earned wins, including freshman David Ferreira. Ferreira won both the triple and long jumps, helping lead Grove City to the title.

Matt Ridge won the shot put while Matt Six won the discus. Nick Philpot (200) Miller (800), Kruse (1500) and Allebach (400 hurdles) all earned victories on the track.

The Wolverines made their final preparations for the conference championships by competing in the Indiana (Pa.) University Ed Fry Invitational April 18. The Wolverines took third out of 12 teams -- and first among Division III schools -- with 102 points.

Ridge won the shot put while Spaulding and Hourigan respectively won the 10,000 and steeplechase.

Grove City wrapped up the regular season by returning to Westminster for the PAC Championships. The Wolverines rolled to their 10th title in 11 years by accumulating 201 team points.

Grove City's 73-point margin of victory proved to be the largest for the conference champion since 2002. A total of 21 athletes scored points in the meet, including six individual champions.

The Wolverines' distance corps picked up four of the wins at the conference meet. Darin Miller won the 800 while Kruse finished first in the 1500. Spaulding won the 10,000 and Hourigan claimed the steeplechase.

Ridge won the shot put while Six took first in the discus.

Grove City also received runner-up finishes from its two relay squads. The 400-meter relay team of Allebach, John Fite, Charlie Roth and Tim Palma posted a second-place time of 43.31 seconds.

Meanwhile, the 1600 relay quartet of Allebach, Kevin Gallagher, Miller and Palma sealed the title by finishing second in 3:26.27.

Several Grove City athletes competed in the Eastern College Athletic Conference Championships in Springfield, Mass. May 14-15.

Senior Chris Huber paced Grove City by taking fourth in the shot put with a mark of 48-9 1/2. On the track, Allebach, Fite, Palma and Philpot set a new school record in the 1600 relay with a time of 3:21.63.



Grove City's distance squad earned four wins at the Presidents' Athletic Conference Championships.

2009 WOMEN'S SEASON REVIEW

The 2009 season proved to be one of continual improvement for the Grove City College women's track and field team.

Grove City featured one of the youngest rosters in the Presidents' Athletic Conference in 2009. The development of those young athletes became evident as the season progressed and ultimately culminated with several outstanding performances at the PAC Championships.

The Wolverines opened the program's 23rd season of intercollegiate competition March 24 by hosting Geneva, Slippery Rock and Thiel in an unscored meet at Robert E. Thorn Field.

Senior Kristen Carter picked up two wins for Grove City in that season-opening event as she won both the 800 and 1500.

Three days later, the Wolverines debuted on the road with a third-place finish at California (Pa.) University's Western Pennsylvania Championships. Grove City earned 124 points in the seven-team field and produced two individual champions.

Carter provisionally qualified for the NCAA Championships in the 10,000 by posting a victorious time of 36 minutes, 36.63 seconds. Meanwhile, Emily Pietrucha won the 800 for her first collegiate victory.

The Wolverines produced two more champions at the Marietta College Don Frail Invitational April 4 en route to placing sixth out of 11 teams. Carter won her fourth different event of the season as she took first in the 5000.

Morgan Osterhouse, meanwhile, set a new school record in winning the 3000 steeplechase as she posted a time of 11:58.80.

Following Easter Break, the Wolverines returned to action April 16 at the PAC North Quad Meet, hosted by Westminster. Pietrucha won the 800 while Brigitte Fryan captured first in the 1500, helping Grove City take third in the team standings.

Kate Balmer added a runner-up finish in the 100-meter dash while Osterhouse took second in the 5000. In the field, Megan Fellows (discus) and Chrystal Kuchcinski (javelin) both posted third-place finishes.

In their final tune-up for the conference championships, the Wolverines competed in the Ed Fry Invitational at Indiana University of Pennsylvania April 18.

Osterhouse continued her dominance of the steeplechase while Pietrucha earned second in the 800.

Grove City concluded the regular season by competing in the Presidents' Athletic Conference Championships at Westminster College's Memorial Field April 25.

