



CANISIUS CROSS COUNTRY

• OCTOBER 16, 2009 •

2009 SCHEDULE

September		M	W
5	Duquesne Duals	3 rd	2 nd
18	National Catholic	9 th	2 nd
26	Little Three	1 st	1 st
October		M	W
10	Monmouth Invitational	2 nd	1 st
17	University of Albany	11:00	11:00
30	MAAC Championship	2:00	2:45
November		M	W
14	NCAA Northeast Regional	TBA	TBA



MEDIA INFORMATION

The Canisius College Athletic Communications Staff is available to assist home and visiting media. Contact Lindsay Beckinghausen for credentials, releases, statistics or general cross country information and for assistance in arranging interviews with runners and/or coaches.

Lindsay Beckinghausen
p: (716) 888-3767
c: (716) 818-8931
e: beckingl@canisius.edu

GRIFFS SWEEP MAAC WEEKLY AWARDS

Oct. 12 -- Canisius College senior Vasilis Kariolis (West Hurley, N.Y.) and junior Maura Frauenhofer (Williamsville, N.Y.) were named the MAAC Men's and Women's Cross Country Runners of the Week, the conference office announced today.

MONMOUTH INVITATIONAL

Oct. 10 -- Canisius junior Maura Frauenhofer won the women's race with her time of 18:54 while senior Vasilis Kariolis took second in the men's event with his time of 27:28. The women's team took first, while the men's team placed second at the Monmouth University Invitational Saturday afternoon in Homdel, N.J.

LITTLE THREE

Sept. 26 -- Sophomore Christine Mulvihill took home first place for the women and senior Vasilis Kariolis placed first on the men's side as the cross country team took the top five finishes on both teams against St. Bonaventure and Niagara in the annual Little Three Championship in Olean, N.Y. Saturday morning.

NATIONAL CATHOLIC CHAMPIONSHIPS

Sept. 18 -- Junior Maura Frauenhofer posted a personal-best time of 18:31 and finished 10th overall to help lead the Canisius women's cross country team to a school-best second place finish at the National Catholic Championship in South Bend, Ind., Friday afternoon. On the men's side, Canisius senior Vasilis Kariolis placed 11th on with his personal best time of 25:40 as the Golden Griffins finished the race ninth overall.

FRAUENHOFER HONORED BY THE MAAC

Sept. 8 -- Junior Maura Frauenhofer has been named the MAAC women's cross country Runner of the Week after taking first place at the Duquesne Duals and breaking her personal best record by over a minute.

DUQUESNE DUALS

Sept. 5 -- Junior and captain Maura Frauenhofer took home first place of 80 runners as she led the Lady Griffis to a second place standing at the Duquesne Duals Saturday Sept. 5. Men's captain senior Vasilis Kariolis led the men, taking thirteenth place among 109 competitors.

What is a Griffin?

The Griffin is a mythical creature of supposed gigantic size that has the head, forelegs and wings of an eagle and the hindquarters, tail and ears of a lion. They are well known for their speed, ability to fly and having eyes like an eagle as well as the strength and courage of a lion.

Griffins have been known for centuries as symbols of strength and vigilance, have been called "The Hounds of Zeus" in Greek mythology and are said to have mastery of both the land and sky.

They are thought to be from India, where the natives of the land made their talons and claws into drinking cups because the talon of a Griffin was said to detect poison in a liquid. Griffins would find gold in the mountains and line their nests with it and as a result, were forced to become great guardians of the nests to keep the hunters away.



• WWW.GOGRIFFS.COM •



Pete Osmond
Head Coach • 7th Season
Men's Cross Country
Women's Cross Country

Peter Osmond is in his seventh season as head coach for both the men and women's cross country programs at Canisius College. Over the 2008 season, Osmond helped lead the Canisius men's and women's teams to their third consecutive victory over Niagara University and St. Bonaventure University at the Little Three Championships, adding a seventh overall win out of ten years at the event.

Osmond is currently employed as a study coordinator and laboratory coordinator at the University at Buffalo Department of Medicine/Division of Clinical Pharmacology, where he conducts research in the areas of human physiology and hypertension. Osmond received his master's degree in exercise physiology from Michigan State University in 2001. He also earned bachelor's degrees in exercise science (Michigan State University, 1999) and history (Buffalo State College, 1994).

2009 Statistics and Results

Date	Opponent	Place	Top Five Finishers (Individual Place)
Men			
Sept. 5	Duquesne	3rd	Kariolis (13), McDonald (35), Simon (41), Kearney (44), Klimchuk (46)
Sept. 18	National Catholic Championships	9th	Kariolis (11), McDonald (65), Kearney (60), Simon (73), Ristevski (93)
Sept. 26	Little Three Championships	1st	Kariolis (1), Simon (2), McDonald (3), Kearney (4), Butters (5)
Oct. 10	Monmouth Invitational	2nd	Kariolis (2), McDonald (7), Klimchuk (11), Kearney (13), Simon (19)
Oct. 17	Albany Invitational		
Oct. 30	MAAC Championships		
Nov. 14	NCAA Regionals		
Women			
Sept. 5	Duquesne	2nd	Frauenhofer (1), Mulvihill (10), Dahlkemper (12), Duane (18), Nowak (21)
Sept. 18	National Catholic Championships	2nd	Frauenhofer (10), Mulvihill (19), Garnet (26), Dahlkemper (34), Duane (46)
Sept. 26	Little Three Championships	1st	Mulvihill (1), Garnet (2), Dahlkemper (3), Duane (4), Nowak (5)
Oct. 10	Monmouth Invitational	1st	Frauenhofer (1), Mulvihill (2), Nowak (6), Garnet (8), Dahlkemper (10)
Oct. 17	Albany Invitational		
Oct. 30	MAAC Championships		
Nov. 14	NCAA Regionals		

2008 Statistics and Results

Date	Opponent	Place	Top Finishers (Individual Place)
Men			
Aug. 30	Duquesne Duels	4th	Kariolis (16), McDonald (40), Taylor (41), Kearney (42), Castleman (56), Ristevski (60)
Sept. 6	Fordham Fiasco	15th	Kariolis (51), McDonald (66), Kearney (72), Ristevski (108), Finnan (110), Weldon (131)
Sept. 19	National Catholic Championships	16th	Kariolis (33), Kearney (78), McDonald (89), Ristevski (112), Castleman (132), Taylor (156)
Oct. 3	Lehigh Invitational	43rd	Kariolis (210), Kearney (260), Taylor (265), McDonald (270), Castleman (274), Ristevski (288)
Oct. 18	Little Three Championships	1st	Kariolis (1), Kearney (4), McDonald (5), Taylor (6), Castleman (7), Ristevski (9)
Nov. 1	MAAC Championships	6th	Kariolis (29), Kearney (37), McDonald (54), Castleman (56), Ristevski (68), Finnan (85)
Nov. 15	NCAA Regional Championship	31st	Kariolis (175), McDonald (176), Kearney (177), Castleman (185), Finnan (197)
Women			
Aug. 30	Duquesne Duels	3rd	Shea (7), Dahlkemper (13), Garnet (19), Frauenhofer (23), Brown (24), Mulvihill (25)
Sept. 6	Fordham Fiasco	11th	Shea (30), Dahlkemper (54), Frauenhofer (80), Garnet (89), Brown (99), Nowak (100)
Sept. 19	National Catholic Championships	9th	Garnet (52), Dahlkemper (53), Mulvihill (65), Frauenhofer (86), Nowak (90), Brown (113)
Oct. 3	Lehigh Invitational	38th	Shea (165), Garnet (172), Dahlkemper (213), Frauenhofer (230), Brown (240), Mulvihill (241)
Oct. 18	Little Three Championships	1st	Shea (1), Frauenhofer (2), Brown (3), Garnet (4), Mulvihill (5), Dahlkemper (6), Nowak (7)
Nov. 1	MAAC Championships	6th	Brown (15), Frauenhofer (18), Shea (20), Garnet (22), Dahlkemper (29), Mulvihill (32)
Nov. 15	NCAA Regional Championship	27th	Frauenhofer (112), Mulvihill (125), Garnet (140), Brown (151), Shea (152)



Julie Dahlkemper • So.