Carter and Osterhouse both earned conference titles for the Wolverines. Carter won the 1500 in 4:49.40 while Osterhouse broke her own school record in the steeplechase with a winning time of 11:54.49.



Sophomore Kate Balmer (above) and freshman Morgan Osterhouse (below) both qualified for the ECAC Championships in Springfield, Mass.



Balmer took third in the 100 while Fellows paced Grove City's field performers with a third-place finish in the discus.

Balmer and Osterhouse both represented Grove City at the Eastern College Athletic Conference Championships in Springfield, Mass. May 14-15. Balmer finished 17th in the 100 dash while Osterhouse finished 17th in the steeplechase.

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 - 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 College, Geneva College and Saint Vincent College all joined the PAC. Chatham competed for PAC championships for the first time during the 2007-08 academic year. Geneva and Saint Vincent are playing full conference schedules during their time as provisional members of NCAA Division III.

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. Washington & Jefferson won the Men's All-Sports Trophy in 2008-09 while Westminster won the Women's All-Sports Trophy.

In 2008-09, the league named 604 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.



2009 Presidents' Athletic Conference Championships

MEN'S SCORES

1. Grove City	208
2. Wash. & Jeff.	128
3. Thiel	122
4. Waynesburg	59
5. Westminster	47
6. Bethany	26

WOMEN'S SCORES

1. Westminster	143
2. Thiel	123
Waynesburg	123
4. Wash. & Jeff.	80
5. Bethany	76
6. Grove City	42

2009 PRESIDENTS' ATHLETIC CONFERENCE CHAMPIONS

100 METER DASH

Men	Delikli Wilson	Thiel	11.42
Women	Megan Harding	Westminster	12.37

200 METER DASH

Men	Alex Eaton	Thiel	22.33
Women	Megan Harding	Westminster	25.79

400 METER DASH

Men	Alex Eaton	Thiel	48.96
Women	Cara Riffe	Thiel	57.67

800 METER RUN

Men	Darin Miller	Grove City	1:59.64
Women	Rebecca Shiner	Westminster	2:18.90

1,500 METER RUN

Men	Derek Kruse	Grove City	4:07.39
Women	Kristen Carter	Grove City	4:49.40

3,000 METER STEEPLECHASE

Men	Frankie Hourigan	Grove City	10:20.56
Women	Morgan Osterhouse	Grove City	11:54.49

5,000 METER RUN

Men	Dan Spaulding	Grove City	16:46.17
Women	Megan Grover	Waynesburg	18:44.13

10,000 METER RUN

Men	Dan Spaulding	Grove City	35:03.56
Women	Megan Grover	Waynesburg	41:20.58

110 (M)/100 (W) METER HURDLES

Men	Dorran Coley	Thiel	14.75
Women	Kate Kushner	Westminster	15.58

400 METER HURDLES

Men	Bryant Wang	Wash. & Jeff.	56.32
Women	Kate Kushner	Westminster	1:04.96

4x100 METER RELAY

Men	Thiel	42.92
Women	Westminster	48.33

4x400 METER RELAY

Men	Thiel	3:19.13
Women	Bethany	4:02.53

DISCUS

Men	Matt Six	Grove City	148-0 1/4
Women	Emily Dolsak	Westminster	136-0

JAVELIN

Men	Curt Jones	Wash. & Jeff.	186-8 1/2
Women	Elisha Jones	Waynesburg	138-9

SHOT PUT

Men	Matt Ridge	Grove City	50-6
Women	Kim Stitt	Thiel	40-3 3/4

LONG JUMP

Men	Josh Buckley	Wash. & Jeff.	21-8 1/2
Women	Katelynd McElhany	Wash. & Jeff.	17-3 1/2