Career Bests:

Year	Meet/Tournament	Time	Place
2008	National Catholic	19:28	53rd

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	19:28	12th
9/18	National Catholic	19:23	34th
9/26	Little Three	19:26	3rd
10/10	Monmouth Invitational	19:51	10th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Ellen Duane • Sr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	Seawolves Invitational	20:17	25th
2007	Albany Invitational	20:23	119th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	19:57	18th
9/18	National Catholic	19:32	46th
9/26	Little Three	19:37	4th
10/10	Monmouth Invitational	20:01	12th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Molly Evans • Jr.

Career Bests:

Year	Meet/Tournament	Time	Place
2007	Albany Invitational	20:19	115th
2008	National Catholic	21:10	160th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	23:34	63rd
9/18	National Catholic	22:12	195th
9/26	Little Three	22:21	16th
10/10	Monmouth Invitational	22:20	36th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Maura Frauenhofer • Jr.

Career Bests:

Year	Meet/Tournament	Time	Place
2007	Albany Invitational	19:08	35th
2008	Little Three	19:36	2nd

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	18:46	1st
9/18	National Catholic	18:31	10th
9/26	Little Three	OUT	OUT
10/10	Monmouth Invitational	18:54	1st
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Nikki Gabrielli • Gr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	OUT	OUT
9/18	National Catholic	OUT	OUT
9/26	Little Three	21:17	10th
10/10	Monmouth Invitational	OUT	OUT
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Samantha Garnet • Sr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	Disney Classic	20:57	108th
2007	Albany Invitational	18:58	35th
2008	National Catholic	19:26	52nd

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	20:14	23rd
9/18	National Catholic	19:15	26th
9/26	Little Three	19:20	2nd
10/10	Monmouth Invitational	19:48	8th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Melanie Grzebinski • Fr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	22:24	52nd
9/18	National Catholic	22:29	206th
9/26	Little Three	OUT	OUT
10/10	Monmouth Invitational	22:14	34th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		



Mulvihill

Christine Mulvihill • So.

Career Bests:

Year	Meet/Tournaments	Time	Place
2008	National Catholic	19:40	65th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	19:22	10th
9/18	National Catholic	19:08	19th
9/26	Little Three	19:08	1st
10/10	Monmouth Invitational	19:04	2nd
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		



Megan Niblock • Fr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	21:42	48th
9/18	National Catholic	21:38	166th
9/26	Little Three	20:59	9th
10/10	Monmouth Invitational	21:41	30th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Jess Nowak • Sr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	National Catholic	20:25	74th
2007	Albany Invitational	20:01	107th
2008	National Catholic	20:03	90th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	20:10	21st
9/18	National Catholic	19:39	55th
9/26	Little Three	19:43	5th
10/10	Monmouth Invitational	19:36	6th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Precious Peoples • Sr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	Disney Classic	19:43	38th
2007	Albany Invitational	19:31	81st
2008	Little Three	20:25	9th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	23:57	66th
9/18	National Catholic	OUT	OUT
9/26	Little Three	22:29	18th
10/10	Monmouth Invitational	23:07	47th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Jill Shea • So.