TRIPLE JUMP

Men	Josh Buckley	Wash. & Jeff.	44-8 1/2
Women	Krystal Baker	Waynesburg	37-11

HIGH JUMP

Men	Dorran Coley	Thiel	6-6 3/4
Women	Summer Baumgard	Wash. & Jeff.	5-5

POLE VAULT

Men	Caleb Smathers	Westminster	13-8 1/2
Women	Ashley Dodd	Waynesburg	11-9 3/4

MEN'S TRACK & FIELD RECORDS

Event	Record	Record Holder	Year
100 Meter Dash	10.94	Seth Fox	2004
200 Meter Dash	21.26	Jeff Cass	1987
400 Meter Dash	49.65	Mark Murchie	2007
800 Meter Run	1:55.61	Brian Herrick	1987
1,500 Meter Run	4:02.97	Derek Kruse	2009
5,000 Meter Run	15:00.37	Josiah Leuenberger	2007
10,000 Meter Run	32:09.61	Dan Spaulding	2009
110 Meter Hurdles	14.97	Dave Cannon	1986
400 Meter Hurdles	54.70	Dave Cannon	1986
3,000 Meter Steeplechase	9:37.55	Ryan Mitchell	2002
4x100 Meter Relay	42.92	Chris Allebach, Scott Fichter, Tim Palma, Dave Majewski	2007
4x400 Meter Relay	3:21.63	John Fite, Tim Palma, Nick Philpot, Chris Allebach	2009
Discus	155-7 1/2	Jim McElhaney	1986
Shot Put	53-6	Jim McElhaney	1986
Javelin	220-0	Jim McElhaney	1986
Long Jump	23-6	Tracy Mee	1991
Triple Jump	48-3	Wayne Sedlak	1973
High Jump	6-10	Jim Phibbs	1994
Pole Vault	15-0 1/4	Matt Kulinski	2008

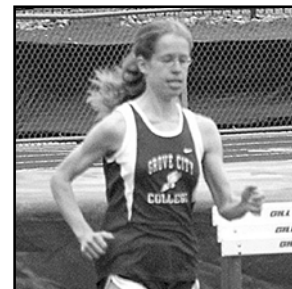
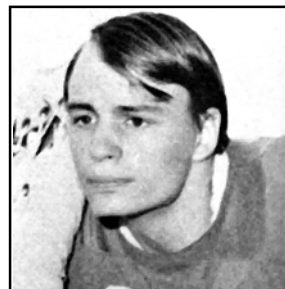
WOMEN'S TRACK & FIELD RECORDS

Event	Record	Record Holder	Year
100 Meter Dash	12.51	Kate Balmer	2008
200 Meter Dash	26.31	Mary Majchrowicz	2007
400 Meter Dash	57.31	Mary Majchrowicz	2007
800 Meter Run	2:21.40	Julie Clinefelter	1992
1,500 Meter Run	4:47.75	Kristen Carter	2008
3,000 Meter Run	11:01.03	Morgan Kiper	2000
5,000 Meter Run	17:39.07	Erin Claxton	2005
10,000 Meter Run	36:18.74	Erin Claxton	2005
100 Meter Hurdles	15.74	Becky Berad	1993
400 Meter Hurdles	67.00	Christine Rummel	2003
3,000 Meter Steeplechase	11:54.49	Morgan Osterhouse	2009
4x100 Meter Relay	50.81	Kate Balmer, Mary Majchrowicz, Brittany Moore, Katie Rummel	2008
4x400 Meter Relay	4:07.15	Kate Balmer, Mary Majchrowicz, Brittany Moore, Katie Rummel	2008
Discus	124-11	Laura Goll	2000
Shot Put	36-5 1/4	Connie Houston	1991
Javelin	137-4 3/4	Diane Schnelbach	1998
Long Jump	18-5 3/4	Sally Lewis	2003
Triple Jump	37-8 1/2	Sally Lewis	2003
High Jump	5-4	Patty Brain	1988
Pole Vault	11-0	Jessica Cooper	2002

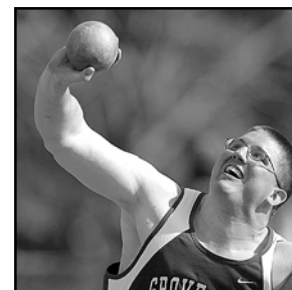
PROGRAM HISTORY



The area now known as Robert E. Thorn Field has been the home of Grove City's men's track and field program for over 100 years.



Triple jumper Wayne Sedlak (left) became Grove City's first All-American in track and field in 1973. In 2005, Erin Claxton (right) became the women's team's first All-American by finishing 8th in the 10,000 at the NCAA Championships.



Rory Phillips (left) earned All-America in the javelin in 2004 while Bob Perri (right) became an All-American in the shot put in 2007.



Grove City College added women's track and field to the varsity sports program in spring 1987.

GROVE CITY'S TRACK AND FIELD NCAA DIVISION III ALL-AMERICANS

Wayne Sedlak	Triple Jump	1973
Jim McElhaney	Javelin	1985
Jim McElhaney	Discus	1985
Jim McElhaney	Javelin	1986
Jim McElhaney	Discus	1986
Jim McElhaney	Shot Put	1986
Jim Phibbs	High Jump	1994
Rory Phillips	Javelin	2004
Erin Claxton	10,000-Meter Run	2005
Bob Perri	Shot Put	2007



Jim McElhaney earned five NCAA Division III All-America citations in the throws in 1985 and 1986.

ABOUT THE COLLEGE

The beautifully landscaped campus of Grove City College stretches over 150 acres and includes 27 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 notebook computer which is his or hers to keep upon graduation with a four-year degree.



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

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.

Charges (2009-2010)

Tuition
\$6,295 per semester
Room/Board
\$3,412 per semester

PROGRAMS AND MAJORS

Biology

Biology (B.S.)
Molecular Biology (B.S.)

Business

Accounting (B.S.)
Business Management (B.S.)
Entrepreneurship (B.S.)
Finance (B.S.)
Industrial Management (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 Info. Systems (B.S.)

Economics

Economics (B.A.)
Business/Economics (B.S.)

Education

Early Childhood (B.S.)
Elementary (B.S.)

Secondary Certifications:

Biology/General Science (B.S.)
Chemistry (B.S.)
Chemistry/General Science (B.S.)
English (B.A.)
English/Communication (B.A.)
French (B.A.)
Mathematics (B.A.)
Music (B.M.)
Physics (B.S.)
Physics/General Science (B.S.)
Social Studies (B.A.)
Spanish (B.A.)

Engineering

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

English

English (B.A.)

History

History (B.A.)

Mathematics

Mathematics (B.S.)

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.)

Physics

Applied Physics (B.S.)
Applied Physics/Computer (B.S.)

Political Science

Political Science (B.A.)

Psychology

Psychology (B.A.)

Religion & Philosophy

Christian Thought (B.A.)
Philosophy (B.A.)

Sociology

Sociology (B.A.)

Pre-Professional Programs

Pre-Dental
Pre-Health
Pre-Law
Pre-Medical
Pre-Theology
Pre-Veterinary

Cross Country

2009 SCHEDULE

Sept. 5	California (Pa.) Invitational
Sept. 11	Penn State Spiked Shoe Invitational
Sept. 26	Saint Vincent Invitational
Oct. 3	Pitt-Greensburg Invitational
Oct. 17	Oberlin Inter-Regional Rumble
Oct. 31	Presidents' Athletic Conference Championships, Latrobe, Pa.
Nov. 14	NCAA Mid-east Region Championships, Lehigh University

Track and Field

2010 SCHEDULE

March 20	Muskingum Invitational
March 23	Grove City Invitational
March 27	California (Pa.) Invitational
April 3	Wash. & Jeff. Invitational
April 10	Slippery Rock Invitational
April 14	PAC North Quad at Westminster
April 17	Indiana (Pa.) Invitational
April 24	Westminster Invitational
May 1	PAC Championships, Grove City, Pa.