Career Bests:

Year	Meet/Tournament	Time	Place
2008	Duquesne Duals	19:18	7th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	OUT	OUT
9/18	National Catholic	OUT	OUT
9/26	Little Three	20:28	7th
10/10	Monmouth Invitational	20:42	19th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		



Heather Vroman • R-So.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	OUT	OUT
9/18	National Catholic	OUT	OUT
9/26	Little Three	OUT	OUT
10/10	Monmouth Invitational	OUT	OUT
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Sean Balkin • Jr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	30:06	87th
9/18	National Catholic	29:23	167th
9/26	Little Three	28:46	16th
10/10	Monmouth Invitational	31:26	44th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		



Matt Butters • Jr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	National Catholic	27:08	45th
2007	National Catholic	25:36	14th
2008	Out - Injury	-	-

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	28:48	65th
9/18	National Catholic	OUT	OUT
9/26	Little Three	27:30	5th
10/10	Monmouth Invitational	30:36	34th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

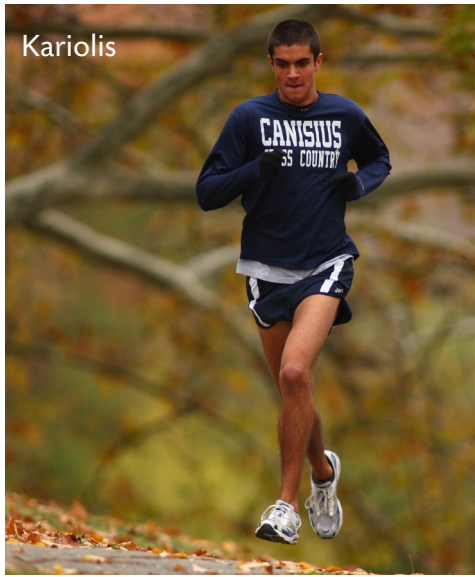


Aaron Hoven • Fr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	OUT	OUT
9/18	National Catholic	OUT	OUT
9/26	Little Three	28:31	14th
10/10	Monmouth Invitational	30:45	35th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Kariolis



Vasilis Kariolis • Sr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	Disney Classic	27:02	55th
2007	Disney Classic	26:47	37th
2008	MAAC Championship	26:13	29th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	26:28	13th
9/18	National Catholic	25:42	11th
9/26	Little Three	26:40	1st
10/10	Monmouth Invitational	27:28	2nd
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Mark Kearney • So.

Career Bests:

Year	Meet/Tournament	Time	Place
2008	MAAC Championship	26:45	37th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	27:52	44th
9/18	National Catholic	27:19	60th
9/26	Little Three	27:28	4th
10/10	Monmouth Invitational	28:44	13th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Davidlee Klimchuk • Fr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	27:57	46th
9/18	National Catholic	28:08	103rd
9/26	Little Three	27:34	6th
10/10	Monmouth Invitational	28:31	11th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Jonathan McDonald • So.

Career Bests:

Year	Meet/Tournament	Time	Place
2008	MAAC Championship	27:08	54th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	27:32	35th
9/18	National Catholic	27:26	65th
9/26	Little Three	27:23	3rd
10/10	Monmouth Invitational	28:12	7th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Chris Mekelburg • Sr.

Career Bests:

Year	Meet/Tournament	Time	Place
2006	Disney Classic	30:47	179th
2007	Albany Invitational	29:36	169th
2008	Little Three	29:53	21st

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	30:44	96th
9/18	National Catholic	30:25	189th
9/26	Little Three	29:43	22nd
10/10	Monmouth Invitational	32:19	51st
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Jake Ristevski • So.

Career Bests:

Year	Meet/Tournament	Time	Place
2008	National Catholic	28:11	112th

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	29:20	76th
9/18	National Catholic	27:52	93rd
9/26	Little Three	28:12	13th
10/10	Monmouth Invitational	30:18	32nd
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		

Alex Simon • Fr.

2009 Breakdown:

Date	Meet/Tournament	Time	Place
9/5	Duquesne Duals	27:46	41st
9/18	National Catholic	27:32	73rd
9/26	Little Three	27:23	2nd
10/10	Monmouth Invitational	28:59	19th
10/17	Albany Invitational		
10/30	MAAC Championship		
11/14	NCAA Regional		